STUDENT AGGRESSION AWARENESS: PART III
RESILIENCY: BEFORE, DURING, AND AFTER DIFFICULT SITUATIONS

Minu Ranna-Stewart, LICSW
Director of Student Support Services
Puget Sound Educational Service District

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www.pswctup.org
RESILIENCY: BEFORE, DURING, AND AFTER DIFFICULT SITUATIONS

Minu Ranna-Stewart, LICSW
PSESD, Director of Student Support Services
WOULD YOU LIKE COFFEE, TEA, COCOA...

↑ happiness, energy, resilience, stronger relationships, health, increased lifespan

↓ anxiety, depression, burnout, disease
WELLNESS AND RESILIENCE

• Resilience: the ability to cope with and recover from challenging experiences
• A person’s resilience is enhanced with emotional wellness
• The more emotionally well you are, the more resilient you are when faced with struggles
• There is no magic! Life's ups and downs will still happen...but you will have better ability to cope
LET’S FILL YOUR CUP…

Remember to fill your cup because you can’t pour from an empty cup.
• Physical – sleep, food for fuel, exercise, managing your health
• Social – face to face time with friends/loved ones, nurturing your relationships
• Mental – mental stimulation, proactive things for mental wellness
• Spiritual – fulfilling spiritual practices, personal life values
• Emotional – healthy ways to process emotions, ways to emotionally recharge

Small, medium, large...and in the moment!

Self-care is an act of self-love
MAKE A PLAN

• Worksheets
• Journal
• Apps
• Routines or tied to routines

Wellness SMART goals – steps towards your goal can be part of your self-care plan
NOW THAT WE’VE FILLED OUR CUP...

LET’S TALK ABOUT POURING FROM OUR CUP
FINDING CONTROL IN MOMENTS THAT FEEL UNCONTROLLABLE
You cannot always control circumstances, but you can control your own thoughts and actions.
MIND BODY CONNECTION

- Thoughts
- Feelings
- Behaviors
COPING IN THE MOMENT – UNHELPFUL THOUGHT

### Diagram Description

**Activating Event / Situation / Circumstance**

- **Head**: Thoughts (beliefs, attitudes, views, and mental images)
- **Heart**: Feelings (both emotions and physical sensations in your body)
- **Hands**: Actions (behaviour, performance)

**Example Situation**

- **See a dog**
  - **Thoughts**: That dog will bite me!
  - **Feelings**: Afraid
  - **Behaviours**: Run away
COPING IN THE MOMENT – NEW THOUGHT

Activating Event / Situation / Circumstance

Head

Thoughts
(beliefs, attitudes, views, and mental images)

Heart

Feelings
(both emotions and physical sensations in your body)

Hands

Actions
(behaviour, perform)

Situation
See a dog

Thoughts
What a nice dog!

Feelings
Happy

Behaviours
Pet the dog
TIME TO REFILL OUR CUP

Top off or refill?
DOES THIS SLIDE LOOK FAMILIAR?

• Physical – sleep, food for fuel, exercise, managing your health
• Social – face to face time with friends/loved ones, nurturing your relationships
• Mental – mental stimulation, proactive things for mental wellness
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Small, medium, large…and in the moment!

Self-care is an act of self-love
WHAT IF YOU CAN’T REFILL, WHAT ABOUT BURNOUT?

A state of physical of mental exhaustion that also includes a sense of reduced accomplishment and loss of personal identity.
POSSIBLE CAUSES OF WORK BURNOUT

- Lack of control
- Unclear job expectations
- Dysfunctional workplace dynamics
- Extremes of activity
- Lack of social support
- Work-life imbalance
BURNOUT RISK FACTORS

You have a heavy workload and work long hours
You struggle with work-life balance
You work in a helping profession, such as health care or education
You feel you have little or no control over your work
CONSEQUENCES OF BURNOUT

PHYSICAL
- Sleep problems
- Appetite changes
- Shortness of breath
- High blood pressure
- Headaches

MENTAL
- Forgetfulness
- Lack of concentration
- Disorganization
- Pessimism
- Indecisiveness

EMOTIONAL
- Irritability
- Tension
- Angry outbursts
- Anxiety
- Depression
HANDLING BURNOUT

• Continue self-care, consider prioritizing:
  • Relaxation
  • Exercise
  • Sleep
  • Mindfulness

• Evaluate your options
• Seek support
THE POWER OF PURPOSE

• Purpose is #1 antidote to burnout
• Purpose gets us through complexity, volatility, ambiguity
• Most in education are not here with a paycheck mindset
  • passionate
  • innovative
  • alignment with personal values
BUILDING PURPOSE

What's my PURPOSE?

• Personal
  • Why do I do what I do?
  • What is something unique I bring?

• Professional
  • How does my role contribute to the greater vision/mission?

• Organizational
  • What are we doing together (team, department, agency)?
START A BURNOUT ACTION PLAN

What keeps me doing what I do? What keeps me engaged?

What skills do I need to work on or receive support with?

What professional development do I need to support growth or to rekindle my purpose?
Questions?
Minu Ranna-Stewart, LICSW
Director of Student Support Services
Puget Sound Educational Service District

Phone: 425-917-7821
Email: MRanna-Stewart@psesd.org
Website: PSESD Learning, Teaching and Family Support

In Association with:
Puget Sound Workers’ Compensation Trust and the Puget Sound Educational Service District
January 26, 2022
AVAILABLE MEMBER SERVICES

Worker Compensation Trust

- Claim Intake / Reviews / Investigation
- Compensability Determination
- Disability Management / Vocational Rehabilitation
- Exposure Analysis
- Incident Reporting
- Legacy Claims Management
- Industrial Hygiene
- Litigation Management
- Loss Control and Prevention
- Management Reporting
- Medical Cost Management
- Return-to-Work Planning

Unemployment Pool

- Claim Management
- Compliance Management
- Legislative Updates
- Management Reporting
- Review, Hearings, Appeals
- Training & Education
Connecting With PSESD

PSESD on Facebook
PSESD Twitter
PSESD LinkedIn
PSESD YouTube Channel

WWW.PSWCTUP.ORG
800 Oakesdale Ave SW Renton, WA 98057
425-917-7600
<table>
<thead>
<tr>
<th>Event</th>
<th>Presenters</th>
<th>Date</th>
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<th>Register Here</th>
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<tbody>
<tr>
<td><strong>Drinking Water Testing in Schools</strong></td>
<td>· Presenters: Jerry Page Industrial Hygienist at ESD 101, Theresa Sanders and Terri Veazey, Environmental Lead Exposure Prevention Program at DOH</td>
<td>January 24, 2023</td>
<td>10:00AM – 12:00PM</td>
<td>Teams Webinar</td>
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<td><strong>Return-to-Work Program: Overview and Benefits to Member Districts</strong></td>
<td>· Presenters: Aliza Hauser, MA, CRC, PHR, and Christian Porter, BA at PSWCT/UP</td>
<td>March 09, 2023</td>
<td>10:00AM – 12:00PM</td>
<td>Teams Webinar</td>
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<td><strong>Trauma Informed Management of Escalated Student Behavior and Self-Care Strategies for Educators</strong></td>
<td>· Presenter: Tovah Denaro, Founder and Consultant at Innovative Behavior Consulting</td>
<td>April 13, 2023</td>
<td>03:00PM – 05:00PM</td>
<td>Teams Webinar</td>
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<td><strong>Reasonable Assurance Training</strong></td>
<td>· Presenter: Brad Jones, Attorney at PSWCT/UP</td>
<td>April 20, 2023</td>
<td>01:00PM – 02:30PM</td>
<td>Teams Webinar</td>
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<td><strong>Return to Work Incentive Program Relaunch Announcement</strong></td>
<td>· Presenters: Aliza Hauser, MA, CRC, PHR, and Christian Porter, BA at PSWCT/UP</td>
<td>April 27, 2023</td>
<td>10:00AM – 12:00PM</td>
<td>Teams Webinar</td>
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<td><strong>Risk Management 101: Top 5 Emerging Trends in Schools</strong></td>
<td>· Presenters: Jessica Guy, GSP, CSRM, Steve Lyons, ASP, CSRM, Elizabeth Jakab IH, CSRM of PSWCT/UP</td>
<td>May 11, 2023</td>
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<td>Teams Webinar</td>
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