


Pure Community

- My co-host has placed all of you on **mute** throughout the webinar.
- Co-host will mention ability to use Q&A box.
- A **Dropbox link** of materials will be in the Chat Box - all resources in English and Spanish are free.
- Please complete the feedback form at the end of our virtual meet-up! It will be posted in the Chat Box.



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Self-Care
While
Caring for Others
Tuesday, March 31, 2020

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Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



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Introductions

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 Director of Programs - National Trainer

PhD Studies:
 International Psychology
 Trauma/Systems Concentration – Global Crisis Informed Care



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Mindful Minute



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Engaging Activity: Attitude of Gratitude



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Learning Objectives

- ❖ Review the **impact of stress**.
- ❖ Experience a **simple self-care practice** throughout.
- ❖ Understanding the **importance of one's own self-care** especially when caring for others.



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GOOD STRESS

- Positive challenge
- Motivates us
- Promotes well-being
- Enhances performance

BAD STRESS

- No relief in sight
- Makes us physically sick
- Weakens immune system
- Impairs performance

Concept by Marc Brackett, Ph.D.
Yale Center for Emotional Intelligence



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The wear and tear on the body that builds up as a person is exposed to repeated or chronic stress.

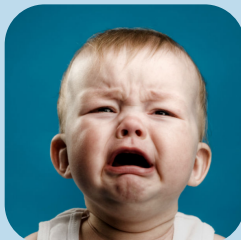
Allostatic Load



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Stress Response



"Gas Pedal"
Sympathetic Nervous System:
Fight or Flight



"Brake"
Parasympathetic Nervous System:
Rest and Digest



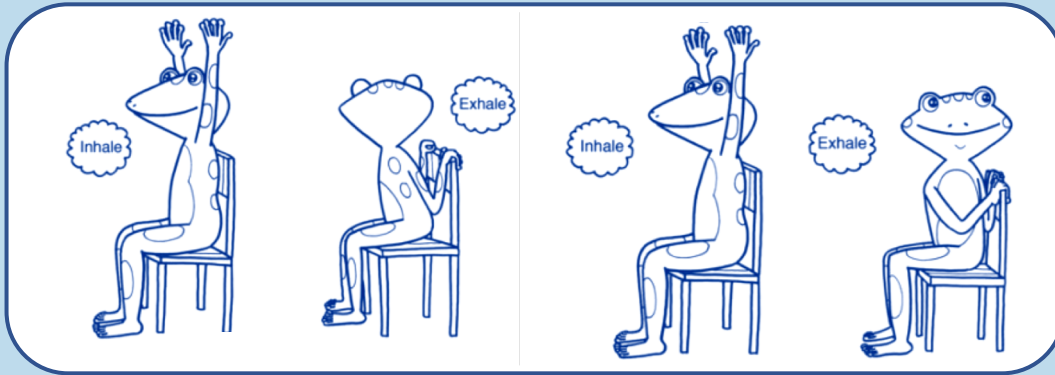
<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

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Engaging Activity: Chair Sunrise Twist



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Stress Is Contagious



Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher **Kimberly Schonert-Reichl** urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

www.tricitynews.com/news/stress-is-contagious-education-leaders-told-1.24030014



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Parent(s) – parental MODELING

Kids **absorb** the adults' mannerisms
especially

EMOTIONAL REGULATION

*(the ability to manage their
emotions).*



Codieux, Adelle, Pediatric psychologist at Helen DeVos Children's Hospital in Grand Rapids, Michigan. "Teaching children self-compassion by modeling it ourselves."

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Self-care is
primary to
caring for
others.

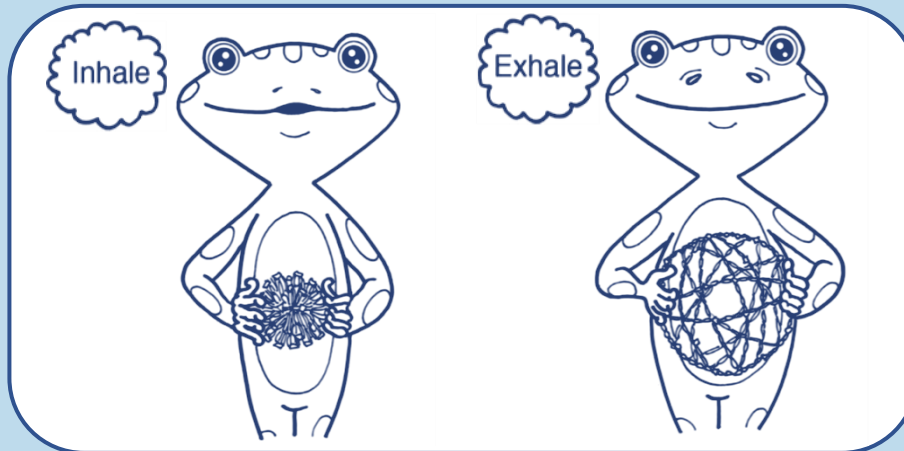


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Engaging Activity: Breathing Ball



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Engaging Activity: Even In – Even Out



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Self-care TIPS for yourself and others.

OURSELVES

- Self-compassion - gratitude
- Self-Care

SELF-CARE

- **Exercise:** Yoga based movements combine exercise + mindfulness.
- **Diet:** provides nutrients to encourage energy + lowers stress.
- **Sleep:** 6-8 hours (one's self) + those younger, 8-10 hours
- **Social interaction:** physical separation/distancing however...
- **Limit TV coverage** of crisis: 1 reliable news source, 1x a day

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Self-care TIPS for yourself with others.



COMMUNICATE

- Safety
- Security

LISTEN

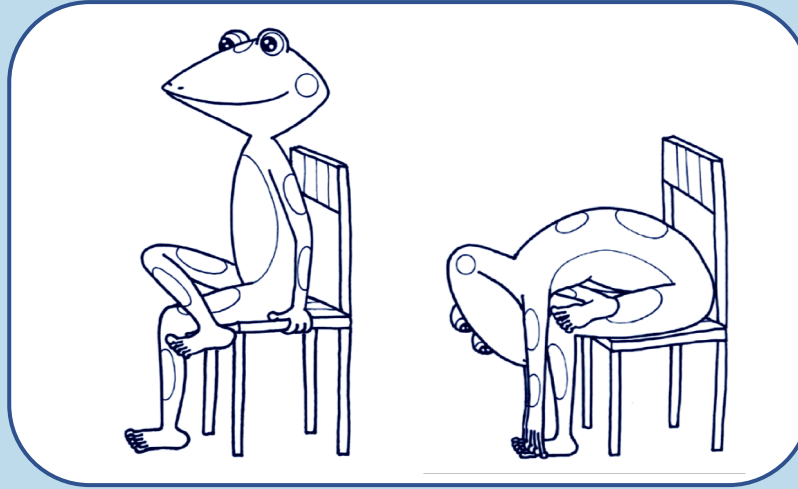
- Do not judge
- Do not interrupt
- Pay attention – be present
- Allow your feelings, as well as theirs.
 - Anger
 - Frustration
 - Overwhelmed
 - Etc.

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Engaging Activity: Seated Figure Four

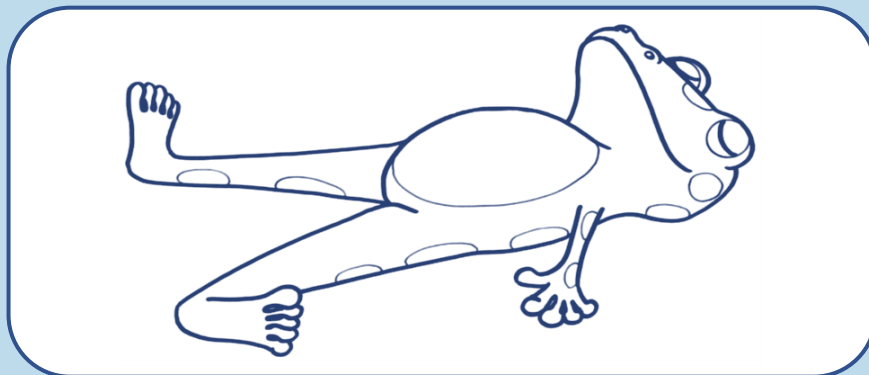


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Engaging Activity: Guided Rest



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