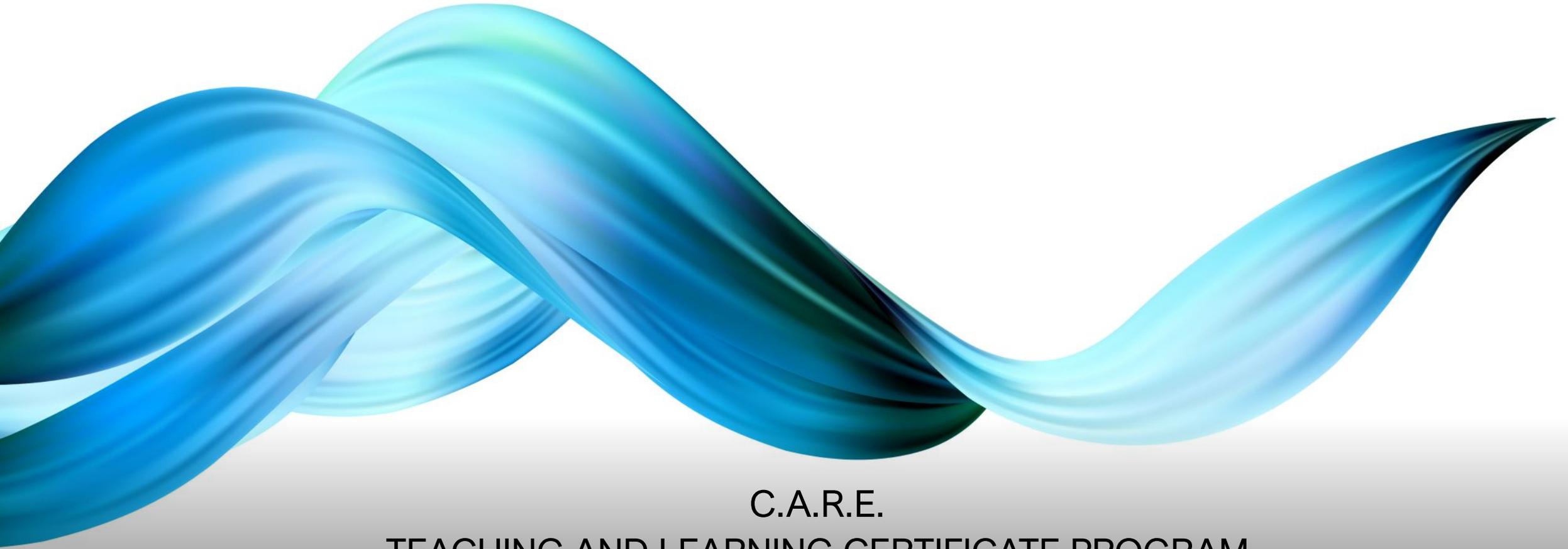


NAVIGATING TEACHER AND STUDENT STRESS IN UNCERTAIN TIMES



C.A.R.E.

TEACHING AND LEARNING CERTIFICATE PROGRAM
CREATING, AUTHENTIC, RESPONSIVE, AND ENGAGED LEARNING IN A
REMOTE SITUATION.

C.A.R.E. TEACHING AND LEARNING CERTIFICATE PROGRAM

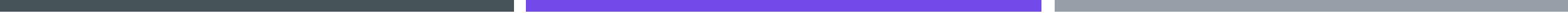
- Participants attending all four webinars will earn a micro-credential certificate in Innovative Remote Teaching Practices with Civic-Mindedness. Illinois teachers will also receive CPDUs.
- Library of Congress Teaching with Primary Sources Program

Citizen U[®]

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TODAY'S WEBINAR AIMS

- Examine the unique stress of teachers, students, and parents during this pandemic.
- Provide three practical methods to ease the stress and anxiety during uncertain times
- Provide tools to support students in coping with stress and anxiety.

less + ...
accomplish everything

am God's Beauty
human beauty
divine beauty
supreme beauty

This truth shall remain unchallenged

Spiritual maturity
to God, unconditional love + devotion

"Oneness of the Eastern Heart; the Western Mind"

Thich Nhat Hanh

Smiling is the most basic kind of peace work.
In true dialog, both sides are willing to change.
By listening with calm + understanding we
can ease the suffering of another person.
Love is the capacity to take care, protect,
nourish. If you are not capable of
compassing that kind of energy toward
it is difficult to care for

GRAB SOME
TOOLS.....

DR. DONNA KIEL

- DePaul University faculty
- Former school principal
- Former K-12 teacher and counselor
 - Social studies teacher – Civics and Psychology
 - Serving at-risk students and communities
- Research area and expertise:
 - Emotional intelligence in teaching
 - Social emotional competencies
 - Neuroscience and emotion in teaching
 - Online and remote teaching best practices
 - Competency based learning



JOHN FONTANETTA

- DePaul University Adjunct Faculty Member
- Program Director **Our American Voice**
- Former Elementary School Principal
- Former Middle School Assistant Principal
- Former Middle School Social Studies Teacher



Suzy Evans

- Former Elementary and Special Education Teacher
- Our American Voice® Project Specialist
- Professional Learning Facilitator, Lexia Learning
- Adjunct Professor Inservice Teachers





CHECKING IN

WHAT YOU
ARE FEELING
RIGHT NOW?

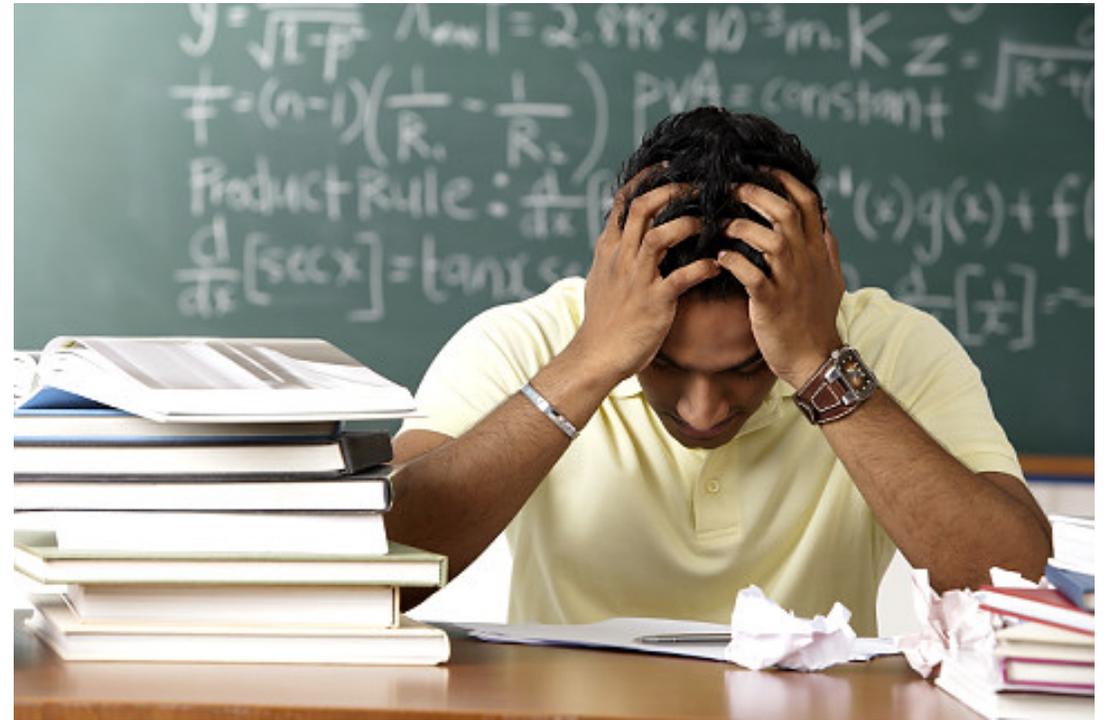


Social & Emotional Learning Core Competencies



SOURCES FOR TODAY'S LEARNING

- Research on Trauma Informed Teaching
- Social Emotional Competencies
- Mindfulness Based Stress Reduction



WHAT IS HAPPENING TO US THESE DAYS?

WHAT ARE YOU EXPERIENCING?

In the past month have you:

1. Felt burdened by the suffering of students or others.
2. Have felt you couldn't catch up with work details.
3. Been distracted when engaged with family or friends by thoughts of teaching.
4. Had difficulty concentrating while attempting to do a task and find yourself moving from task to task.
5. Had difficulty sleeping.
6. Experienced physical and mental fatigue.
7. Felt hopelessness or powerlessness.
8. Experienced overeating or skipping meals
9. Felt anger or resentment or been short tempered
10. Been overly critical or judgmental of others
11. Find yourself anxious on Sunday evenings with the thought of teaching on Monday.
12. Find yourself apologizing for things in order to keep the peace.
13. Spend time attempting to make others happy rather than do what you think is best.

IF YOU ANSWERED YES TO 4 OR MORE OF THE STATEMENTS

- You most likely are suffering from.....
- COMPASSION FATIGUE



STRESS OR COMPASSION FATIGUE????



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COMPASSION FATIGUE

- Can develop when one cares "too much" for another who has shared first-hand traumatic experiences.
- Occurs when there is strong dedication and lack of resources.
- Accumulates over time when stress is constant
- It is a unique form of burnout and can interfere with decision making
- Interferes with problem solving and creativity
- Is contagious in organizations and people
- Can interfere with physical well being
- Can create lack of integrity and defensive behaviors

SIGNS OF COMPASSION FATIGUE.

IS THIS YOU?

Teachers are prone to compassion fatigue are usually those who have:

- Excessive dedication (working well beyond what is required)
- Perfectionism, and
- Achievement-oriented
- **Trauma themselves**
- As we discover terrible situations that our students struggle with, the pressures and demands of our jobs—including unrealistic expectations, lack of positive feedback or support—adds to our psychological loads resulting in the following:
 - feeling resentful rather than resourceful,
 - detached rather than delighted,
 - and exhausted rather than excited.
 - **THIS IS COMPASSION FATIGUE**

SOLUTION TO COMPASSION FATIGUE IS.....

1. Mindfulness Based Stress Reduction
2. Building Social Emotional Competency
3. Wellness Routines



MINDFULNESS BASED STRESS REDUCTION

Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.

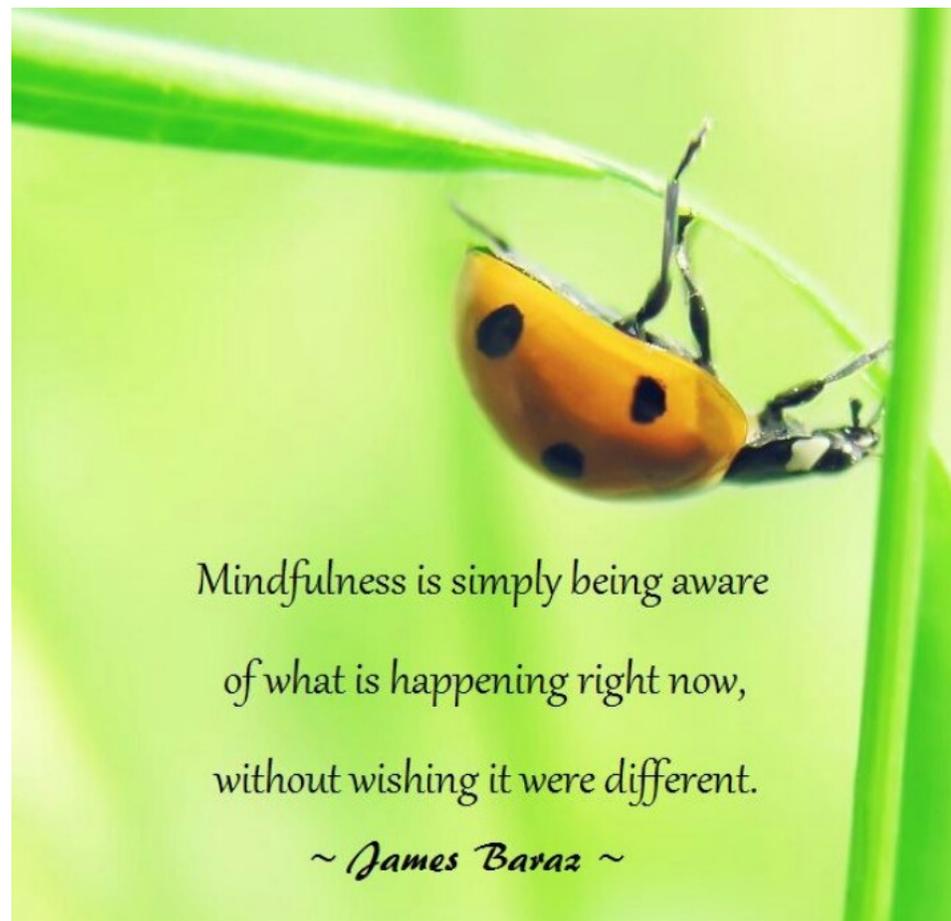
■ ~ Jon Kabat-Zinn, Ph.D



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7 ESSENTIAL ATTITUDES OF MINDFULNESS PRACTICE

1. **NON-JUDGING:** Mindfulness is compassionate, openhearted, choiceless awareness. It is cultivated by witnessing your own experience, without judgment, as the present moment unfolds.
2. **PATIENCE:** Patience is the ability to bear difficulty with calm and self-control. It requires connection with your core, faith and courage. It also requires kindness and compassion for yourself as you bear the upset of a situation. Impatience often arises when ego, the self-centered part of self, rails against reality, wanting things to be different than they actually are.



Mindfulness is simply being aware
of what is happening right now,
without wishing it were different.

~ James Baraz ~

7 ESSENTIAL ATTITUDES OF MINDFULNESS PRACTICE

3. **BEGINNER'S MIND:** To practice beginner's mind means to open to the experience of each moment as if meeting it for the first time.

4. **TRUST:** A basic part of learning mindfulness is learning to trust yourself and your feelings. You learn to trust that you can see clearly what is actually happening to you

5. **NON-STRIVING:** The bulk of human activity is spent "doing" and trying to change things. Since mindfulness involves simply paying attention, without judgment, to whatever is happening, it is different from this more typical activity of doing – it is about "nondoing," about learning to "be" instead of do.



7 ESSENTIAL ATTITUDES OF MINDFULNESS PRACTICE

6. **ACCEPTANCE:** The process of acceptance begins with the willingness to **see things exactly as they are** rather than the way that you think they should be.

Adapted from Full Catastrophe Living ©1990. 2013 Jon Kabat-Zinn, Ph.D

7. **LETTING GO:** Letting go, or nonattachment is another key attitude of mindfulness. Much of the time, we are practicing the opposite attitude, **clinging to the way we want things to be, without even knowing it.** Often, what you cling to most strongly are ideas and views about yourself, others and situations.

STRATEGIES

HOW CAN YOU NAVIGATE YOUR OWN
STRESS.

CALM

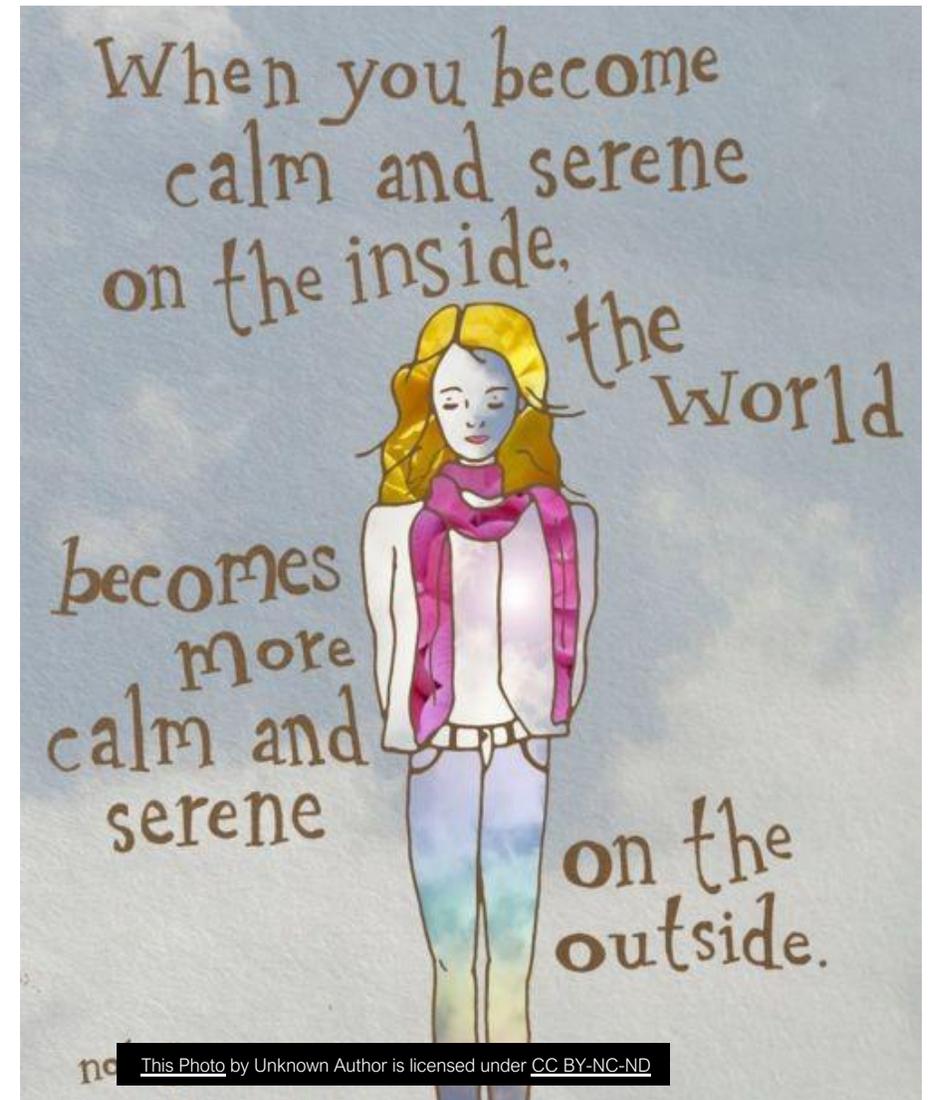
A daily practice for
wellness

During time of change,
wellness and self-care
need to be the top priority.



CALM

- C – CENTERING RITUAL
- A – ALLOWING AWARENESS
- L – LEARNING WITH INTENTION
- M- MOVEMENT AND MUSIC



CENTERING

We've lost a lot in recent weeks including; routines, structures, interactions with friends and our students in person. If you didn't have a stress management strategy previously, now is the time.

Create a daily practice of mindful centering by:

- 4, 7, 8 Breathing Technique
- Breath in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

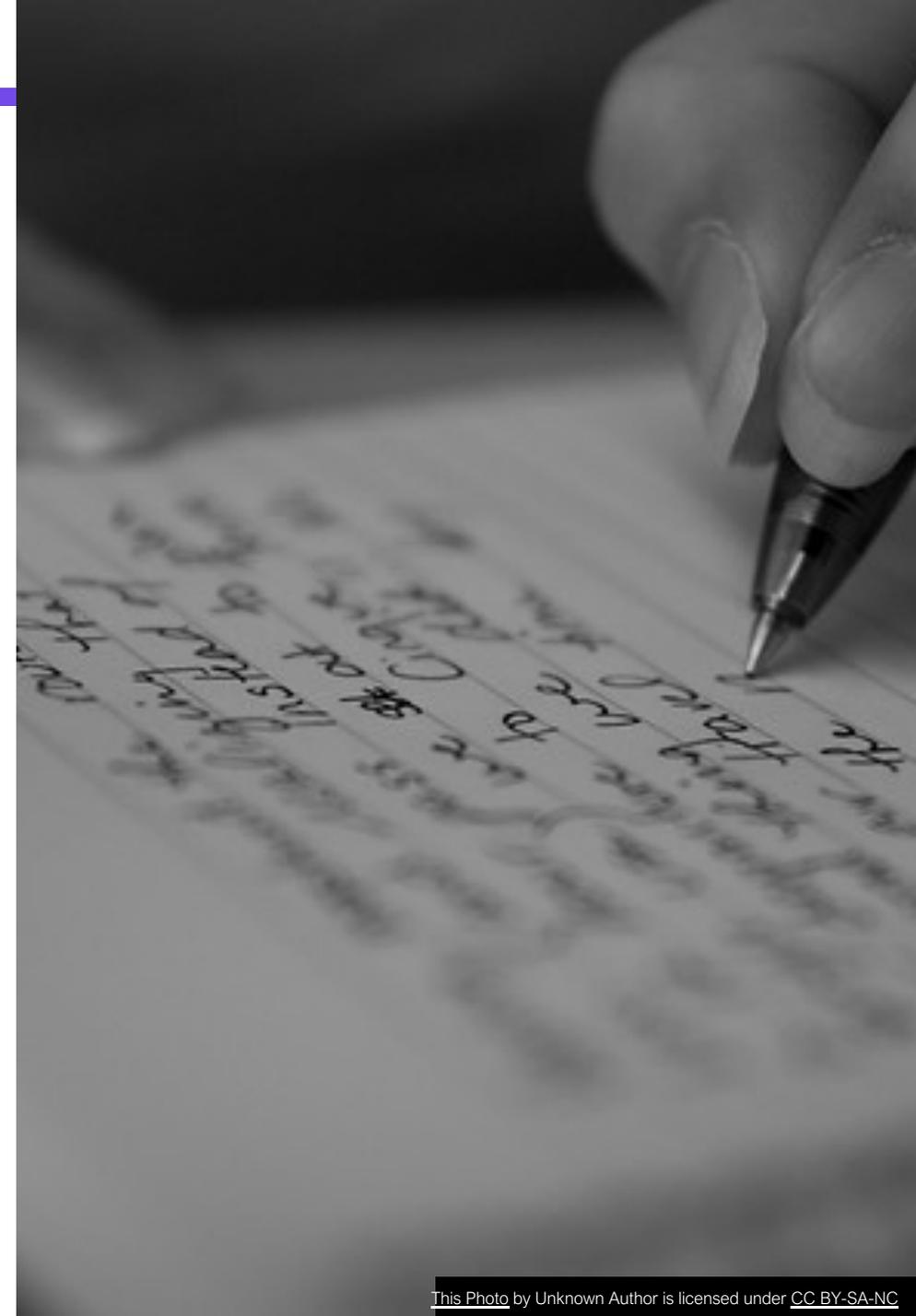


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ALLOWING AWARENESS

The natural response to stress is to distract ourselves.

- Journal each morning “morning papers” – Julie Cameron “The Artists Way”
- Gratitude
- Intentions



LEARN



- Build in 2-minute brain breaks away from phone. Read, learn, puzzle
- Stay mentally stimulated.
- Take the numerous free or inexpensive online classes and tutorials.
- Read and invite friends to do the same. Schedule a time to discuss by phone when you've both finished
- Learn something you always wanted to learn just for the fun of it.
- Find at least three 20 minute breaks for you each day.

MUSIC AND MOVEMENT

- Move at least every 30 minutes
- Start the day with music, meditation, and movement
- Research shows that exercise is still the single most important activity to stay healthy and combat stress.
- Exercising produces endorphins—chemicals in the brain that act as natural immunity boosters—and also improve the ability to sleep, which in turn reduces **stress**.
- Drink an 8 ounce glass of water each hour



CHANGING LANDSCAPE OF TEACHING

School as we know it is being transformed. It is an opportunity for:

- New ways of student-centered, personalized learning
- New relationship building - relationship at the core of learning
- Creating a new “VILLAGE” surrounding students to support their holistic growth and achievement
- Building a **new ship of learning** for ourselves and our students.



TOOLS TO USE WITH STUDENTS

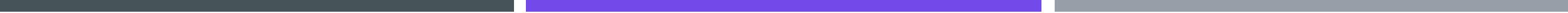
HOW CAN I HELP THEM?

BEFORE YOU BEGIN PLANNING YOUR TEACHING

Reconnect to your purpose:

- Why did you choose to become an educator, parent, leader, or spouse?
- What do you value most?
- Identify the people in your life with whom you share these values and connect with them. You are in the trenches together and can support one another. You are not alone in this.





BEFORE YOU BEGIN PLANNING YOUR TEACHING

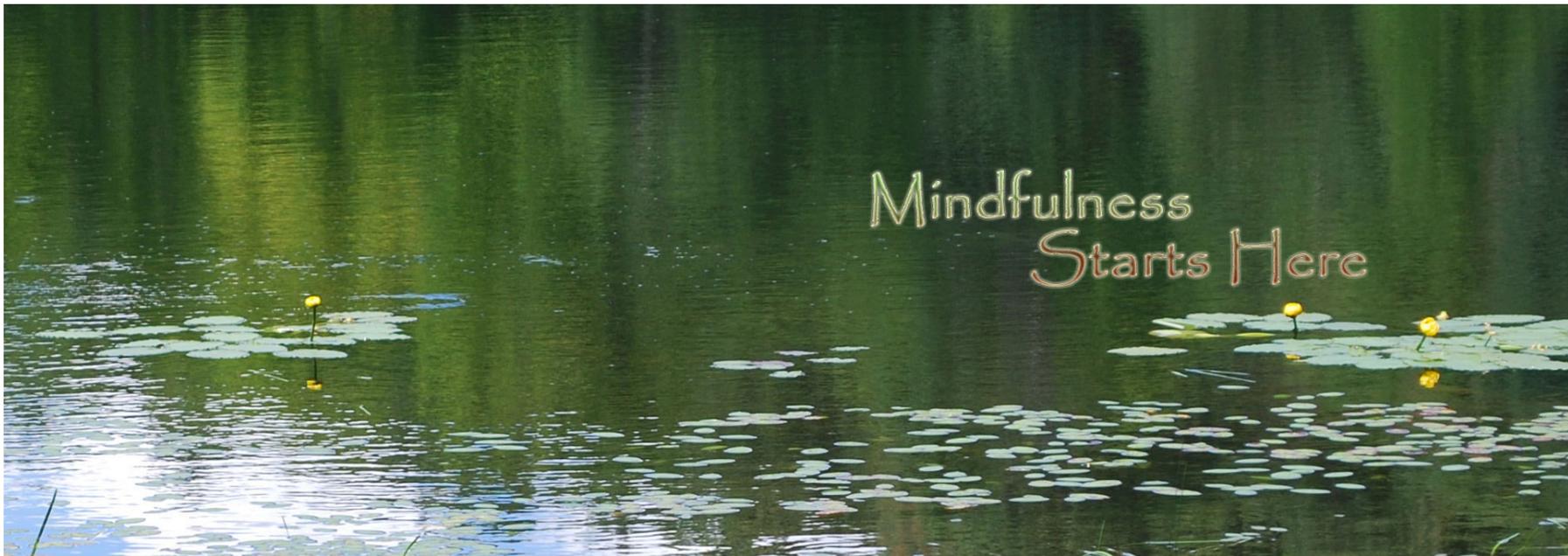
Expand your gaze:

- In times of high anxiety our minds get singularly and internally focused. We lose perspective. Things get small, internal, limited. Gently move towards expanding your gaze and you'll see how everything becomes more possible.
- Look up and away from your zoom screen, phone, television, or computer.
- Notice the world around you.
- Tune into your peripheral vision (both literally and metaphorically).
- Get outside. Look up at the sky. Gaze at the trees. Track the birds that fly about the yard.
- And as always, less is more. When feeling stuck between the expectations of your teaching job, your students, their parents, and your family, and your own internal critic has a lot to say about what you are not doing well right now, take time to breathe it all out. Find your center. Accept what is. Choose only what is necessary and possible. Be flexible. Simplify.

SAMPLE

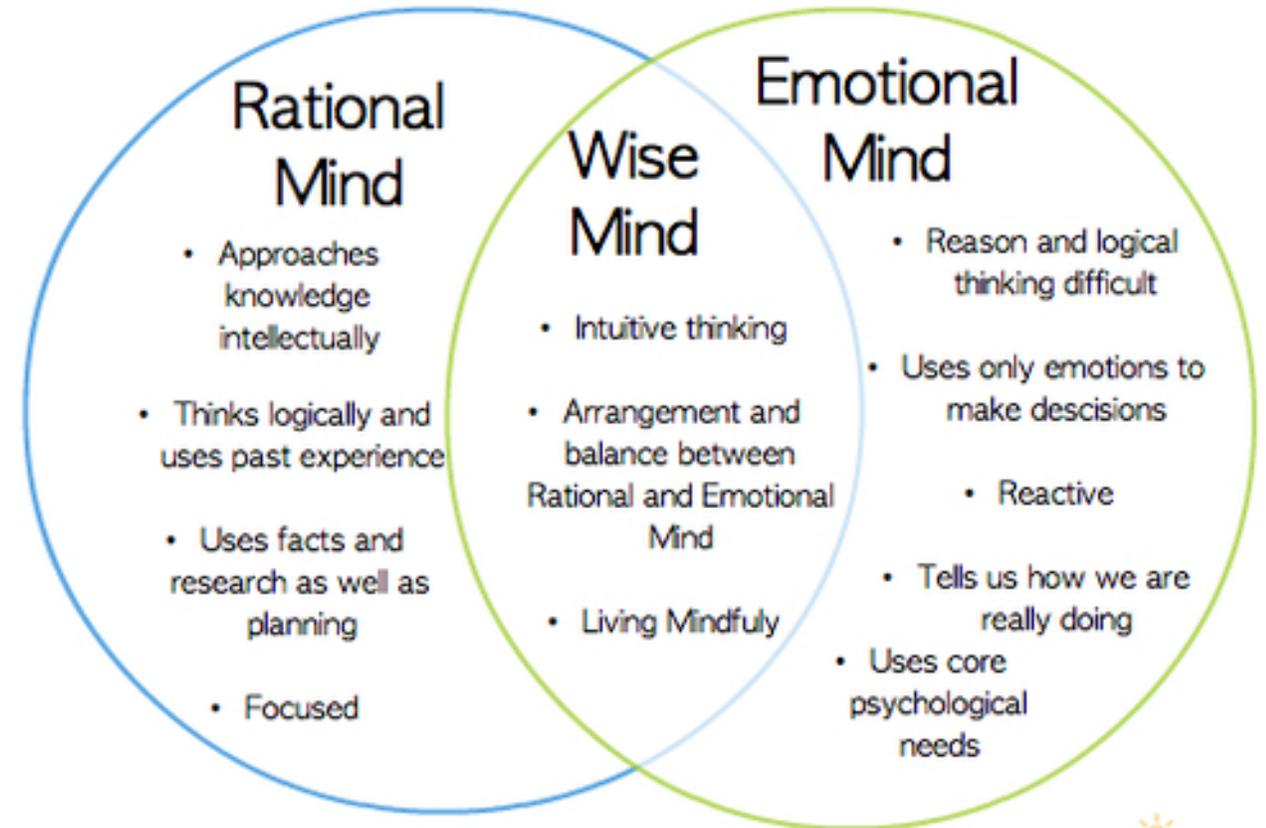
CREATING SECURITY AND CONNECTION

- Sit back in chair
- Hug ribs tightly
- Breathe out, sigh, and get a gentle rhythm of breathing
- Create open focus – by surveying the room and look for everything blue, red, or white.
- Drop your shoulders, drop your chin, relax.
- Adrenaline vs. Oxytocin



DESIGN LESSONS GROUNDED IN COMPASSION

- Begin with music, poem, and story – connection and calm begins with story
- Invite students to share stories
- Adjust learning outcomes to fit
- 10-minute check-ins – every 10 minutes ask kids for a weather check
- Create lessons grounded in problem based learning and empowering student voice and choice
- End lessons with meditations and giving kids strategies for coping



BELIEVE YOUR STUDENTS

- Be empathy and flexible. Be the one that your students can count on.
- Given extensions
- Allow make ups
- Choose kindness
- Choose to believe in your students



DON'T BE AFRAID TO SHARE

- Part of building rapport with your students can be sharing a little more about you.
- Share how the quarantine is impacting you.
- Share your own stories
- Be someone they know and can count on



TEACH STUDENTS THE THINK PROCESS

- Teach the THINK process to help students recognize responsible communication especially in social media use. Before speaking or posting an unkind or untrue remark about a person because you are upset.
- T—is it true,
- H—is it helpful,
- I—is it inspiring,
- N—is it necessary,
- K—is it kind.



CLOSING

- CPDU information emailed
- If pursuing the certificate, submit a 200 word essay on which practices you will integrate into your teaching and why.
- Recording posted on Citizen-u.org website
- Evaluation will be emailed to you.

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QUESTIONS?

- http://depaul.qualtrics.com/jfe/form/SV_6zfKU7HvGhAlboF