

Are You Ok?

*Ensuring the Social and Emotional Well-Being of Self
and Others during the Ongoing Pandemic*



MISSISSIPPI
DEPARTMENT OF
EDUCATION

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VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens.

MISSION

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community.

1

ALL

Students Proficient and Showing Growth in All Assessed Areas



2

EVERY

Student Graduates from High School and is Ready for College and Career



3

EVERY

Child Has Access to a High-Quality Early Childhood Program



4

EVERY

School Has Effective Teachers and Leaders



5

EVERY

Community Effectively Uses a World-Class Data System to Improve Student Outcomes



6

EVERY

School and District is Rated "C" or Higher



Session Objectives:

- Explore how Maslow's hierarchy of needs comes into play in your personal and professional life during this unprecedented time.
- Self-reflect on our personal social and emotional well-being needs.
- Develop a self-care action plan according to the work Dr. Tina Boogren book *Take Time for You*.
- Review other self-care strategies promoting mental, physical and spiritual well-being ensure successful teaching and learning.

Stress Check



I'm in a good space and can focus

Something is bothering me, but I can still focus

I can't manage my emotions or behaviors right now



Students, drag the icon!

What is Self-Care?

Self-Care is defined as:

- Self-care is any conscious, intentional activity or habit that aids in the process of personal advancement, including emotional, physical, spiritual and social growth. - *Christina Mitrising is a Certified Peer Specialist (CPS) at Skyland Trail.*
- “The ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider”. **WHO**
- Daily process of being aware of and attending to one’s basic physiological and emotional needs including the shaping of one's daily routine, relationships and environment - *Catherine P. Cottone (2015)*

Take Time for You

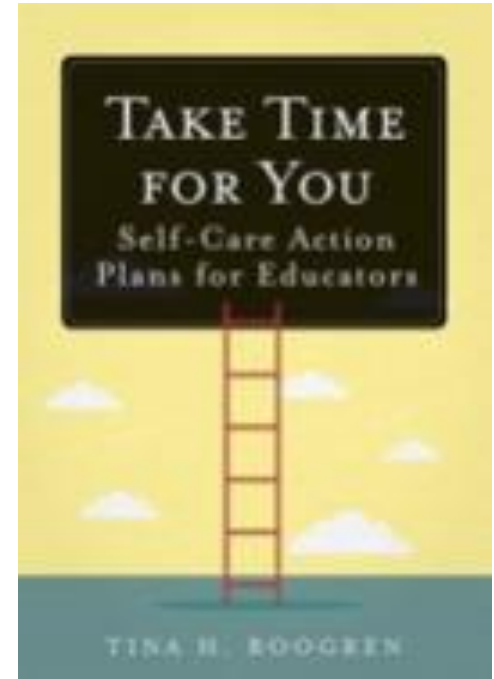
Self-Care Action Plan for Educators

Dr. Tina Boogren

Take Time for You - *Dr. Tina Boogren*

Objectives for you are to embrace your imperfections as you develop your own self-care plan:

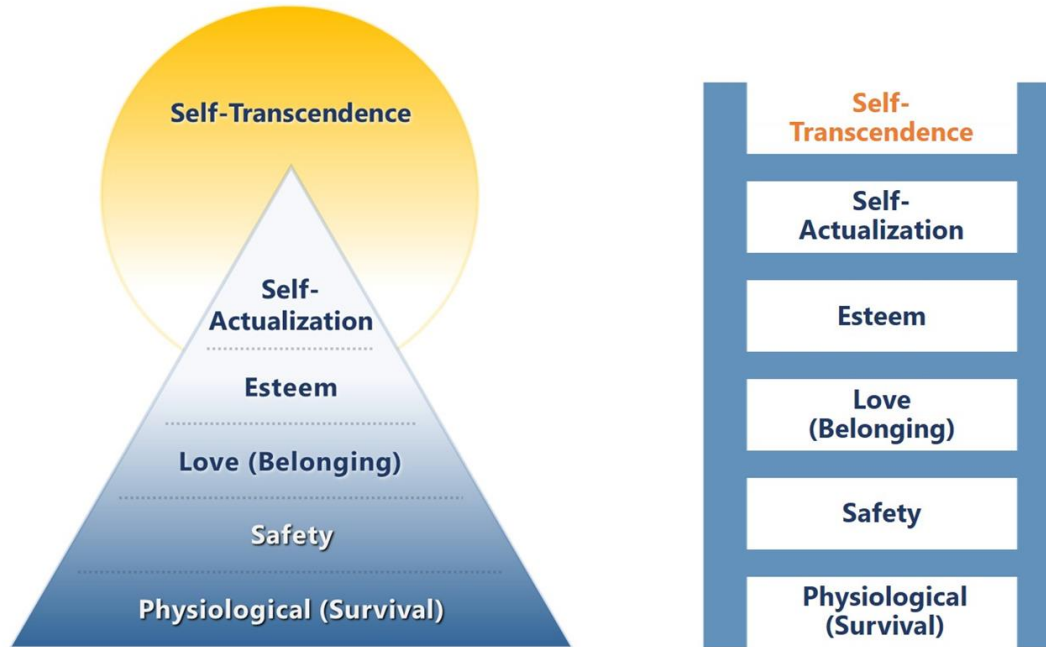
- Understand the challenges to mindfulness and how Maslow's hierarchy of needs comes into play in your personal and professional life.
- Design action plans so you can meet your own physiological, safety, belonging, esteem, and self-actualization needs and, finally, transcend and connect with something greater than yourself.
- Take surveys and perform a daily time audit to determine how well you are meeting each of your needs.
- Use the journaling space and self-reflection questions provided throughout the book to reflect on your implementation efforts.



Take Time for You - *Dr. Tina Boogren*

Maslow's Hierarchy of Needs

Revised Pyramid & Ladder Visual Interpretation



Visual conceptual adaptation of Maslow, A. H. (1969). Theory Z. The Journal of Transpersonal Psychology, 1(2), 31-47.

Getting Started to Focus on YOU?



- **Physiological** - *are my basic needs being met?*
- **Safety** - *do I feel safe?*
- **Belonging** - *do I feel like I belong?*
- **Esteem** - *do I feel confident?*
- **Self-actualization** - *am I living my best life?*
- **Transcendence** - *do I feel connected to something greater than myself?*

Daily Time Audit

**Please click on
the image to
review your
daily time audit.**



Take Time for You

Self-Care Action Plan



Self-Care Action Plan

Level & Need	Ask Yourself	Go to Strategies
Physiological	Are my basic needs met?	
Safety	Do I feel safe?	
Belonging	Do I feel like I belong?	
Esteem	Do I feel confident?	
Self-actualization	Am I living my best life?	
Transcendence	Do I feel connected to something greater than myself?	

Self-Care Action Plan Example

Level & Need	Definition	Ask Yourself	Go to Strategies
Physiological	Food, water sleep and shelter	Are my basic needs met?	Diet, Exercise, Sleep Healthy
Safety	Physical safety financial stability	Do I feel safe?	Journaling, scents, music, yoga, financial adviser, crisis
Belonging	Friendships group acceptance intimacy	Do I feel like I belong?	Fully engage, dates, social media groups, dinner
Esteem	Feeling about self, respect of other and from others	Do I feel confident?	Expectations, daily positive affirmations, redirect thoughts
Self-actualization	Realizing full potential and personal growth	Am I living my best life?	Job, task, focused, remove distractions
Transcendence	Connecting with something outside of one's self	Do I feel connected to something greater than myself?	Inspiration, gratitude, mindfulness, altruism

Other Self-Care Strategies

Practicing self-care during the coronavirus: 5 tips for teachers

1. Set and maintain boundaries.
2. Reflect on your feelings and needs.
3. Recognize what is and isn't in your control.
4. Acknowledge moments of gratitude or joy.
5. Create a new norm.
6. Be Optimistic and Solution Focused
7. Foster Openness, Flexibility, Adaptability and Humor



Thank You for Your Participation!





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