Feeling Overwhelmed?  
We've got you!

SB Parent Academy  
12.16.21

https://tinyurl.com/y3zznh45
Agenda

I. SEL 101 Review

II. What is Adult SEL?

III. Unpacking our own Invisible Backpacks

   *Whoa, that’s a lot! - Now what?*

IV. Self-Care Assessment

V. Strategies for Self-Care
   A. Self-Care Plan
   B. Mind/Body Scan and Breathing Exercises
   C. Affirmation Vision Board

VI. Closing and Questions
5 SEL Competencies

WHY THIS MATTERS: Social and emotional needs must be addressed first so that students feel safe, respected, nurtured, and supported. Then students will be ready to learn.

- SB’s Strategic Plan
• **Self Awareness**
  ○ When we are able to recognize our emotions, describe our interests & values, & accurately assess our strengths. A well-grounded sense of self-confidence.

• **Self Management**
  ○ When we are able to regulate our emotions - manage stress, control impulses, & persevere in overcoming obstacles. Set & monitor progress toward the achievement of personal & academic/professional goals & express emotions appropriately in a wide range of situations.
Social Awareness

- When you are able to take the perspective of & empathize w/others & recognize & appreciate individual & group similarities & differences. The ability to seek out & appropriately use family, school, & community resources.
● **Responsible Decision Making**
  ○ When you’re able to demonstrate responsible decision-making at school/work, home, and/or in the community, consider ethical standards, safety concerns, appropriate social norms, respect for others, & the likely consequences of various courses of action. When you apply these decision-making skills in academic, professional & social situations & are motivated to contribute to the well-being of your communities.

● **Relationship Skills**
  ○ When you have good relationship skills, you can establish & maintain healthy & rewarding relationships based on cooperation. You resist inappropriate social pressure; constructively prevent, manage, & resolve interpersonal conflict; & seek & provide help when needed.
Adult SEL
What is it?

Same as adolescent SEL.

Focusing on ourselves and our own SEL needs.

Making it a priority.

Self-exploration & understanding.

Different expectations for different times.

Cannot teach/model what we don’t know or understand.
What’s the Message?
What's in a backpack?
What’s in an invisible backpack?

- Young children at home
- Older/sickly parents
- My 18-19 work attire doesn't fit
- Loss of a loved one
- Unaddressed grief
- Eating Disorders
- Adult Bullies
- Anxiety
- Fear of the unknown
- Abusive Relationships
- Not mentally ready to return
- Sleepless nights
- Unhealthy Addiction
- Family members with disabilities
- Financial hardships
- Poor self image
- My 18-19 work attire doesn’t fit
- Immunocompromised
- Financial hardships
- Medical Issues
- Personal disabilities
- Social Anxiety
- Tech advancement - Can’t keep up!
- All home responsibilities fall on me
- Solely responsible for adult parents
- Stress
- Medical Issues

The list goes on......
Take 3-5 minutes of reflecting on your own invisible backpack

What are you carrying around with you that people might not see? Jot them down.
Self Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You’ll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

<table>
<thead>
<tr>
<th></th>
<th>I do this poorly</th>
<th>I do this rarely or not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>I do this OK</td>
<td>I do this sometimes</td>
</tr>
<tr>
<td>3</td>
<td>I do this well</td>
<td>I do this often</td>
</tr>
<tr>
<td></td>
<td>I would like to improve at this</td>
<td>I would like to do this more frequently</td>
</tr>
</tbody>
</table>

1 2 3 ★ Physical Self-Care

- Eat healthy foods
- Take care of personal hygiene
- Exercise
- Wear clothes that help me feel good about myself
- Eat regularly
- Participate in fun activities (e.g. walking, swimming, dancing, sports)
- Get enough sleep
- Go to preventative medical appointments (e.g. checkups, teeth cleanings)
- Rest when sick
- Overall physical self-care
# Self Care Plan

### ’s Self Care Plan

<table>
<thead>
<tr>
<th>Mind/Spirit</th>
<th>Body</th>
<th>Supportive people in my life</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Practice: □</td>
<td>Current Practice:</td>
<td>1.</td>
</tr>
<tr>
<td>New Practice: □</td>
<td>New Practice: □</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I want to accomplish...</th>
<th>Barriers....</th>
<th>Now, what...?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
### Michele’s Self Care Plan

<table>
<thead>
<tr>
<th>Mind/Spirit</th>
<th>Body</th>
<th>Supportive people in my life</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Practice:</strong>&lt;br&gt; - Deep Breath&lt;br&gt; - Mantras</td>
<td><strong>Current Practice:</strong>&lt;br&gt; - 4am gym&lt;br&gt; - Morning coffee&lt;br&gt; - Mid afternoon walk</td>
<td><strong>Personal:</strong>&lt;br&gt; - My husband - everything&lt;br&gt; - SL - medical&lt;br&gt; - VT - life&lt;br&gt; - KE - family</td>
</tr>
<tr>
<td><strong>New Practice:</strong>&lt;br&gt; - Go back to meditating - for purpose.&lt;br&gt; - Stop ignoring my apple watch when it tells me to BREATHE.&lt;br&gt; - Mantra post-it notes on my mirror.</td>
<td><strong>New Practice:</strong>&lt;br&gt; - Get back on the eating clean wagon.</td>
<td><strong>Professional:</strong>&lt;br&gt; - Sped Supers &amp; RM&lt;br&gt; - Building/district admin&lt;br&gt; - My school teams&lt;br&gt; - My SEL SEL team</td>
</tr>
</tbody>
</table>

### I want to accomplish...
- Completing work by a set time each night.
- Resuming my personal life.

### Barriers....
- Deadlines, competing priorities, boundaries, everything’s on FIRE.
- I’m TIRED! Mentally drained.

### Now, what...?
- Priority list w/due dates. Set shutdown time & honor it.
- Schedule 1 event per week/end. Don’t CANCEL.

### Successes...... in progress!
- Haven’t missed a 4am!
- Utilize “do not disturb” phone mode.
- Learning how to ask for help.
- Learning to say “no”.

**Friendly reminder:** Remove judgement of myself!
Emotional Regulation:

- Mindful Listening
- Breathing Exercises
- Mind & Body Scan
Affirmation vision
boards
Thank you!

Resources

The impact of parental burnout
Self Care for Parents during the Holiday Season
SB District SEL Site
SEL Podcast
SB Mental Health Site
GSAPP Rutgers Resources

https://tinyurl.com/y3zznh45