



# FAMILY ACADEMY

## Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



**FEDERAL WAY**  
PUBLIC SCHOOLS





# Family Academy Managing Stress with Mindfulness

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# MOOD METER

How are you feeling?

## Check in: Mood Meter

Give yourself and others the permission to feel

There are no "good" or "bad" emotions; emotions are data/ information

Getting curious and being non-judgmental around feelings



# Triangle Breathing



“Rather than the mind leading the breath, allow the breath to lead the mind.”

RESPIRACIÓN  
DE ESTRELLA



# Think, Pair, Share

How do you know when you're stressed? Where do you feel it in your body?

Who is the first person to notice when you're stressed? You, a friend, spouse, child?





# Stressors that Scholars May Be Experiencing

## Big Stressors:

- Starting or leaving a school
- Divorce
- Major Changes in Daily life
- Loss of someone special
- Moving
- Not having support
- Being Injured

## Minor Stressors:

- Upcoming quiz, assignment or test
- Feeling bored
- Having a small argument
- Performing on stage
- Feeling ignored
- When things don't go their way



# Overview of Stress: Effects on Scholars

- **Increased irritability:** Emotional outburst that are inconsistent with previous behavior
- **Trouble sleeping:** Worries and fears may come out during bedtime and your child may also start having nightmares
- **Frequent headaches or stomachaches:** When children are stressed or anxious, their bodies release the hormone cortisol into the blood. This can trigger abdominal cramps and headaches.
- **Struggles with School:** Trouble focusing in class or when doing homework.  
Troubles with friends, classmates or school staff

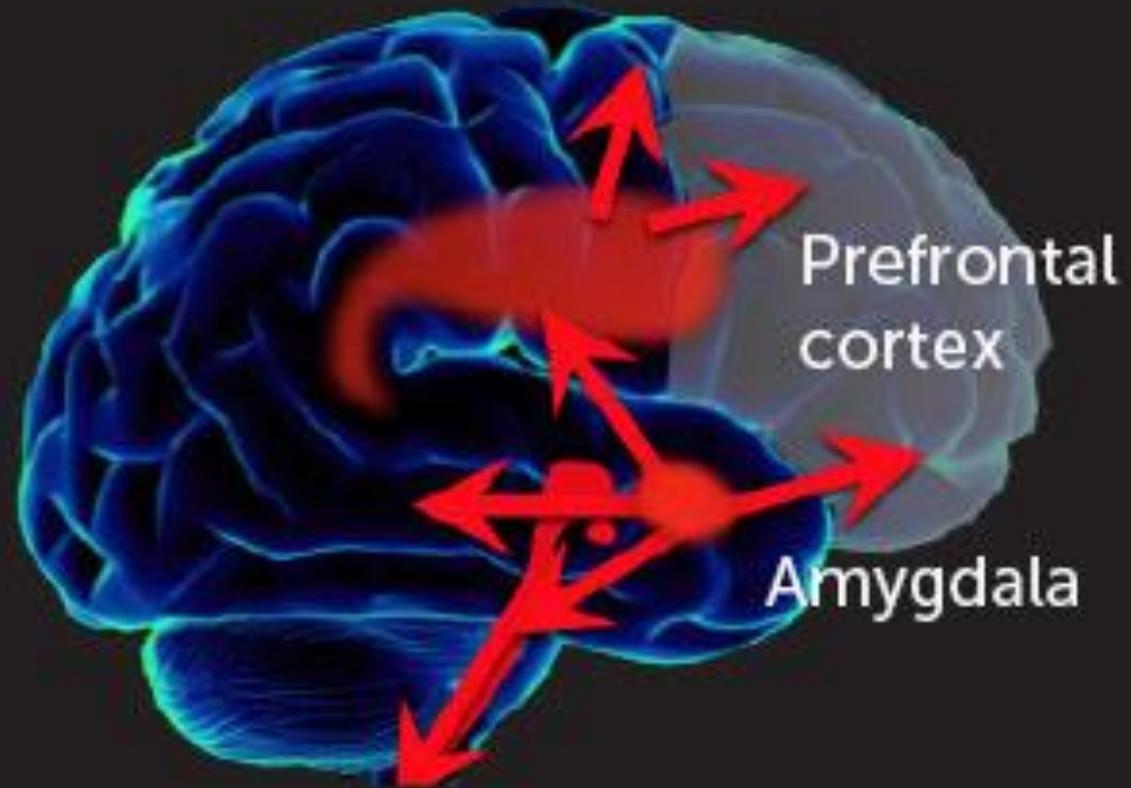


Unstressed



Tight control of thoughts,  
emotions and actions

Stressed



Weaker control of thoughts,  
emotions and actions

# Think , Pair, Share

What things do you notice to be your pattern in your behaviors, bodily reactions, or thoughts when you are stressed?

What are healthy ways that you and your family or friends cope with stress?



# Strategies for Caregivers and Scholars

- **Movement** has more than just physical impact and has been linked to stress reduction.
- **Meditation** focuses on your breath and being present. This practice also releases endorphins
- **Create a stress toolbox** to identify strategies to cope with stress

# S- T- O- P Acronym

**S- Stop.** Whenever you notice stress or imbalance, pause and be aware of how you feel.

**T- Take a breath.** Simply bring your awareness into the breathing body, letting the sensations of the breath move into the forefront. Notice how your mind begins to settle a bit, bringing more clarity. Breath awareness actually harmonizes the cardiovascular systems in the body, while also calming the “alarm” centers in the more primitive parts of the brain, restoring full brain function. When we are stressed, we can’t think clearly or see any situation accurately.

**O- Observe.** Just notice how breathing begins to naturally bring balance to the systems of the body. Let this be felt. Also, look around. What is really happening, in the moment?

**P- Proceed.** Having shifted to a more mindfully responsive mode, take an action that is more skillful, appropriate, and best attuned to your situation.

# Supports at FWPS

- TalkSpace
- Clayful (8th graders)
- Trusted adult (teacher, counselor, dean, principal)
- Second Step (elementary)
- Advisory (secondary)



# Optimistic Closure : My Next Steps...

What will be your first next step based on what we learned about during our session today?

It might be a conversation, more reading or implementing some of the strategies learned.

# POST EVENT FEEDBACK:



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Each Scholar: A voice. A dream. A **BRIGHT** future.



***Want to complete  
this survey online?  
Scan the QR code!***



# Breakout 2 Workshops

Native Plant Teachings to Support Wellness | Room B213

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Mental Health Needs for Scholars with Disabilities | Room 139

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Excused Absences Are No Excuse to Fall Behind | Room 150

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Secondary - Dealing with Digital Drama | Room 151