



INcompassing Education
Partners in Educational Leadership

It Starts With Us:

Why Adult Self-Regulation is the First Step to Supporting Students

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Welcome and Norms

- Start and end on time
- Take a learning stance
- Be present
- Everyone's voice is important and valuable
- You are invited not obligated to engage in activities

Check-in Activity

Objectives

- Develop an understanding of the significance of the adult brain and body state in working with youth
- Learn and practice strategies that encourage wellness
 - Activities we complete today will be for you and may also be used with students

Stress and the Brain

“STRESS is a mental, physical or biochemical response to a perceived threat or demand”



Positive Stress

Brief increases in heart rate, mild elevations in stress hormone levels

Tolerable Stress

Serious, temporary stress, buffered by protective factors

Toxic Stress

Prolonged activation of stress response without protection

The Autonomic Nervous System

PARASYMPATHETIC NERVOUS SYSTEM

"rest and digest" response

- Constricts pupils
- Increases saliva production
- Decreases heart rate
- Indirectly dilates blood vessels
- Constricts bronchi
- Decreases blood flow to skeletal muscles
- Increases stomach and intestine motility, increases blood flow to GI tract, and increases digestive enzyme secretion
- No involvement
- No involvement
- Contracts bladder



SYMPATHETIC NERVOUS SYSTEM

"fight or flight" response

- Dilates pupils to enhance far vision
- Decreases saliva production
- Increases heart rate
- Constricts blood vessels, increases blood pressure
- Dilates bronchi to allow more air into lungs
- Increases blood flow to skeletal muscles
- Reduces stomach and intestine motility, diverts blood flow away from GI tract, and reduces digestive enzyme secretion
- Release glucose to increase blood sugar
- Stimulate adrenal glands to secrete stress hormones
- Relaxes bladder



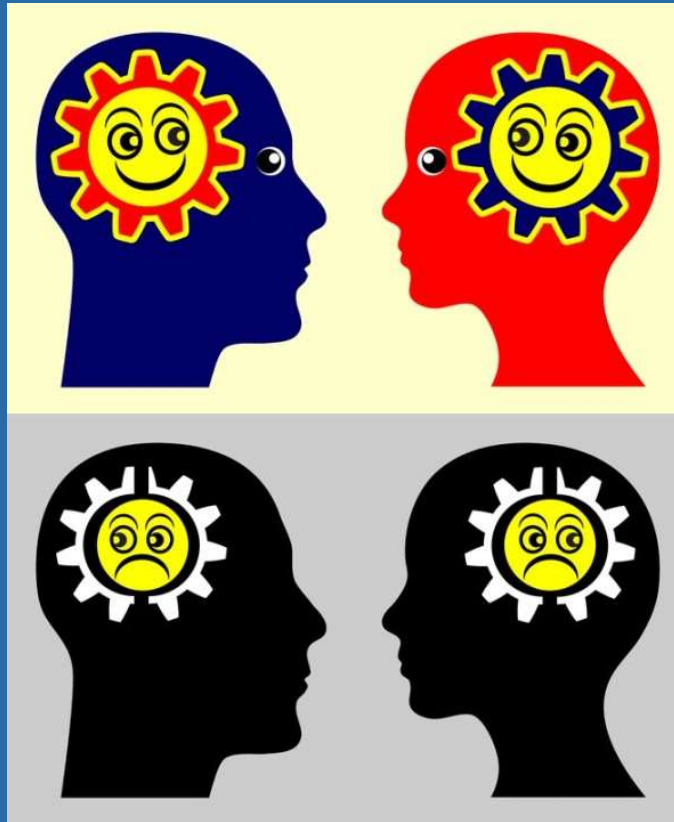
Impact of chronic and toxic stress

- **Physiological (body):** inflammation in the body, increased risk for cardiovascular diseases, digestive issues, chronic pain, dementia
- **Psychological (mind):** compromises our mood and brain functioning, increased risk for mental health issues
- **Spiritual (Spirit):** emotional exhaustion, loss of empathy, compassion and purpose, feeling like you no longer can make a difference



What are your first signs of stress?

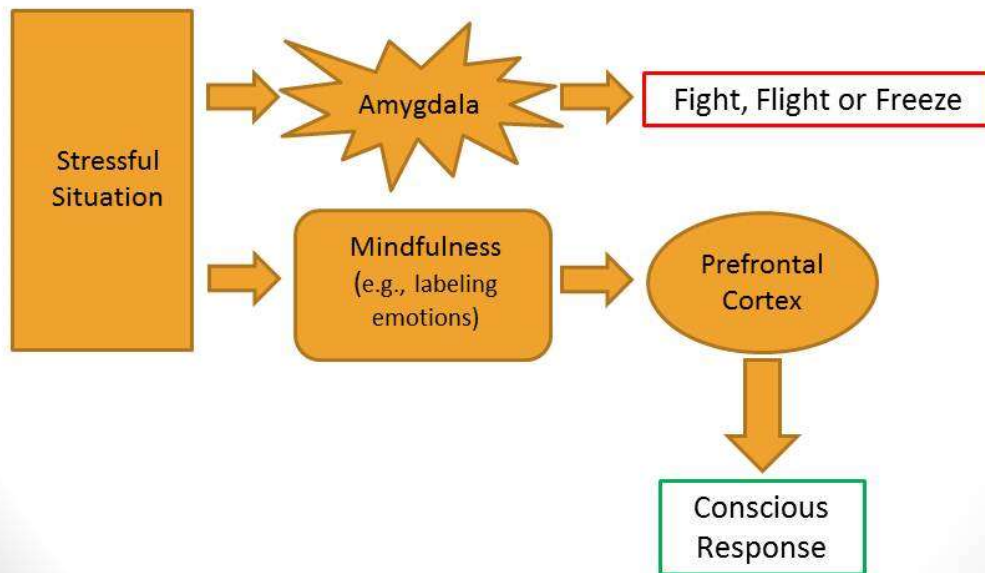
Emotions are Contagious



Building Awareness

Brain Imaging Research–

Mindfulness engages prefrontal cortex, calms amygdala



Adapted from The MindUp curriculum, 2011;
Lieberman et al., 2007

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

~Victor Frankl



OPEN
CURIOUS
COMMITTED TO LEARNING



WHE

WI

TTED TO BEING RIGHT
DEFENSIVE
CLOSED



Know Your Activators

What activates your
stress response?



Completing the Stress Cycle

Create

Creative Self-Expression

Imagine

Write

Dance

Take your broken heart
make it into art.

~Carrie Fisher

Knit

Paint

Sing

Scrapbook

Benefits of Drawing

- One of the simplest, most reliable ways to bypass the fear that arises from our amygdala and the hope-limiting doubts of our “rational” left hemisphere.
- Immediate access to right brain’s intuitive wisdom
- Easy, safe, and playful





Embracing Hope

- Series of 3 drawings
- Draw yourself
- Draw yourself with your biggest problem
- Draw yourself with your biggest problem solved

A high-angle, top-down photograph of five people (three women and two men) arranged in a circle on a light-colored, textured floor. They are all looking upwards with joyful expressions, and their arms are raised, with hands reaching towards the center. The image is heavily tinted with a blue color grade. Overlaid on the center of the image is the text "Create Connections and Celebrate" in a white, clean, sans-serif font. The overall mood is one of unity, teamwork, and celebration.

Create Connections and Celebrate

Laughter

- Eases anxiety and tension
- Boosts immunity
- Improves mood
- Strengthens resilience
- Shifts perspective
- Strengthens relationships





Affection

- Just 20 seconds
 - Relieves stress and pain
 - Strengthens your immune system
 - Makes us happier
 - Deepens relationships



Cry

“Crying doesn’t SOLVE the problem or eliminate a stressor, but it is a physical expression of stress and when you allow it to complete, it releases the stress in your body. Set the information aside that is causing you to cry and turn yourself into the physical experience of crying (snot, heat, number of tears) and it ends. Usually just a few minutes. Remove the thought.”

Emily and Amelia Nagoski

Meditation

- “In only two months, meditation can change the brain enough to be visibly detectable by MRI, shrinking the fear center and enlarging the centers responsible for happiness, love and creative problem – solving”
 - ~Emily Fletcher





Meditation

- Breath affects how well we think, perform and feel
- Respiration is the only system of the body that is both automatic and voluntary
- Slow deep breathing stimulates the vagus nerve bringing relaxation

Expressive Meditation

- Raises energy
- Releases tension
- Breaks up habitual physical and emotional holding patterns

Shaking and Dancing

Strategy to "free members from fear and depression, to promote emotional expression... and to bring about spiritual as well as physical and emotional healing"

- Start with a few big deep breaths standing up, feet shoulder-width apart, knees slightly bent, shoulders relaxed, eyes closed.
- Play a few minutes of wordless rhythmic music and begin shaking your body.
- Start with your feet and move up through your knees, hips, shoulders. Shake to your capacity! Let the shaking take over your body
- When the music stops, stop. Breathe deeply, be aware of your body's sensations
- Play a song you love and let the music move you. No dancing, just movement.
- When the experience is over, breathe and reflect

Strategy pulled from *Transformation* by James Gordon M.D.

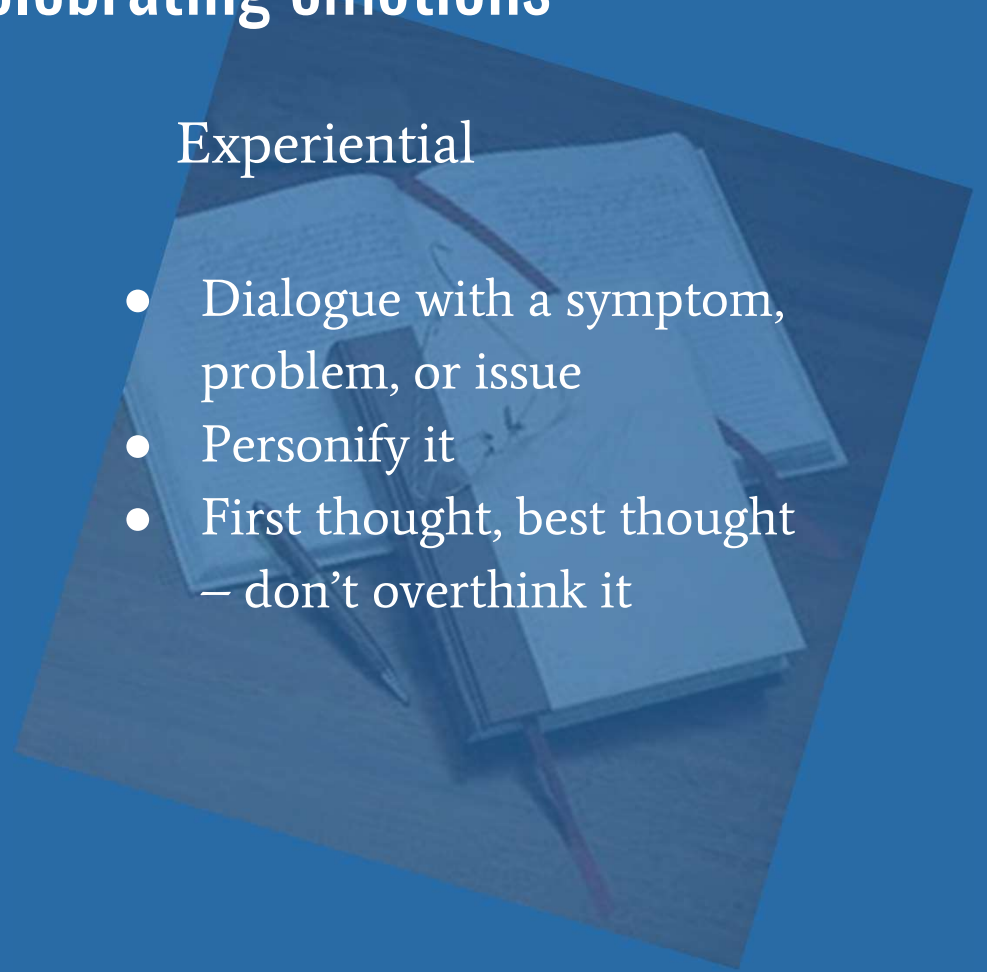
Mobilizing, transforming, and celebrating emotions

Emotions

- Innocent, data points
- Intimately connected with sensations
- Move through them, avoid getting stuck

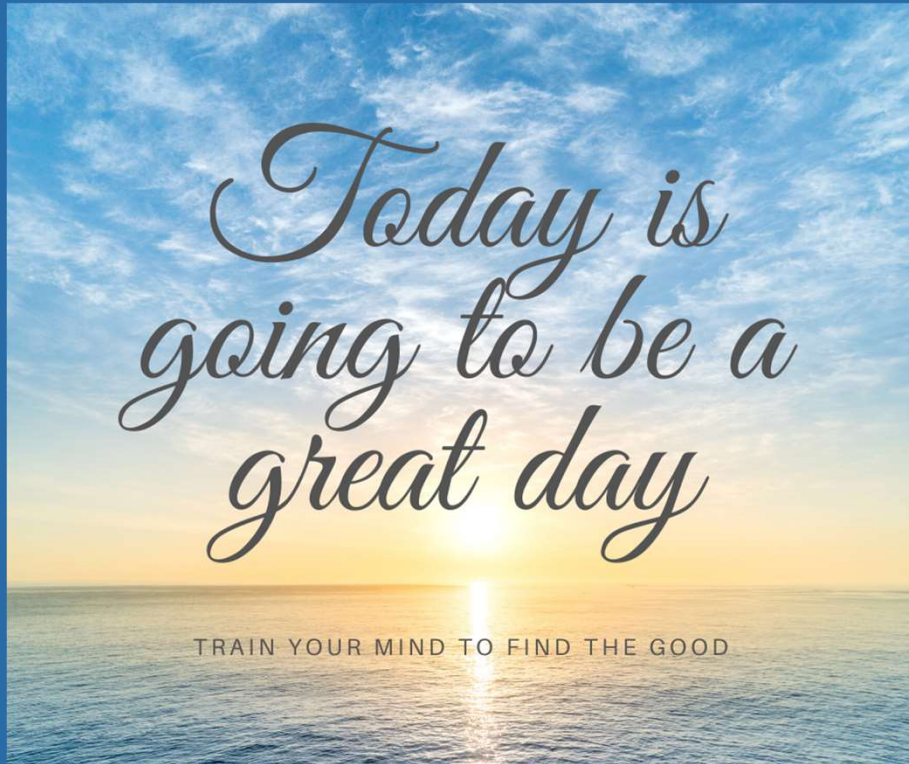
Experiential

- Dialogue with a symptom, problem, or issue
- Personify it
- First thought, best thought
– don't overthink it



Practices to Promote Positivity

Negating Negative Bias



Challenging Automatic Negative Thoughts

- Thoughts are powerful
- Thoughts are automatic
- Thoughts lie



Gratitude



*"The cure for burnout isn't and
can't be self-care. It has to
be all of us caring for each
other."*



-Emily Nagoski

Where do we go from here?

What are your questions?

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<https://www.wxii12.com/article/fbi-and-cybersecurity-experts-warn-about-qr-code-privacy-and-security-concerns/39003110#>

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