



Self-care PTA Meeting



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Warm up (1-2 min)

Individual Reflection

- Reflect on your own self-care
- Reflect on your child's self-care



WHY do we talk about self-care?



-Students (and adults) need support developing self-care strategies

-To promote and develop the IB Learner Profile characteristics of “balance” and “reflective”

-Relevant to *all* eight of the CDC’s [National Health Education Standards](#)

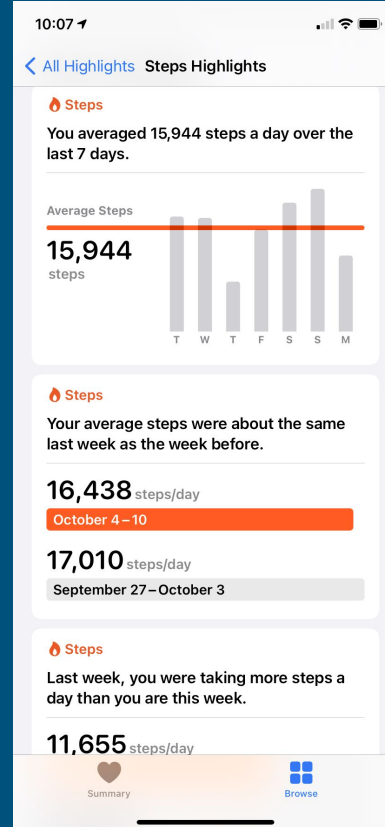
-American School Counselor Association National Standards

- A: A2 Acquire Skills for Improving Learning
- PS A1 Acquire Self-knowledge
- PS B1 Self-knowledge Application

2021-2022 Preview of Self-care Initiatives

Youth to Youth

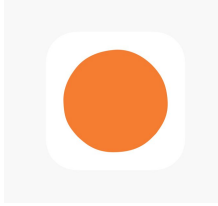
- *Walktober
- *Music Madness
- *Digital Detox events (PTA sponsored!)
- *Mindful Mondays
- *Virtual Yoga Class
- *Meditation & Mindfulness Apps



Meditation and Mindfulness

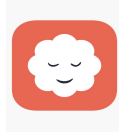
Join the Youth2Youth club:
ydi5z3q

HEADSPACE



Headspace is a smartphone app full of guided meditations that are accessible to everyone. It leads listeners on a journey of contemplation.

MY LIFE



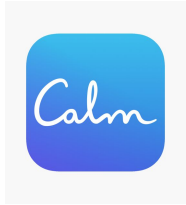
MyLife checks in with how your feeling and gives you access to short guided meditations and mindfulness activities tuned to your emotions.

INSIGHT TIMER



Insight Timer is a free app to help with anxiety, becoming more mindful, and insomnia. There are so many categories to choose from to get the perfect fit for you.

CALM



Calm features over 100 guided meditations, updated sleep stories, gentle movement, stretching, and music to help relax, focus, & sleep.

MINDSHIFT



MindShift is a self-help anxiety relief app that helps you reduce worry, stress and panic. Helps teens and adults cope with anxiety.

SMILING MIND



Smiling Mind is a great app for structured meditation, done daily or singular videos for whenever you choose.

Preview of Self-care Initiatives (cont.)

Health Education & Physical Education

Physical activity and education *is* self-care

Self-care assessments are a constant!

Health Education Curriculum:

- Nutrition, Body Image, Fitness, Self Management (Mental Health), Human Sexuality, Drugs & Substance Abuse
- Observations - kids are TIRED, they talk about ANXIETY more than ever, they're addicted to screens and social media apps...and they clearly need our help with self-care and resilience!

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care

___ Eat regularly (e.g. breakfast, lunch and dinner)

___ Eat healthy

___ Exercise

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when needed

___ Get massages

ABC PLEASE Overview

How to **increase** positive emotions
and
reduce vulnerability to Emotional Mind

Accumulating positive experiences

Build mastery

Cope ahead of time with emotional situations

Treat **P**hysical**L** illness

Balance **E**ating

Avoid mood-altering drugs

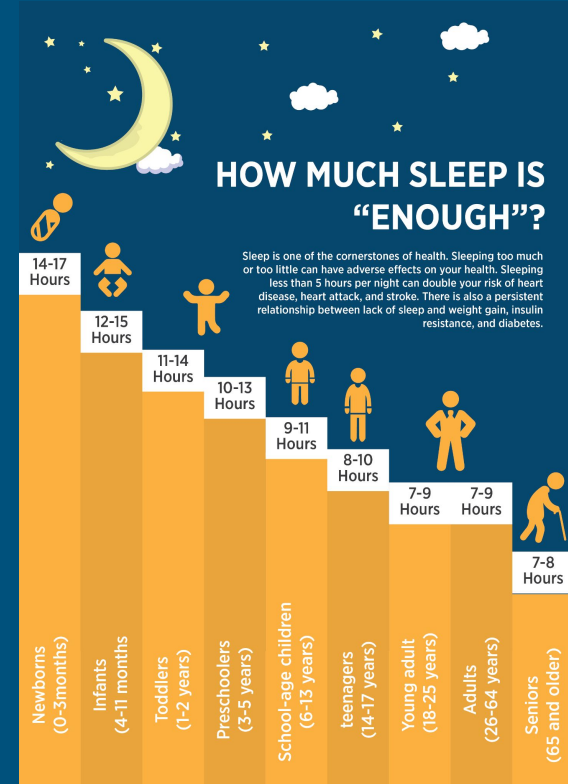
Balance **S**leep

Get **E**xercise



Some of our ongoing concerns...

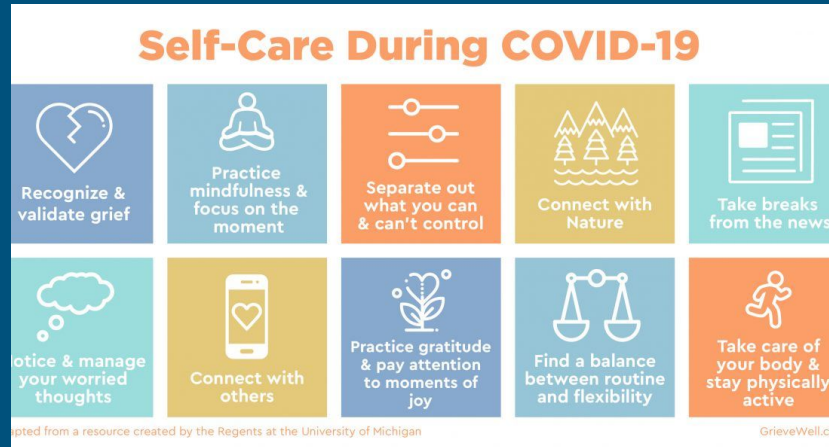
- Amount of sleep/caffeine consumption
- Screen time and social media problems
- Hydration
- Reflective capacity; meta thinking



What are YOUR concerns?

-What are you seeing at home? What topics related to self-care are you most concerned about? Did our self-care initiatives penetrate at all?

-How can we partner and support your self-care efforts moving forward?



Resources

- [Why We Sleep-Dr. Walker](#)
- [Yale Happiness Course](#)
- [Greater Good Science Center](#)
- Skills-ABC/PLEASE
- Microhabiting

