

# Self Care and Care for others in Times Like These:

El Camino del Rio, January 26, 2018

# Introductions & Purpose

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## Today we want to:

- \*brainstorm ideas of self care in education**
- \*look at our variations of personality and culture**
- \*consider how our positionality and identity across the school impacts each other and student learning**

# Self Care Definition

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Do a turn and talk with your neighbor about your definition of self care. What was the last time you intentionally provided yourself “self-care?”



**Turn & Talk**  
**2 min**

# Self Care Definition

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These are our daily activities in looking after ourselves or the process of looking after one's self.



# Stress in Education Today

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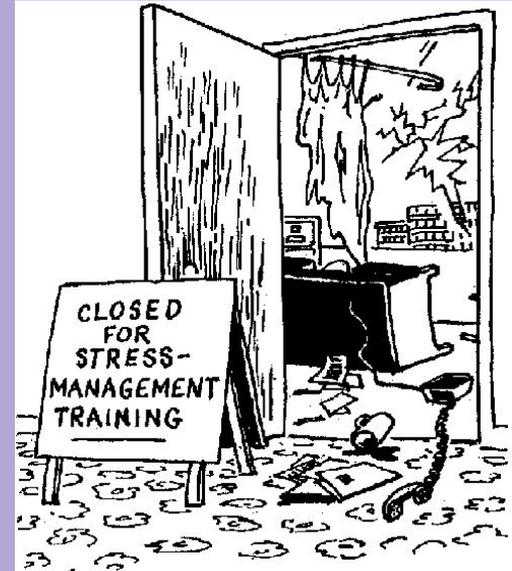
Stress in Education is higher than other professions in 2018. Several recent surveys continue to show that teachers were more stressed out over the last 3 years. The 2016 Election also created a huge spike in stress levels among educators.



# Stress in Education Today

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Seventy-eight percent of teachers express overwhelming levels of stress. Teachers who experience higher levels of burnout report to be more stressed, less effective in teaching and classroom management, less connected to their students, and less satisfied with their work. Furthermore, researchers have found that students had higher levels of cortisol if their teachers reported higher burnout levels.



# The 12 Choices

1. I choose to be happy.
2. I choose to disconnect and detach with love.
3. I choose to be mindful.
4. I choose to make time for sleep.
5. I choose to get outside and get moving.
6. I choose to be grateful.
7. I choose what to overlook.
8. I choose the battles worth fighting.
9. I choose what to do next time and what to stop doing.
10. I choose to enjoy the relationships that matter.
11. I choose to schedule and prioritize what really matters.
12. No matter how the school year started, I choose to finish well.



**Turn & Talk**  
**2 min**

# It's Not About the Nail...

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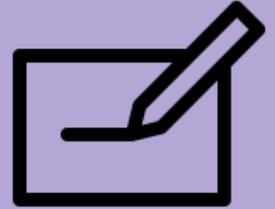
<https://www.youtube.com/watch?v=-4EDhdAHrOg>

# Reflection on Stress and Care

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On a card answer these questions

- 1) List things that you already do or would like to start doing for your self-care.
- 2) What does it look like to have someone at work care for you? What does it look like to care for others?

# Take the Love Languages Quiz

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## THE 5 LOVE LANGUAGES

Love languages	Methods	Communication	Avoid
Appreciation	<ul style="list-style-type: none"> <li>- Words</li> <li>- Postcards</li> <li>- Letters</li> </ul>	Compliments Support Motivation	<ul style="list-style-type: none"> <li>- Unpleasant words</li> <li>- Criticising</li> </ul>
Time	<ul style="list-style-type: none"> <li>- Walks</li> <li>- Travelling</li> <li>- Conversations</li> <li>- Show interest</li> </ul>	Attention Doing things together Chit chats	<ul style="list-style-type: none"> <li>- Long separation</li> <li>- Isolation</li> </ul>
Presents	<ul style="list-style-type: none"> <li>- Gifts</li> <li>- Personal attention</li> <li>- Give experience</li> </ul>	Gifts Surprises Pleasant things	<ul style="list-style-type: none"> <li>- Greediness</li> <li>- Forgetting important dates</li> </ul>
Help	<ul style="list-style-type: none"> <li>- Help at home</li> <li>- General support</li> <li>- Comforting</li> </ul>	Say: Let me help you What can I do for you?	<ul style="list-style-type: none"> <li>- Forgotten promises</li> <li>- Ignoring</li> </ul>
Physical contact	<ul style="list-style-type: none"> <li>- Hugs / cuddles</li> <li>- Caressing</li> <li>- Sex</li> </ul>	Non-verbal physical contact	<ul style="list-style-type: none"> <li>- Physical punishment</li> <li>- Neglecting</li> </ul>

# Understanding The Love Languages At Work

# The Love — Languages

Action: Share out of discoveries across staff.

**What does it look like to care for others  
— in ways that feel good for them?**

**Empathy by Brené Brown**

**<https://www.youtube.com/watch?v=1Evwgu369Jw>**

# Reflection on Identity

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Identity Circles Revisited-

Reconsider your identity circles and consider the experience and positionality you have in our school. How do your layers of identity and role affect who you reach out to for help?

# Table Drills

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1. Put this situation into the context of our school and our community. Change details if needed.
2. How would you respond to this situation?  
How would you adjust your response if it was a colleague? Student? Student's Family?