

**Feeling Overwhelmed?
We've got you!**

**SB Parent Academy
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<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.

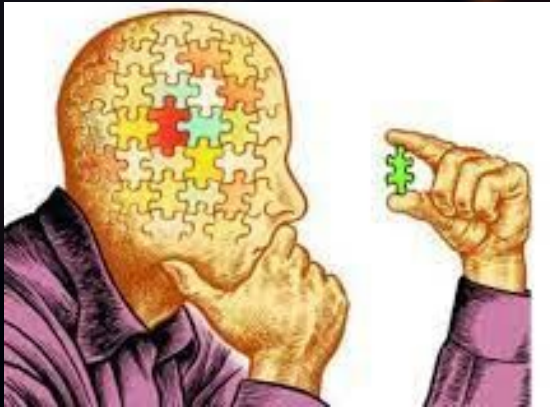
- SB's Strategic Plan



The SEL Continuum

- **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.



The SEL Continuum

- **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.



The SEL Continuum

- **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.



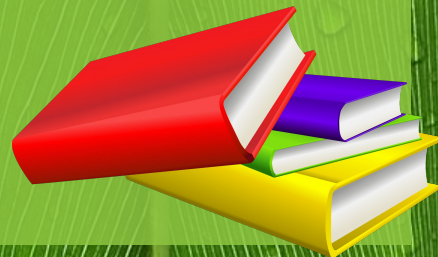
AUDITIONS

★AGT



What's the Message?

What's in a backpack?



**Medical
Issues**

**What's in an
*invisible
backpack?***

**Tech advancement
- Can't keep up!**

**All home
responsibilities
fall on me**

**Solely
responsible for
adult parents**

Personal disabilities

**Loss of a
loved one**

Eating Disorders

**Unaddressed
grief**

Adult Bullies

**Young children at
home**

Stress

Social Anxiety

**Older/sickly
parents**

Abusive Relationships

Anxiety

**Fear of the
unknown**

**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



***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 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.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

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

Mind/Spirit	Body	Supportive people in my life
<p>Current Practice:</p> <input type="checkbox"/>	<p>Current Practice:</p> <input type="checkbox"/>	<p>1.</p>
<p>New Practice:</p> <input type="checkbox"/>	<p>New Practice:</p> <input type="checkbox"/>	

I want to accomplish...	Barriers....	Now, what...?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Michele's Self Care Plan

Mind/Spirit	Body	Supportive people in my life
<p>Current Practice:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Deep Breaths <input type="checkbox"/> Mantras <p>New Practice:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go back to meditating - for purpose. <input type="checkbox"/> Stop ignoring my apple watch when it tells me to BREATHE. <input type="checkbox"/> Mantra post-it notes on my mirror. 	<p>Current Practice:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4am gym <input type="checkbox"/> Morning coffee <input type="checkbox"/> Mid afternoon walk <p>New Practice:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get back on the eating clean wagon. 	<p>Personal:</p> <ul style="list-style-type: none"> <input type="checkbox"/> My husband - everything <input type="checkbox"/> SL - medical <input type="checkbox"/> VT - life <input type="checkbox"/> KE - family <p>Professional:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sped Supers & RM <input type="checkbox"/> Building/district admin <input type="checkbox"/> My school teams <input type="checkbox"/> My SEL SEL team

I want to accomplish...	Barriers....	Now, what...?
<ul style="list-style-type: none"> <input type="checkbox"/> Completing work by a set time each night. <input type="checkbox"/> Resuming my personal life. 	<ul style="list-style-type: none"> <input type="checkbox"/> Deadlines, competing priorities, boundaries, everything's on FIRE. <input type="checkbox"/> I'm TIRED! Mentally drained. 	<ul style="list-style-type: none"> <input type="checkbox"/> Priority list w/due dates. Set shutdown time & honor it. <input type="checkbox"/> Schedule 1 event per week/end. Don't CANCEL.
Successes..... in progress!		
<ul style="list-style-type: none"> <input type="checkbox"/> Haven't missed a 4am! <input type="checkbox"/> Utilize "do not disturb" phone mode. 	<ul style="list-style-type: none"> <input type="checkbox"/> Learning how to ask for help. <input type="checkbox"/> Learning to say "no". 	

Friendly reminder: Remove judgement of myself!

Emotional Regulation

A hand is shown from the bottom, holding a string of warm white lights. The lights are glowing and creating a soft, warm atmosphere. The background is a solid light blue color. The hand is positioned in the lower half of the frame, with the fingers slightly curled around the string of lights. The lights are arranged in a loose, circular pattern, with some lights being brighter than others, creating a bokeh effect. The overall mood is calm and soothing.

Emotional Regulation:

- Mindful Listening
- Breathing Exercises
- Mind & Body Scan

A top-down view of a person's hand holding a pen over an open map on a table. The map shows a network of roads and geographical features. In the background, there are coffee cups and a glass of water. A semi-transparent white box is overlaid on the map, containing the text 'Affirmation vision boards' in a white, serif font. The words 'Affirmation vision' are underlined, and 'boards' is also underlined.

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**](https://tinyurl.com/y3zznh45)