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

January 26, 2022

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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…

- 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!

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…

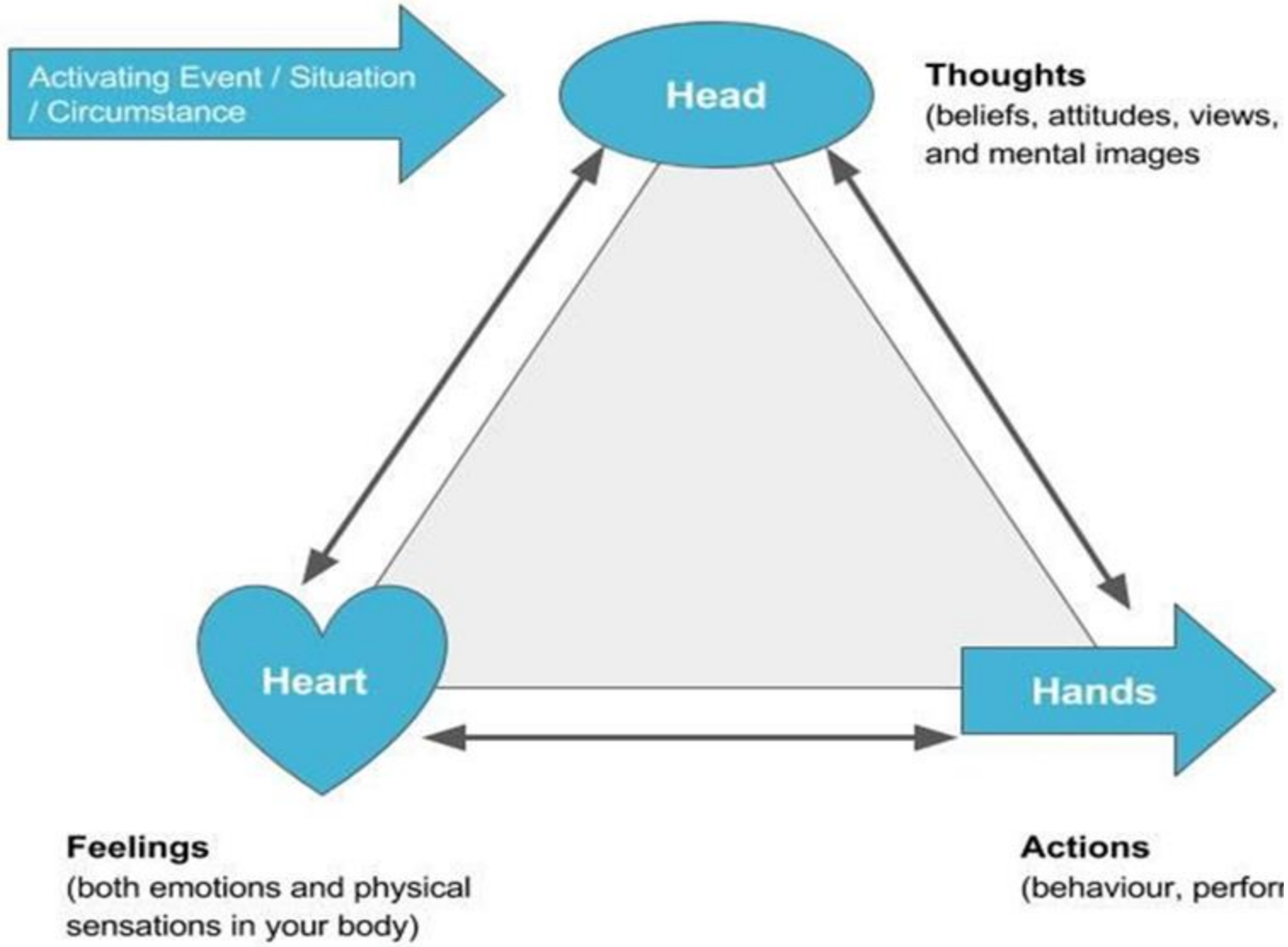
LET'S TALK ABOUT POURING FROM OUR CUP

FINDING CONTROL IN MOMENTS THAT FEEL UNCONTROLLABLE

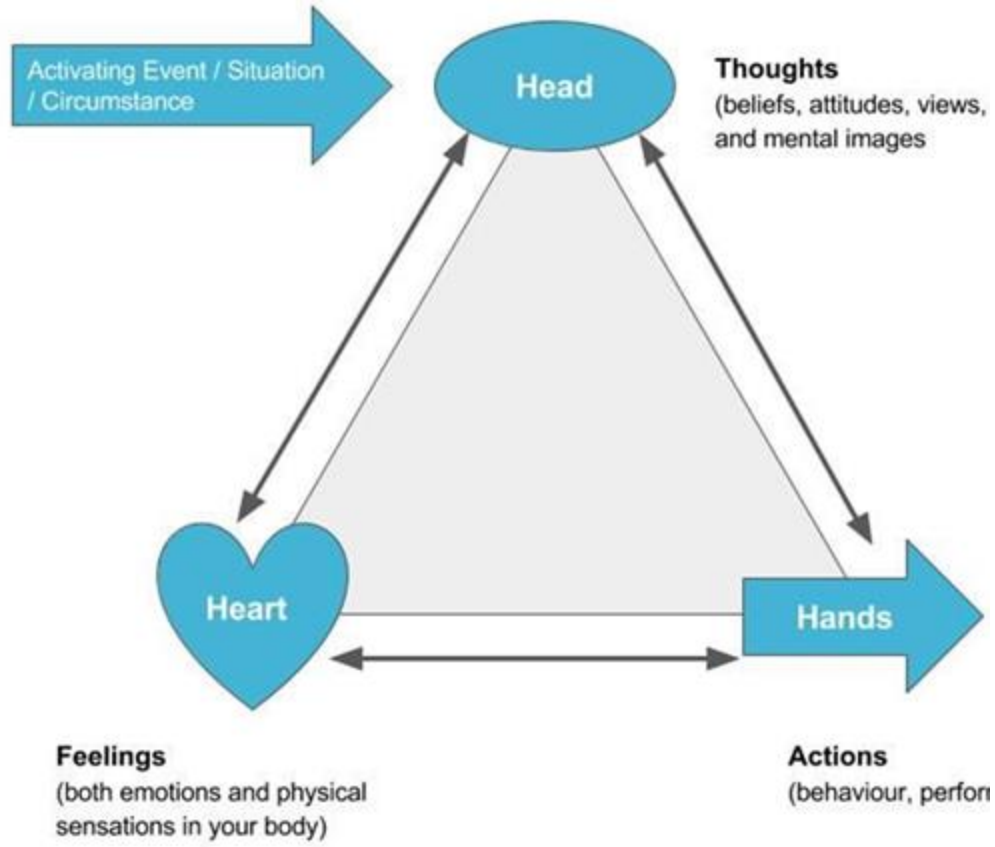
You cannot always control circumstances, but you can control your own thoughts and actions.

MIND BODY CONNECTIO

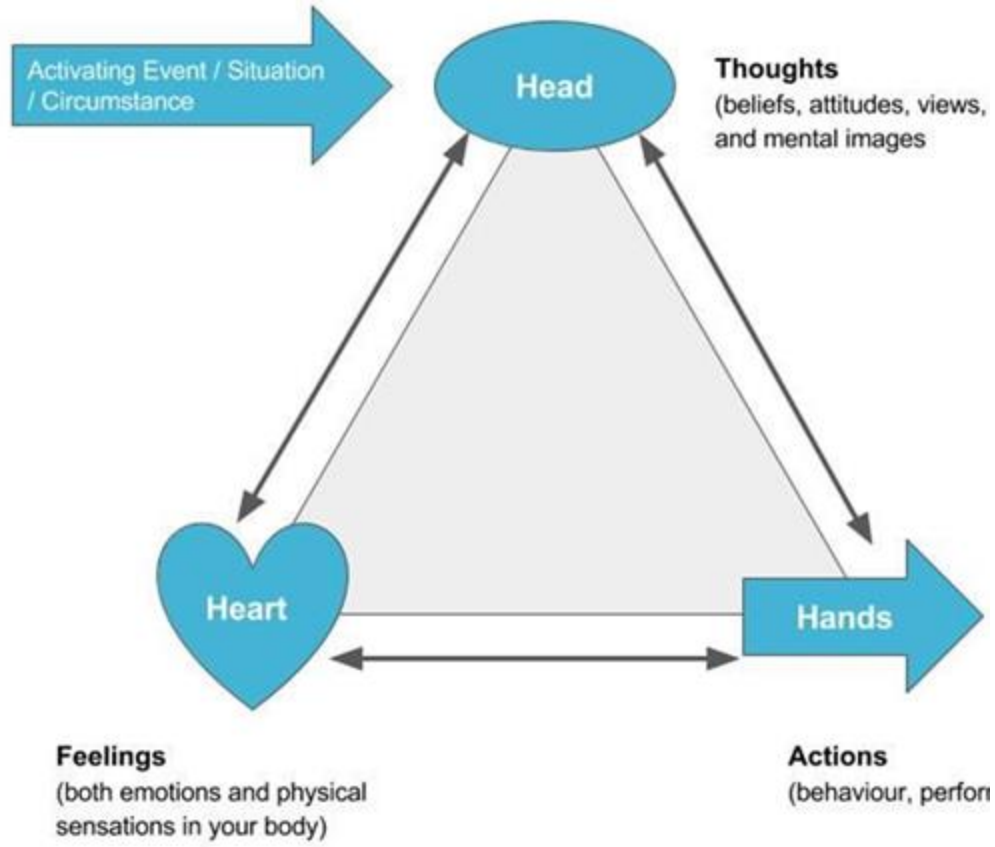
- Thoughts
- Feelings
- Behaviors

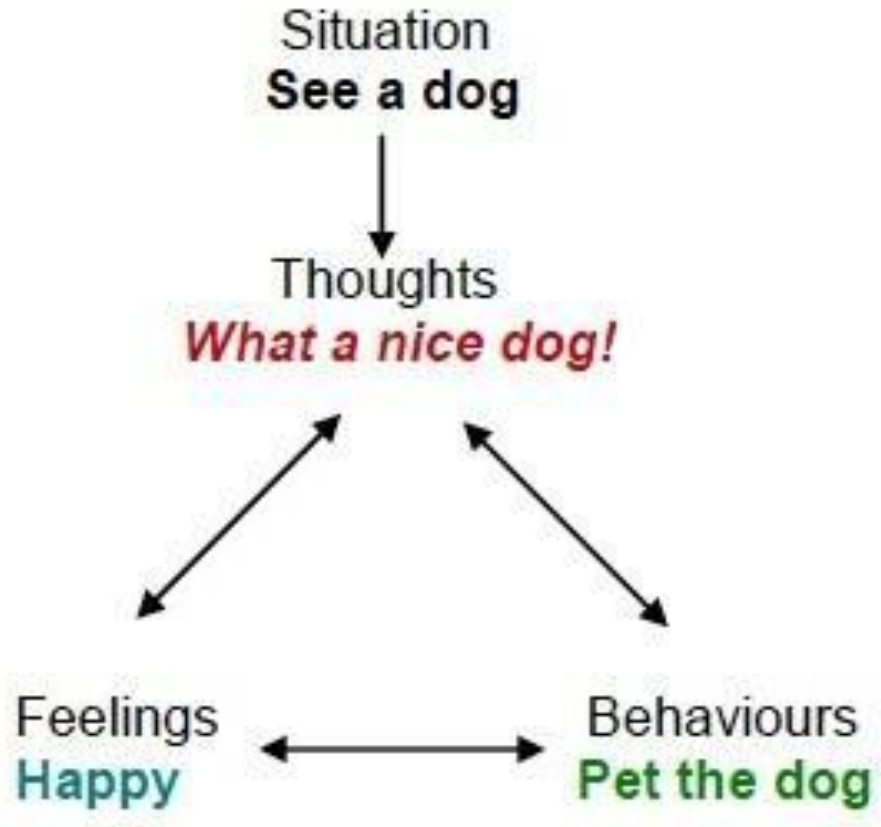


COPING IN THE MOMENT – UNHELPFUL THOUGHT



COPING IN THE MOMENT – NEW THOUGHT





TIME TO REFILL OUR CUP

Top off or refill?

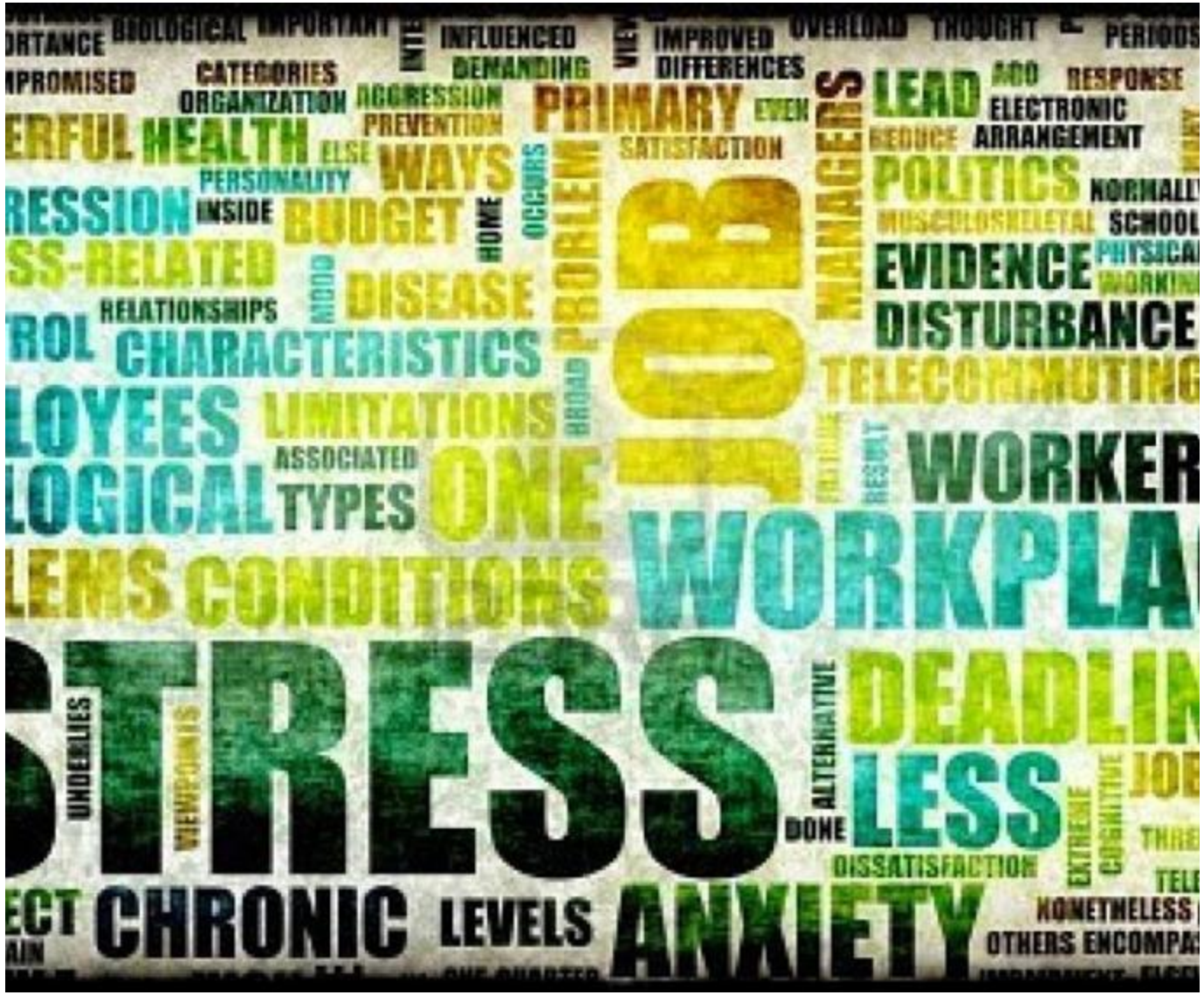
DOES THIS SLIDE LOOK FAMILIAR?

- 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
- Spiritual – fulfilling spiritual practices, personal life values
- Emotional – healthy ways to process emotions, ways to emotionally recharge

Small, medium, large…and in the moment!

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.



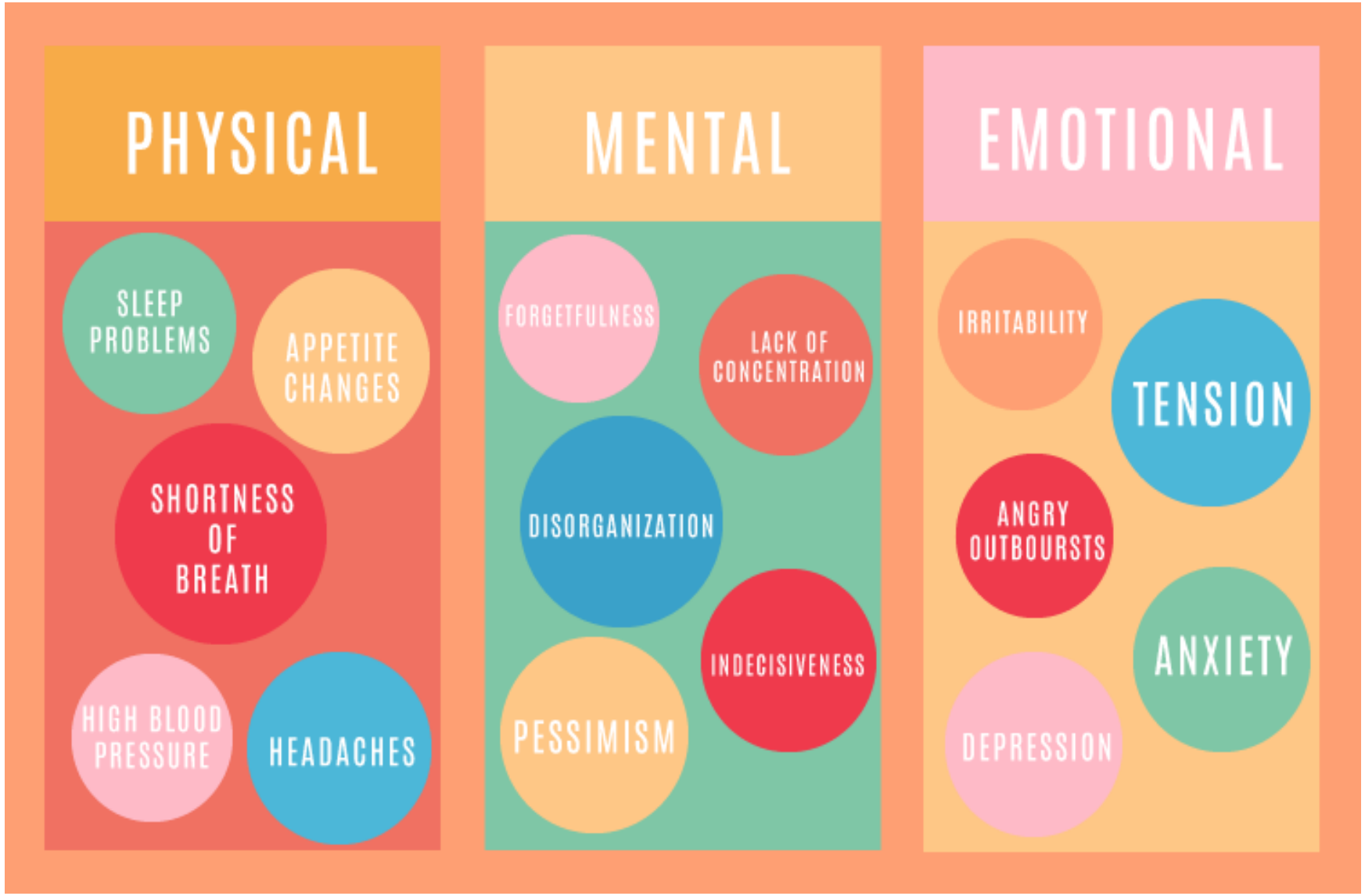
POSSIBLE CAUSES OF WORK BURNOUT

- 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



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

- 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?

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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
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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

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800 Oakesdale Ave SW Renton, WA 98057

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Upcoming Trainings

Drinking Water Testing in Schools

- Presenters: Jerry Page Industrial Hygienist at ESD 101, Theresa Sanders and Terri Veazey, Environmental Lead Exposure Prevention Program at DOH
- Date: February 16, 2023
- Time: 10:00AM – 12:00PM
- Location: Teams Webinar

Register Here

Return-to-Work Program: Overview and Benefits to Member Districts

- Presenters: Aliza Hauser, MA, CRC, PHR, and Christian Porter, BA at PSWCT/UP
- Date: March 09, 2023
- Time: 10:00AM – 12:00PM
- Location: Teams Webinar

Register Here

Trauma Informed Management of Escalated Student Behavior and Self-Care Strategies for Educators

- Presenter: Tovah Denaro, Founder and Consultant at Innovative Behavior Consulting
- Date: April 13, 2023
- Time: 03:00PM – 05:00PM
- Location: Teams Webinar

Register Here

Reasonable Assurance Training

- Presenter: Brad Jones, Attorney at PSWCT/UP
- Date: April 20, 2023
- Time: 01:00PM – 02:30PM
- Location: Teams Webinar

Register Here

Return to Work Incentive Program Relaunch Announcement

- Presenters: Aliza Hauser, MA, CRC, PHR, and Christian Porter, BA at PSWCT/UP
- Date: April 27, 2023
- Time: 10:00AM – 12:00PM
- Location: Teams Webinar

Register Here

Risk Management 101: Top 5 Emerging Trends in Schools

- Presenters: Jessica Guy, GSP, CSRM, Steve Lyons, ASP, CSRM, Elizabeth Jakab IH, CSRM of PSWCT/UP
- Date: May 11, 2023
- Time: 10:00AM – 12:00AM
- Location: Teams Webinar

Register Here

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Feedback Survey

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