Resourcing for Resilience: The Critical Importance of School-Employee Well-being

California Student Mental Wellness Conference

March 1, 2018

Objectives:
➢ Define and contextualize concepts related to trauma
➢ Discover internal and external resources to support resilience and well-being.
➢ Envision practices of self-care that positively impact school climate.

Facilitators:
Xiomara Mateo-Gaxiola, Ed.D and Michelle Kurta, M.Ed

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Resourcing for Resilience: A Wellness Practice for Educators

Resourcing is a way to help regulate and balance a mind and body that has slipped out of balance. Resourcing helps us establish a sense of safety which is essential to healthy cognitive, physical, and emotional functioning.

A resource is anything that helps you to feel good, loved, strong, and safe. We all have resources, some are inside of us and some are outside of us. In times of stress we can learn to call in our resources for restoration and renewal.

Some examples of these internal and external resources include...

1. **Brainstorm** some resources you have:

   - Heritage and Ancestry
   - Core Values
   - Cherished Personal Qualities
   - Significant Experience and Memories

2. **Choose** one resource and write it on the line below:

   ____________________________________________________________________
3. Reflect on the resource you chose.

How did this come to be a source of strength/love/safety/positivity in your life? What kinds of thoughts, feelings, and experiences are associated with it?

__________________________________________________________________________________________________

__________________________________________________________________________________________________

__________________________________________________________________________________________________

4. Notice what happens inside as you reflect on this resource. Notice what sensations and feelings arise. Notice what happens to your breath, heart rate, muscle tension, body language.

List a few things you noticed:

1.  
2.  
3.  

5. Imagine two ways your practice of personal resourcing might impact your professional experiences with students and/or colleagues.

1.  
2.  

Some Everyday Resourcing Practices:

☐ Breathing: Simply turn your attention to your breath. Notice you are breathing, and listen to the movement of the breath. Simply observe, without any need to change or correct.

☐ Journaling: Pick one of your resources to journal about for a few minutes each day.

☐ Altars: Create a space in your classroom/office to post some pictures of your resources. Use these as positive reminders to breathe and connect to the sense of well-being the resource represents.

☐ Mindfulness: Meditate for a few moments before, after, or during breaks throughout the school day. Picture your resource, breathe, and allow yourself to experience the sensations and emotions that come up.

☐ Relationships: Find a “resource buddy” at work with whom you can connect on a regular basis to share your successes and challenges with your resourcing practice.

Adapted by Michelle Kurta for RISE (Resilience In School Environments) @ L.A. Education Partnership