

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

Webinar  
April 2, 2020

If you can see the  
slide and hear the  
music, you are all set.

*learningforward*   
THE PROFESSIONAL LEARNING ASSOCIATION

# Welcome!

We will begin shortly.

All attendees are muted upon entry.  
Please use the Q&A feature when you want to ask  
panelists a question. For comments & links use chat box.

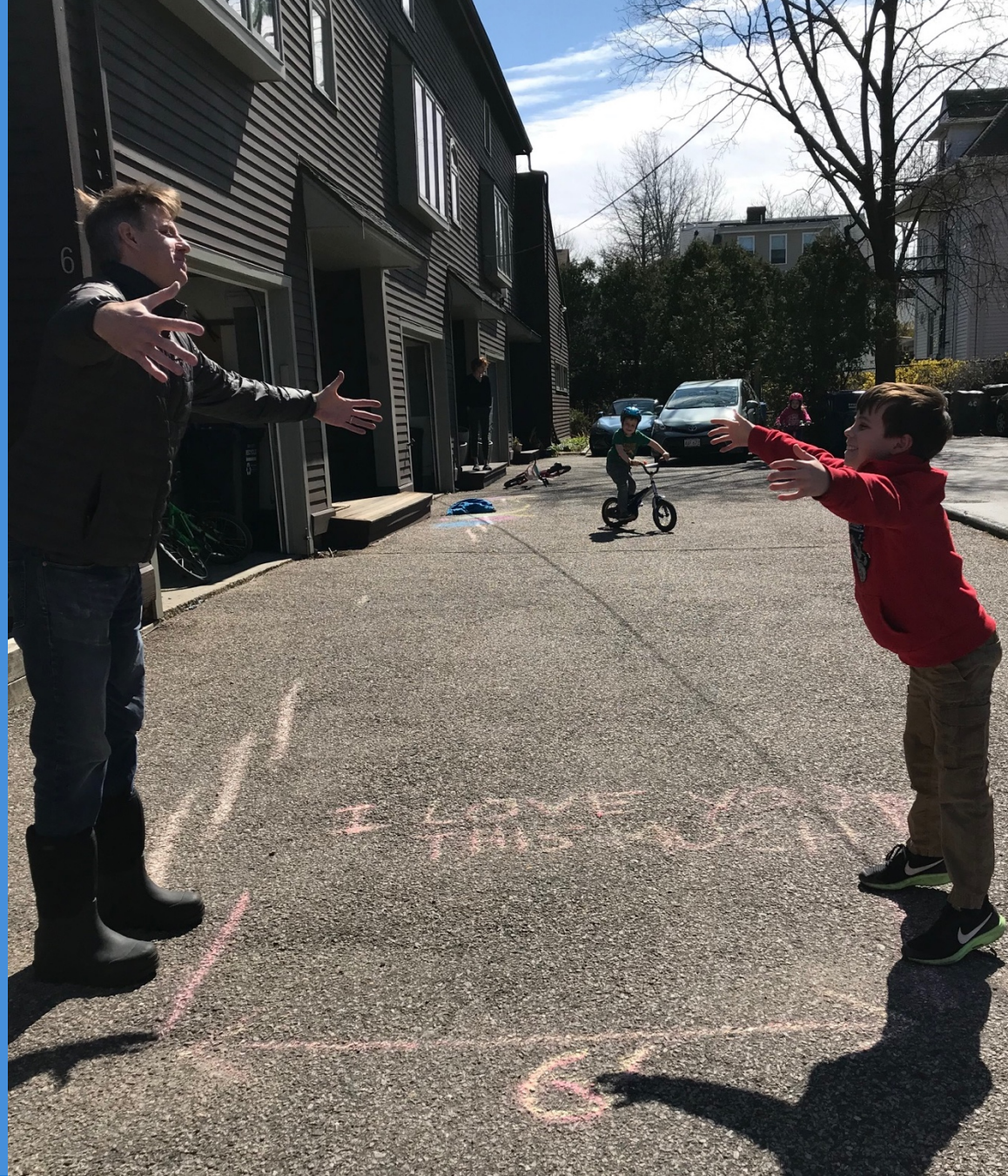
# Taking care of yourself



# 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?



# Check-in poll

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**



# Panel discussion



**Suzanne Bouffard**  
**Moderator**

Vice President  
Publications

Learning Forward



# 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



# 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.

Activity	Presenter
Welcome and poll	<b>Suzanne Bouffard</b> Vice President, Publications, Learning Forward
Panel	<b>Panel:</b> <ul style="list-style-type: none"><li>• <b>Nilufar Rezai</b> Social-Emotional Learning Specialist, Department of Personalized Learning, Chicago Public Schools</li><li>• <b>Meena Srinivasan</b> Founding Executive Director Transformative Educational Leadership (TEL)</li><li>• <b>Heather Lageman</b> Executive Director of Leadership and Organizational Development, Baltimore County Public Schools</li></ul>
Discussion and questions	<b>Panel</b>
Closing	<b>Suzanne Bouffard</b>

# 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

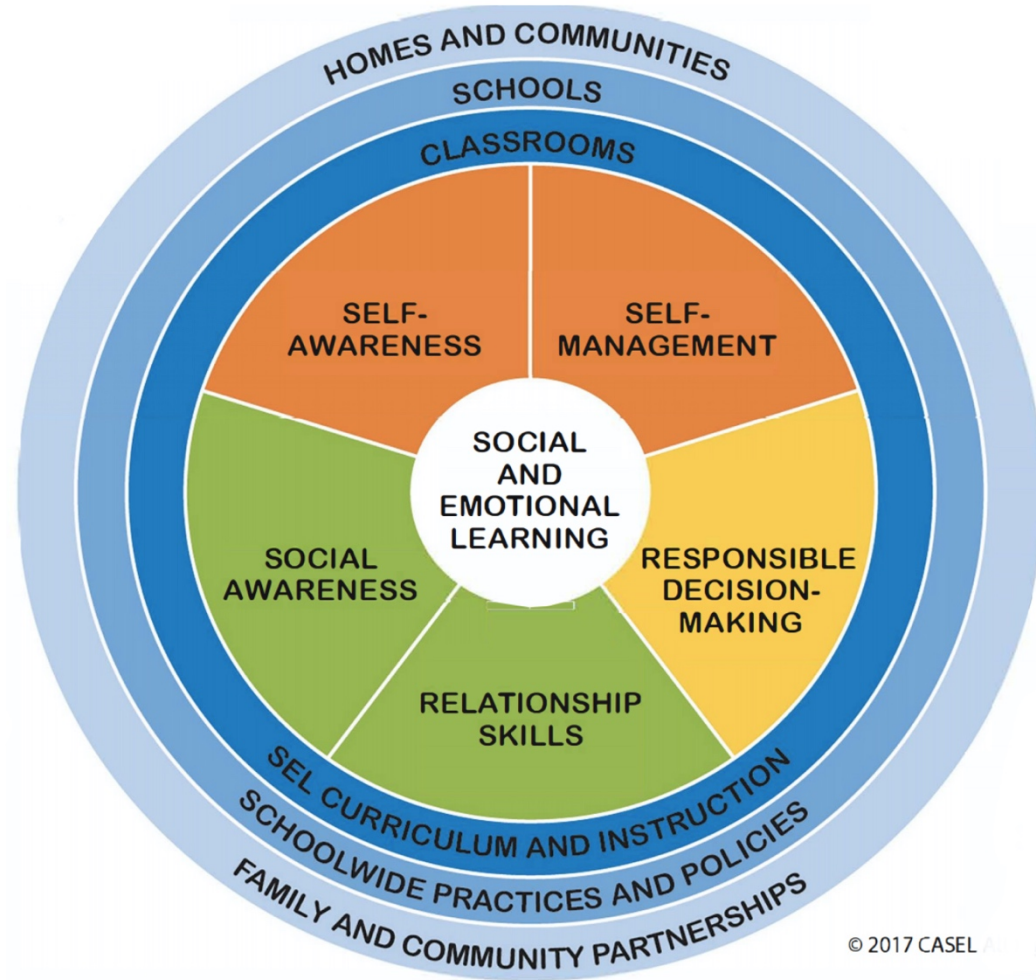
**I know myself**

**I know you**

**We know  
how to create  
together**

Recognizing one's emotions and values as well as one's strengths and limitations

Showing understanding and empathy for others



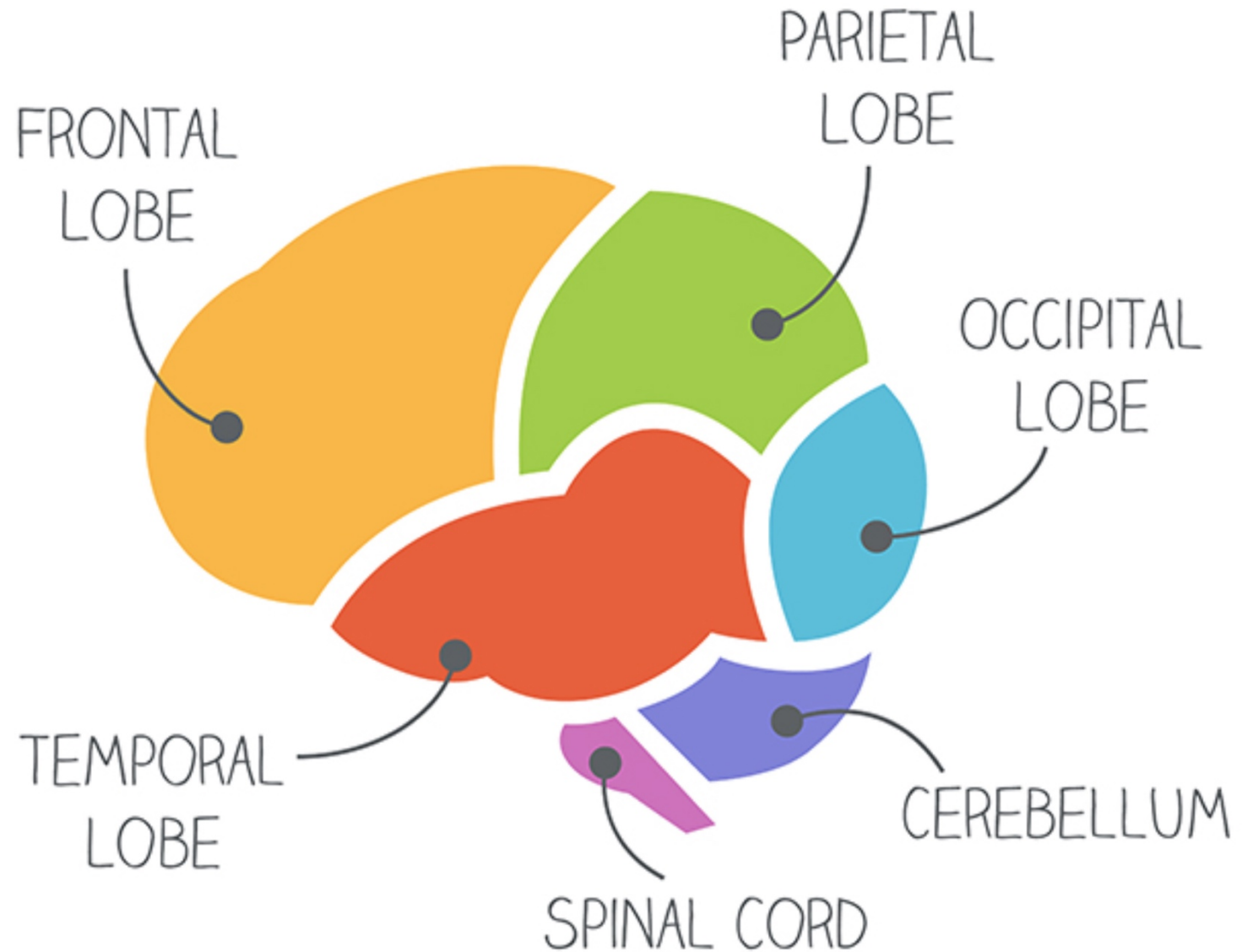
Managing emotions and behaviors to achieve one's goals

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 \(CASEL\)](http://www.learningforward.org)

# Brain's learning centers



[Integrated Learning Strategies](#)

# Brain's learning centers

## BRAIN HIERARCHY

### FRONTAL LOBE

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

### FUNCTIONS

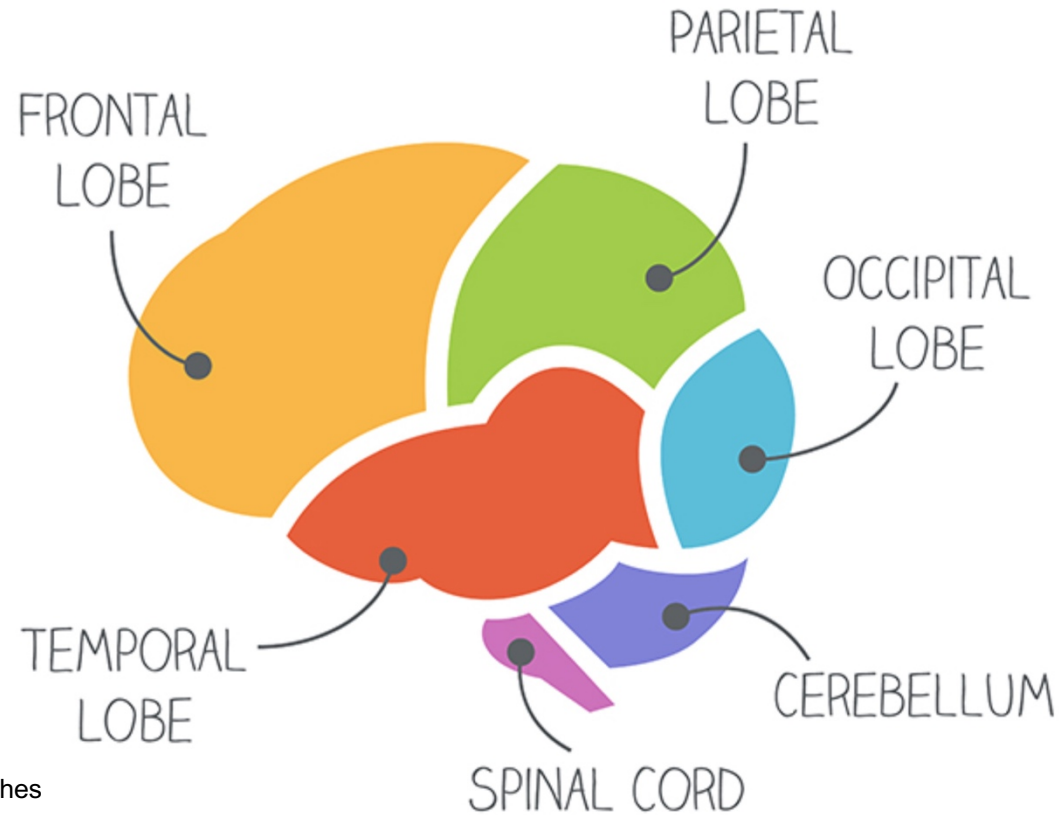
- Organizes thoughts on paper
- Remembers facts from teacher
- Starts and completes tasks
- Tells stories

### 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](http://www.learningforward.org)

# Three-prong wellness model



## Safety

Take care of yourself

### Naming and managing emotions

- [Belly breathing](#)
- [Journaling](#)
- [Self talk](#)
- [Brain breaks](#)

## Connection

Get to know others

### Forming positive relationships

- [Empathy](#)
- [Service](#)
- Turn to others for help

## Learning

Create and learn

### 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

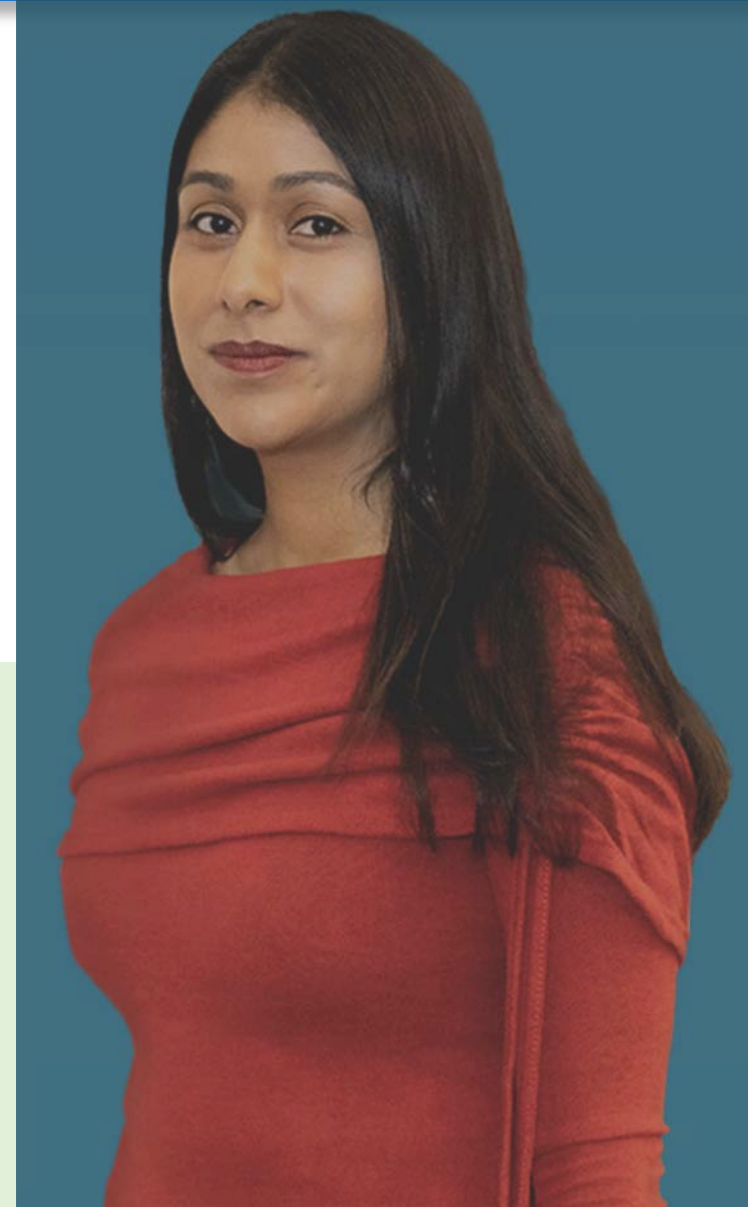
Transformative  
Educational  
Leadership (TEL)



# 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*
- The importance of HOPE

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](http://meenasrinivasan.com)





# My son, Kailash, when he was 16 months old



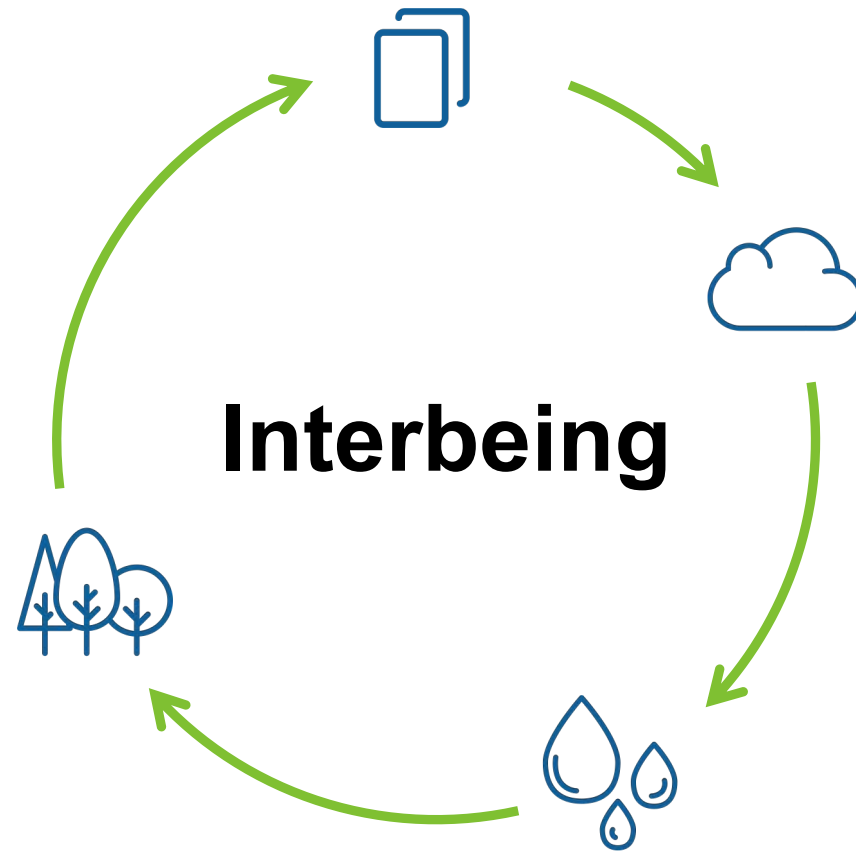
“Paying attention to our inner and outer life as it unfolds while being grounded in our body, breathing and senses so that our mind can settle, and we can cultivate a curious, open hearted presence and awareness of *Interbeing*.”

— Meena Srinivasan

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

# Interbeing



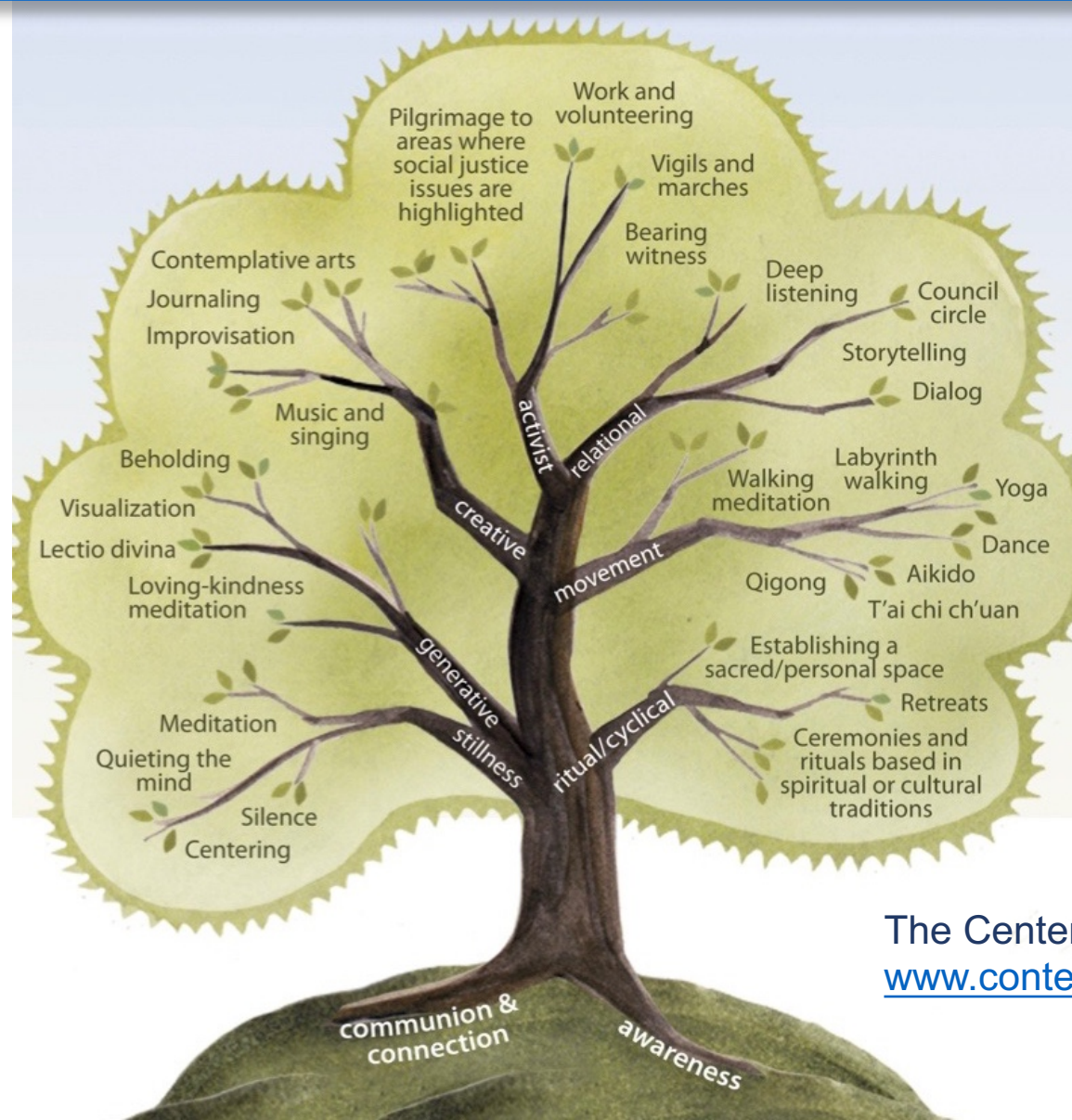
# Resource yourself first

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



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# The tree of contemplative practices



The Center for Contemplative Mind in Society  
[www.contemplativemind.org](http://www.contemplativemind.org)



**S H O R T  
M O M E N T S  
A W A R E N E S S  
R E P E A T E D  
T I M E S**

# Touch, savor, and soak in your joy



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# Practice the reframe

Example:

Instead of “I have to, I get to.”



# Practice the reframe

*Social Distancing*

**Physical distancing**

*Quarantine/Lockdown*

**Retreating for wellness**

*Isolating*

**Protecting our health**

*In fear*

**In choice**

# Practice the reframe

## Public Service Announcement

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.

**Make  
self-  
compassion  
central**

Emily King

© MEENA SRINIVASAN, 2020

# Integrating mindfulness

## 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](https://meenasrinivasan.com)

# Five tools for staying grounded



**Heather Lageman**

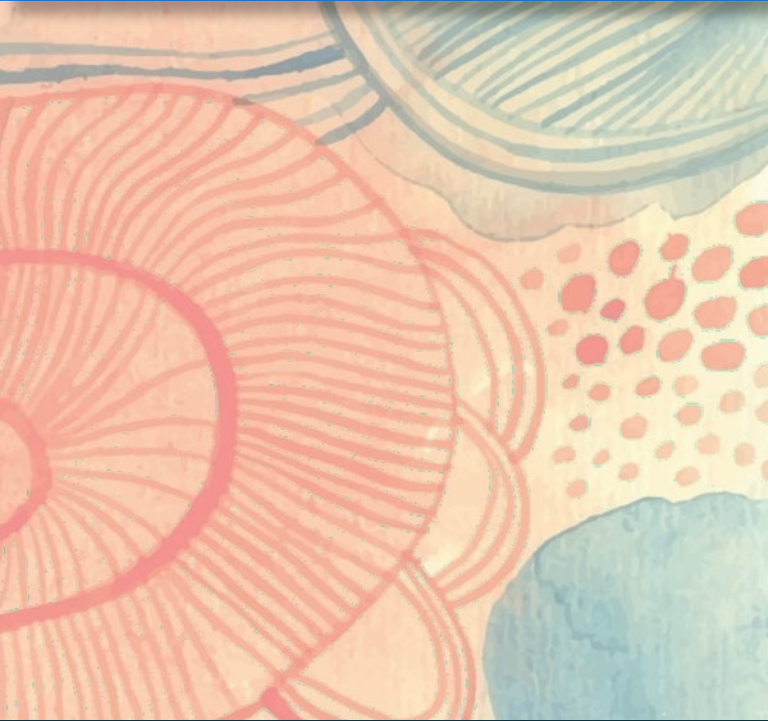
Executive Director of  
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**TEAMBCPS** Raising the bar, Closing gaps, Preparing for our future

# 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.



- \_\_\_ 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**



- \_\_\_ Feel loved, without condition
- \_\_\_ Feel strongly connected to good friends
- \_\_\_ Feel a sense of belonging to a likeminded community
- \_\_\_ Feel connected to something bigger than myself
- \_\_\_ Feel a strong sense of connection to my environment
- \_\_\_ **TOTAL**



- \_\_\_ 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 lit-up, sparked and absorbed
- \_\_\_ **TOTAL**

Write your totals for each bucket below. This'll 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 \_\_\_



# The Good Life Buckets



*Your Vitality Bucket is about an optimal state of body and mind. When you think about the state of your body and mindset, you want to feel energized, fit, strong, flexible, free from pain, optimistic, peaceful, calm, grateful, and happy.*



*Your Connection Bucket is about nourishing relationships. It's about intimate partners, family, close friends, colleagues, like-minded community and how you relate to others. When you think about relationships you want to love and receive love without condition; feel that you belong – be seen, understood, and embraced by friends with shared values, interests, and aspirations; and connect to something bigger than yourself.*



*Your Contribution Bucket is about how you bring your gifts to the world in a way that is meaningful, in a way that matters and allows you to feel like you matter. It's about knowing that you are here to do the things that you are meant to do.*



# Mining assets to build your community

WHO ARE YOUR PEOPLE?				
People who help me clarify or challenge my ideas:				
People for logistics planning and how to get things done:				
People to dream with:				
People who know what's happening in my field:				
My mentors and coaches:				

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



# 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



# Mark your calendars

<b>Thursday April 9 3 pm ET</b>	<b>Thursday April 16 3 pm ET</b>	<b>Thursday April 23 3 pm ET</b>	<b>Thursday April 30 3 pm ET</b>
Supporting students in stressful times	Leading in uncertain times	Instructional coaching	Hearing from students

# Join these panelists to discuss these topics

## April 9 Supporting students in stressful times

- **David Adams**, Director of Social-Emotional Learning, The Urban Assembly
- **Amy Nicholson**, Vice President, Partner Impact, Turnaround for Children
- **Brigid Ahern**, President and CEO, Turnaround for Children
- **Jessy Newman**, Senior Researcher, American Institutes for Research

## April 16 Leading in uncertain times

- **Beverly Hutton**, Deputy Executive Director, NASSP Programs and Services
- **Mary Elizabeth Davis**, Superintendent of Henry County (GA) Schools

## April 23 Instructional coaching

## April 30 Hearing from students

**Look for follow-up resources,  
including a recording of this  
webinar and slides**

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!

