

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

Leading with Hope: Increasing our Capacity for Resilience

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BEING A PRINCIPAL

WHO SAYS
IS STRESSFUL?



I'M 39, AND I FEEL GREAT!

boredpanda.com

What we've been going through and how we go forward

Covid 19 and the impact on ourselves, our profession, our students

Trauma Defined

- ▶ An event, series of events, or a set of circumstances that is experienced by an individual
- ▶ as physically or emotionally harmful or life threatening
- ▶ that overwhelms a person's ability to cope
- ▶ and that have adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Secondary Traumatic Stress

- ▶ The emotional distress that results when an individual hears about the traumatic experiences of another individual.
- ▶ Distress may result from:
 - ▶ hearing survivors' trauma stories,
 - ▶ seeing high levels of distress in the midst or aftermath of a traumatic event,
 - ▶ needing to retell a survivor's story,
 - ▶ and/or seeing photos or images related to the trauma.

Common Reactions to Trauma

Emotional	Irritability, sadness, anxiety, depression, guilt, grief, fear, apathy/numbing, agitation, anger
Behavioral	Withdrawal, aggression, increased conflict, crying frequently, excessive worry, difficulty communicating or listening, blaming other people for everything, changes in energy levels, regressed behaviors (children), increased risk-taking (e.g., substance use), decline in school/job performance
Physical	Headaches/stomachaches, heart racing, fatigue, muscle pain, disrupted sleep/appetite, heightened startle response
Cognitive	Confusion, difficulty concentrating, forgetfulness, racing thoughts, preoccupation with the event (e.g., intrusive thoughts/memories, trouble thinking clearly)

Let's talk about RESILIENCE

Resilience is the **ANTIDOTE** to trauma

“Resilience is the **capacity** to rise above difficult circumstances, the trait that allows us to exist in the less-than-perfect world **while moving forward with optimism and confidence.**”

Dr. Ken Ginsburg

What does resilience look like?

- ▶ Resilience is similar to buoyancy.
- ▶ Resilience is a mind-set. Resilient people see challenges as opportunities.

What does resilience look like?

- ▶ Resilience is un-even.
- ▶ Resilience may be a core factor in determining not only who will adapt, but who will thrive.

Key Resilience Factors

Common factors associated with resilience in the face of adversity and trauma include:

- Sense of control
- Sense of meaning and purpose
- Spirituality
- Self-awareness and emotional regulation skills
- Social support
- Healthy coping style
- Humor and optimism
- Cognitive flexibility
- Positive thinking
- Adaptability to change







“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



Take care of yourself,
then take care of your staff.


BODY Physical Self-Care	Never	Rarely	Sometimes	Often
Eat regularly (e.g., breakfast and lunch).	1	2	3	4
Make healthy, well-balanced meals.	1	2	3	4
Maintain a healthy sleep schedule.	1	2	3	4
Engage in relaxing activities before bed.	1	2	3	4
Get regular medical care for prevention (as you are able).	1	2	3	4
Take time off when needed.	1	2	3	4
Drink water.	1	2	3	4
Keep physically active.	1	2	3	4
Take regular breaks from technology, such as phones, e-mail, and social media.	1	2	3	4

Self care assessment: Body, Mind, Emotions, Relationships, Spirit, Work

Area	Already Do	Would Like to Do
BODY 		
MIND 		
EMOTIONS 		
RELATIONSHIPS 		
SPIRIT 		
WORK 		

Making a commitment to self care

- ▶ Self care needs to be a **non-negotiable!**
- ▶ Do you need an accountability partner? At home? At work?
- ▶ Apps to help track habits and to share with friends are listed on the resources page.
- ▶ We'll discuss progress at upcoming deanery meetings.



Then Jesus said,
“Come to me, all of you
who are weary and
carry heavy burdens,
and I will give you rest.”

Matthew 11:28



BUT YOU, LORD, ARE A

shield around me

PSALMS 3:3