Mental Health in a world of Division and Urgency, Oxymoron, Possibility or Both?

The School Boards role infusing the Change Blueprint framework to actualize inclusive and belonging cultures in schools and community.

Change Blueprint Framework:

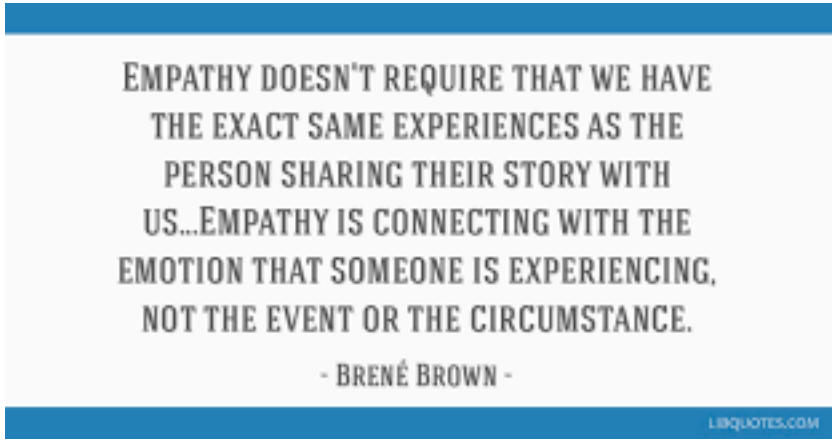
- Awareness
- Action
- Accountability
- Sustainability

Outcomes

- Understand how to actualize the Personal Growth Blueprint
- Strategies to lead with relational leadership
- The importance of intergenerational conversations
- Understand your role in modeling leading with relationships

Empathy and Self-Care
Creating an Emotional Connection

Awareness



Personal History Exercise
Action/Trust

Where did you grow up?

What was it like growing up there?

What were some values, beliefs and narratives you learned?

What messages did you receive about your identity during this time?

Empathy
Awareness

Acknowledge that this is a challenging time to be in K-12 education

Understand how educators are struggling with a divisive and politically driven system that can blame students and their families, school administrators, etc. regarding student behavior and outcomes

Talk about the role of trauma

Create strategies to become more empathetic towards ourselves and others

Self-Care

Awareness

self-care

/ˌself ker/

noun

1. the practice of taking action to preserve or improve one's own health.
2. the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.
3. "expressing oneself is an essential form of self-care”

Oxford Dictionary

Personal Agreements
Action/Accountability

Awareness of judgment that leads to blame or shame

Expect and accept non-closure

Experience discomfort

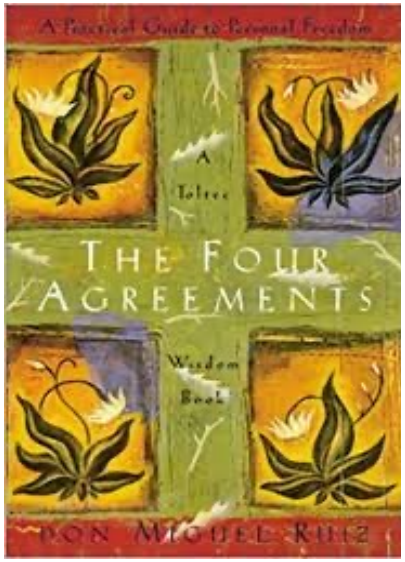
Speak your truth

Be impeccable with your word

Don’t take anything personally

Don’t make assumptions

Always do your best



WHAT IS YOUR “WHY” FOR CREATING A MORE RELATIONAL AND CARING CULTURE IN YOUR SCHOOLS AND DISTRICT?

WHAT IS YOUR “WHY” FOR YOUR WILLINGNESS TO DO THIS WORK?

SUSTAINABILITY

Clear Deep Listening

Action/Accountability

Awareness of- Judgment that leads to Blame - Shame	Respond, don't react
Accept what others have to say	Breathe and pause before responding
Reflection	Redirect yourself when emotionally charged

https://www.youtube.com/watch?v=lyUxYflkhzo

What is Trauma? Awareness

Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel a full range of emotions and experiences.

Although trauma can occur at any age, it has particularly debilitating long-term effects on children's developing brains. Often referred to as adverse childhood experiences (ACEs), exposure to these experiences is common across all sectors of society:

62%

U.S. adults with at least one ACE

25%

U.S. adults with three or more ACEs

What is Trauma?

Awareness

What is the relationship between trauma and health-risk behaviors?

People affected by trauma may develop coping mechanisms to help alleviate the emotional and/or physical pain they feel as a result of trauma.

Sometimes, these strategies involve maladaptive behaviors — such as unhealthy eating, tobacco use, or drug and alcohol use.

These coping mechanisms may provide some relief, but they can also simultaneously contribute to anxiety, social isolation, and chronic diseases.

What is resiliency?

Awareness

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.

5 skills to build resilience

- Emotional Wellbeing
- Inner Drive
- Future Focus
- Relationships
- Physical Health

What is Empathy
Awareness

Empathy is connecting with people, so we know we're not alone when we're in struggle.

Empathy is a way to connect to the emotion another person is experiencing; it doesn't require that we have experienced the same situation they are going through.

Dare to Lead Brene Brown

Steps towards Empathy
Action/Sustainability

Be kind.

Be curious.

You don’t need to fix it or make people feel better. Connecting and listening is powerful.

Try to understand how the person is feeling (not how you might feel in the same situation).

Help people know that they are not alone in their feelings. Even if you’ve never had that experience, you might know the feeling.

Let people know that you are grateful they shared with you.

Steps towards Empathy

Be Mindful

People often confuse sympathy with empathy.

Sympathy is I feel bad FOR you.

Empathy is I feel WITH you. Sympathy can make us feel more alone. Empathy helps us feel connected.

Sympathy

Empathy

Developing Empathy
Sustainability

- Accepting your own emotions is an essential part of developing empathy. You must be willing to truly feel your own emotions, including anger, sadness, happiness, or frustration, before you can detect those emotions in others.

- Being sensitive to others' emotions is also key to developing empathy. You must pay close attention to the people around you to become aware of how they are feeling

Turn & Talk

What are you thinking about based on what I have shared with you?

What are some things you can infuse into your work for yourself and colleagues, from our talk today?

What do you see as next steps in this process for you?

Be Kind for Everyone you meet is fighting a hard battle

Ian McClaren

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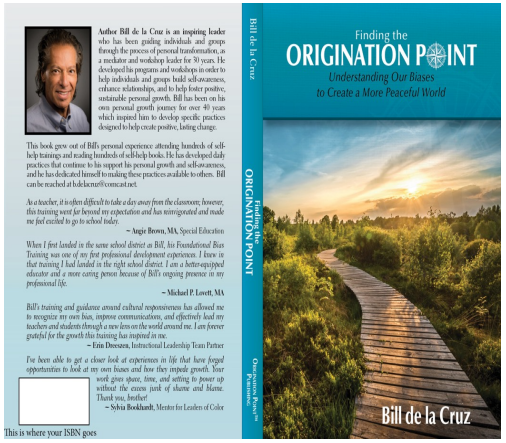
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