

An abstract graphic on the left side of the slide, featuring a vibrant red background with a green, curved, translucent shape that resembles a stylized leaf or a modern architectural element. The shape is layered and has a slight shadow, giving it a three-dimensional appearance.

# STRESS MANAGEMENT

“The time to relax is when you don’t have time for it.”

- Sydney J. Harris



**Welcome**



# **Introductions**



## **Learning Goals**

1. Help educators feel connected
2. Provide concrete strategies to increase our Self-awareness
3. Examine ways to nurture and care for ourselves so that we can care for others

**SELF-care starts  
with exploring our  
own selves.**

**Self-CARE means  
examining ways to  
nurture ourselves.**

## FIRST THINGS FIRST. . .

- Where is YOUR (oxygen) mask?
- Ways to take care of yourself
  - Set boundaries
  - Learn to say no
  - Schedule time for yourself in your calendar
  - Find an accountability partner or group

### Self-Care



"That's my survival kit. It has a meditation tape, aspirin, and rose-colored glasses."

# Supporting Students by Showing Up For Yourself

- Had days where you felt if one more thing went wrong, you would be pushed over the edge?
- Stressors of a global pandemic and all the polarity messages we have received from media/social media on the daily
- Recognize your superheroness



# Supporting Students by Showing Up For Yourself

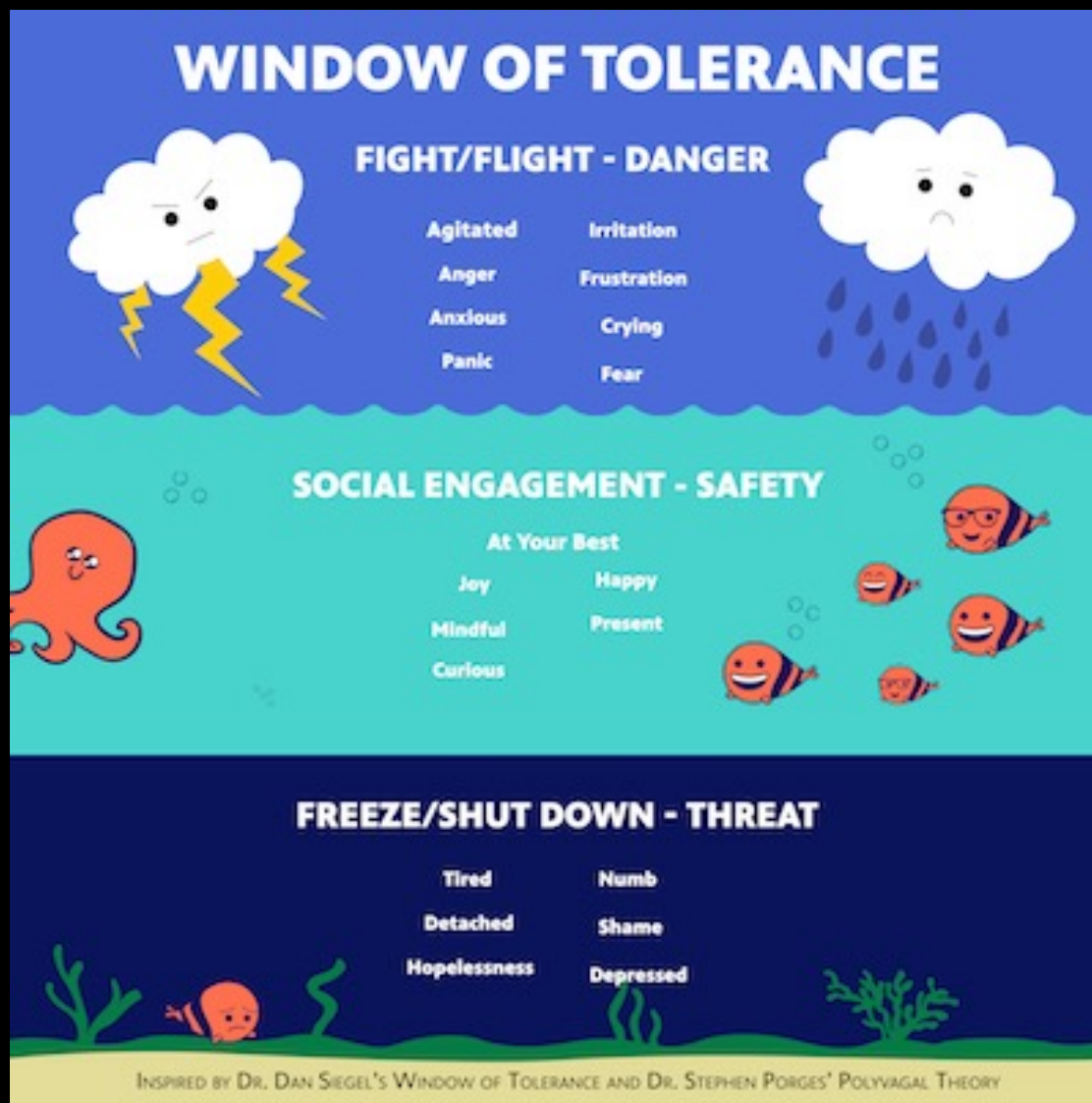
- Frustration
- Windows of Tolerance
  - Based on biological nervous systems
  - Wiring
  - Upbringing
  - Personal relationship with stress

# Window of Tolerance

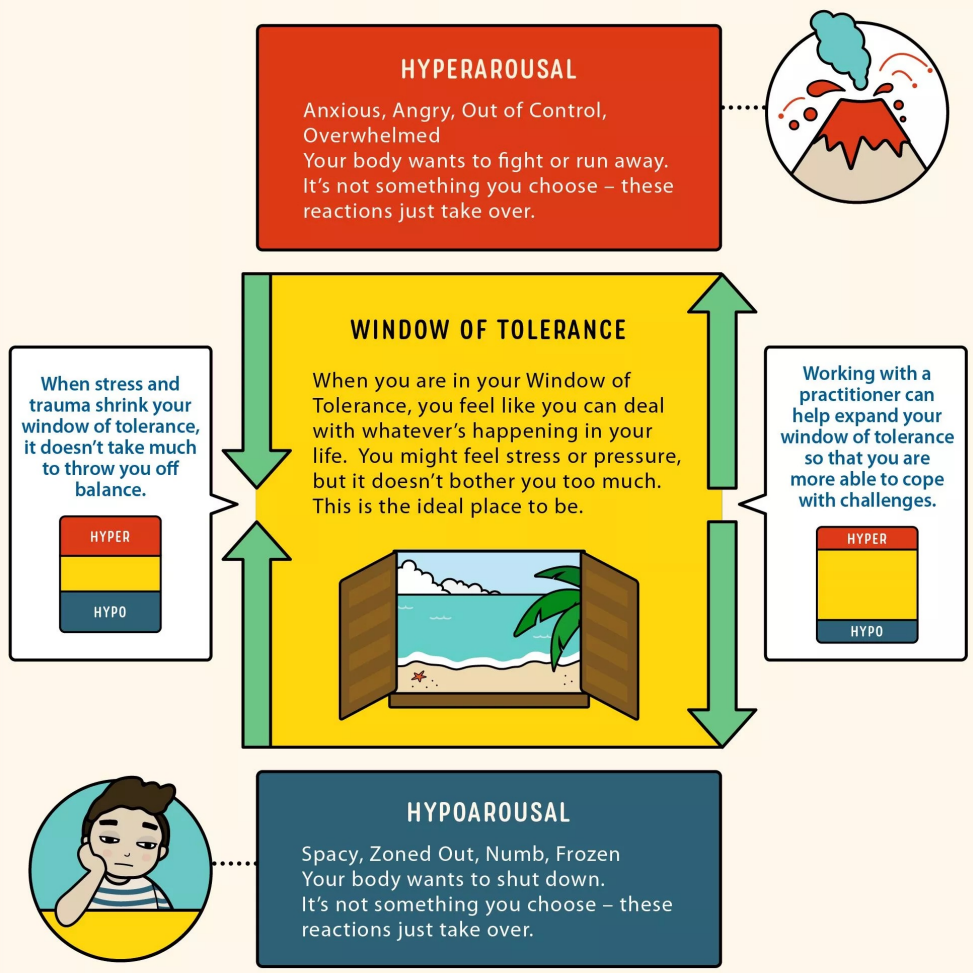
Window of Tolerance	
<p><b>Flight/Fight</b></p> <p>During extreme stress you move out of your window of tolerance and into fight or flight mode.</p> <p>Anxiety   Panic   Fear   Anger   Aggression</p>	Overloaded
<p><b>Window of Tolerance</b></p> <p>Where you can handle and process your feelings in a healthy way while being able to function and thrive.</p> <p>You increase your tolerance with coping skills.</p> <p>Safe   Capable   Grounded   Self-Aware Mindful   Engaged   Self-Soothing   Connected</p>	Comfortable
<p><b>Freeze</b></p> <p>During extreme stress you just completely shut down and withdrawal physically/emotionally.</p> <p>Depression   Fatigue   Numb   Disconnected Disassociated   Checked Out   Unfocused</p>	Shut Down

@BlessingManifesting

# Window of Tolerance



# How Trauma Can Affect Your Window Of Tolerance



nicabm

# Window of Tolerance

IT'S NORMAL TO HAVE A SMALLER

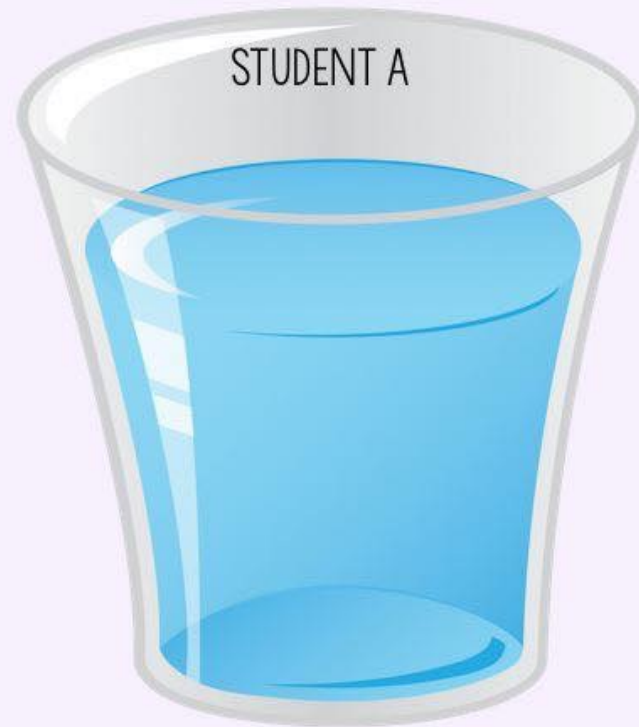
## WINDOW OF TOLERANCE

DURING STRESSFUL TIMES

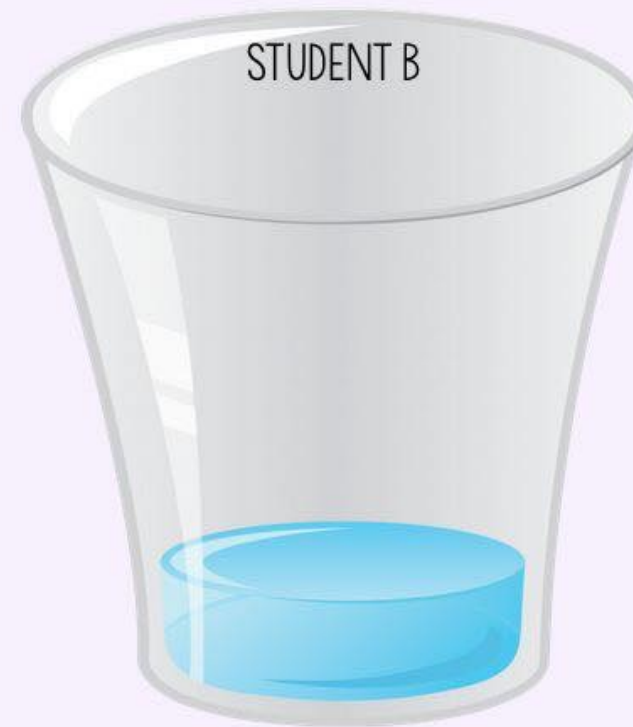
@LINDSAYBRAMAN



# THESE CUPS REPRESENT A STUDENT'S CAPACITY FOR STRESS OR DIFFICULTIES THEY EXPERIENCE AT SCHOOL.



Student A comes to school with her cup already full. At home, she may experience hunger, violence, or abuse. Small difficulties or challenges at school may send her over the edge.



Student B comes to school with her cup almost empty. At home, she experiences support, a loving family, and security. She can handle difficulties and challenges at school without being sent over the edge.

# State Dependent Functioning

## How you Flow



# Supporting Students by Showing Up For Yourself

- Ability to show up for ourselves during difficult moments
- Allows the capacity to help others
- Empowering for you and the people around you
- We have the Superpower to facilitate the navigation of difficult times
- Expanding our own window of tolerance is our first Super Power during a crisis (self regulation)



# Open Window of Tolerance

- Self control
- Short term memory
- Emotional control
- Focus
- Task initiation
- Planning
- Organizing
- Time Awareness
- Flexibility
- Moral judgement (right from wrong)
- Logical and sequential thinking
- Interpersonal skills (the ability to relate)

# Super Power of Co-Regulation



"If we provide the appropriate amount of co-regulation that these kids need, we are not hindering them... We are building the lowest parts of their brains so that their brains can keep developing."

- Robyn Gobbel -

# Superpower

- Your presence is a superpower during a crisis
  - Safe
  - Seen
  - Soothed
  - Secure

If you yell or are disengaged, there is a way to fix it (rupture and repair) We are human- reconnect

# Superpower

- Repairing an oops moment in a relationship is a superpower
- Self compassion is a superpower

# Well-Being

- Monitor and take care of your energy
- Do the things that refill you
- Rest and repair
- Five mins at a time