

## Adult Self-Awareness

We are most supportive when we are consciously aware of our own needs and the individual needs of others. This begins with self-awareness. We can best support each other when we are calm and aware of ourselves. Before responding, check in with yourself by asking:

- Am I okay?
- Am I making an emotional response or a rational response?
- How might my biases impact my decision making?

**Directions:** If more items are checked off in the Disconnection and Reactivity sections, then consider personal triggers and some positive supports to counter the triggers. It is okay to feel how you are feeling. The goal is to manage your own social emotional well-being before helping the students with theirs.

### 1. Calm

- I am breathing at a normal rate/rhythm.
- I am feeling calm in my body. My muscles feel relaxed.
- I can think and plan.
- I can come up with options.
- I can ask for assistance from other adults or give myself a break.

### 2. Disconnection

- I feel slow to react, and I cannot think fast enough.
- I feel like I am sinking or disappearing.
- I do not feel up to managing the situation.
- I feel helpless.
- I feel sad.

### 3. Reactivity

- I am upset and reacting quickly.
- My breathing is shallow or heavy.
- My body is tense.
- I cannot think.
- I feel like I am going to explode.
- I am talking loudly or yelling.

**What might be some of my personal triggers?**

**What are some positive supports to counter such triggers?**