



Staff Well-Being Webinar Series

Resilient Practice for Educators, Staff Members, Administrators and Teams

Advance Staff Well-Being Through Awareness

OCTOBER 21, 2021



ALLIANCE FOR A HEALTHIER GENERATION

Today's Presenters



Isabel Galvez Lara

Content Manager, Social Emotional Health

She/Her



Yasemin Rodriguez Corzo

Associate Director, Social Emotional Health

She/Her



ALLIANCE FOR A HEALTHIER GENERATION

Whole Child Health & Health Equity

We work to ensure that every mind,
every body, and every young person is
healthy and ready to succeed.

Thriving Schools Partnership



How are you?



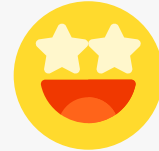
Happy



Excited



Silly



Energized



Confident



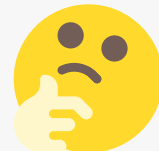
Loved



Grateful



Surprised



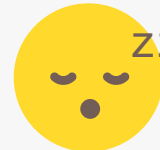
Thoughtful



Calm



Sensitive



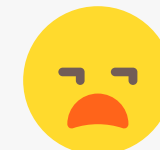
Tired



Bored



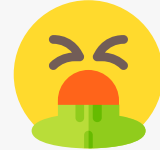
Sad



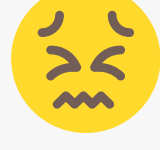
Jealous



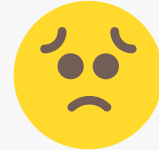
Disappointed



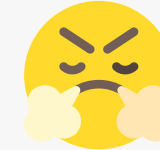
Sick



Frustrated



Worried



Angry

Participation Prompt: Use the chat box to respond.

“

Just because someone carries it well, doesn't mean it isn't heavy.

@THE_MENTAL_MAN_

Today's Intentions

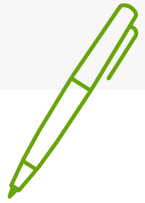
- 1 Define different types of stress
- 2 Identify the steps of burnout
- 3 Engage in strategies to manage burnout
- 4 Make a plan

Types of Stress

COVID-19

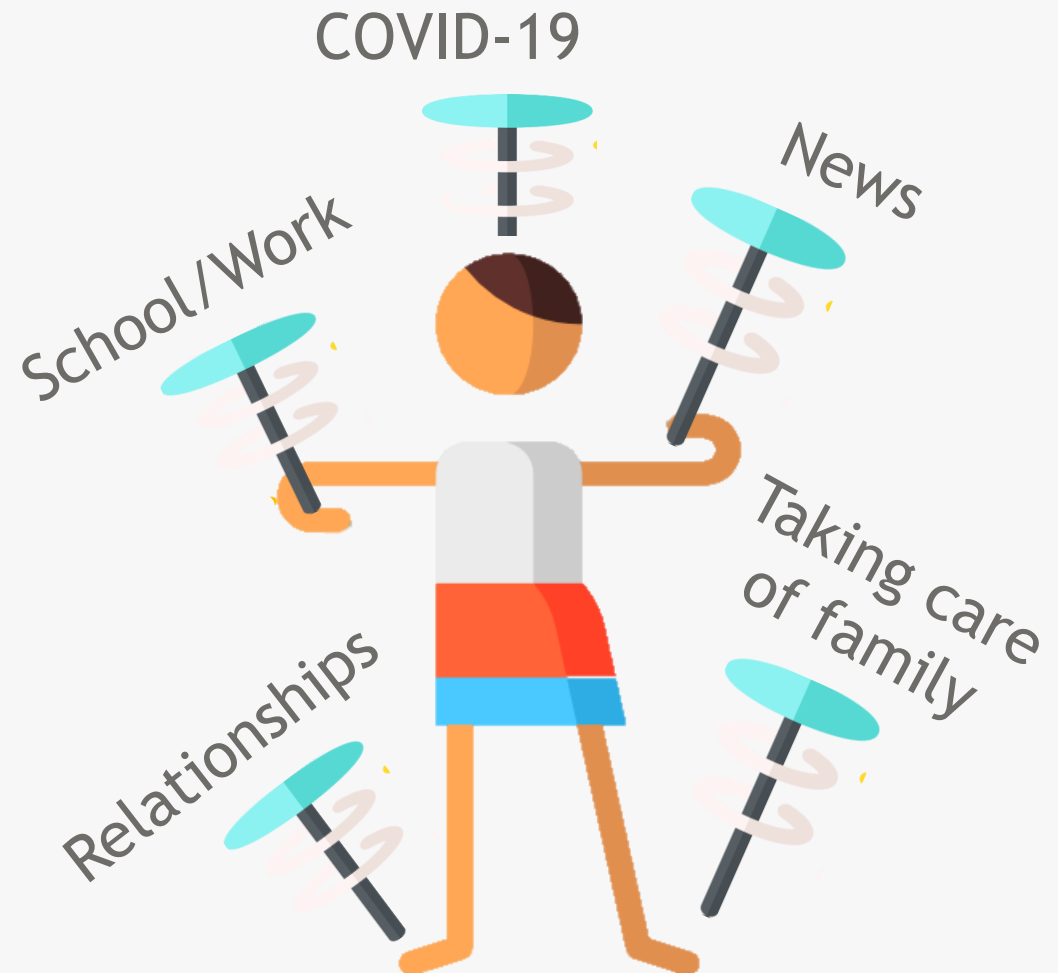


What are you juggling?

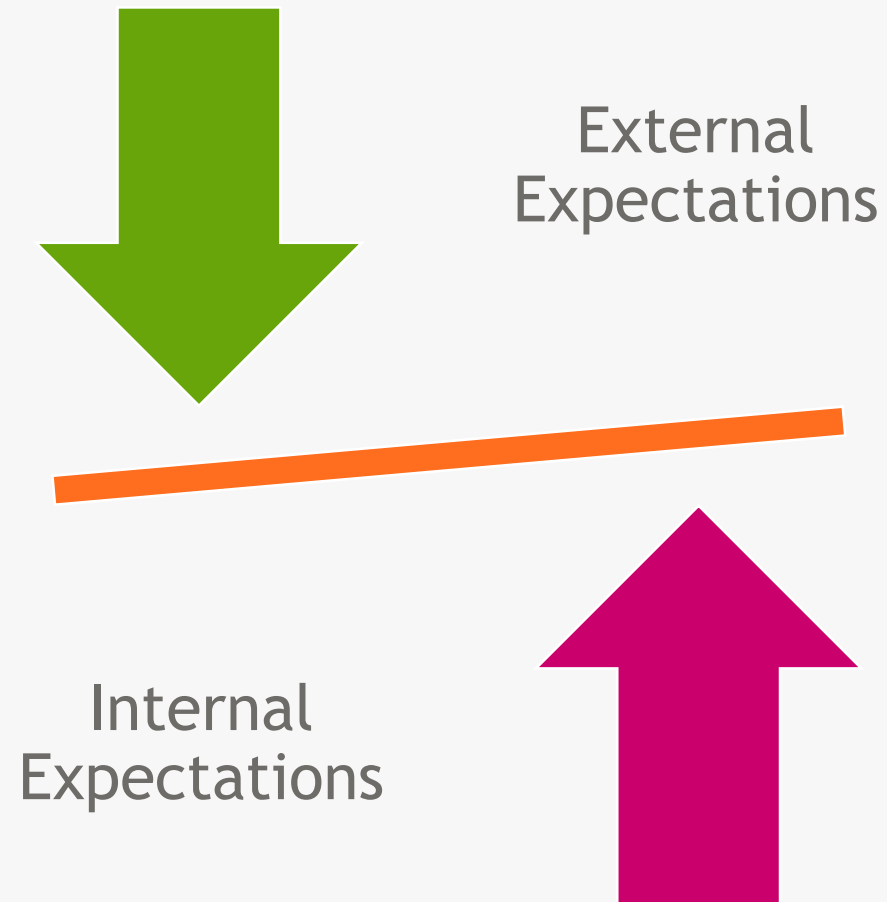


Directions

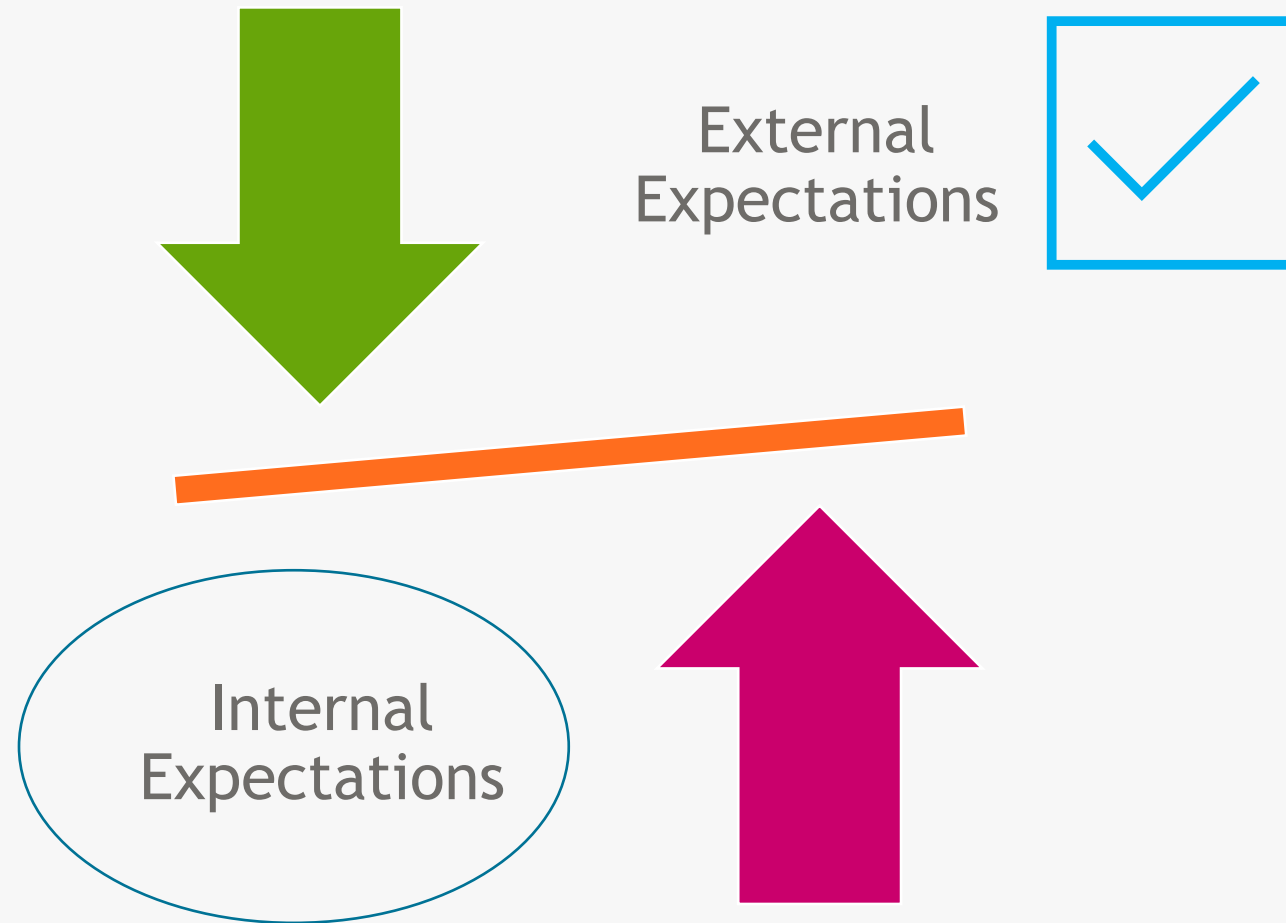
1. Write a list of everything you are juggling right now
2. Try to write for 30 seconds without stopping.



Where Work Stress Comes From



Where Work Stress Comes From



Words Matter

Secondary Traumatic Stress

- Over-exposure to other's trauma
- Different than sadness or empathy
- Can lead to
 - Visualizing of traumatic event
 - Questioning meaning of work
 - Exhaustion/numbing

Words Matter

Compassion Fatigue

- Empathy overload or “caring too much”
- Related to students
- Can lead to
 - Exhaustion
 - Lack of empathy

Words Matter

Burnout

- Feeling powerless or overwhelmed at work
- Related to school culture
- Can lead to
 - Frustration
 - Feeling less like yourself at work
 - Apathy

Words Matter

Secondary Traumatic Stress

- Over-exposure to other's trauma
- Different than sadness or empathy

Compassion Fatigue

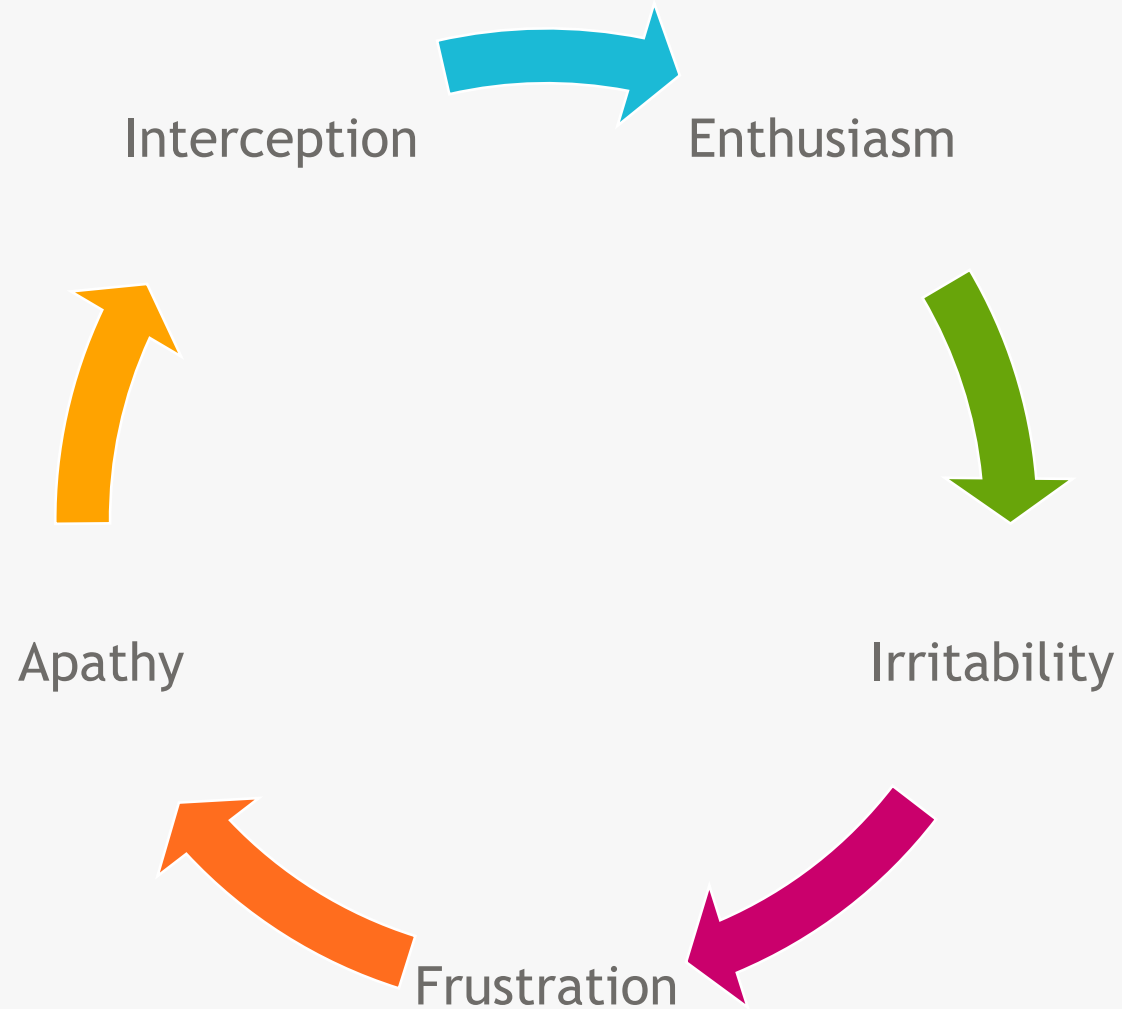
- Empathy overload or “caring too much”
- Related to students

Burnout

- Feeling powerless or overwhelmed at work
- Related to school culture

The Cycle of Burnout

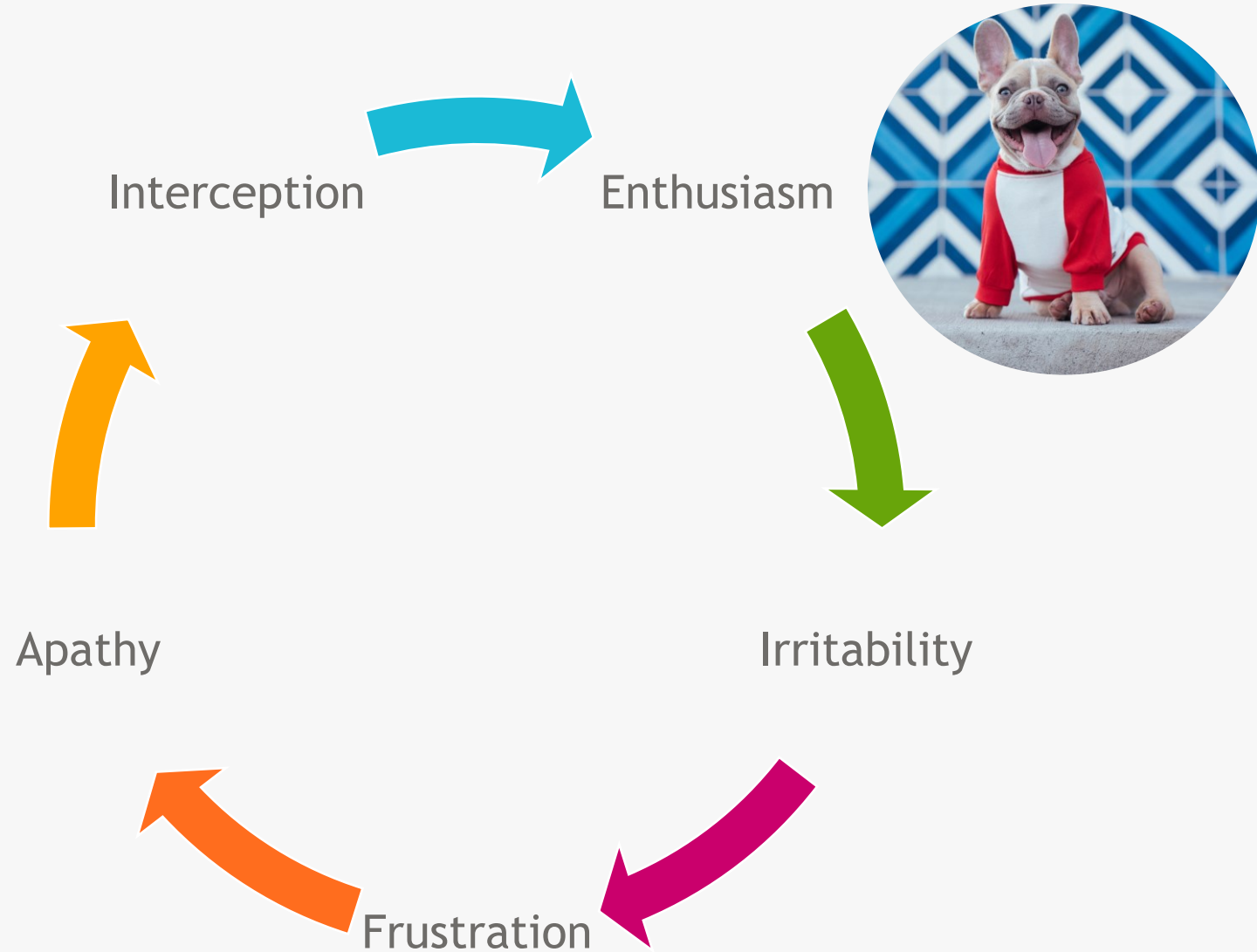
The Cycle of Burnout



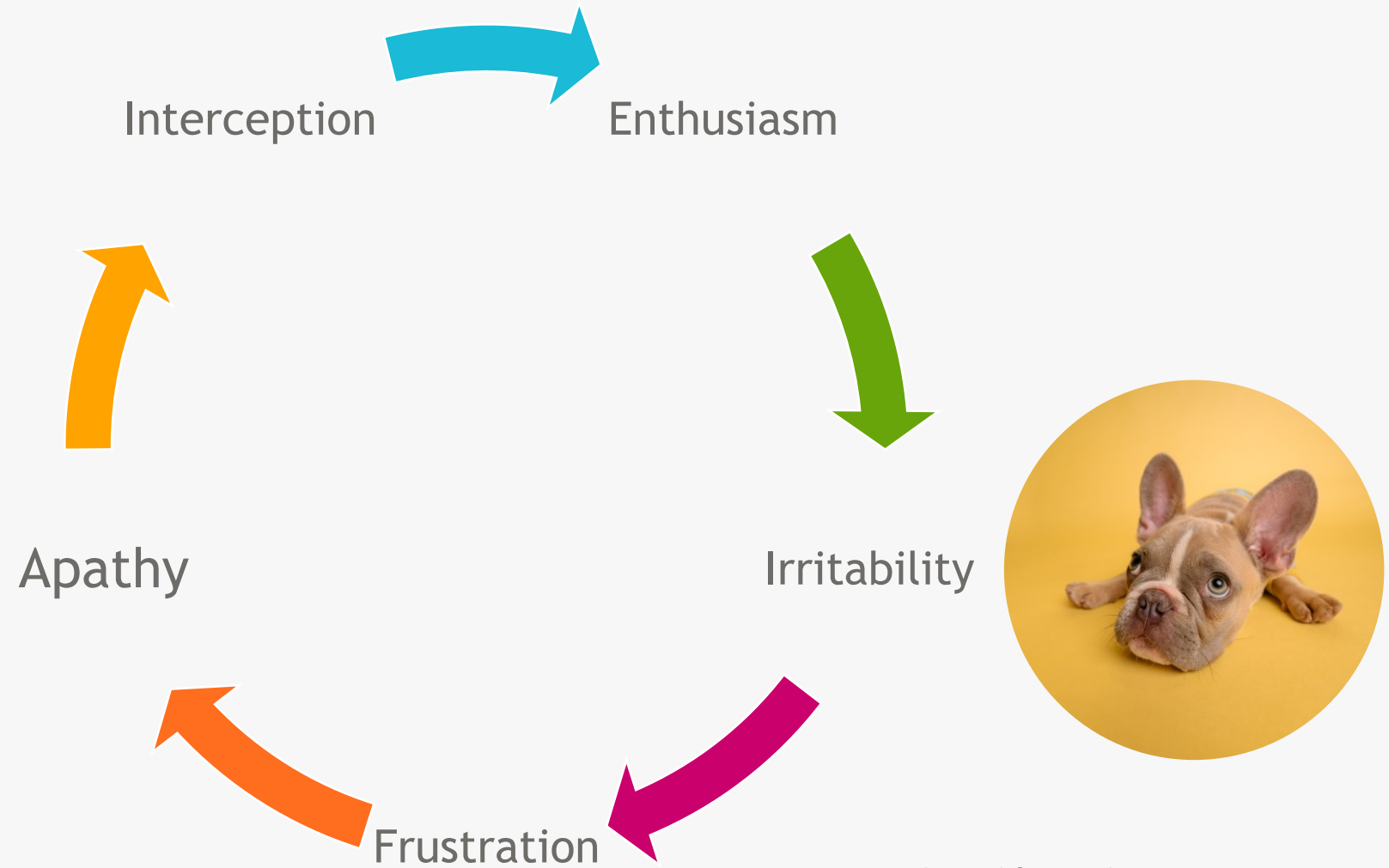
The Cycle of Burnout: As Told by Pups



The Cycle of Burnout



The Cycle of Burnout



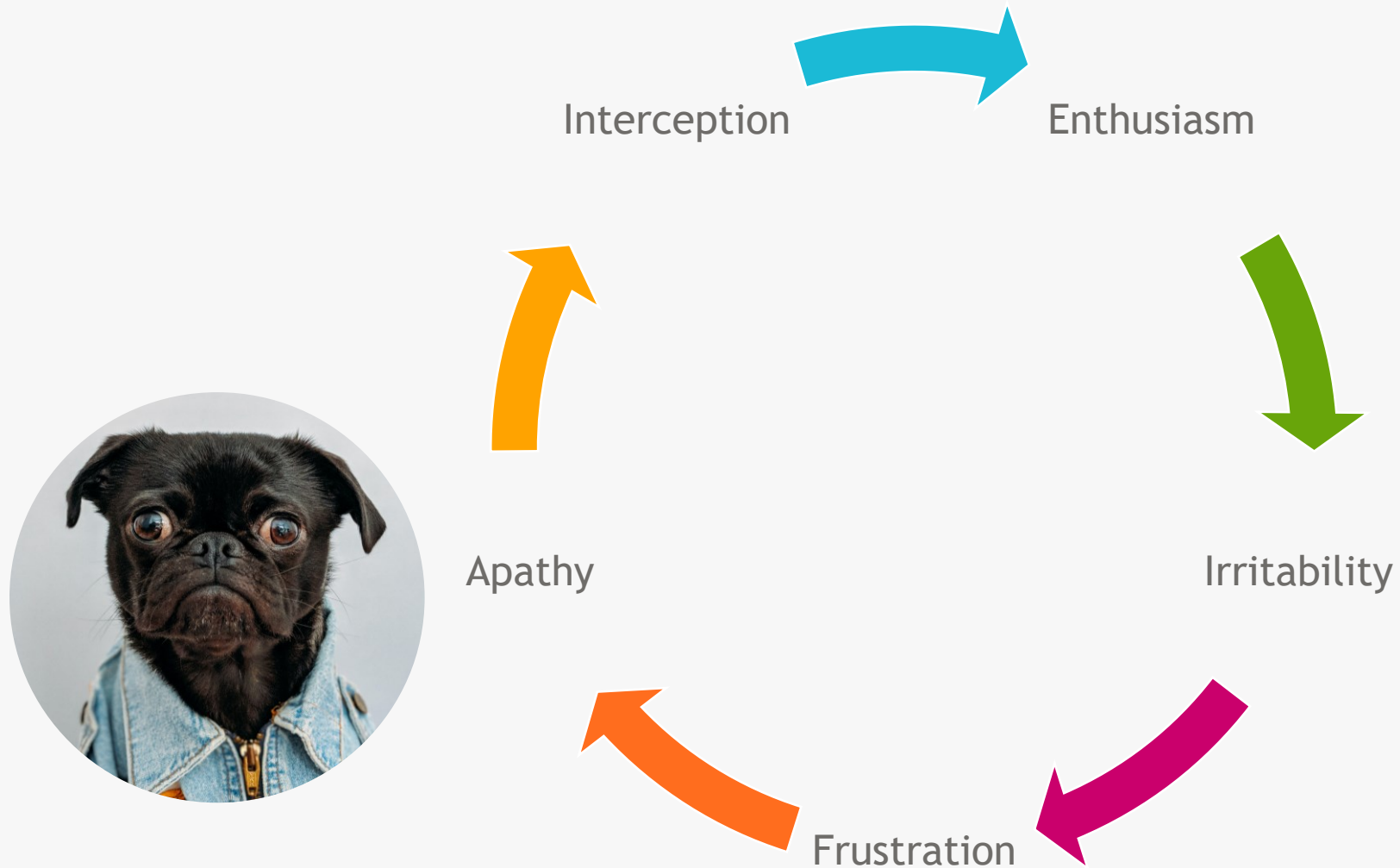
Adapted from: The American Institute of Stress

The Cycle of Burnout



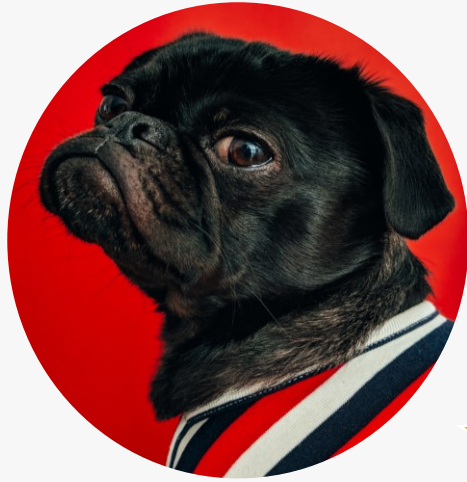
Adapted from: The American Institute of Stress

The Cycle of Burnout



Adapted from: The American Institute of Stress

The Cycle of Burnout



Interception



Enthusiasm



Irritability



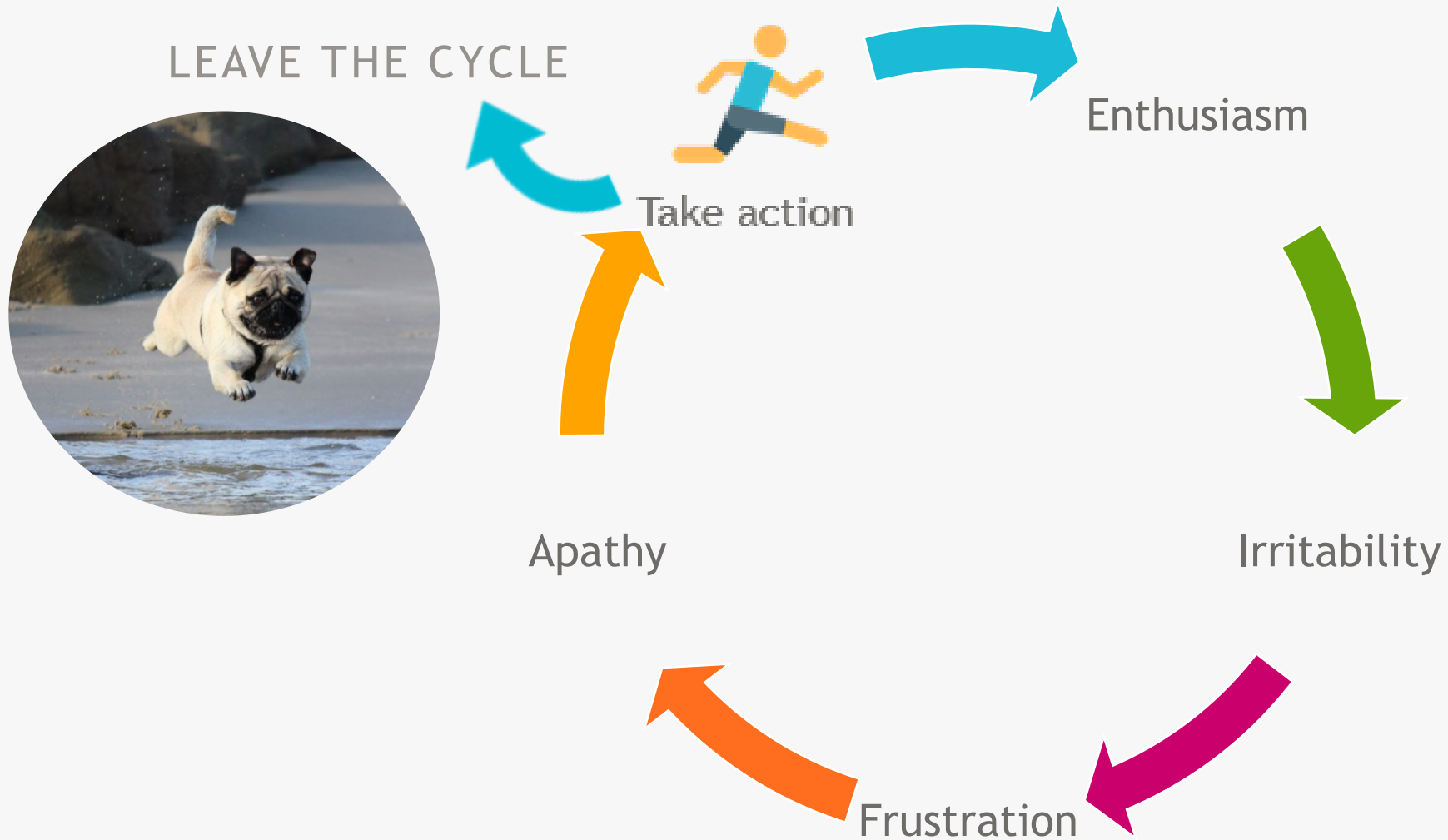
Frustration

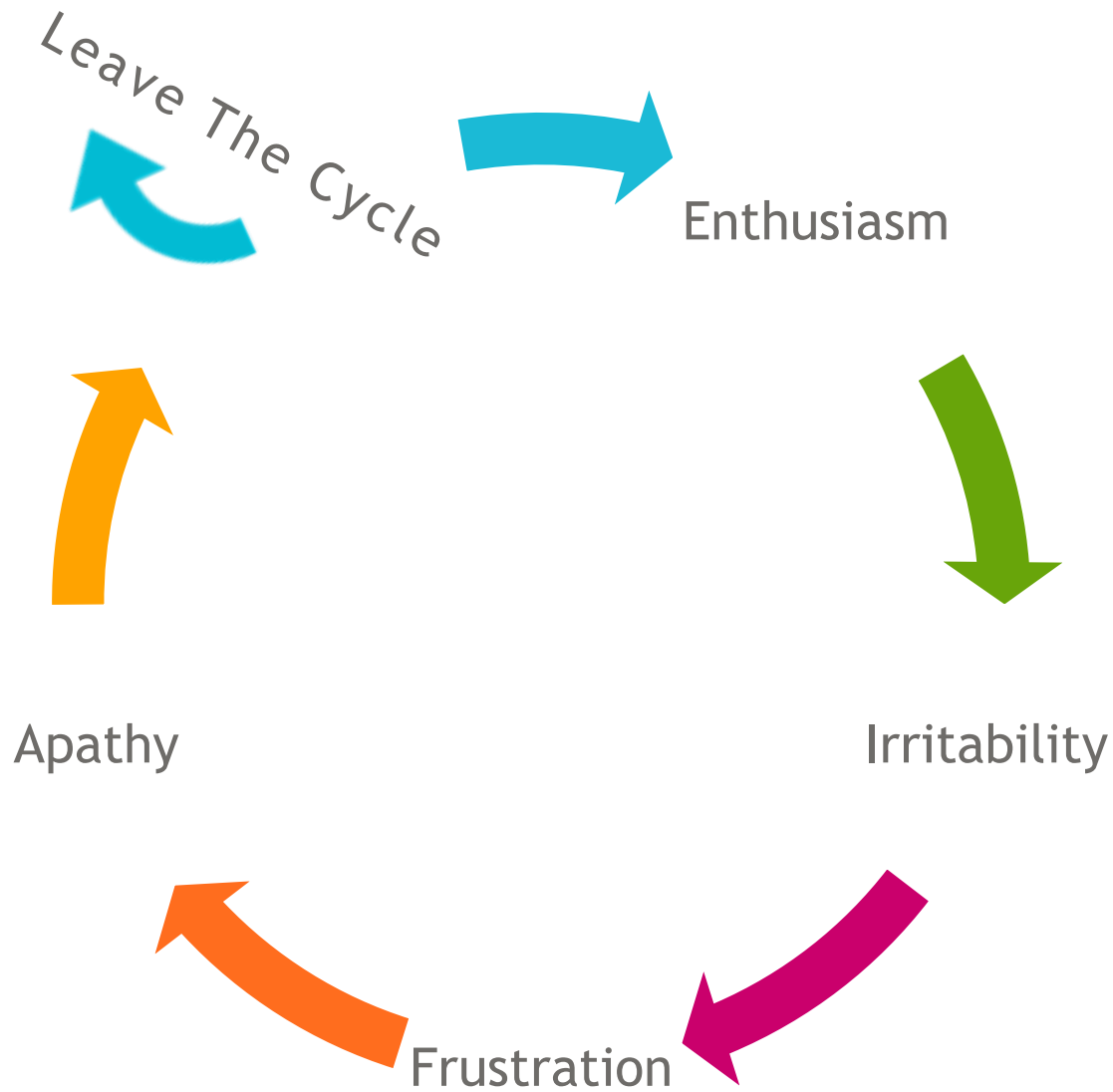


Apathy



The Cycle of Burnout





Poll Question

Where are you on the
cycle of burnout?

Addressing Burnout



Thoughts

Feelings

Behaviors

“

Pay attention to **me.**

YOUR BRAIN—TO YOU.

HOW DOES STRESS SHOW UP?

Check Your Bs

Beliefs

What am I thinking?
What story am I
telling?



Body

How do I
physically feel?
What feeling am I
having?

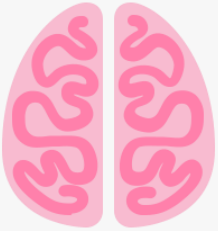


Behavior

What am I doing?
What am I avoiding?



How Does Stress Show Up for You?



Beliefs

- “I can’t possibly manage all of this!”
- “I’m not there for my students.”



Body

- Sleep disruptions
- Changes in eating habits
- Physical symptoms



Behavior

- Endlessly scrolling through social media
- Avoiding certain people

Participation Prompt: Use the chat box to respond.

How Do You Manage Your Stress?

Beliefs

Reframe



Body

Get Moving



Behavior

**Change
Direction**



Participation Prompt: Use the chat box to respond.

Empathetic Acceptance



“

Every time we **honor our own struggle** and the struggles of others by **responding with empathy**, the healing that results affects all of us.

BRENE BROWN

Acceptance: Positive Self-Talk

I **accept** myself as I am.

I give myself some **grace, love, and kindness.**

I give myself the gift of time and **restoration.**

I **deserve** it.



Take a moment

- Write yourself a note of positive self-talk.

*Participation Prompt:
Use the chat box to respond.*

Awareness & Acceptance of Others

People Your Colleagues Do Well If They Can



ADAPTED FROM: ROSS GREENE

“

Every time we honor our own struggle and the
struggles of others by responding with
empathy, the healing that results affects all of
us.

BRENE BROWN

ACCEPTANCE STRATEGY



Loving Kindness Meditation

JUST LIKE ME

Loving Kindness Meditation

- Just like me, this person is facing a great deal of change and uncertainty.
- Just like me, this person is juggling a lot of responsibilities and needs support.
- Just like me, this person wants children to succeed.
- Just like me, this person is making mistakes and learning.
- Just like me, this person is doing the best they can.



Take a moment

- Write yourself a meditation.
- Just like me...

*Participation Prompt:
Use the chat box to respond.*

Make a Plan

Think & Share

What is one strategy you would like to practice?

Who will be your success buddy?



Take Action

Participation Prompt: Use the chat box to respond.

Follow-Up Support & Resources

Virtual Meeting or Phone Call

45 minutes

Free



November 10

< > November 2021

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13

Healthier Generation Support:

<http://bit.ly/SeanHG>



RISE, SOCIAL-EMOTIONAL HEALTH, STAFF ...

Filling Your Cup:
Comprehensive Self-Care
Strategies eLearning
Companion Guide for School
Leaders

Filling Your Cup: Comprehensive Self-Care Strategies
eLearning Companion Guide

<https://api.healthiergeneration.org/resource/977>

Let's create a Healthier Generation!

Kids' physical, emotional and social well-being are inseparable. Healthy kids do better in school, at home, and in life.

Our Action Center provides tools, guidance, and training to support schools and out-of-school time sites in creating healthier environments that empower kids to thrive.

- Assess the health and wellness of your school, district, or out-of-school time site
- Increase resilience of students and staff with the RISE Index, presented in partnership with Kaiser Permanente
- Access resources and trainings on physical education & activity, employee wellness, nutrition, social-emotional health and learning, policy, and more

Ready to get started?

Take 1 minute to create your free account.

[CREATE YOUR ACTION CENTER ACCOUNT](#)

Already have an Action Center account?

Email

Password

Show Password Keep me signed in

[LOG IN](#)

[Forgot your password?](#)

SWB-D4

Thriving Schools Integrated Assessment

District-level professional learning on staff well-being

To what extent does your district offer professional learning on staff well-being?

FULLY IN PLACE

Our district provides continuous professional learning that is all the following:

- Inclusive of content related to self-care, boundaries, and stress management
- Available for all staff (including non-instructional staff) at least once per year
- Aligned with school improvement efforts
- Job-embedded, with coaching supports

MOSTLY IN PLACE

PARTIALLY IN PLACE

[Go to District Question](#)

[Go to School Question](#)

Status Not in place

[ADD TO ACTION PLAN](#)

Last update by Sean Gustafson on 10/5/21

Related resources

- [Filling Your Cup: Comprehensive Self-Care Strategies Curriculum](#)
A four-part on-demand training series packed with tools and resources ...
- [Self-Care Tips for Parents & Caregivers](#)
Try these 5 psychology-backed tips for practicing self-care to relieve...
- [Educator Self-Care Card](#)

ALLIANCE FOR A HEALTHIER GENERATION

Thank you for being a community health champion

Upcoming Webinars

- **Communicate Healthy Boundaries for Individual and Collective Well-Being**

Thurs. Nov. 18, 3 PM Pacific

<https://bit.ly/staffwellbeingCDE>

Share Your Feedback

<https://www.surveymonkey.com/r/P9CFG9L>



SCAN ME

Thank you!

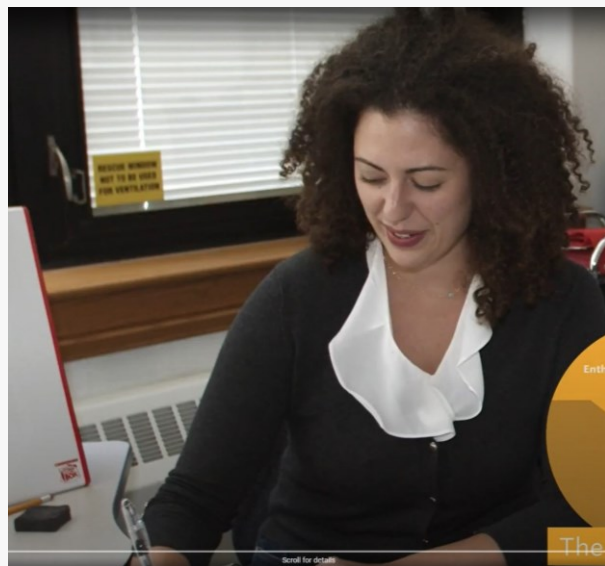
Every mind, every body, every young person
healthy and ready to succeed.



  @healthiergen   /HealthierGeneration

STAFF WELL-BEING

Microlearning Videos



[The Burnout Cycle Video](#)



[Three B's Video](#)



[Guided Meditation for Educators & Caregivers Video](#)

Resources

- [Filling Your Cup E-learning Companion Guide](#)
- [Wellness Wheel of Self-Care](#)
- [Me Moments Toolkit](#) PDF
- Me Moments Webpage
[English](#) | [Español](#)

Additional Support

- [Talk with a Healthier Generation Program Manager](#)
- [Upcoming Live Webinars Registration](#)
- [Healthier Generation Action Center](#)
- [Kaiser Permanente's Thriving Schools](#)

Sign Up for the K12 Mental Health Listserv

- To receive information about the CDE's K-12 resources, supports, and events send a blank message to join-k12mh@mlist.cde.ca.gov.
- Follow Project Cal-Well on Facebook at <https://www.facebook.com/projectcalwell>

