

# ADDRESSING THE EMOTIONAL IMPACT OF COVID-19

FOR TEACHERS

## WHAT IS INSIDE

UNDERSTANDING HOW  
COVID-19 IMPACTS  
MENTAL HEALTH

SELF-CARE  
AND  
ADULT SEL

STUDENT SEL

RESOURCES



## COVID-19: A TRAUMATIC EXPERIENCE

BY THE SSD SEB-EPS TEAM

Traumatic experiences are defined as being exposed to a traumatic event, such as a neglect, sexual assault, war, a car accident, or child abuse. The current COVID-19 pandemic has characteristics that qualify it as a traumatic experience as it takes a physical and emotional toll on many people. The current pandemic has made children and adults feel unsafe, out of control, or at risk of serious injury, illness, or death; thus eliciting the stress response and potentially causing stress-induced changes in brain structure and function. This can impact mental health, mood and behavior.

The good news is that the brain has an ability to rewire and remodel to improve our ability to manage our emotions. This resource will provide resources to make those changes in you and your students.

# HOW COVID-19 CAN IMPACT MENTAL HEALTH

## UNDERSTANDING

Students and staff members have returned to school amid a perfect storm of ongoing trauma: a nationwide pandemic, economic instability, and racial unrest, as well as months of anxiety and isolation caused by school and community shutdowns. It is important that educators understand that the Covid-19 pandemic is classified as a traumatic event resulting in physiological and emotional impacts. Understanding is the first step to navigating and healing from this experience; and helping students do the same.

CLICK HERE



**HOW DOES COVID-19 INVOKE STRESS, ANXIETY, AND DEPRESSION?**

CLICK HERE



4 MIN VIDEO

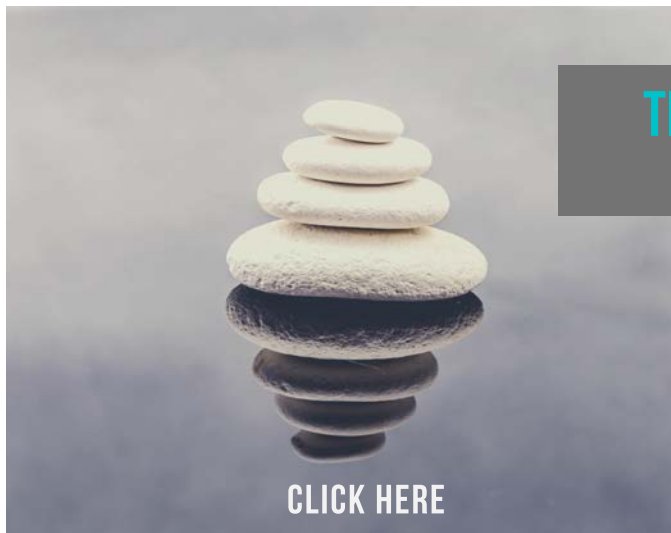
**WHAT IS THE EFFECT OF CHRONIC STRESS ON THE BRAIN?**

CLICK HERE



**WHAT MIGHT WE SEE IN OUR SCHOOLS AND CLASSROOMS?**

# SELF-CARE AND ADULT SEL



[CLICK HERE](#)

## TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH

It's important to note that we are not helpless in light of current news events. We can always choose our response.

## ADULT-SEL AND SELF-CARE RESOURCES

During this time, it's critical for us—as school leaders and educators—to focus on our own social-emotional wellbeing as we look to support the social-emotional development of our students.

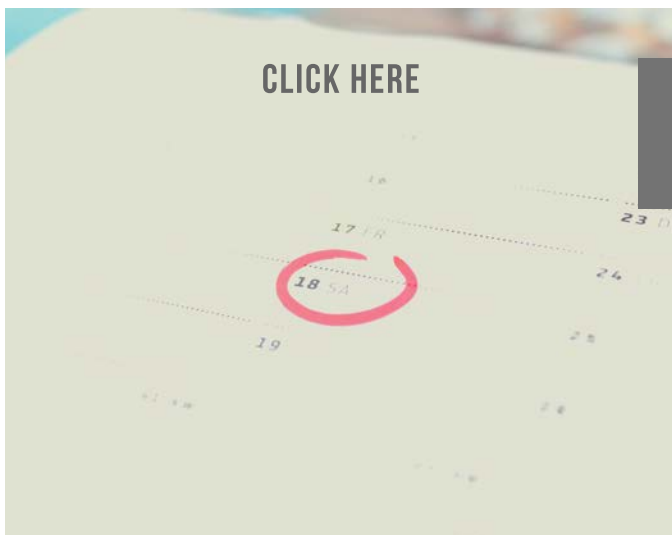


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## PLANNING A SELF-CARE DAY

You must care for yourself to care for others. It is important that people in the helping professions devote time to their personal self-care. This self-care planning guide offers guidance for those searching for practical ways to improve their self-care, one day at a time.



# STUDENTS

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[Mitigating the Impact of Social Isolation During and After Covid-19](#)

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[Social and Emotional Development: A Teacher Checklist](#)

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[SEL Teaching Resources](#)

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[SEL Teaching Strategies](#)

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[Supporting Students During Back to School Transition](#)



## Social and Emotional Learning In All Instructional Settings

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Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions; set and achieve positive goals; feel and show empathy for others; establish and maintain positive relationships; and make responsible decisions. SEL is the foundation of the classroom. It's about connecting with students and making them feel safe and secure before you get to the academics. In order to combat the impact of the Covid-19 pandemic, SEL strategies and instruction will need to be at the forefront of education. It is important that educators know how to incorporate social and emotional teaching across all school settings and do so.

# ADDITIONAL RESOURCES



**ST. LOUIS AREA  
RESOURCE  
DIRECTORY**

**BACK TO SCHOOL AFTER  
COVID: SUPPORTING  
STUDENT AND STAFF  
METNAL HEALTH**

**CDC: COPING WITH  
STRESS/MENTAL  
HEALTH  
RESOURCES**

## SSD RESOURCES

Employee Assistance Program

For additional SEL Teaching Resources:

Carrie Aydtt, SEB EPS ([cmaydt@ssdmo.org](mailto:cmaydt@ssdmo.org))

Mary Beth Dutch, SEB EPS ([MBDutch@ssdmo.org](mailto:MBDutch@ssdmo.org))

Greg Hungerford, SEB EPS ([GRHungerford@ssdmo.org](mailto:GRHungerford@ssdmo.org))

