

# Caring for ourselves and our children during challenging times

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# What do we know

☐ Confusion

☐ Anger

☐ PTSD

☐ Hopelessness

☐ Anxiety

☐ Stress

☐ Grief

Vulnerable populations

Health & Education disparities have been heightened

Kids, especially teenagers hit worst

Loss of normalcy & predictability

Loss of typical ways of coping

# What is trauma?

Trauma refers to an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening AND that has lasting adverse **effects**.

In other  
words...

# What is Trauma?

Anything...

Too  
Much

Too  
Soon

Too  
Fast

@Breathes.Sun.Rise

For our Nervous System to  
handle without becoming  
overwhelmed

# Collective Trauma

“Collective trauma refers to the impacts of adversity on relationships in families, communities, and societies at large. This includes natural and human-caused disasters as well as the cumulative effects of poverty, oppression, illness and displacement.”

Dr. Jack Saul Author of Collective Trauma Collective Healing



# Racial Trauma



The distress experienced because of the accumulation of racial discrimination, racial violence, or institutional racism.

How do we care  
for ourselves and  
our children?

Choose  
Kindness





# Wishing Well



Dr. Becky Bailey

Conscious Discipline

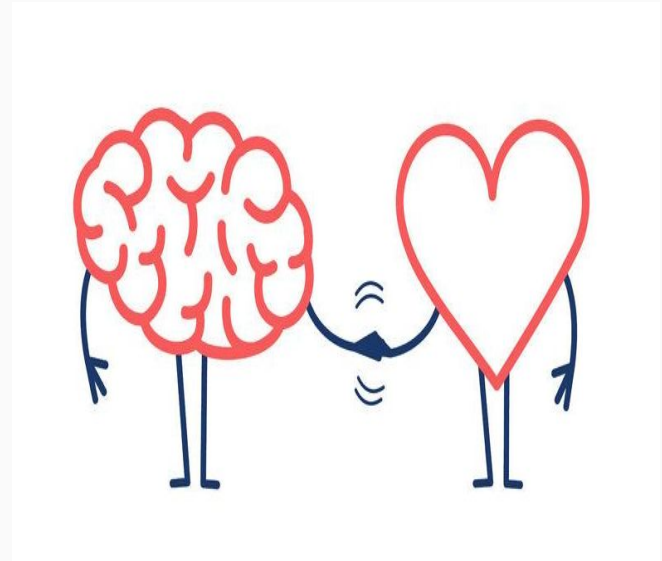
“Wishing well is a movement of energy. Take a deep breath. Focus your energy from your head to your heart, and send that loving energy to others. Wishing well. Like mindfulness, is a skill that requires practice.”

# We cannot stay mad at our kids

- Kids have less skill to manage
- Blame it on COVID
- It's happening to all of us- we are all impacted

As parents we must:

- Understand what our kids are feeling
- Be there when they are upset
- Be able to center ourselves

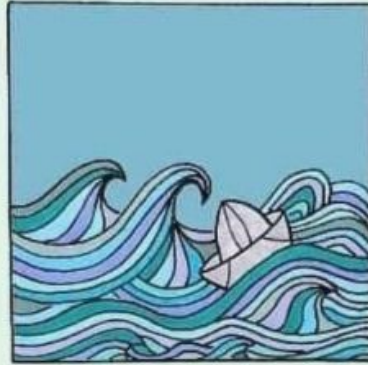


Adapted from Anne Gearity, PhD, LICSW

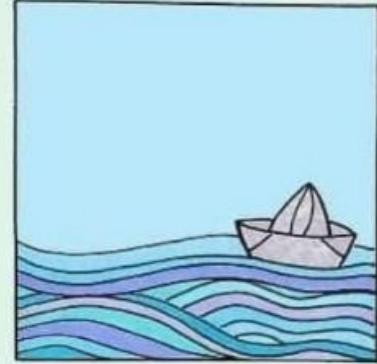
“A  
dysregulated  
adult can  
NEVER calm  
anyone.”

Dr. Bruce Perry

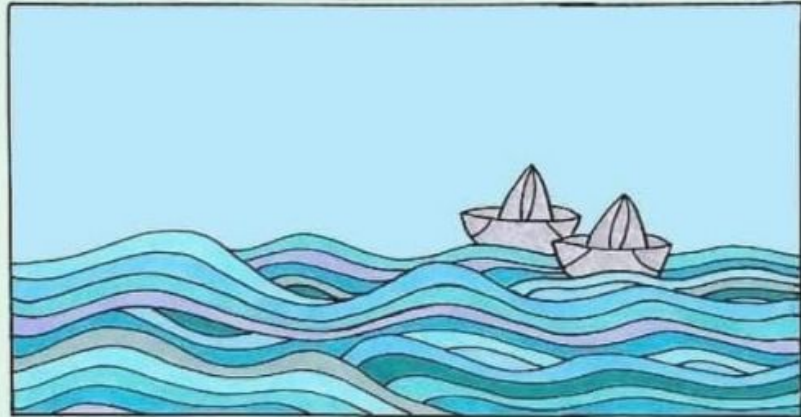
WHEN THEIR STORM



MEETS OUR CALM



CO - REGULATION OCCURS



@kwiens62

# DAM

Danger>Anxiety>Mastery



Adapted from Anne Gearity, PhD, LICSW

Parent to child

I hear you.  
I see you.  
I care.

# Parent Stress



Black-ish Episode

# Family Time

- Families are the unit of experience now
- Recognize what families can be
- Restore family rituals and routines
- Family hierarchy ( authoritarian vs. chaotic)
- The goal- We like like each other



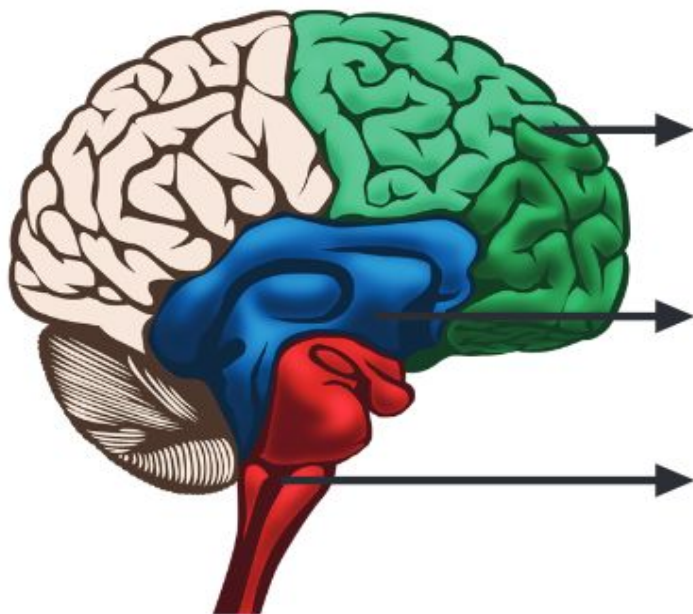
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# Children who struggle with regulation

- Feeling helped
- Hard times are not just about me- they are about what's happening between you and me
- Mastery in small increments
- Managing hard times requires positive emotions



# Conscious Discipline® Brain State Model



## Executive State

**Need:** Problem solving opportunities

**Looks like:** Wisdom, unlimited skills

**Message:** What can I learn?

## Emotional State

**Need:** Connection

**Looks like:** Back talk, sass, yelling, verbal reactions

**Message:** Am I loved/connected?

## Survival State

**Need:** Safety

**Looks like:** Hiding, fighting, surrender, physical reactions

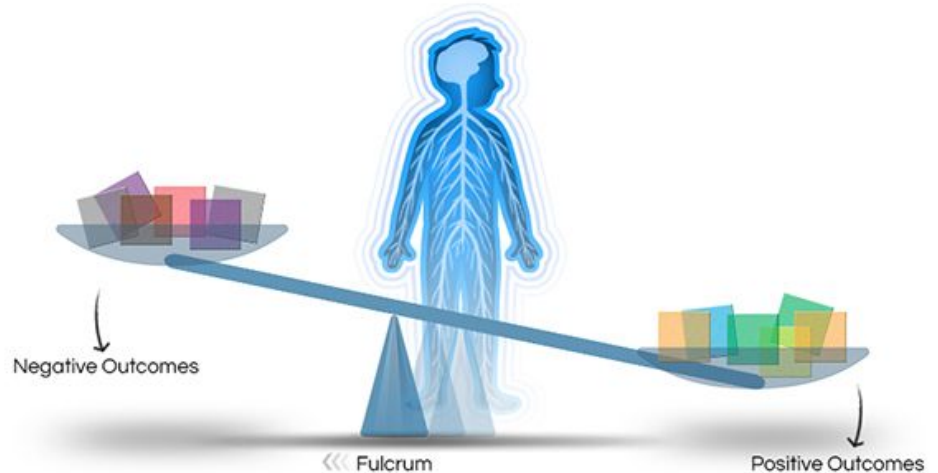
**Message:** Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

# Resilience

“Protective experiences and coping skills on one side counterbalance significant adversity on the other. Resilience is evident when a child’s health and development tips toward positive outcomes — even when a heavy load of factors is stacked on the negative outcome side”

<https://developingchild.harvard.edu/science/key-concepts/resilience/>



What schools are  
doing to help

# Support Staff

- Providing companionship/problem solving
- Teaching skills (refreshing skills) MASTERY
  - Google Meet
  - Schoology/ Seesaw
- Co-Regulating
- Providing resources

welcome to Ms. Jagusch's office!

School Social worker

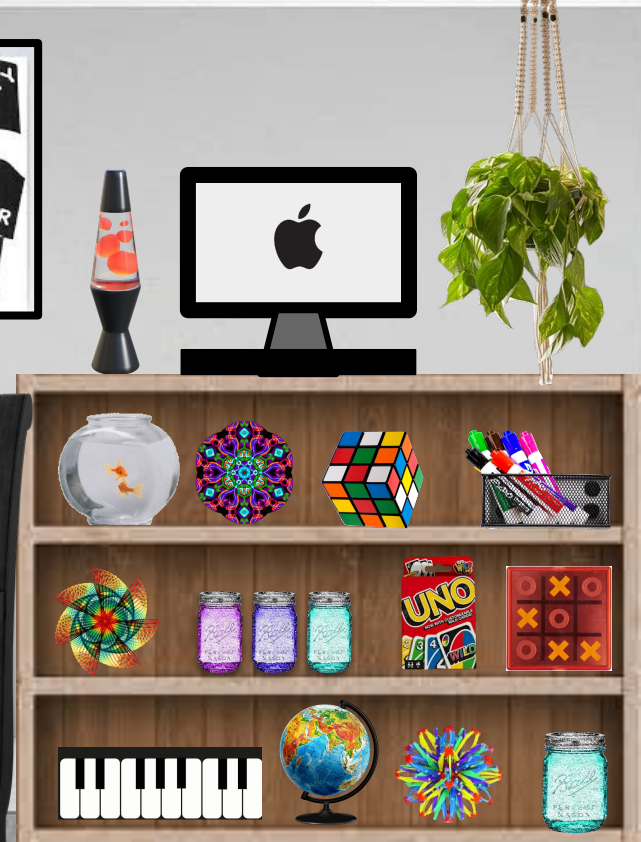
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Office Hours: Monday - Friday: 8:30am - 3:30pm

Call, text, or email to schedule an appointment



I  feel \_\_\_\_\_ & I am in the \_\_\_\_\_ Zone!

<b>Blue Zone</b> 	<b>Green Zone</b> 	<b>Yellow Zone</b> 	<b>Red Zone</b> 
<b>Low and Slow</b>	<b>Just Right</b> "Ready to Learn & be a Friend"	<b>"Uh-Oh"/Fast-Caution</b>	<b>Emergency/Stop</b> "Not Ready to Learn & be a Friend"
Sad 	Happy 	Energetic/Hyper 	Overwhelmed 
Bored 	Calm 	Scared 	Angry/Mad 
Sick 	Brave 	Annoyed 	Out of Control 
Lonely 	Cool 	Nervous/Anxious 	Mean 
Tired/Sleepy 	Smart 	Silly 	Furious 
Depressed 	Relaxed 	Excited 	Terrified 
Lazy 	Content 	Grumpy/Grouchy 	Aggressive 

## BREATHING TOOLS

5 Finger Breathing



Volcano Breath



Snake Breathing



Seated Childs Pose



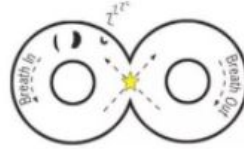
Star Breathing



Breathing Ball w/ Hands



Lazy 8 Breathing



Downward Dog



Pretzel Breathing



PinWheel



## RELEASING TOOLS

Woodchopper



Conductor Breath



Front - Side - Up - Ha!  
Inhale - Inhale - Inhale - Exhale

Exploding Volcano



Robot Jellyfish



Mad Hands



Ninja Breath



# Resources

- Virtual Calm Room <https://www.rccmhc.org/breathe>
- Community Bulletin Boards for Adults/Teens/Youth <https://www.rccmhc.org/community-bulletin-board>
- SRFC Resource Directory and Resource Sheets <https://www.howarethechildren.org/resources-1>
- [RESOURCES FOR TALKING ABOUT RACE, RACISM AND RACIALIZED VIOLENCE WITH KIDS](#)
- [Talking to your kids about the election](#)
- [Resmaa Menakem](#)- My Grandmother's Hands
- A new resource recently launched that you can utilize for yourself or to share with families is the Minnesota Black Community COVID-19 Hotline. It's a fully staffed hotline to support Minnesota's African American Community Through the Pandemic. Learn more [HERE](#).
- Change Inc., has a support line staffed by mental health professionals and practitioners from 8-4 p.m. Monday through Friday. They provide support in multiple languages and are here to support SPPS staff, as well as students and families. You can call them at 651-262-5858.



# Resources



## Black Joy- Part 3

Description: This video is about watching for signs of trauma in others and offering tips to best support those experiencing trauma.