

Self Care and Care for others in Times Like These:

El Camino del Rio, January 26, 2018

Introductions & Purpose

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

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

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



Stress in Education Today

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

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...

<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



THE 5 LOVE LANGUAGES

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

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



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



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?