



Thank you for joining us!

Session 3: Educator Self-Care and Self-Management
Trainer: Michelle Kelsey Mitchell,
Director of Partnerships

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective agency's system in order to earn credit hours.
4. If you'd like, grab a pen/pencil/paper to jot down your thoughts.



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Website: www.pureedgeinc.org
Email: getmoving@pureedgeinc.org



Introductions



Please respond to
the poll to tell us a
little about yourself.

Introductions

Michelle Kelsey Mitchell
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Director of Partnerships &
National Trainer



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.



Welcoming Activity: Think – Ink

Notice what is on your
mind and write that down.

or

Write about how you
are feeling right now.



Reflection

Review



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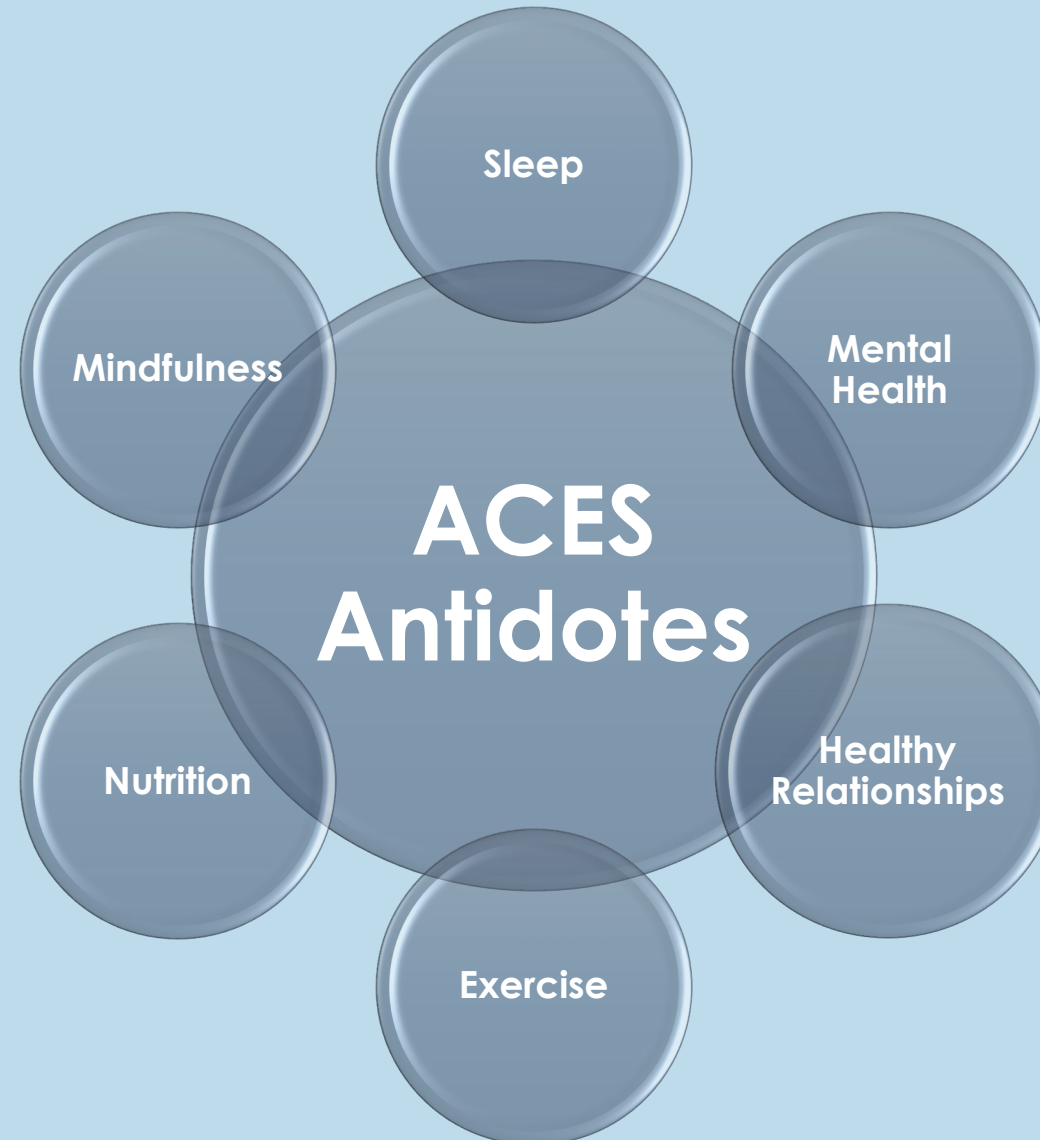
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Social and Emotional Learning Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy
- *Integrating personal and socio-cultural identities*
- *Analyzing of beliefs, mindsets, and biases*
- *Social interdependence*



6 Critical Healing Factors



Dysregulated Stress Response

“

...the literature provided evidence of why these things were effective. Fundamentally, they all targeted the underlying biological mechanism – a dysregulated stress response system and the neurologic, endocrine, and immune disruptions that ensued.

Dr. Nadine Burke Harris, M.D.
The Deepest Well

”



Learning Objectives

- ❖ Identify the **aspects of self-management**.
 - ❖ Experience **self-care practices** throughout.
 - ❖ Describe SEL and its competencies; focusing on **self-management**.
-



Social and Emotional Learning Competencies



The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

Social and Emotional Learning Competencies



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills
- *Personal and collective agency*

Engaging Activity: I am Curious About...



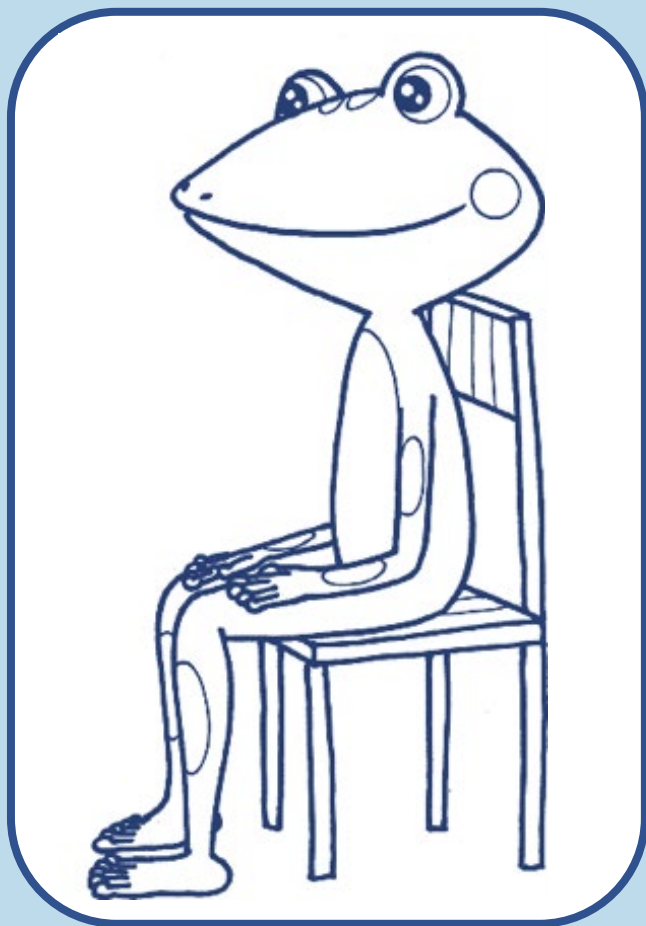
Respond to the poll on the next slide to share which aspect of Self-Management you are most curious about.

Engaging Activity: I am Curious About...



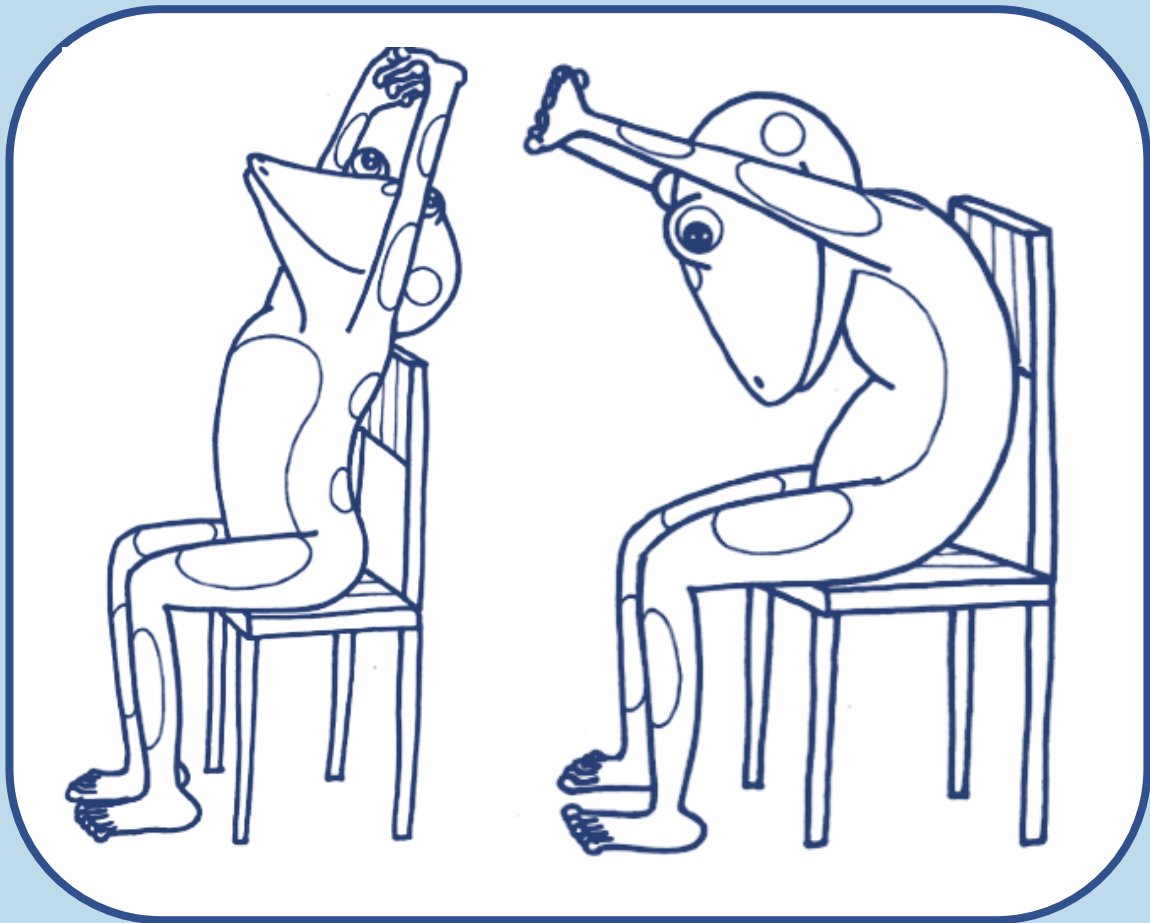


Engaging Activity: Even In – Even Out





Engaging Activity: Chair Cat/Cow



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Engaging Activity: STOP





Engaging Activity: Think-Ink-Share



Where do you feel stress in your body?

Where do you feel joy in your body?

Benefits

- ❖ Positive challenge
- ❖ Motivates us to take action
- ❖ Promotes well-being
- ❖ Enhances performance

Detriments

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



Self-Management & Self-Care

Allostatic load is "the wear and tear on the body," which accumulates as an individual is exposed to repeated or chronic stress.



Student Mental Health



60%

of K-12 students are exposed to a traumatic event.



17 million

children have untreated mental health diagnoses.



2nd

most common cause of death among ages 10-24 is suicide.



95%

of teens have smartphones, while 45% are "online constantly."



9

hours is the average amount of media consumed each day, unrelated to school, by teens (13-18). The average for ages 8-12 is 6.

52%

is the rate of increase in major depression among youth ages 12-17, from 2005-2017.

6.1 million

children ages 2-17 have received an ADHD diagnosis.

30-40%

of undergrads at Ivy League institutions seek mental health services, up 20% per year over the last 6 years.

<https://www.cdc.gov/ncbddd/adhd/data.html>

<https://health.usnews.com/wellness/for-parents/articles/2019-04-22/teen-depression-is-on-the-rise>

https://ssir.org/articles/entry/five_ways_to_advance_conservation_entrepreneurship



Compassion Fatigue

Secondary Trauma



- ❖ *1 in 5 adults in America experience a mental illness.*
- ❖ *Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.*
- ❖ *Approximately 10.2 million adults have co-occurring mental health and addiction disorders.*



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Impact of Stress & Trauma on the Heart

After his death, Dr. Martin Luther King Jr's autopsy found that while he was just 39 years old, he had the heart of a 60-year-old.



Self-Care Practice



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Breathe

Move

Rest



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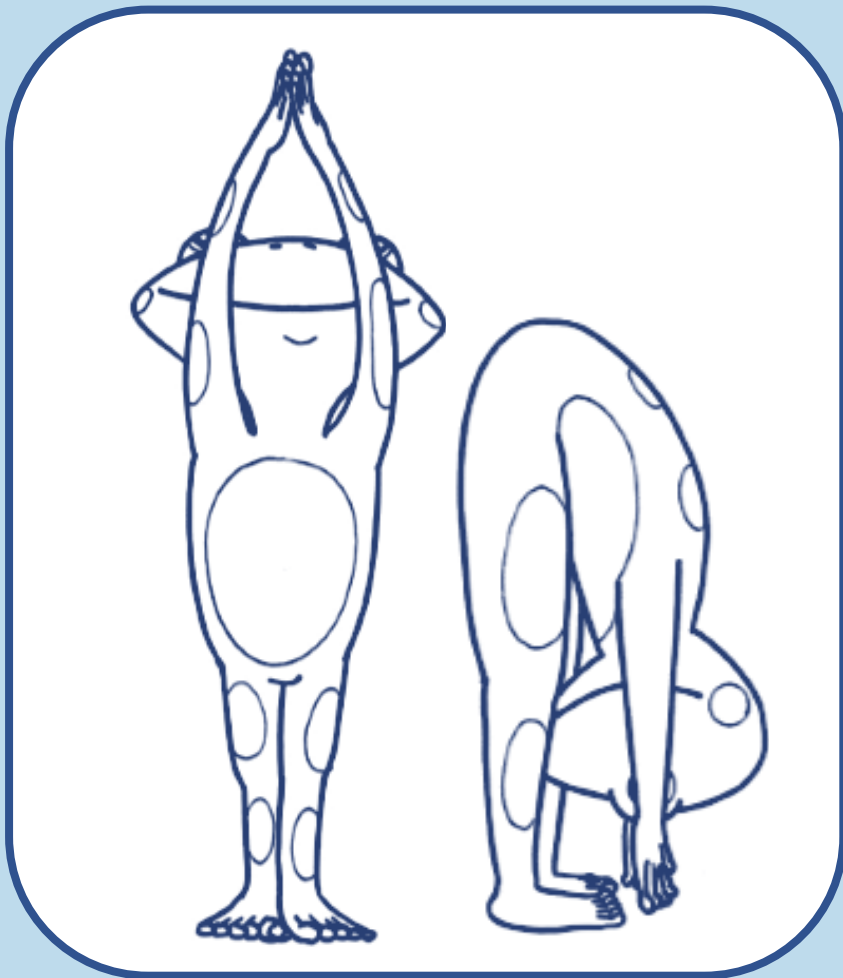


Engaging Activity: Alternate Nostril Breathing



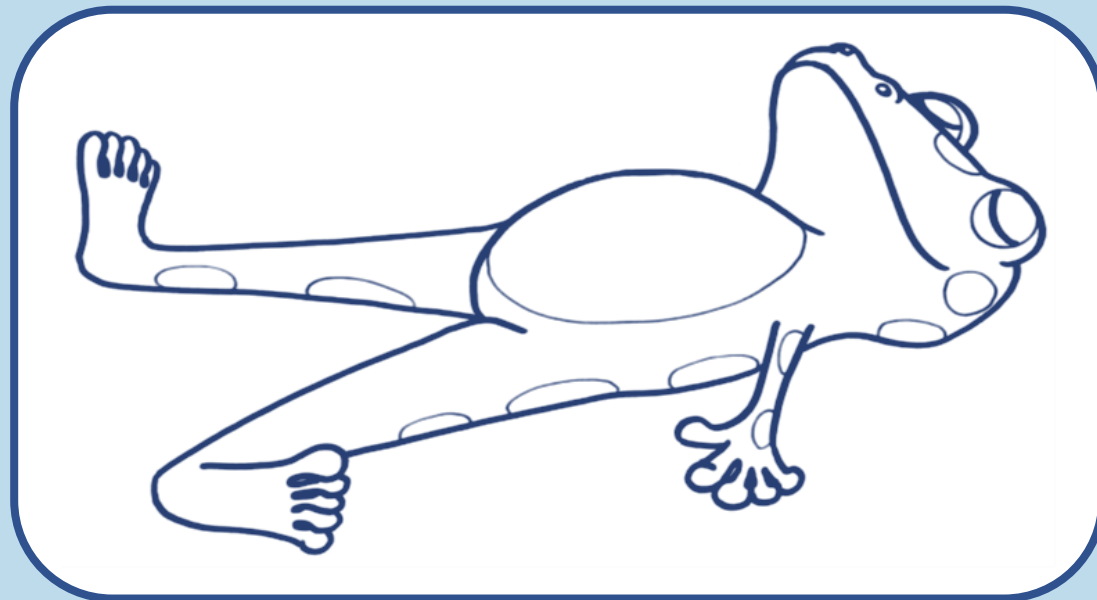


Engaging Activity: Sunrise/Sunset





Engaging Activity: Guided Rest or Body Scan



Optimistic Closure: Think – Ink



Reflection

Notice what is on your
mind and write that down.

or

Write about how you
are feeling right now.

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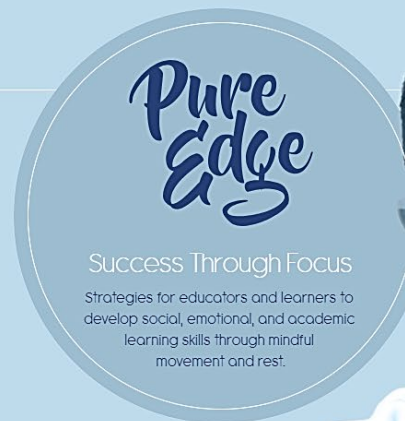
Evidence-Based Approach
Thoughtful Partnerships
Curriculum & Training



Online Curriculum

Log Out

+ MENU



•
breathe

•
move

•
rest



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Pure Community

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SEL Series, Session 2: Educator Self-Care and Self-Management
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