Grace, resilience, and self-care: Educating in the midst of a crisis

In partnership with CTQ | April 27, 2020
What CTQ does

**Inform** how educators develop as leaders and how systems approach efforts to change and improve

**Inspire** the field to reimagine how collectively-led schools can better serve students

**Innovate** with partners around student-centered, educator-led efforts to transform schools and school systems
Kiesha Williams  
Licensed Clinical Social Worker  
designedlifeplan@gmail.com
My connection to CTQ
• Check in
• Define Terms
• Self Assess
• Mindset Work
• Self Care Plan
Check in

- How are you doing?
  - Wins
  - Struggles
- Anyone here been personally touched by someone who has contracted COVID-19?
Grace, resilience, and self care defined

• Grace = a temporary exemption: reprieve (Merriam-Webster dictionary)
• Resilience = an ability to recover from or adjust easily to misfortune or change (Merriam-Webster dictionary)
• Self Care = tending to all the areas of your life in a healthy, loving way (Kiesha Williams)

"Caring for myself is not self-indulgence, it is self-preservation….“ Audre Lorde
5 Major life changes: Grace

1. Birth/death/loss
2. Relocation (move)
3. New job/lost job
4. Major health concern
5. Marriage/divorce

Major Change(s) + Pandemic → GRACE
Life areas to scan

• Family & Friends
• Spirituality
• Finances
• Professional Life
• Romantic Life
• Fun & Recreation
• Civic Duty

• Physical Environment
• Health/Fitness

• Adapted from Boho Berry Level 10 Life
## Common effects of stress - Mayo Clinic

<table>
<thead>
<tr>
<th>On your body</th>
<th>On your mood</th>
<th>On your behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Anxiety</td>
<td>Overeating or undereating</td>
</tr>
<tr>
<td>Muscle tension or pain</td>
<td>Restlessness</td>
<td>Angry outbursts</td>
</tr>
<tr>
<td>Chest pain</td>
<td>Lack of motivation or focus</td>
<td>Drug or alcohol misuse</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Feeling overwhelmed</td>
<td>Tobacco use</td>
</tr>
<tr>
<td>Change in sex drive</td>
<td>Irritability or anger</td>
<td>Social withdrawal</td>
</tr>
<tr>
<td>Stomach upset</td>
<td>Sadness or depression</td>
<td>Exercising less often</td>
</tr>
<tr>
<td>Sleep problems</td>
<td></td>
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</tbody>
</table>
It’s ok to be OK at this time.

It’s ok if you are NOT ok.

Take a deep breath … lets proceed.

“The only way out is through.” Robert Frost
Mindset work: Resilience

• Cognitive triangle - thoughts, feelings, & behavior
• Crisis management learning
• Our role – “second responders”
• A holding space
  • Access
  • Structure
  • Distraction
  • Normalcy
  • Caring voice
Mindset work: Reframe

Meena Srinivasan offers this reframe:

- Social distancing → Physical distancing
- Quarantine/lockdown → Retreating for wellness
- Isolating → Protecting our health
- In fear → In choice

The Awake Network webinar by Meena Srinivasan: Mindfulness & SEL in Service of Belonging
Dr. Bill Ziegler says…

• Maslow over Blooms
• Kids over Content
• Grace over Grades
• Less is More

Illinois Principal Association Webinar – Strategies for Leading During COVID-19 by Dr. Bill Ziegler, April 15, 2020
www.chaselearning.org
Self care tasks

• Get organized
  • Space – virtual, mental, physical
  • Day – add structure
• Journal/self reflecting
• Hygiene and grooming
• Movement

• Mindful moments
• Meal prep
• Budgeting
• Fun/recreation
• Stay hydrated
• Connecting
Self care plan

• **Daily Focus:** Affirmations/Inspirational Quotes:
  • I release the need for control over things.
  • I am a competent and capable educator.
  • I release all negative thoughts that do not serve me.
  • “Smooth seas do not make skillful sailors.” African Proverb

• **Movement Break:**

• **Mindful Moments:**

• **Meal Plan:**

• **Recreation Break:**

• **Daily Gratitude:**

• **To Do List:**
Mental health resources

- Therapy
  - EAP – Employee Assistance Program
  - Telehealth
- Self-help books
- Life Coach
- Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- NAMI – Top Helpline Resources
  - The National Domestic Violence Hotline - provides 24/7 crisis intervention, safety planning and information on domestic violence (800-799-7233)
THANK YOU!

Kiesha Williams
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