



# Thank you for joining us!

**Session 2:** 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](http://www.pureedgeinc.org)  
Email: [getmoving@pureedgeinc.org](mailto:getmoving@pureedgeinc.org)



# Introductions

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Michelle Kelsey Mitchell  
**[michelle@pureedgeinc.org](mailto:michelle@pureedgeinc.org)**  
Director of Partnerships &  
*National Trainer*

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# Introductions

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



# Who We Are

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**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

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# Session Review

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# Social and Emotional Learning (SEL) Competencies

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*The Competencies serve as a framework for furthering social, emotional, and academic learning within school contexts.*

SEL involves the processes through which children **and** adults acquire and effectively apply the knowledge, skills, and attitudes to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible decisions.



*The Pure Edge program touches on all five and especially promotes:  
Self-Awareness, Self-Management, and Relationship Skills*







# Transformative SEL is...

Transformative SEL connotes a process whereby students and teachers build strong, respectful relationships founded on an appreciation of similarities and differences, learn to critically examine root causes of inequity, and develop collaborative solutions to community and societal problems.



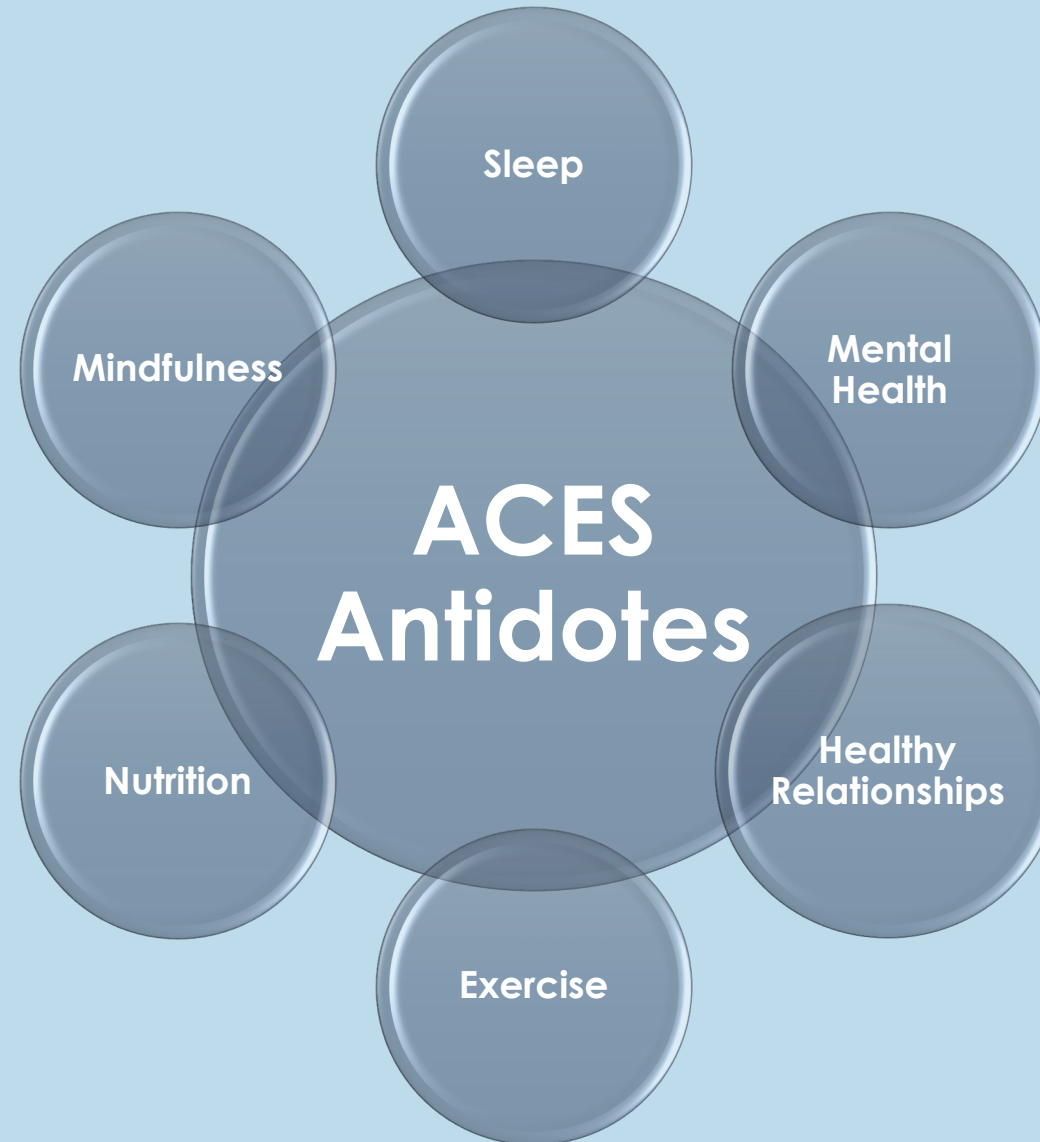


# Social and Emotional Learning Competencies

- 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

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- ❖ 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...

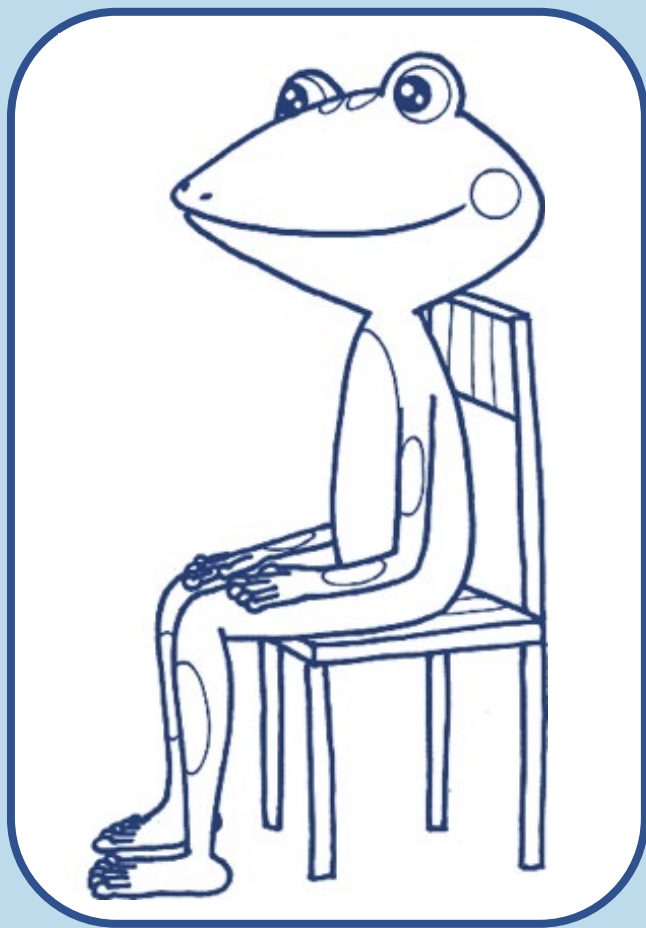


- *Impulse control*
- *Stress management*
- *Self-discipline*
- *Self-motivation*
- *Perseverance*
- *Goal-setting*
- *Organizational skills*
- *Personal and collective agency*



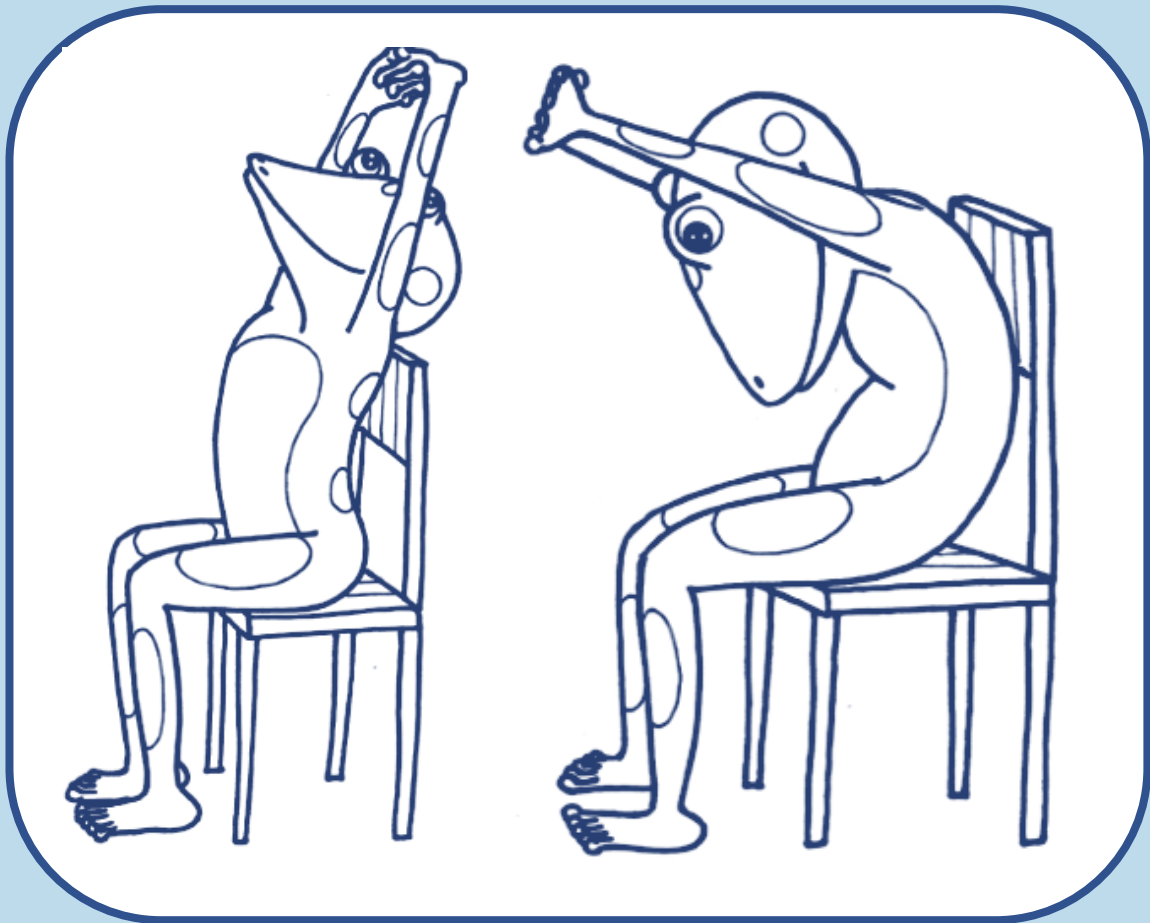


# Engaging Activity: Even In – Even Out





# 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



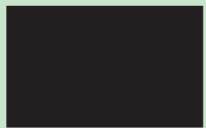
**60%**

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](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

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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





# Breathe



# Move



# Rest



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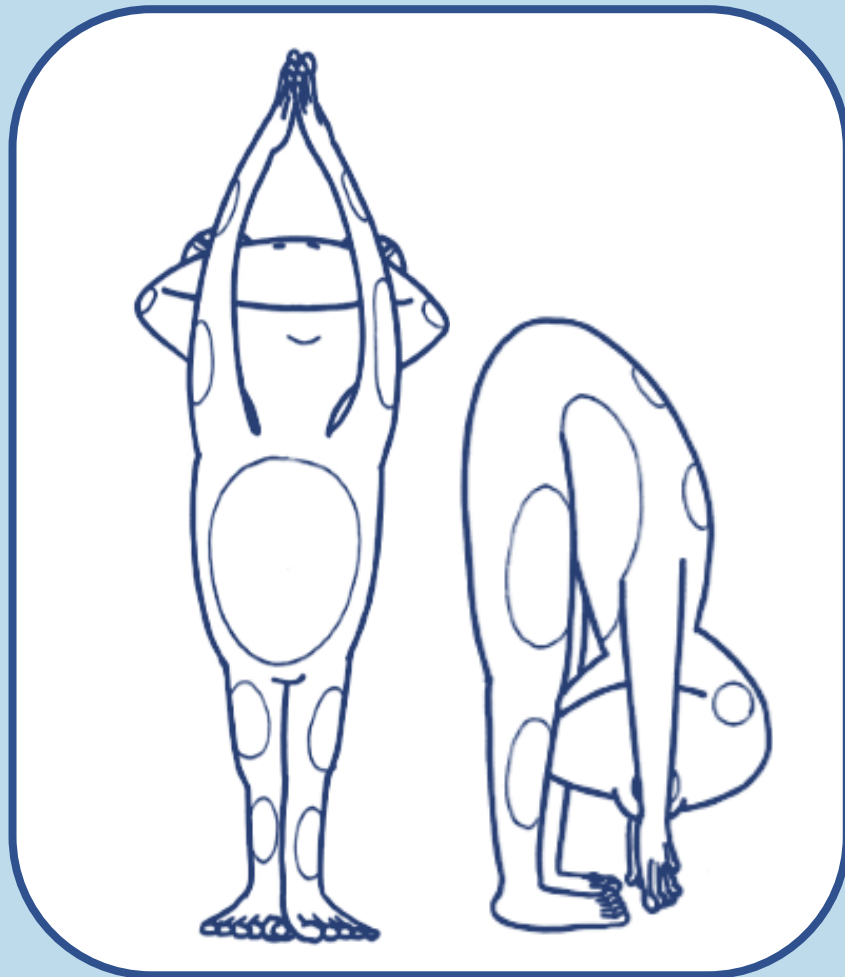


# Engaging Activity: Alternate Nostril Breathing





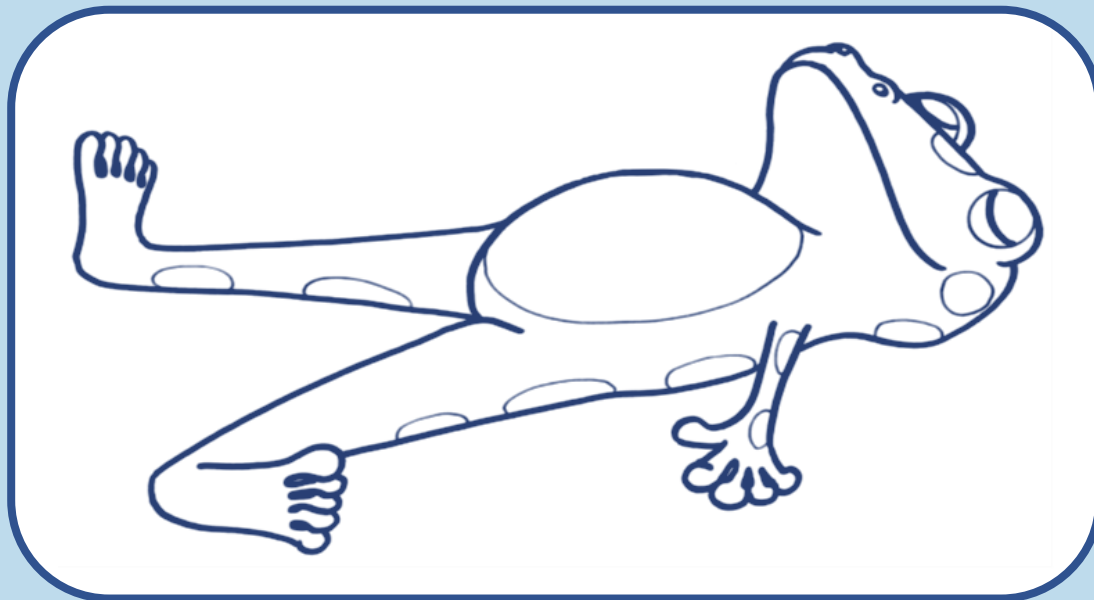
# Engaging Activity: Sunrise/Sunset







# 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



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+ MENU

Pure  
Edge

## Success Through Focus

Strategies for educators and learners to  
develop social, emotional, and academic  
learning skills through mindful  
movement and rest.

•  
breathe

•  
move

•  
rest



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*Thank you for joining us!*

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