Taking care of yourself during uncertain times: Mindfulness and well-being for educators

Webinar
April 2, 2020
Taking care of yourself
Participants will

- Learn about the importance of self-care during this challenging time
- Learn strategies for self-care and stress management
- Share questions and advice for one another about managing stress and developing resilience
What is one thing that is helping you cope with stress during this difficult time?
What is your current stress level?
• Very low
• Low
• Medium
• High
• Very high

Has your district, school, or organization provided resources to help you build resilience and manage stress during this time?
• Yes
• No
• Not sure

Have you reached out to colleagues or those you supervise to offer social or emotional support or resources?
• Yes
• No
The purpose of this series

It’s about community

It’s about learning

www.learningforward.org

@learningforward
Panel discussion

Suzanne Bouffard
Moderator
Vice President
Publications
Learning Forward

www.learningforward.org
Panel discussion

Nilufar Rezai
Social-Emotional Learning Specialist
Department of Personalized Learning
Chicago Public Schools

Meena Srinivasan
Founding Executive Director
Transformative Educational Leadership (TEL)

Heather Lageman
Executive Director of Leadership and Organizational Development
Baltimore County Public Schools

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## Agenda

### The webinar will be recorded.

All webinar registrants will receive a follow-up email that will include the webinar slide deck, recording, and other resources mentioned during the presentation.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Presenter</th>
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| Welcome and poll          | **Suzanne Bouffard**  
Vice President, Publications, Learning Forward |  
| Panel                     | **Panel:**  
• **Nilufar Rezai**  
Social-Emotional Learning Specialist, Department of Personalized Learning, Chicago Public Schools  
• **Meena Srinivasan**  
Founding Executive Director  
Transformative Educational Leadership (TEL)  
• **Heather Lageman**  
Executive Director of Leadership and Organizational Development, Baltimore County Public Schools |
| Discussion and questions  | Panel                                                                     |
| Closing                   | **Suzanne Bouffard**                                                     |
Social emotional learning (SEL), self-care, and well-being

Nilufar Rezai
Social-Emotional Learning Specialist
Department of Personalized Learning
Chicago Public Schools
CASEL core competencies

I know myself
Recognizing one’s emotions and values as well as one’s strengths and limitations

I know you
Showing understanding and empathy for others

We know how to create together
Managing emotions and behaviors to achieve one’s goals
Making ethical, constructive choices about personal and social behavior

Forming positive relationships, working in teams, and dealing effectively with conflict

Collaborative for Academic, Social and Emotional Learning (CASEL)
Brain’s learning centers

Integrated Learning Strategies
Brain’s learning centers

FRONTAL LOBE
- Abstract thinking
- Problem solving
- Reasoning
- Executive functioning
- Organizing
- Motor functions
- Regulates emotions
- Expressive language

FUNCTIONS
- Organizes thoughts on paper
- Remembers facts from teacher
- Starts and completes tasks
- Tells stories

TEMPORAL LOBE
- Speech
- Auditory processing
- Hearing
- Behavior
- Emotions
- Short-term memory
- Long-term memory

FUNCTIONS
- Processes what the teacher teaches
- Fear
- Fight or flight
- Retains facts

PARIETAL LOBE
- Sensory information

FUNCTIONS
- Taste
- Touch
- Smell
- Temperature

OCCIPITAL LOBE
- Visual system
- Visual information

FUNCTIONS
- Processes words on a page
- Knows shapes and sizes
- Recognizes letters
- Knows left from right

CEREBELLUM
- Balance
- Coordination
- Attention
- Rhythm
- Proprioception
- Vestibular

FUNCTIONS
- Kick a ball
- Throw a ball
- Jump on one foot
- Ride a bike

Integrated Learning Strategies
Three-prong wellness model

Safety
- Take care of yourself

Connection
- Get to know others

Learning
- Create and learn

Naming and managing emotions
- Belly breathing
- Journaling
- Self talk
- Brain breaks

Forming positive relationships
- Empathy
- Service
- Turn to others for help

Making constructive choices
- Tackle pending projects
- Learn something new
- Create manageable routines and expectations
Caring for ourselves and others in complex times

Meena Srinivasan
Founding Executive Director
Transformative Educational Leadership (TEL)

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Caring for ourselves and others in complex times

• Define mindfulness
• Three ways to care for yourself (resource, reframe, self-compassion)
• Preview resource: *Integrating Mindfulness into Virtual Professional Learning Spaces*

Meena Srinivasan, MA  
National Board Certified Teacher  
Educational Leader – Writer – Innovator  
Executive Director, Transformative Educational Leadership (TEL)  
Author of *SEL Every Day* and *Teach, Breathe, Learn*  
Creator of the SEL Every Day Online Courses  
meenasrinivasan.com
My son, Kailash, when he was 16 months old

“Paying attention to our inner and outer life as it unfolds while being grounded in our body, breathing and senses so that our mind can settle, and we can cultivate a curious, open hearted presence and awareness of Interbeing.”

— Meena Srinivasan

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Interbeing means to interdependently co-exist. Interbeing honors the interdependence of every person to all other persons and aspects of our planet.
Interbeing

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What’s one essential thing I need for my wellbeing daily?
SMART

SHORT MOMENTS AWARENESS REPEATED TIMES

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Touch, savor, and soak in your joy
Practice the reframe

Example:
Instead of “I have to, I get to.”
Social Distancing
Physical distancing
Quarantine/Lockdown
Retreating for wellness
Isolating
Protecting our health
In fear
In choice

Danielle LaPorte
Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It’s not hard because you are doing it wrong. It’s hard because it’s too much. Do the best you can.

Emily King

Make self-compassion central

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Integrating mindfulness into virtual professional learning spaces

1. Ground yourself first
2. Check your tech and prepare participants
3. Agreements are foundational
4. Only share practices you have experience with
5. Create a plan and then be open to the unfolding
6. Mindfulness is NOT a panacea

Two agenda templates
1. Integrating mindfulness into a meeting or professional learning
2. Facilitating a mindful practice group

Instantly get this free resource at meenasrinivasan.com
Five tools for staying grounded

Heather Lageman
Executive Director of Leadership and Organizational Development
Baltimore County Public Schools

TEAM BCPS Raising the bar, Closing gaps, Preparing for our future
Grounding exercise

5 Things you can SEE
4 Things you can TOUCH
3 Things you can HEAR
2 Things you can SMELL
1 Thing you can TASTE
Determining your core values

A PERSON YOU ADMIRE
List the qualities of the person you admire

THINK OF WHAT MAKES YOU MAD OR ANGRY
List the OPPOSITE of what makes you mad or angry

WHAT BRINGS YOU JOY?
List things, people or experiences that bring you joy
Filling your good life buckets

60-SECOND SNAPSHOT WORKSHEET

This Good Life Bucket 60-Second Snapshot Worksheet has been created for you, as a companion tool to the book, How to Live a Good Life: Soulful Stories, Surprising Science, and Practical Wisdom by Good Life Project® Founder, Jonathan Fields.

Below, you’ll see three buckets, along with the key traits. For each trait, ask “How satisfied am I with this?” Then write a number from 0 to 10 on the line to the left. 0 = extremely dissatisfied, 10 = extremely satisfied and 5 = neutral.

**VITALITY BUCKET**
- Energized, fit, strong, and flexible
- As free from pain, disease, and disability as possible
- Aware, present, and engaged in the moment
- Peaceful, calm, and able to navigate change
- Grateful and growing
- TOTAL

**CONNECTION BUCKET**
- Feel loved, without condition
- Feel strongly connected to good friends
- Feel a sense of belonging to a like-minded community
- Feel connected to something bigger than myself
- Feel a strong sense of connection to my environment
- TOTAL

**CONTRIBUTION BUCKET**
- Feel a sense of meaning in the way I contribute to the world
- Feel my strengths and abilities are fully tapped
- Feel my actions are aligned with my values
- Feel a sense of purpose and passion
- Feel alive, sparked and absorbed
- TOTAL

Write your totals for each bucket below. This will give you a feel for how each bucket is trending over time, which is filling nicely and which might need attention.

60-SECOND SNAPSHOT SUMMARY

VITALITY ___ CONNECTION ___ CONTRIBUTION ___

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# Mining assets to build your community

- **Who are your people?**
- **How do you learn and connect?**
- **What are your self-care strategies?**

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<thead>
<tr>
<th>WHO ARE YOUR PEOPLE?</th>
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<tr>
<td>People who help me clarify or challenge my ideas:</td>
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<td>People for logistics planning and how to get things done:</td>
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<tr>
<td>People to dream with:</td>
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<td>People who know what’s happening in my field:</td>
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<tr>
<td>My mentors and coaches:</td>
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Writing daily gratitude letters

DAILY GRATITUDE LETTERS

GRATITUDE CAN CHANGE A LIFE

Share & show it.
Write a gratitude letter to let someone know what you love about them, how much they matter to you, and why you appreciate them!
Discussion and questions
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Join these panelists to discuss these topics

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<th>April 9</th>
<th>Supporting students in stressful times</th>
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<tr>
<td></td>
<td>• David Adams, Director of Social-Emotional Learning, The Urban Assembly</td>
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<td>• Amy Nicholson, Vice President, Partner Impact, Turnaround for Children</td>
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<td></td>
<td>• Brigid Ahern, President and CEO, Turnaround for Children</td>
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<td></td>
<td>• Jessy Newman, Senior Researcher, American Institutes for Research</td>
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<th>April 16</th>
<th>Leading in uncertain times</th>
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<td></td>
<td>• Beverly Hutton, Deputy Executive Director, NASSP Programs and Services</td>
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<td>• Mary Elizabeth Davis, Superintendent of Henry County (GA) Schools</td>
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<th>April 23</th>
<th>Instructional coaching</th>
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<th>April 30</th>
<th>Hearing from students</th>
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Look for follow-up resources, including a recording of this webinar and slides
Online resources

Remember to check out our
COVID-19 online resource page and
COVID-19 online community
• What online professional learning support or resources are most helpful to you right now?

• During this period of school closures or transition to online learning, what has your district or school done to help you as an educator?
Thank you!