





Re-Envisioning Self-Care

Early Childhood Mental Health Conference
We Can't Wait!
Kristen Krauss, M.A.

Objectives

1. Explore the myths of Self-Care to identify personal self-care strategies
2. Examine the connection between self-care and well-being
3. Review the direct relationship between educator well-being and student well-being and success



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graph LR; A[Educator Self-Care] --> B[Educator Well-Being]; B --> C[Student Well-Being]
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Be present



Be engaged



Be respectful

Educator Self-care

Check Your Battery

How are you currently feeling?

Feeling great! Keep meeting your needs and practicing self-care.

Feeling okay. How can you make your day a tiny bit better?

Struggling. Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

Feeling good! How can you maintain the levels you're currently at?

Meh. How can you love on your self today? Be extra kind to yourself.

I'm empty. Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

BlessingManifesting

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Educator Self-care

Opening Reflection

Breakout Room:

- In your group, discuss the prompt.
- Upon return, we will add our thoughts to the slide

Prompt:

What comes to mind when you think of self-care?

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Educator Self-care

What comes to mind when you think of self-care?

Please use annotate "text" feature to add your thoughts below:

Educator Self-care

5 Myths of Self-Care

- Self-Care is Expensive
- Self-Care is Time Consuming
- Self-Care Means Something is Wrong
- Self-Care is Unproductive
- Self-Care is Selfish

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Educator Self-care

Myths	Facts
01 Self-care is selfish	<ul style="list-style-type: none"> Increase educator responsiveness Decrease turnover
02 Self-care is expensive	<ul style="list-style-type: none"> Free strategies proven to be effective Mindfulness, Gratitude and Self-compassion
03 Self-care is time consuming	<ul style="list-style-type: none"> "If you don't make time for your wellness, you'll be forced to make time for your illness." - Spiritual fitness
04 Self-care means something is wrong	<ul style="list-style-type: none"> Self-care is for everyone Basic practice of taking care of one's needs
05 Self-care is unproductive	<ul style="list-style-type: none"> Decreases burnout Increases student wellness

(Nicholson, J., Perez, L., & Kurtz, J.)

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Educator Self-care

Self-care is different for all of us

The Truth About Self-Care

Educator Self-Care Educator Well-Being

Restoring Your Energy

Take a few minutes to identify 3-5 items for each of these questions:

- What drains me?
- What charges me?

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Educator Self-Care Educator Well-Being

"Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer. Spiritually, it may help keep us in tune with our higher power as well as realize our meaning in life."

<https://www.sshu.edu/about-us/newsroom/2019/04/what-is-self-care>

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Educator Self-Care Educator Well-Being Student Well-Being


OUR CALM

OUR STUDENTS' CALM

WE CAN'T POUR FROM AN EMPTY VESSEL

- OUR STUDENTS COUNT ON US TO HAVE CALM TO SHARE WITH THEM.
- WE NEED TO BE RESTORATIVE OURSELVES TO BE AVAILABLE TO CO-REGULATE WITH OTHERS.
- WHEN WE TAKE CARE OF OURSELVES, WE TAKE CARE OF OUR STUDENTS.
- WHAT ARE YOUR RESTORATIVE PRACTICES?

<https://northstarpaths.com/graphics-free-downloads/>



Educator Self-care **Educator Well-being** **Student Well-being**

"Self-care is not just a nice thing to do, it is a critically important professional responsibility of all in the early childhood profession."
(Nicholson, J., Perez, L., & Kurtz, J.)


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The Tortoise & The Hare

(Nicholson, J., Perez, L., & Kurtz, J.)

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Closing Reflection

- What can you do to embrace the art of rest and relaxation?
- What is one idea about self-care you will carry with you after today's discussion?

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Resources

- <https://www.apaservices.org/practice/ce/self-care>
- <https://centerhealthyminds.org/>
- <https://www.edsurge.com/news/2020-05-20-5-strategies-to-enhance-educator-and-student-well-being-right-now>
- <https://www.edsurge.com/news/2020-04-10-why-early-childhood-educators-should-turn-to-mindfulness-and-compassion-now-and-always>
- <http://www.leanorbrown.com/blog2/self-care-is-not-selfish>
- <https://www.naeyc.org/resources/topics/focus-ethics>
- <https://northstarpaths.com/>
- <https://www.optimalbrainintegration.com/>
- <https://www.sciencedaily.com/releases/2016/06/160627124928.htm>
- <https://www.snhu.edu/about-us/newsroom/2019/04/what-is-self-care>
- <https://traumasensitiveschools.org/>

Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. Nicholson, J., Perez, L., & Kurtz, J.