EDUCATOR AND PARENT SELF CARE IN TIMES OF CRISIS

Tia N. Barnes, Ph.D; Marika Ginsburg-Block, Ph.D.; The Partnership for Public Education

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WELCOME
Tia Navelene Barnes, Ph.D., Assistant Professor of Human Development and Family Studies (HDFS), is a social emotional learning researcher and evaluator. As a former educator of students with emotional and behavioral disorders (EBD), Dr. Barnes’s research interests focus on creating environments where students with emotional and behavioral challenges can thrive.

Dr. Ginsburg-Block, Ph.D., is an Associate Professor in the School of Education. Her research focuses primarily on investigating school-based, peer and parent mediated intervention programs for vulnerable youth, while also seeking to better understand the numerous mechanisms that lead to student achievement.
We will cover...

- COVID-19 and emotional well-being
- Stress and its implications
- Emotional intelligence
- Self-care strategies
- Self-care assessment & plan
COVID-19 and Emotional Well-Being

Introduction of or worsening of stressors such as:

• Social isolation
• Job loss
• Concerns for loved ones
• Uncertainty
COVID-19 : Parents and Teachers

• Juggling home and work at the same time
• Taking on new roles unexpectedly
• Concerns about what life will look like after shut down
Reactions to stressors

• Worry and fear
• Changes in sleep or eating patterns
• Difficulty eating or concentrating
• Increased use of substances
Prolonged stress can lead to

- Depression
- Anxiety
- Cardiovascular disease
- Gastrointestinal problems
- Obesity or other eating disorders
Vulnerable populations..

- Older people
- People at higher risk for severe illness from COVID-19
- Children and teens
- First responders and essential workers
- People with mental health conditions
Emotional Intelligence includes...

- Perceiving emotions
- Using emotions to facilitate thought
- Understanding emotions
- Managing emotions

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Emotional Intelligence and Stress

• Not perceiving emotions then makes it more difficult to self-regulate

• Emotional Intelligence leads to more problem-focused coping

• Emotional Intelligence leads to greater well-being
What has been your experience with stress during COVID-19?

In what ways do you think emotional intelligence has or could help you with coping with stress?
What is Self-Care?

Engaging in activities or practices that help limit or reduce stress:

- Physical
- Emotional
- Spiritual
- Intellectual
- Social
- Relational
- Safety and Security
Physical

- Moving your body
- Eating well
- Resting
- Seeking medical care when needed
Emotional

- Journaling
- Mindfulness
- Playing music
- Creating artwork
- Talking about your emotions
Spiritual

- Listening to a sermon or talk
- Observing nature
- Visiting virtual museums

Intellectual

• Focusing on your career development
• Pursuing a passion project
Social

- Calling or texting friends and family
- Participating in video chats
- Connecting using appropriate social distance
Relational

- Scheduling family time
- Date night from home
- One-on-one time with kids
Safety and Security

• Creating or updating your budget
• Reviewing policies for life and health insurance
• Exploring ways to free up finances
POLL: Which area of self-care do you want to focus on?

1. Physical
2. Emotional
3. Spiritual
4. Intellectual
5. Social
6. Relational
7. Safety and Security
ACTIVITY

Self-Care Assessment
Self-Care Plan: Barriers

• Think about the barriers that impact your ability to engage in self-care

• Generate a list of barriers and problem-solve ideas to remove those barriers
Self-Care Plan: Next Steps

• Introduce self-care activities into your daily life

• Add in new activities and modify as needed
Resources

Dr. Tia Barnes  tnbarnes@udel.edu, drtiabarnes.com, @drtianbarnes
Dr. Marika Ginsburg-Block  marika@udel.edu
Partnership for Public Education  ppe-info@udel.edu

For all of the resources associated with this webinar, please visit:
https://www.cei.udel.edu/ppe/community-partners/professional-learning-for-educators

Additional resources

Quick grabs (also available on the PPE website):
• SAMHSA Coping with Stress During Infections Disease Outbreaks
• TRAILS Self-Care During COVID-19
• National Alliance on Mental Illness COVID 19 Guide
• NASP Care for the Caregiver

For a deeper dive:
• Collaborative for Academic, Social, and Emotional Learning  https://casel.org/covid-resources/