

Facilitator Guide for the Self-Care Webinar



We hope you find this 30 minute webinar useful in supporting your staff's and your own self-care. Here are three suggestions to promote the best possible use of all of your time and the best possible outcomes for all.

- 1. Provide your staff with rationale for why they are participating in this webinar, and, if possible, connect back to data (including anecdotes from staff!). You want to communicate genuine concern and care for your staff, and be authentic and compassionate in your delivery. Here is an example script you can adapt for your own use:

This year has been hard in a series of hard years. I value each and every one of you, and I've heard your struggles and concerns. Our staff wellness survey results indicated that the majority of you are struggling with your self care, and many of you have confirmed this to me in our check-ins. I know we are all stretched for time and have planning, prep, grading, etc. to complete, but I want us to take some time during today's staff meeting to participate in a self-care webinar focused on building sustainable plans for our own self-care. I believe that investing this time in ourselves will promote our well-being and our ability to be effective educators.

- 2. Provide staff with required materials:

- Webinar Link: <https://youtu.be/5CeUm5UAgZ4>
- Tip sheet

Supporting Well-Being: Six Tips Anyone Can Use During Times of Uncertainty

A CSCH Tip Sheet by Jessica B. Koslouski, Ph.D.

1. **Start the day with structure, move through it with flexibility.** Structure & routine can bring feelings of comfort and control in times of uncertainty. However, you might not have the energy to stay on track, or more pressing responsibilities may arise. Create structure to the extent that it supports you but offer yourself (and others) grace and flexibility when things don't go to plan.

2. **Communicate your needs.** During times of uncertainty, we often experience a range of emotions and feel more drained than usual. Try to be explicit about your feelings, energy level, and stress tolerance with those around you. Dr. Brené Brown suggests that statements such as "I'm at 30% right now" communicate a lot to those who care about you.

3. **Incorporate short breaks into your day.** Screen time and increased stress affect our ability to focus and stay regulated. Dr. Bruce Perry explains that a few minutes of intentional breathing or walking can restore regulation. The positive effect will fade with time, so take multiple short breaks throughout your day. A change of scenery, stretching, and laughter can all help.

4. **Reach out to others.** Supportive relationships are our best protection against stress. Text or call those you frequently rely on – or reach out to others you've lost touch with. If the uncertainty is feeling unbearable, mental health support may be beneficial. Psychology Today can help you connect with a local provider who fits your needs (e.g., specialty area, language).

5. **Help others.** When a lot is out of our control, small acts of kindness can give us a sense of purpose and lift our spirits. Call a friend or neighbor to check in, send a note to someone you appreciate, or offer to drop off a meal to a friend or family member. Focusing on others can boost our own mood and prevent despair and isolation.

6. **Practice physical self-care.** Do your best to stay on a schedule with sleep, meals, hydration, and movement. When you're experiencing uncertainty, expect that you might need more time to rest and recharge. Repetitive and rhythmic activities (e.g., walking, singing, deep breathing) can help regulate our sensory systems.

Remember to go easy on yourself. Strive for small changes, as these can have a big impact on our ability to cope with uncertainty. Start by choosing one strategy to try in your own way over the next week. Then, assess how it's going – over time, you might make changes or add additional strategies.

- Worksheet

Activity

STRATEGIES FOR HELPING YOU COPE WITH UNCERTAINTY

1. Start the day with structure, move through it with flexibility

2. Communicate your needs

3. Incorporate short breaks into your day

4. Reach out to others

5. Help others

6. Practice physical self-care

Directions:
1. REVIEW [Supporting Well-Being: Six Tips Anyone Can Use During Times of Uncertainty](#).
2. CHOOSE one of the strategies that you would most like to focus on right now.

What strategy are you going to focus on?

☐ Start the day with structure, move through it with flexibility

☐ Communicate your needs

☐ Incorporate short breaks into your day

☐ Reach out to others

☐ Help others

☐ Practice physical self-care

3. IDENTIFY a few examples (1-3 is great!) of this strategy that you have seen or used for yourself, students, families, co-workers, loved ones, etc.

4. CREATE a plan to initiate or strengthen use of your chosen strategy for yourself.

What resources do you need?

☐ Space

☐ Materials

☐ Time

☐ Additional staff

☐ Other

Who will you lean on for accountability in implementing this strategy?

☐ Co-worker

☐ Administrator

☐ Family Member

☐ Friend

☐ Other

How and where will you implement?

Identify 1-3 ways this person can hold you accountable:

When are you going to implement this strategy?

How will you evaluate how it's going?

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- Time to complete the webinar and activity during contractual time. Below, you can find an outline to assist with planning the appropriate amount of time.



Webinar Pacing Guide

- The cumulative toll of uncertainty and strategies for coping - 8 min
- Pause for activity - 5 min
- Action planning for self-care and accountability - 3 min
- Pause for activity - 10 min
- Wrap-up - 2 min

3. This webinar can be adapted to suit your needs in relation to time, collaboration, participation, etc.

- **Time:** You can extend or shorten the independent work time, or have staff complete the entire activity at the end, as opposed to pausing in the middle, or complete it at a later time.
- **Collaboration:** You can have staff share out or reflect with colleagues on each part of the worksheet. You can also have different groups of staff work together in creating their plans.
- **Participation:** You can have smaller groups (e.g., a professional learning community [PLC], grade level team) complete this at different times, or have your whole staff participate.

Again, even within these adaptations, we encourage you to still share your rationale for why staff are completing this webinar (i.e., Step 1).