Welcome! We will begin shortly.

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

All attendees are muted upon entry. Please use the chat feature for comments and questions during the webinar.
Thank you for joining us

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

Please introduce yourselves in the chat box

- Your name
- Your location
- Your role in the educational sector

@learningforward
Time to focus on strategies to promote well-being

Laura Lee Summers
Associate Professor, CTT, School of Education and Human Development
University of Colorado-Denver

Teacher Appreciation Week
May 2 – 6
Participants will …

• Acquire strategies and resources that promote educator health and well-being

• Learn about organizing high demands so that they have time for their own wellness

• Identify ways to transfer strategies to support the social and emotional well-being of colleagues and students
Share your ideas

How often do you take a break?

A. Once a day
B. Once a week
C. Only on weekends
D. Multiple times per day
The eight dimensions of wellness

- Environment
- Intellectual
- Spiritual
- Occupational
- Physical
- Emotional
- Financial
- Social

Your Integrated Wellness
Engaged Pedagogy

Educators who are committed to making self-care a priority align to what bell hooks (1994) refers to as “engaged pedagogy.” Engaged pedagogy requires that teachers consciously commit “to a process of self-actualization that promotes their own well-being if they are to teach in a manner that empowers students” (p. 15).
Panel discussion

Olimpia Bahena
Principal at Talcott
Fine Arts and
Museum Academy
Chicago Public
Schools (IL)

Kimberly Dennis
New Teacher
Induction Facilitator
Clarksville-
Montgomery County
School System
(TN)

Constance Easton
Coordinator for Mental
Health, Social
Emotional Learning
and Counseling
Richmond School
District (BC)

Eleajah McElroy
District Coordinator
for Mental Health and
Positive Student
Supports
Griffin-Spalding County
School District (GA)
Educator health and well being: 
Put on your own oxygen mask first

Leadership Moves

Dr. Olimpia Bahena – Principal
1. INTEGRATION IN PROFESSIONAL DEVELOPMENT DAYS
POWER OF PLACE
Scavenger Hunt!

Place-Based Education

WE'RE NOT NAMING TAMA FOR NOTHING!

Talcott is home to many beautiful, student-created pieces of art. There are also fabulous mosaics. Find the mosaic mural that sparkles and gleams in the sunlight. Take a photo with your best art appreciation faces admiring its wonderful colors and composition.

The Mission:

Get to know the area and Talcott by visiting the following places using the clues provided. You can go in any order. Follow all directions carefully!

Have Fun!
Besides School, where else do our kids spend time?

Take a walk around the neighborhood. Find Erie House (Superior), Commercial Park, the Met West Community Garden, Snowberry Park, or the West Town Branch Chicago Public Library. Add a photo on this slide of any three of your choice.

Bonus if you see a Talcott student!
2. Protecting Healthy Collaboration

Occupational Dimension
Collaborative Sessions: Professional collaboration blocks during the instructional day
**Spiritual Dimension**

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**The Four Agreements**

**Be Impeccable With Your Word**
A. Speak with integrity.
B. Say only what you mean.
C. Avoid using the word to speak against yourself or to gossip about others.
D. Use the power of your word in the direction of truth and love.

**Don't Take Anything Personally**
A. Nothing others do is because of you.
B. What others say and do is a projection of their own reality; they own it.
C. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

**Don't Make Assumptions**
A. Find the courage to ask questions and to express what you really want.
B. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
C. With just this one agreement, you can completely transform your life.

**Always Do Your Best**
A. Your best is going to change from moment to moment. It will be different when you are healthy as opposed to sick.
B. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

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UPLIFT
THANKS!

You can find me at obahena@cps.edu
Kimberly Dennis, New Teacher Induction Facilitator

• Self-Compassion
  • Self-Reflection
  • Affirmations

• Environment
  • Organization and Procedures
  • Digital Environment
    • Email
    • Desktop and Cloud-Based Storage
What We’re Hearing
From Teachers:
Teachers are burning out
and can’t give what they
don’t have

Solution:
Prioritize and model adult
SEL and well-being at the
district level

WELLNESS WITH AN SEL LENS
Connie Easton, SD 38 Richmond, BC, Canada
“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. ... “Self-care is not selfish. You cannot serve from an empty vessel.”
STAFF WELL-BEING PRIORITIES

SCHOOL-BASED ADMINISTRATORS
- Build resilience
- Improve professional relationships
- Clarify roles & provide more flexibility
- Address seasonal challenges
- Counter negative public perception of the education system

ELEMENTARY TEACHERS
- Address the issue of student behaviour
- Improve professional relationships
- Find ways to reduce confrontations with aggressive parents
- Consider counselling for teachers
- Address seasonal challenges

SECONDARY TEACHERS
- Build trust & appreciation
- Improve professional relationships
- Create opportunities for collaboration and peer learning
- Improve AO support & develop distributed leadership
- Address work/life balance issues

EDUCATION ASSISTANTS
- Provide more support for working in collaborative teams
- Improve communication approaches & systems
- Ensure that staff are valued
- Improve professional relationships
- Address work/life balance issues
SEL AND OUR NEEDS
Incorporate SEL into your school or district leadership

One of the best ways to teach social-emotional learning skills is by modeling and practicing the behaviors ourselves. When students see adults at school leading with empathy, care, and connection, it not only creates a more positive environment for everyone, but it shows the skills we are trying to teach in action.
EXPLORING THE LANDSCAPE OF “SWELLNESS”
Educator Wellness
Dr. Eleajah McElroy
Mental Health and Positive Student Support Department
Mindfulness

• Fully engaged in the moment: Awareness
• Combats distractions from the busy world: Focused
• Decreases judgment of self & others: Empathy
• Helps calm the buzzing thoughts: Collected
• Decreases negative stressors: Peaceful
• Improves sadness: Joyful
• A way of living & always available: Present
• Provides choices in complex matters: Strength
Self-Care

By getting the right amount of rest, working out, eating healthy, and engaging in self-care activities, self-care can help you thrive in the class and in your personal life; this will help the students you teach to succeed too!

Self-Care Activities

- Cook
- Read
- Dance
- Color
- Garden
- Play Games
- Enjoy Family
- Exercise
- Social
- Nature Walk

Self-care is not selfish.
The Balanced Educator

The Balanced Educator should feel relaxed, balanced, and joyful in every aspect of their lives. It is essential to understand that we are adequately equipped to care for others when we care for ourselves.

### Stress Management
- Stress Management Step 1: Awareness
- Virtual Learning Barriers
- Stress Management #2: Explore Triggers/Str...
- Stress Management #2: Explore Triggers/Str...
- Stress Management #3: Wellness Plan D...
- Stress Management Steps Review
- Stress Management #4: Implement the well...
- Stress Management #5: Reassess Self Care/

### Healthy Relationships
- 8 Ways to Build Workplace Relationships
- Webinar: The Power of Relationships and So...
- Do you think it would be helpful to start an ...
- Tools and Strategies to Re-engage Students...
Calm Rooms

Dedicated space for educators to support their emotional and mental health needs:

• Private transformative space: Teacher’s lounge or conference room.
• Collect input from the staff regarding their needs. Communicate the purpose of the room.
• Snacks, tea, massage chairs, dim lights, plants, sensory items, essential oils, relaxing music.
Mental Health Clinician Support

- Increase mental health awareness
- Professional learning
- Staff support request form
- Model behavior support
- Surveys
- Check-ins
- Crisis-support
Discussion and Questions
Let us hear from you

Please fill out our post-webinar survey

https://www.surveymonkey.com/r/KMQFBZB
Mark your calendars for this online course

**Eight Dimensions of Educator Wellness**

This 8-week course opens on **June 16** and runs through **August 16**.

Participants who complete course requirements will receive a certificate for 20 hours of professional learning.

[learningforward.org/online-courses-2/](http://learningforward.org/online-courses-2/)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Tues., June 21</td>
<td>1–3 pm ET</td>
<td>Cultivating emotional wellness and relationship awareness</td>
</tr>
<tr>
<td>Tues., June 28</td>
<td>1–3 pm ET</td>
<td>Working environments, happiness, and productivity</td>
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<tr>
<td>Week of July 4</td>
<td>Asynchronous study</td>
<td>Physical aspects of wellness</td>
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<tr>
<td>Tues., July 12</td>
<td>1–3 pm ET</td>
<td>Intellectual and creative wellness; developing wellness plans</td>
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<tr>
<td>Week of July 18</td>
<td>Asynchronous study</td>
<td>Community and social environments; developing wellness plans</td>
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<tr>
<td>Tues., July 26</td>
<td>1–3 pm ET</td>
<td>Purpose and value in relationships and professional drive</td>
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<td>Week of Aug. 1</td>
<td>Asynchronous study</td>
<td>Effects of financial stability; developing wellness plans</td>
</tr>
<tr>
<td>Tues. Aug 8</td>
<td>1–3 pm ET</td>
<td>Occupational self-efficacy and professional growth; finalizing wellness plans</td>
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Thank you!