

SEL Webinar

Coping with Covid-19
Stress Management for Teachers



Date: 04/29/2020

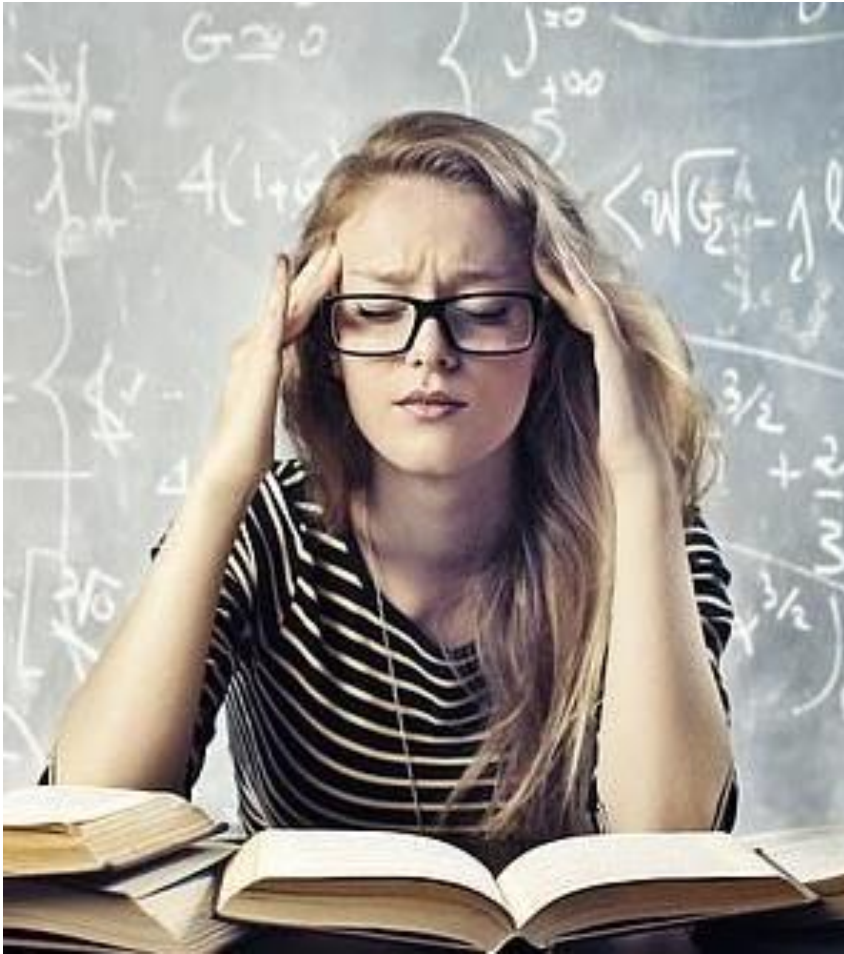
Presenter: Nicole Batiste, LMSW

Social Work Manager, Social & Emotional Learning

Exhaustion and Grief

“Stress isn’t new to teachers, but what they’re experiencing now makes their typical stress seem like a picnic.”

Why Teachers are Struggling



- Rushing to move all lessons to distance learning & online platforms.
- Grappling with unfamiliar technologies.
- Reinventing lessons & finding ways to do familiar things.
- Overwhelmed with emails, texts, and calls from principals, parents, and students.
- Trying to “be there” for students and families.
- Managing their own families and Covid-19 Fears.

And There's More..

- A struggle to keep workspace organized.
- Grieving the loss of interacting with students.
- Grieving the loss of routines/ and work-life balance.
- Juggling THEIR children's work & the work of students.
- Spending hours at a computer screen.
- Emotional exhaustion from back-to-back responsibilities at work and home without transition periods.
- Emotional exhaustion due to overall increased demands in all areas of life.



The Physical Toll



Strained eyes



Tense
Shoulders



Headaches



Lack of Sleep



Back Pain



Body aches



Not enough
physical activity

Emotional & Mental Toll



Teacher Burnout

Compassion Fatigue

Lower Morale

Haunted by “no shows”

Increased Anxiety

Racing Thoughts

Inability to “turn off”

How Leaders Can Help

- Have realistic expectations for teachers.
- Acknowledge the effects of Coronavirus on teachers.
- Check-in with your teachers about their Mental Health & well-being.
- If time permits, use meeting time to have teachers share ups and downs of distance learning.



What you can do for YOU

ONE.

Have REALISTIC expectations for yourself.



TWO.

Create a daily schedule.



THREE.

Give yourself a realistic response time to answer emails.

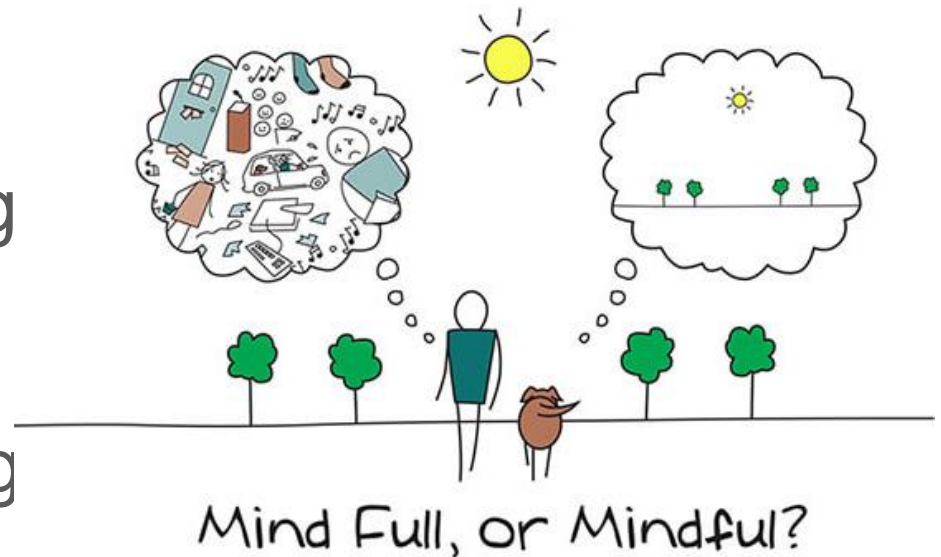


FOUR.

Stop working when you would normally stop work!

What you can do for YOU

- Take intermittent breaks (walk away from the screen).
- Get your body moving (yoga, exercise, stretching).
- Use Mindful Breathing Strategies.
- Have a Growth Mindset.



Breathing Strategies

Why do we do it?

- Decreases stress.
- Reduces anxiety.
- Helps you to remain calm.
- Strengthens sustained attention.
- Sharpens the ability to focus and learn.
- Slows the heart rate.
- Lowers blood pressure.
- Helps to control your emotions

How do we do it?

- Set some time aside during the day to work on breathing techniques.
- Some suggested times during the day are the morning, between difficult tasks, and before bed.
- Try these: 5 finger breathing, rainbow breathing, zig zag breathing and nostril breathing.

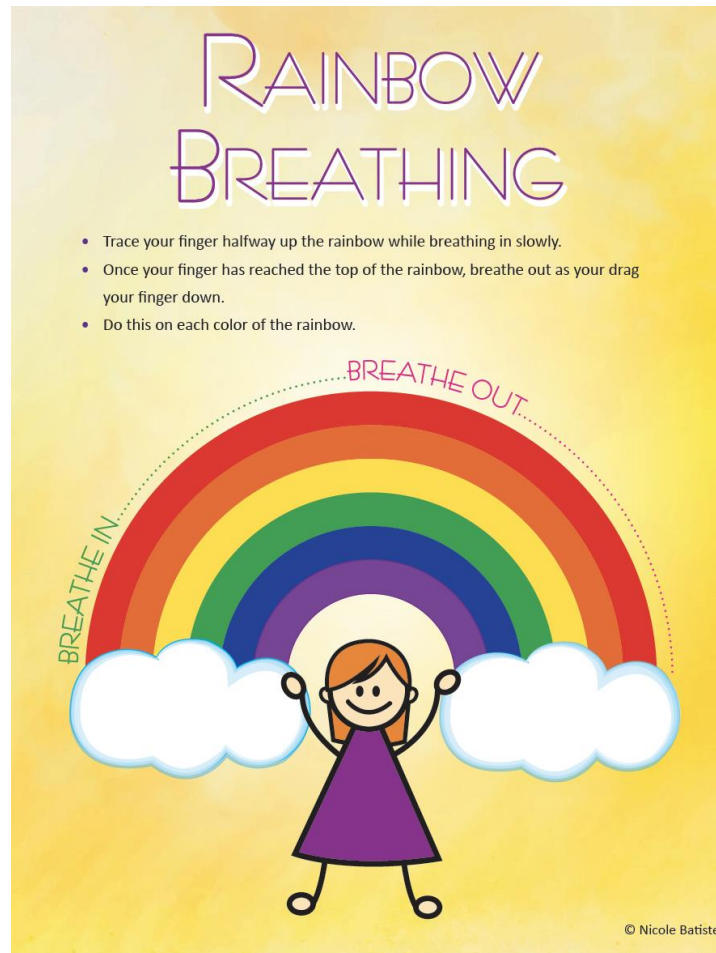


Breathing Techniques

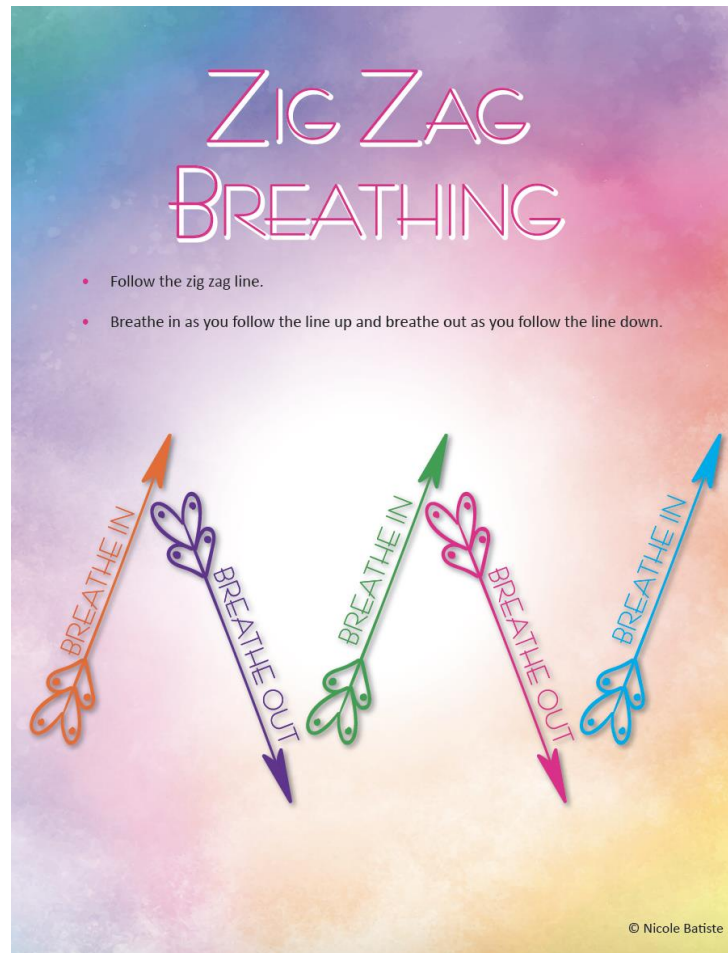
TRACE ALL 5 FINGERS



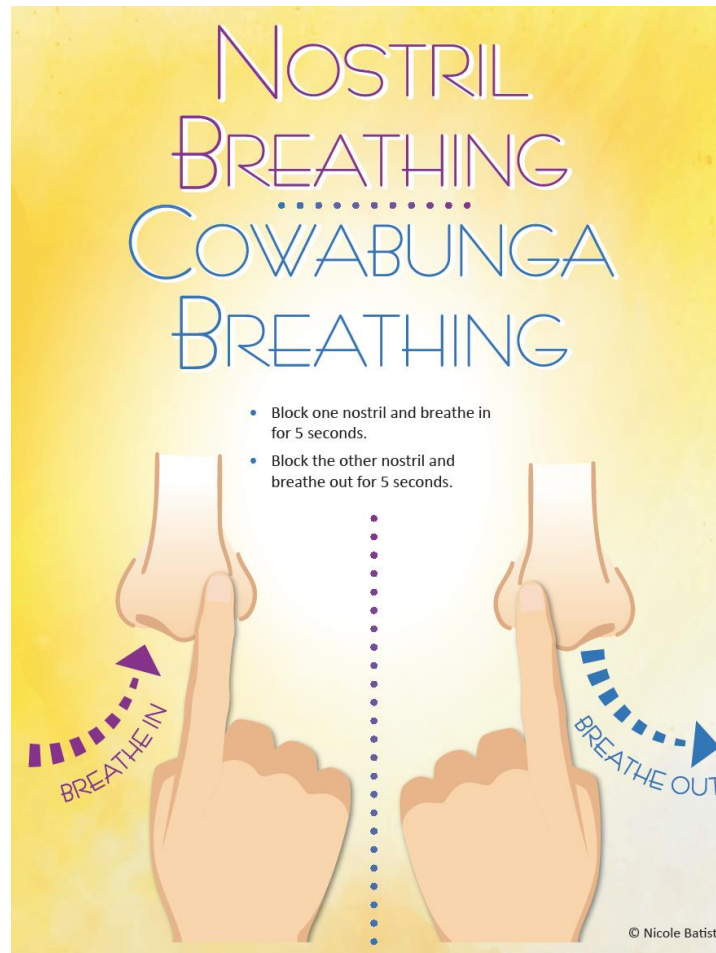
Breathing Techniques



Breathing Techniques



Breathing Techniques



How to Support Students



- Have REALISTIC expectations of students
- Practice Breathing Strategies
- Spend time during meetings to talk about what they are experiencing with distance learning (Remember, model your stressors first.)
- If time allows, schedule a “hang-out time”
- Remind them- It’s OKAY to not be OKAY. We are all “NOT OKAY” together!

Guided Meditation & Upper Body Stretches



Guided
Meditation



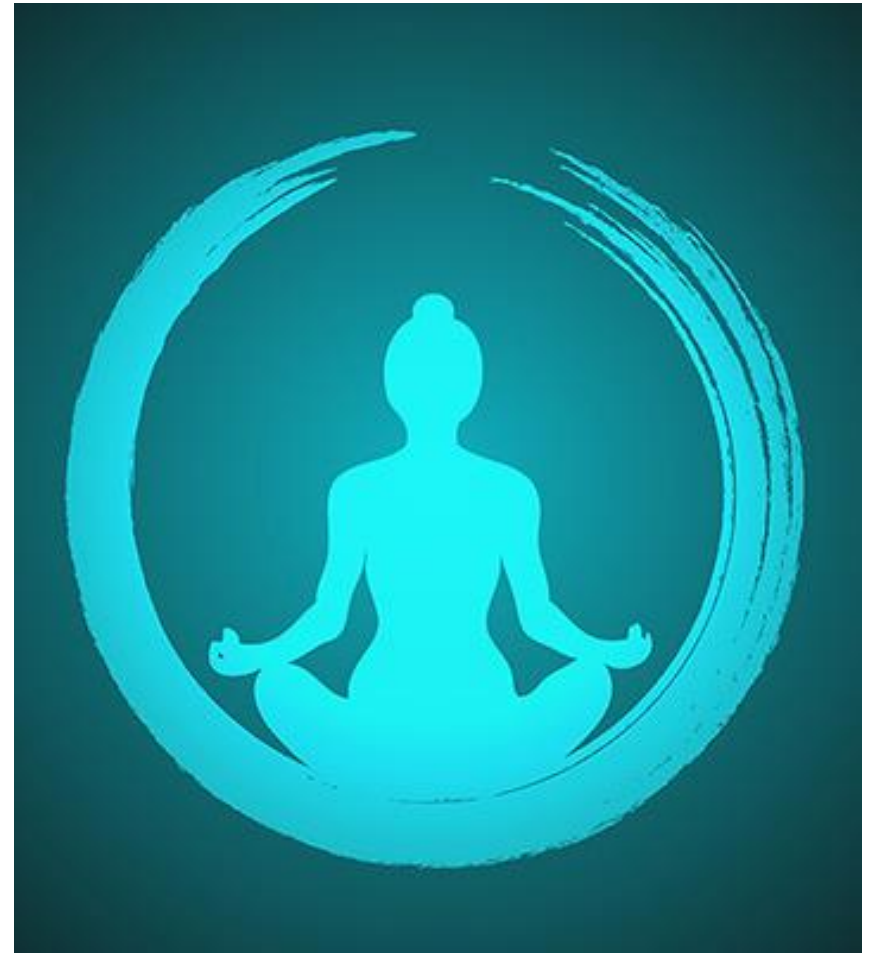
Upper
Body
Stretch

Yoga Practice

Let's do some Body Movement Together!

Here are some strategies you will see in the upcoming video:

- Upper-body Yoga Stretches
- Guided Meditation



Resources

- If you have questions, please email us: HISDSEL@houstonisd.org.
- A copy of today's webinar will be available on 4/30/20 on the HISD SEL website at: <https://www.houstonisd.org/Page/153364>.
- Join us EVERY MONDAY for “Mindful Mondays”
- Check out our weekly SEL Lessons from Re-Think Ed

Follow us on Twitter:  @HISDSEL

Thank you!

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