



Trauma-Informed Care Series: Impacting School Wellness

Staying in the 'Green' for Staff and Students

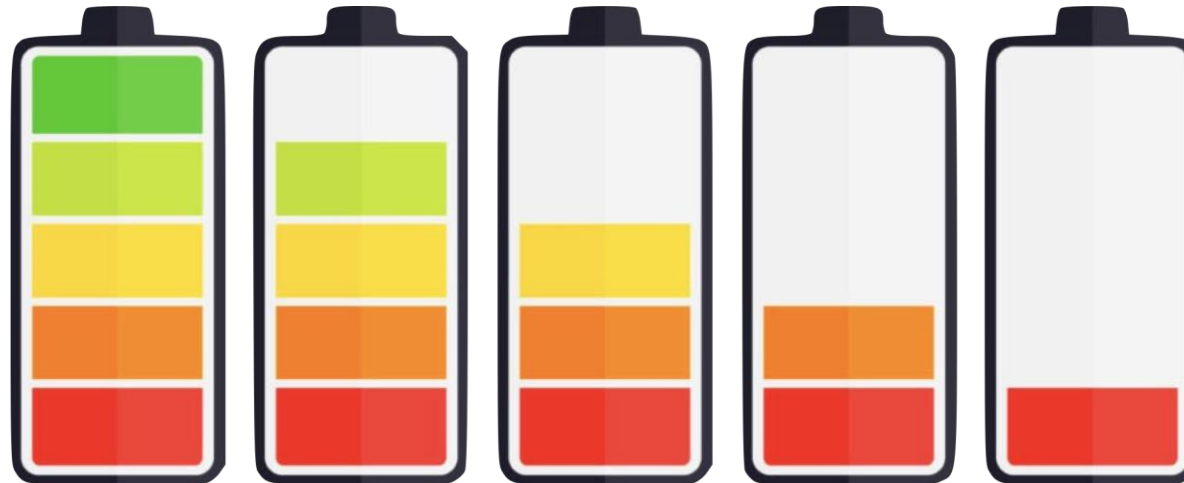
The Institute on Trauma and Trauma-Informed Care
Megan Koury, Project Manager & Trainer
sw-ittic@buffalo.edu

Quick Check-In



High Capacity for
Regulation

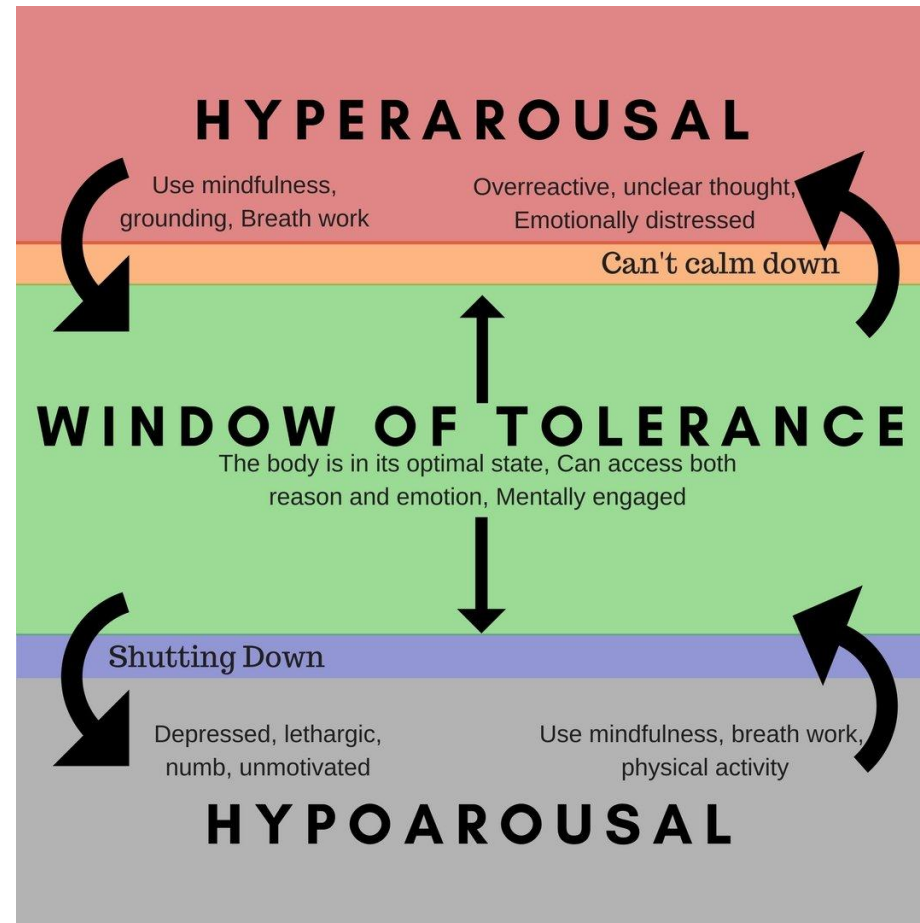
Low Capacity
for Regulation





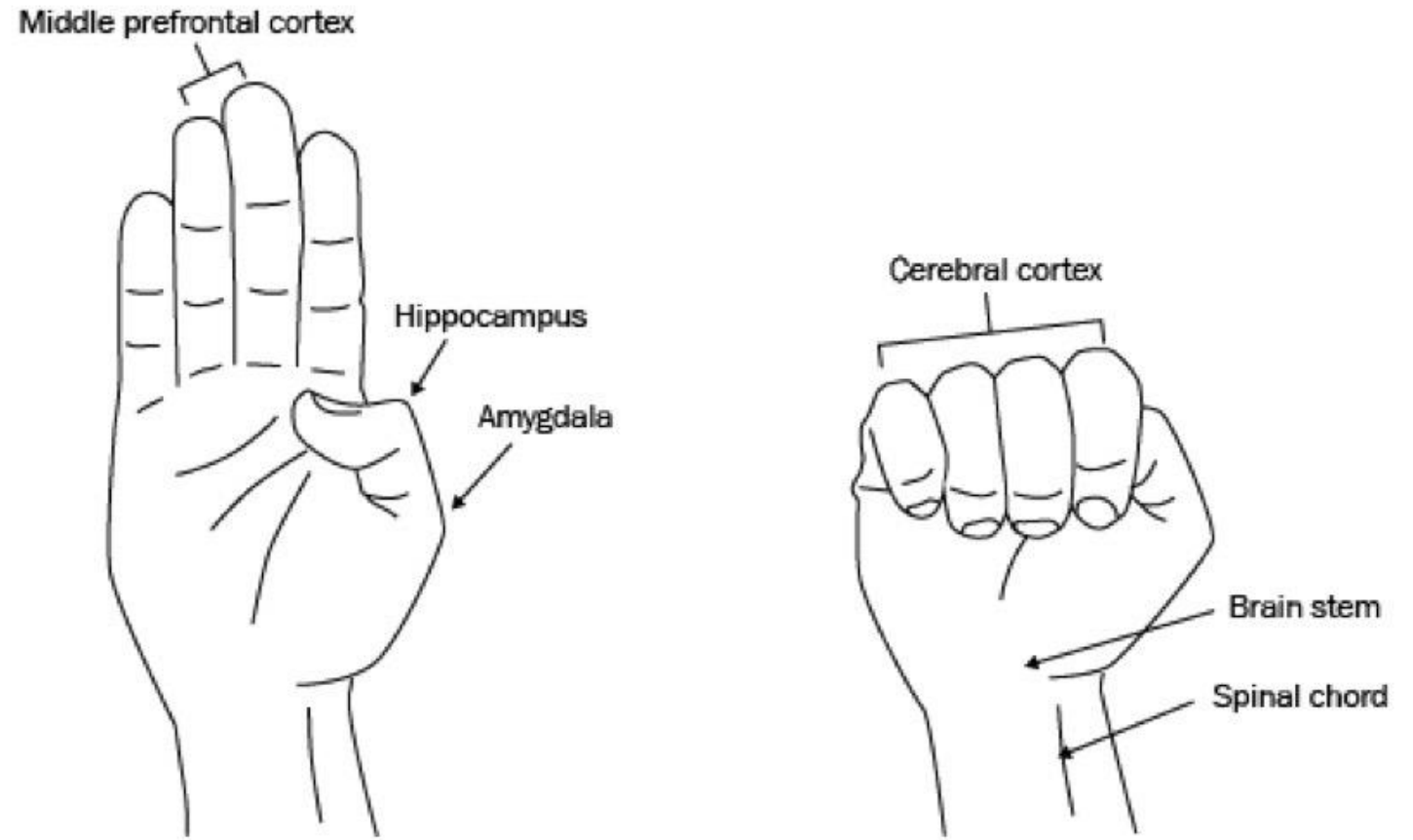
Staying in the ‘Green Zone’ starts with recognizing how adversity, stress, or trauma may impact ourselves and our school community.

Self-Awareness of Stress and Dysregulation



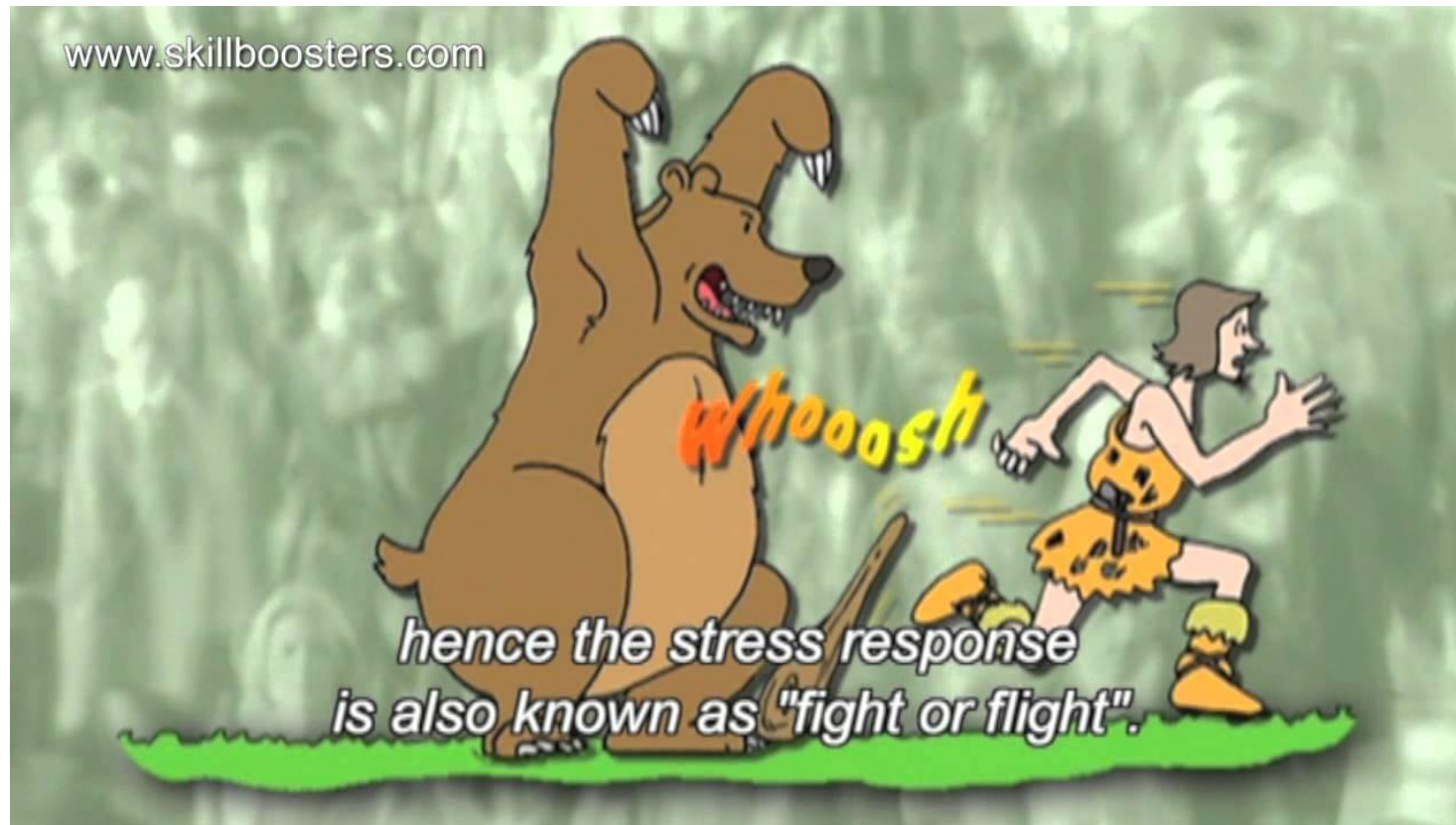
Survival Response and Dysregulation in Schools

When we perceive something as a threat, the amygdala activates and generates a survival response—commonly referred to as the “**fight, flight or freeze**” or stress response.



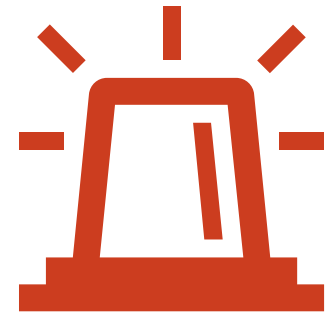
Hand model courtesy of Dan Siegel

Do we Need Empathy & Cognitive Functioning Here?



Triggers & Stress Responses That May Impact Overall School Wellness

Survival Response	What You Might See	What You Might Do/Experience
Fight	Swearing, disrespectful language, aggression, clenched fists, verbal attacks	Irritation, frustration, increased heartrate, raising voice
Flight	Avoidance, refusal to speak, jittery behavior, missing work or sessions	Anxiety, shallow breathing, trouble concentrating
Freeze	Non-responsive, shutting down, disconnected	Holding breath, sense of dread, feeling numb



Trauma and Toxic Stress Impacts...



Physical & Mental Health

- **What You Might See Now:** Shaking, hives, aches & pains, nausea & vomiting
- **Long Term Impact:** Flashbacks, sleep disturbances, aches and pains



Relationships

- **What You Might See Now:** Hostility, arguments with family members/friends/staff
- **Long Term Impact:** Inability to maintain close relationships, social withdrawal



Emotion Regulation

- **What You Might See Now:** Shifting emotions, wailing, no emotional response, unexpected response – laughter, giggling
- **Long Term Impact:** Panic attacks, shame, emotional detachment



Cognitive Functioning

- **What You Might See Now:** Confusion, memory lapses, altered sense of time, loss of thoughts
- **Long Term Impact:** Poor academic performance, inability to concentrate, difficulty making decisions



Perceptions & Beliefs

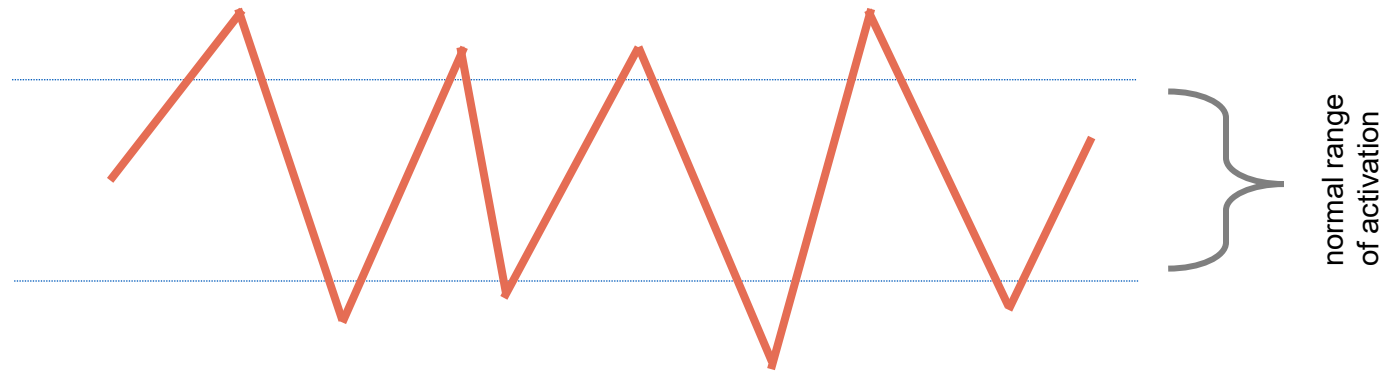
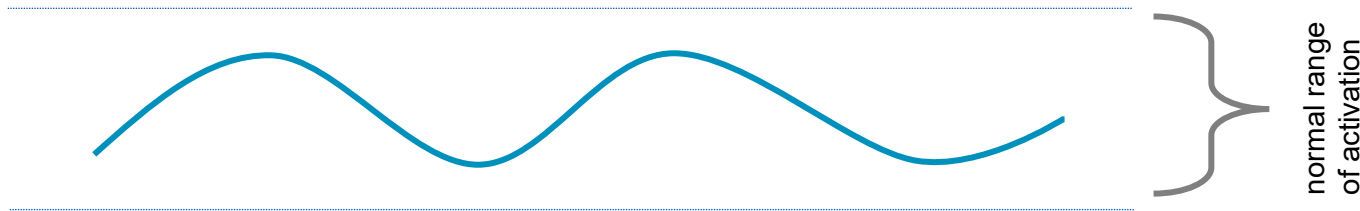
- **What You Might See Now:** Distrust of authority figures
- **Long Term Impact:** Feeling vulnerable, hopeless



Behavior

- **What You Might See Now:** Agitation, non-responsive
- **Long Term Impact:** Dissociation, self-harm, unsafe sexual practices, excessive risk taking

Emotion Regulation – Window of Tolerance



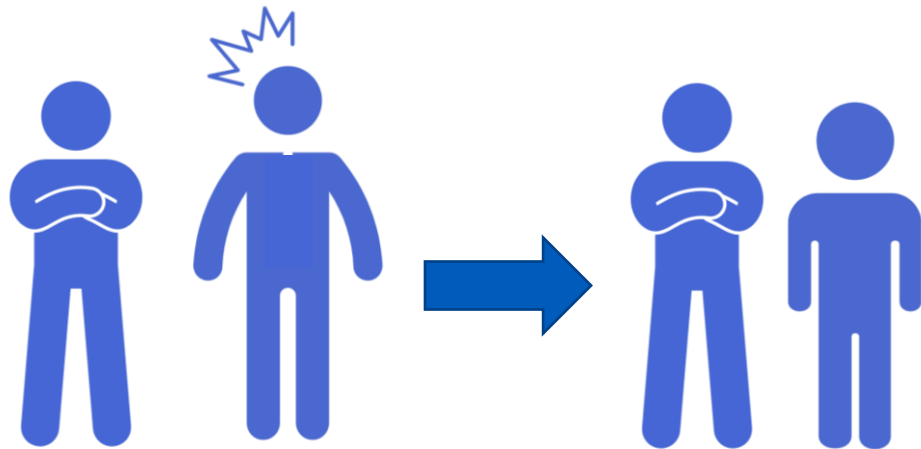
Emotion Dysregulation – Leaving the Window

How Behavior Can Impact Wellness

Your own state of regulation (or dysregulation) can influence others.

(Perry, 2020)

Co-Regulation

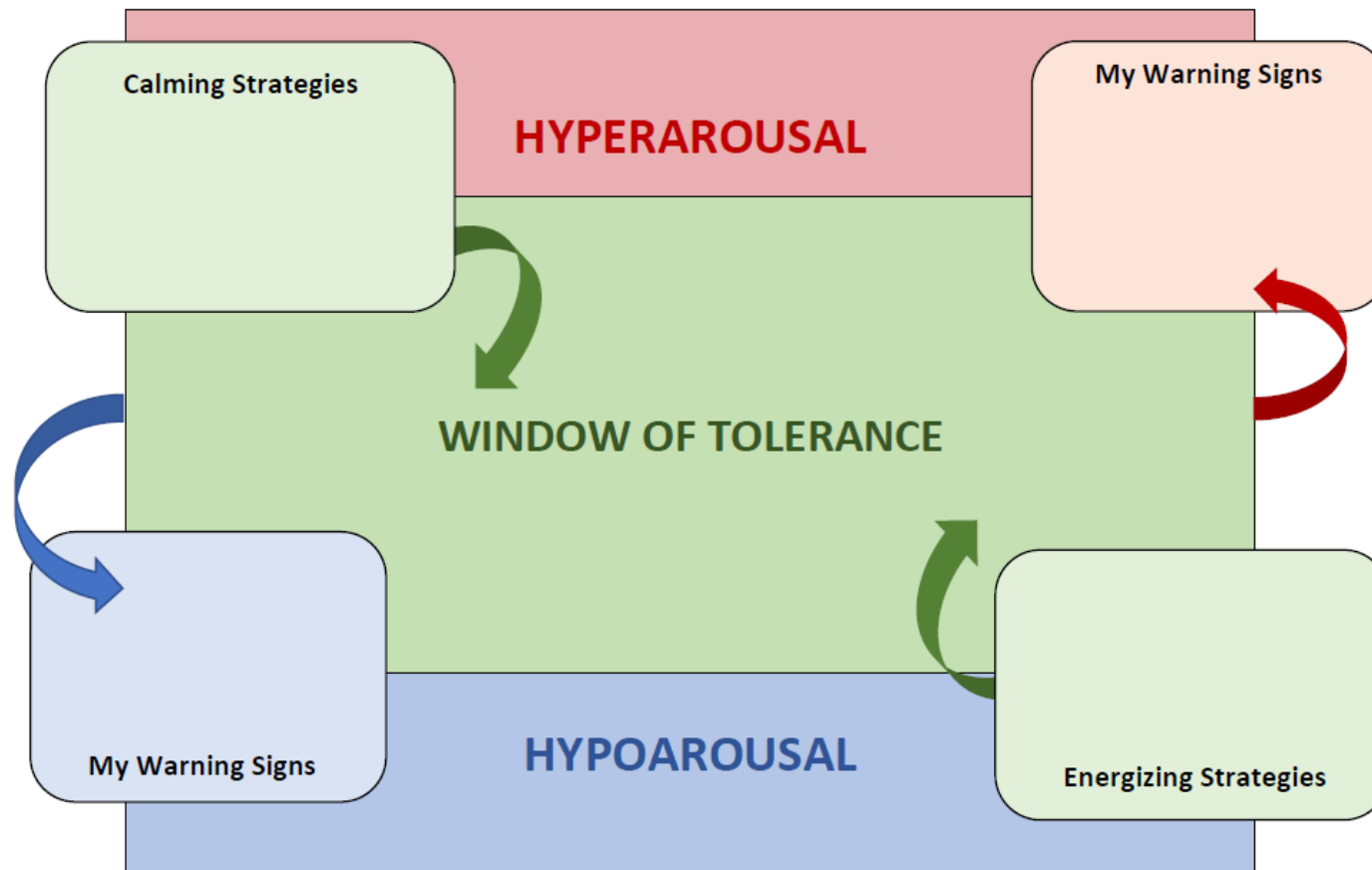


Co-Dysregulation



** See strategies to stay regulated handout **

Window of Tolerance Reflection



Reality of Now & Compassion Fatigue

Compassion Fatigue happens when you have more caring energy going out than you do coming in (a combination of STS, VT, and/or burnout).

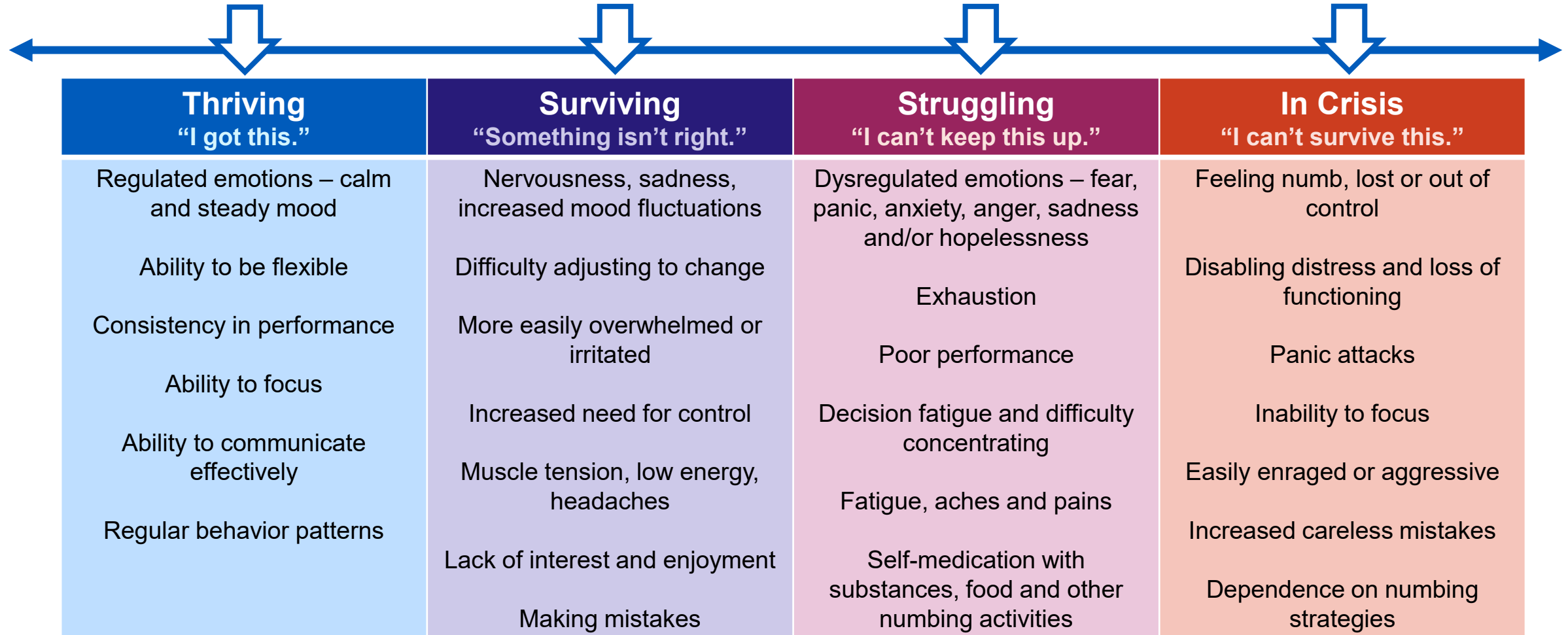


Reality of Now & Decision Making

Decision fatigue refers to the deteriorating quality of decisions made by an individual after a long session of decision making.



When the Stress Becomes Too Much...



What We Notice Gets Bigger

What we notice and focus on gets bigger--noticing strength and capacity while doing challenging work positions ourselves and others to **grow** in the aftermath of trauma.



Emotion Regulation Building to Promote School Wellness



The ability to influence what emotions we have, when we have them and how we experience and express our feelings.

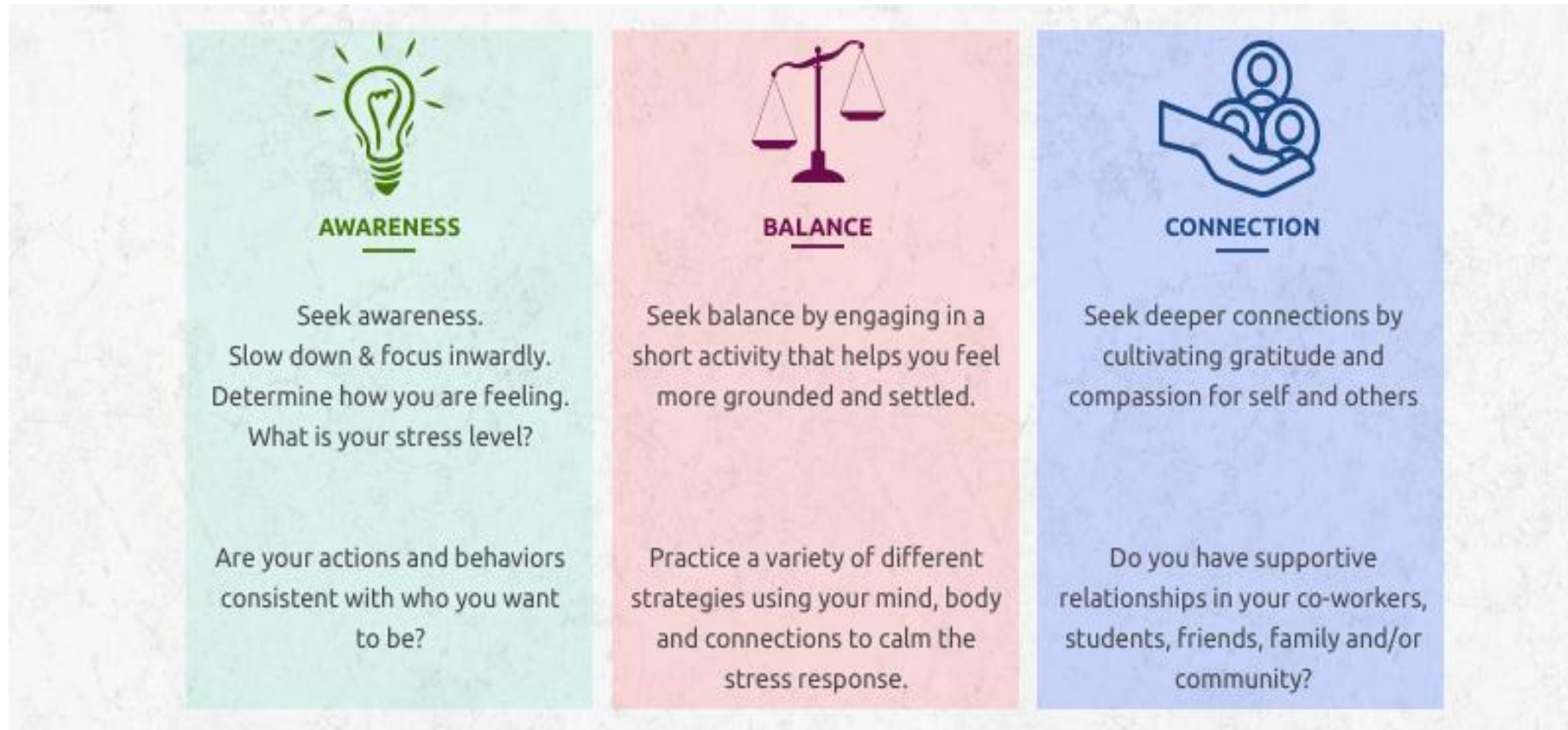
Involves changing the intensity, duration or type of emotions.




Emotion regulation involves:

- Self-awareness
- Emotion vocabulary
- Mindfulness
- Reframing



Self-Preservation and Self-Compassion



 AWARENESS	 BALANCE	 CONNECTION
<p>Seek awareness. Slow down & focus inwardly. Determine how you are feeling. What is your stress level?</p>	<p>Seek balance by engaging in a short activity that helps you feel more grounded and settled.</p>	<p>Seek deeper connections by cultivating gratitude and compassion for self and others.</p>
<p>Are your actions and behaviors consistent with who you want to be?</p>	<p>Practice a variety of different strategies using your mind, body and connections to calm the stress response.</p>	<p>Do you have supportive relationships in your co-workers, students, friends, family and/or community?</p>

Take Aways?

