

Educator Health and Well-being: Put on Your Own Oxygen Mask First



Webinar
May 5, 2022

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](https://twitter.com/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

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



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)



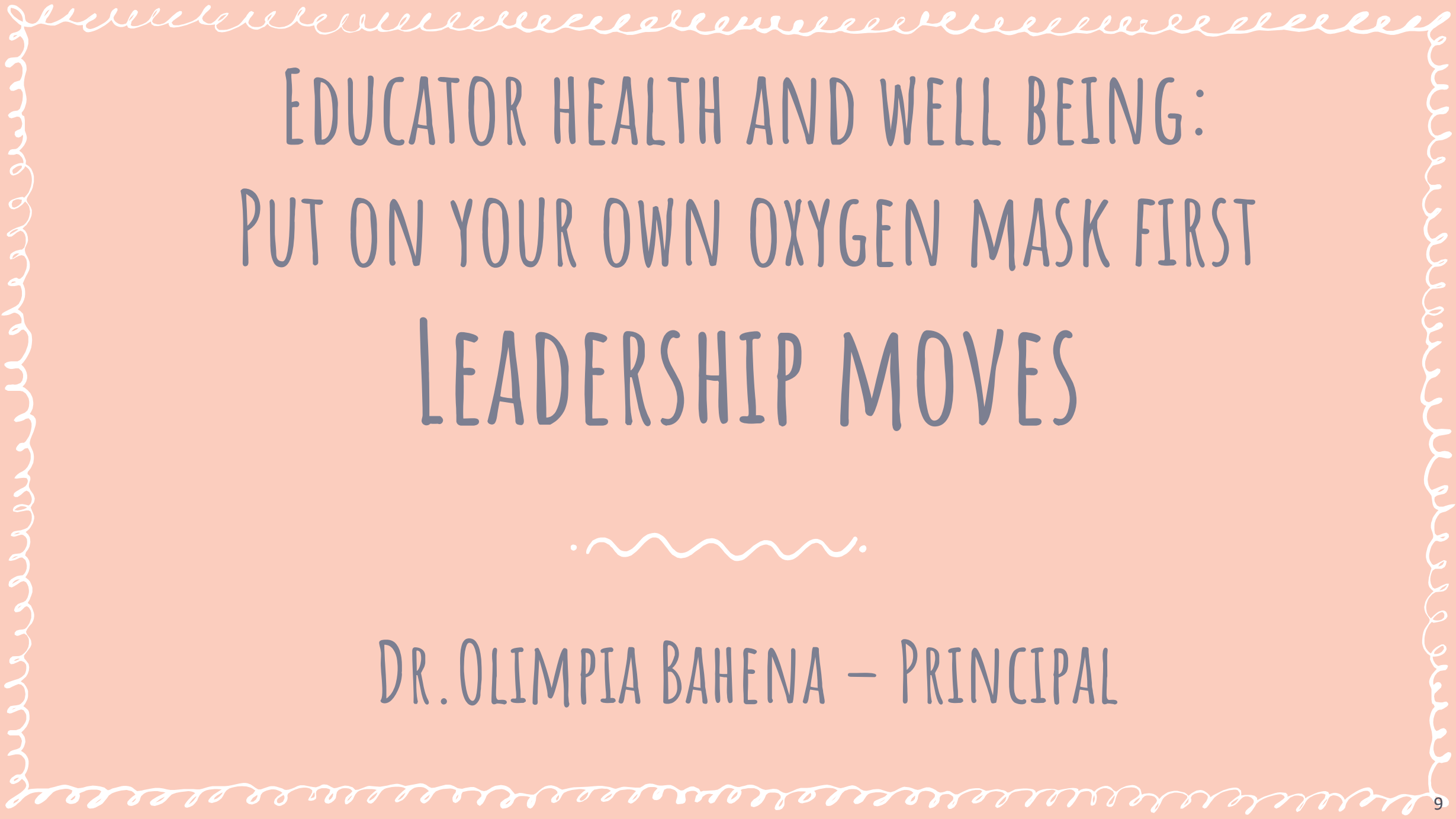
Constance Easton

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)



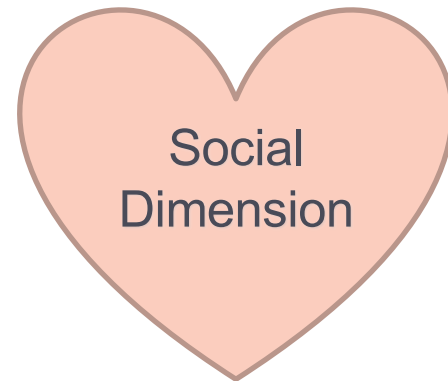
EDUCATOR HEALTH AND WELL BEING:
PUT ON YOUR OWN OXYGEN MASK FIRST
LEADERSHIP MOVES



DR. OLIMPIA BAHENA – PRINCIPAL

1.

INTEGRATION IN PROFESSIONAL DEVELOPMENT DAYS





goosechase

POWER OF PLACE



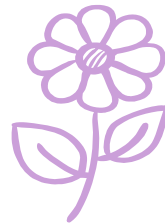
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Power of Place [search]

Remaining [Completed]

- The End: Photo Op!** 400 pts
Take an artistic photo with at least one of your colleagues. Try a different angle, highligh... [checkmark] [arrow]
- The Talcott ILT Rocks!** 400 pts
Take a selfie. [checkmark] [arrow]
- Discover Street Art** 600 pts
Find a mural on Cullerton and Wolcott St and take a picture. [checkmark] [arrow]
- Getting coffee?** 600 pts
Let's meet at the Jumping Bean Cafe located in 1439 W 18th St. Take a picture. [checkmark] [arrow]
- Public Art on 16th a...** 600 pts
Sandra Antongiorgi and Sam Kirk are two Chicago-based artists who collaborated on t... [checkmark] [arrow]

Missions Feed Rankings Notifications My Team



SCAVENGER HUNT!

Place-Based Education

WE'RE NOT NAMED FAMA 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



HOW TO OVERCOME BARRIERS FOR HEALTHY COLLABORATION

Collaborative Sessions: Professional collaboration blocks during the instructional day





1 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, THEIR OWN DREAM.
- C. WHEN YOU ARE IMMUNE TO THE OPINIONS AND ACTIONS OF OTHERS, YOU WON'T BE THE VICTIM OF NEEDLESS SUFFERING.

THE FOUR AGREEMENTS

BY DON MIGUEL RUIZ

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.

Spiritual Dimension

UPLIFT



THANKS!

You can find me at obahena@cps.edu

- 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

TAKE A MOMENT TO REFLECT ON THIS QUOTE...



**"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



THREE ESSENTIAL INGREDIENTS OF SEL

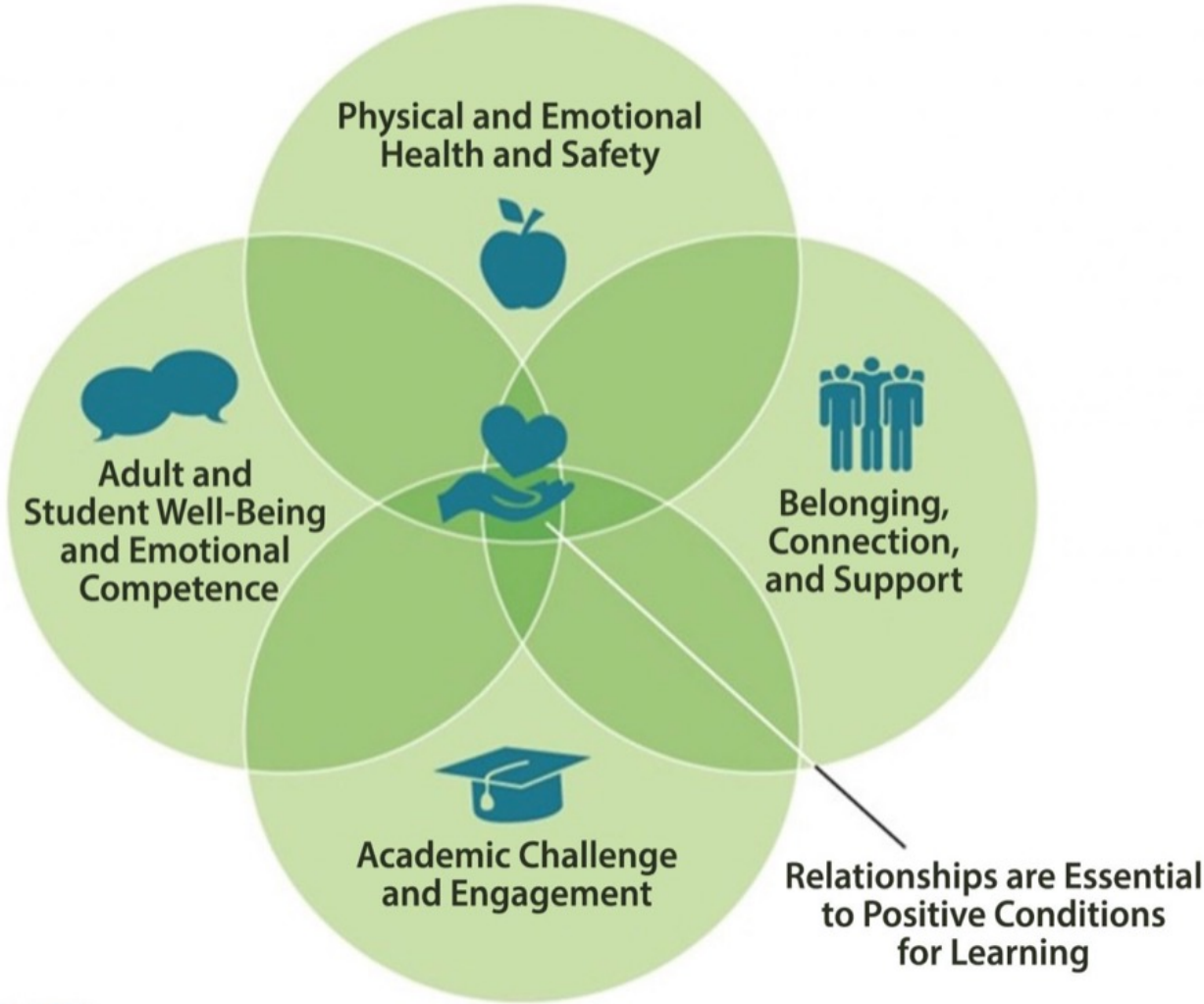


Incorporate SEL into your school or district leadership

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
IS NOT SELFISH

Self-Care Activities

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



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... 2
- 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/

Tues., June 21 Live session: 1–3 pm ET	Cultivating emotional wellness and relationship awareness
Tues., June 28 Live session: 1–3 pm ET	Working environments, happiness, and productivity
Week of July 4 Asynchronous study	Physical aspects of wellness
Tues., July 12 Live session: 1–3 pm ET	Intellectual and creative wellness; developing wellness plans
Week of July 18 Asynchronous study	Community and social environments; developing wellness plans
Tues., July 26 Live session: 1–3 pm ET	Purpose and value in relationships and professional drive
Week of Aug. 1 Asynchronous study	Effects of financial stability; developing wellness plans
Tues. Aug 8 Live session: 1–3 pm ET	Occupational self-efficacy and professional growth; finalizing wellness plans

Thank you!

