



AGENDA

Wyoming Kindergarten Transition Summit

January 6 - 7, 2022 Virtual

January 6, 2022:

1:00 – 1:30 p.m.

Welcome and Introduction

*Margee Robertson, Division Director for Special Education Programs,
Wyoming Department of Education and*

Deana Smith, Wyoming Department of Education

1:30 – 3:00 p.m.

**Keynote: Enhance Joy, Resilience and Healing for Early
Childhood Professionals through Responsive Self-Care and
Community Care Practices**

*Julie Kurtz, Founder of the Center for Optimal Brain Integration,
specializing in trauma healing and resiliency building for all ages.*

*Julie Nicholson, Ph.D., Professor at Mills College and Senior Fellow for
Childhood Education International, U.S.A.*

*Gain knowledge of the foundations of trauma responsive practice and
the importance of building self-care and organizational care practices to
prevent burnout, strengthen resilience, recharge energy and bring joy
into the workplace for children, families and early childhood
professionals.*

3:15 – 4:45 p.m.

**Build Your Own Culturally Responsive Practice to Reduce Stress and
Recharge Your Energy**

Julie Kurtz and Julie Nicholson, Ph.D.

*Review a wide range of self-care activities and practices. Identify
meaningful self-care for your own self-care toolbox as well as
organizational care practices that reduce stress and support regulation
in classrooms, schools and agencies.*

4:45 – 5:00 p.m.

Q & A and Next Steps



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Wyoming Kindergarten Transition Summit

January 6 - 7, 2022 Virtual

January 7, 2022:

9:00 – 9:05 a.m.

Welcome/Announcements

Deana Smith, Wyoming Department of Education

9:05 – 10:15 a.m.

Introduction to Wyoming's New Early Learning Standards

Nikki Baldwin, Ph.D.

Learn of Wyoming's New Early Learning Standards for Early Childhood and how to put them to use in your practice.

10:30 a.m. – 12:30 p.m.

A Roadmap for Wyoming Kindergarten Transition

Nikki Baldwin, Ph.D., University of Wyoming, Early Childhood Outreach

Rebecca Steinhoff, Executive Director of Wyoming Kids First

Solidify the vision for Wyoming's journey to ensure every child receives a successful transition into Kindergarten by taking a look at where we are currently and where we plan to be as a state in the future.

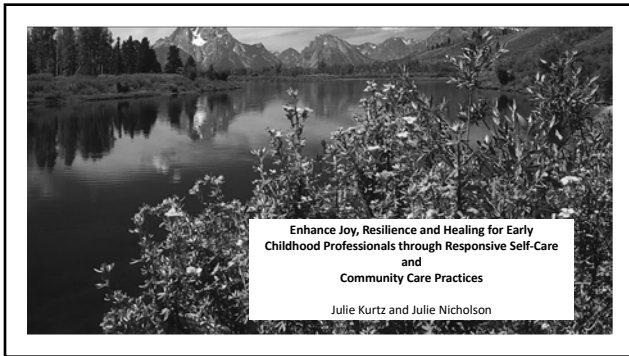
12:30 – 12:45 p.m.

Q & A

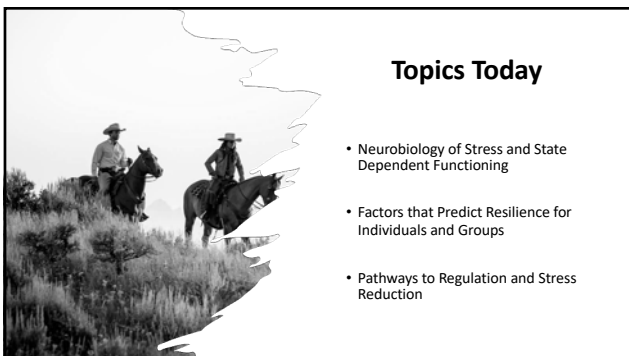
12:45 – 1:00 p.m.

Closing & Next Steps

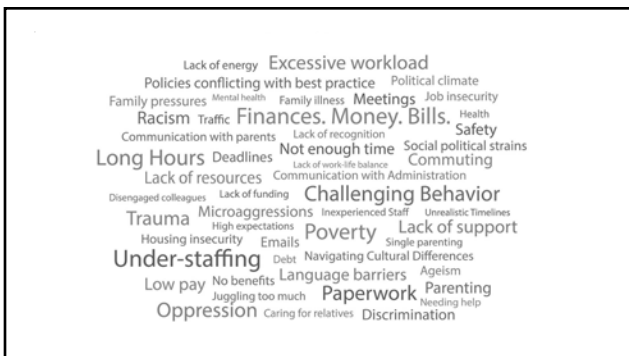
Margee Robertson and Deana Smith



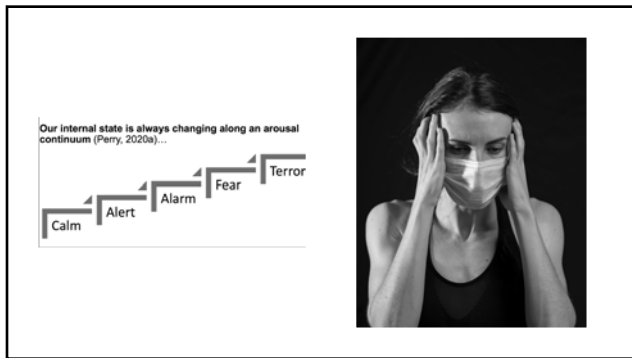
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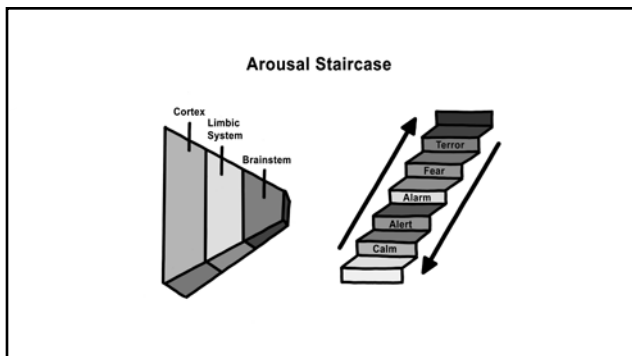
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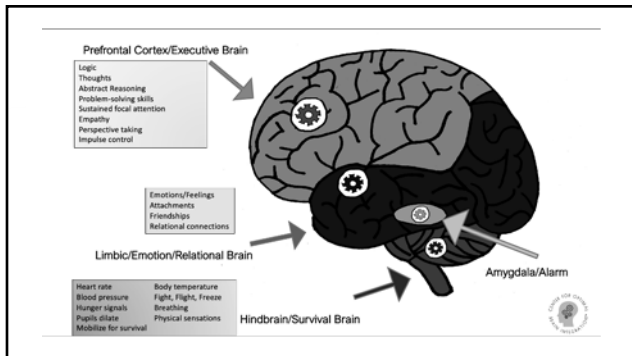
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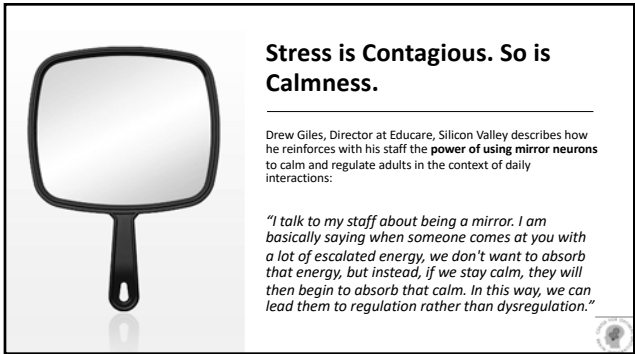
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Factors that Predict Resilience

- Consistent responsive relationships
- Creating resilience narratives/acknowledging post-traumatic growth
- Opportunities for agency and control

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Consistent Responsive Relationships

11



Opportunities for Agency and Control

12



Resilience
Narratives that
Recognize
Post-Traumatic
Growth

13



Taking actions to disrupt the
conditions that create the stress
and trauma

14

What have you done this
year to strengthen
resilience for yourself
and/or others?

Responsive Relationships

Agency and Control

Resilience Narratives/Post-
Traumatic Growth

Actions to disrupt the root
causes of stress and trauma

Other?



15



4 Pathways to Regulation and Stress Reduction

16

What is the most effective and powerful pathway to regulation?

Relational Regulation used with one or more of the following forms of regulation:

- Top Down Regulation
- Bottom Up Regulation
- Dissociative (Disconnection) Regulation

Relational Regulation 

+

Top Down Regulation 

Bottom Up Regulation 

Intentional Disconnection 

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The Foundation: Relational Regulation

Relational regulation is the most powerful way to buffer stress.

When we are in the presence of others we care for, love and respect, we can tolerate more stress and adversity and we are also more likely to have opportunities to build resilience and heal from the impact of adversity and trauma.

And the reverse is also true.

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Reflection and Sharing

What relational strategies do you use to ground yourself in times of uncertainty or stress or to keep you regulated?

- People
- Ancestors
- Animals
- Images of an historical figure or loved one

How can you support relational regulation in others?

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Bottom-Up Approaches: "Using patterned repetitive somatosensory activities to regulate and calm."

- Rocking back and forth (in a rocking chair or just in place)
- Walking or running
- Swimming, riding a bike
- Jumping (e.g., in place or on a trampoline)
- Petting a dog or other pets/animals
- Listening to music, dancing singing/chanting
- Humming
- Coloring, using fidget toys
- Deep breathing exercises
- Stretching, Yoga, Tai Chi or Qi Gong
- Being in nature
- Engaging one of the 5 senses (smell, touch, sound, taste, feel) to bring you into your body and the present moment (i.e., drinking warm tea, mindfully eating)
- Drumming and rhythmic use of musical instruments
- Mindfulness activities
- Cleaning, picking weeds

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Teacher Emily knows this parent meeting might be filled with intense emotions. So, she sets up, in the middle of the table, coloring paper, markers and pens and a bin of fidget objects (rubrics cube, fun fidget toys). She puts a tea kettle out with warm water, tea and biscuits. She is aware that when we can fidget, color or draw, and have a nice pot of warm tea and biscuits, that this may regulate the stress system. She also has gentle calming music playing in the background.

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The Shakeout

22



Top-Down Approaches: “Using your cortex (thoughts) to regulate and calm”

Thinking of grounders that can help you calm your activated stress (people, places, objects, activities associated with safety, belonging and calm)

Mapping out different solutions to a problem or looking at all sides of a situation

Repeating self-talk, mantras, a prayer or an inspirational saying (“I got this!” or “This too shall pass”)

Counseling or Professional Support/Talking about how you feel (counseling, coach, trusted confidante, mentor)

Journaling

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Intentional Disengagement Approaches

Daydreaming or mind-wandering, star-gazing

Disengaging/tuning out for brief moments during a meeting (e.g., to think about how what you are hearing relates to you/your life)

Guided imagery

Prayer or meditation

To “lose oneself” in reading, theater, watching TV, doing art, baking, taking a shower or bath, baking or picking weeds/gardening

Children do this by playing and so can adults

Intentionally disengaging from people or situations that are stressful




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Teacher Grace drives home after a long and stressful day working with infants and toddlers. Right before she left, another teacher called her out and lectured her about not following a procedure correctly. As she started home, she felt very on-edge and irritated. Her mind was racing with thoughts such as, "I am such a bad teacher. I don't even know why I am doing this work." During her 40-minute drive home, she listened to a book on tape and **she lost herself in the story**. Her racing thoughts temporarily dissipated.

By the time she reached her home she felt calmer and more regulated. Reading her novel gave Grace's brain a break from her racing thoughts and allowed some time for her to disengage from her stress. Listening to her novel was a strategy she used to "shut off" her racing mind (intentional disengagement). She arrived home to her older children having cooked dinner, set the table and she heard the laughter and felt the warmth in her home (relational regulation).

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Relational Regulation 

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Top Down Regulation 

Bottom Up Regulation 

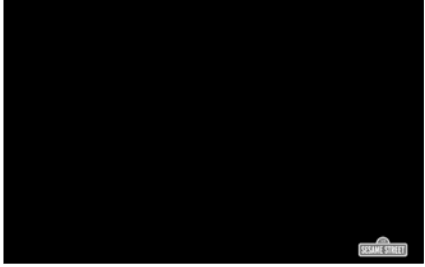
Intentional Disconnection 





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Name the Pathways of Regulation Alan Uses with Big Bird

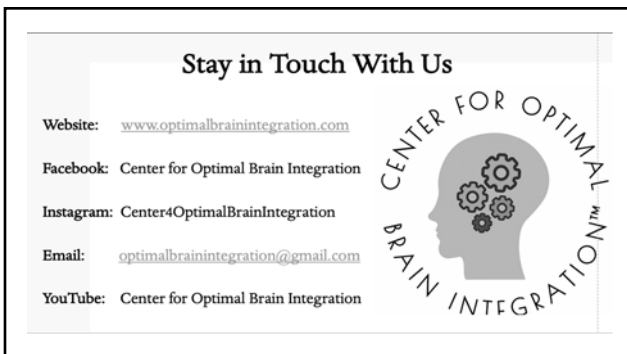




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Build Your Own Culturally Responsive Practice to Reduce Stress and Recharge Your Energy
Julie Kurtz and Julie Nicholson

1



Goals for Today

The Problematic Nature of Current Discussions of Self-Care

Explore how culture influences perceptions of stress, trauma and healing

Review a range of self-care activities and practices

Begin to identify self-care activities that are meaningful and culturally responsive for you

2



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Factors that Predict Resilience

- Consistent responsive relationships
- Creating resilience narratives, acknowledging post-traumatic growth
- Opportunities for agency and control

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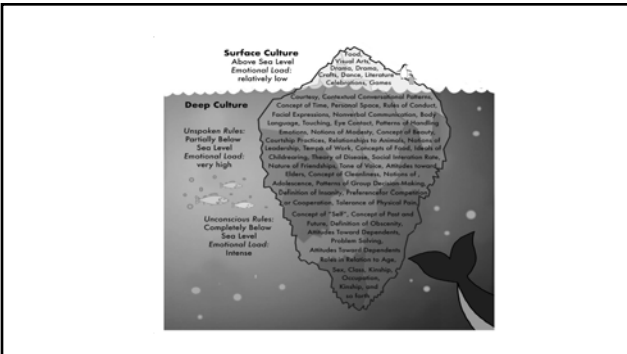
The Problematic Nature of Current Discussions of Self-Care

Dominated by language, beliefs and practices that are overwhelmingly Western Eurocentric and middle-class

Perpetuate ideas that educators are responsible for their stress management while hiding the structural and institutional conditions in the field

Rarely discuss the intrinsic health and wellness value self-care provides to the educators themselves

5



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Culturally Informed Beliefs about Healing

Continuum: Focus on illness and addressing symptoms →
Focus on wellness and restoring balance

8



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Self-Care is healing both my body and my self-worth. Knowing my value and that I am loved. I believe that self-care means being truthful about my own experience. Talking about my suffering, and pain. I often listen to everyone else's pain and empathize with others, but I don't feel that I have that same permission to share my own pain.

--Anh Tham

10



Culturally Responsive and Restorative Actions to Recharge and Reduce Stress

11

Identifying Sensations and Feelings in My Body

Each team draw a silhouette of a body on a flip chart.

Each person puts an X on the parts of the body where you experience stress.

Next to the X label a sensation with a visual image that you experience along with that part of the body.

Can you add a feeling word next to the image?

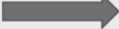
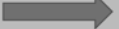
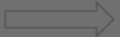


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Kyla's Zones of Self-Awareness

GREEN	ORANGE	RED
SIGNS YOU ARE IN THE ZONE OF OPTIMAL REGULATION (MAKE A LIST)	EARLY WARNING SIGNS (MAKE A LIST)	SIGNS YOU ARE IN FIGHT, FLIGHT OR FREEZE (MAKE A LIST)
Physical/Body Sensory: Relaxed shoulders Regular breathing Feeling/Emotions: Calm Happy Thoughts: I am doing my best Others are doing their best Behavior: Patient Kind to self and others Easy going	Physical/Body Sensory: Tension in face Clenching of jaw Feeling/Emotions: Worried Anxious Thoughts: Not sure Behavior: Shut down Unfocused Escape from others	Physical/Body Sensory: Headache Stomach pain Eyes twitching Feeling/Emotions: Panic Terror Thoughts: I hate everyone I hate myself I hate my job and life Behavior: Yelling Criticizing others Self-critical

13

GREEN	ORANGE	RED
		
SIGNS YOU ARE IN THE ZONE OF OPTIMAL REGULATION (MAKE A LIST)	EARLY WARNING SIGNS (MAKE A LIST)	SIGNS YOU ARE IN FIGHT, FLIGHT OR FREEZE (MAKE A LIST)
<i>Physical/Body Sensory:</i>	<i>Physical/Body Sensory:</i>	<i>Physical/Body Sensory:</i>
<i>Feelings/Emotions:</i>	<i>Feelings/Emotions:</i>	<i>Feelings/Emotions:</i>

14



What I've learned over the years is that when I start to feel dysregulated, my heart starts to race. **And I have learned to just be aware of my heartbeat.** When it starts to go fast, that is a trigger for me to stop and say, "Wow, something's bothering me or not feeling right. And I wonder what that is about?"

I kind of go through a quick check in with myself to consider what is going on in my mind that's making me feel anxious. Once I identify it, I start to make a plan as to what I want to do with that feeling. A lot of times, just sitting, breathing or just taking a short break or washing my hands works really well.

--Monique Lee



Breath is the remote control for regulation.

16



Connecting to Nature

And into the forest I go, to lose my mind and find my soul. — John Muir

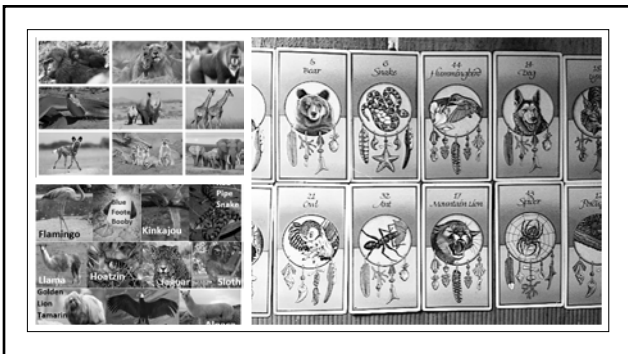
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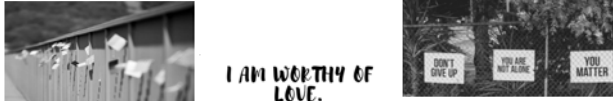
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I AM WORTHY OF LOVE.

THERE IS NOTHING THAT CAN CHANGE THAT.

I WAS BORN WORTHY.

I AM DOING MY BEST
I CHOOSE TO BE
HAPPY AND TO LOVE
MYSELF TODAY
MY POSSIBILITIES
ARE ENDLESS
I AM WORTHY
I AM BRAVE, BOLD
AND BEAUTIFUL
TODAY IS GOING TO
BE A GREAT DAY
I AM TALENTED AND
INTELLIGENT
I AM FREE OF WORRY
AND REGRET
MY THOUGHTS
BECOME MY REALITY

I AM IN LOVE WITH
MYSELF AND MY
BODY
I AM PROUD OF
MYSELF
I AM BECOMING
MORE CONFIDENT
EVERYDAY
I BELIEVE IN MYSELF
I WILL NOT WORRY
ABOUT THINGS I
CANNOT CONTROL
I WILL BE KIND TO
MYSELF AND OTHERS
TODAY
I LOVE MYSELF
I AM GRATEFUL FOR
ALL THAT I HAVE

I can heal. I will heal. I will keep moving forward. Miracles happen every day. I will focus on what brings me joy. I will celebrate every single improvement. There's a divine force guiding this journey. I am warrior strong. I will surround myself with loving people. I will pay attention to the healing suggestions of my intuition. I will seek outlets for creativity. I will watch comedies and laugh every chance I get. I will be my own health advocate. I will speak healing words to myself. I will trust my instincts when choosing treatments. I will nourish myself. I will put music on and dance. I can do this, one moment at a time. I'm worthy of healing. I will be a HOPE ADDICT.

22



I attend weekly services and I feel like being a part of my church community is really helpful to me because I'm around like-minded people that I have a relationship with.

--Linda Jones,
Administrator at an
early childhood agency

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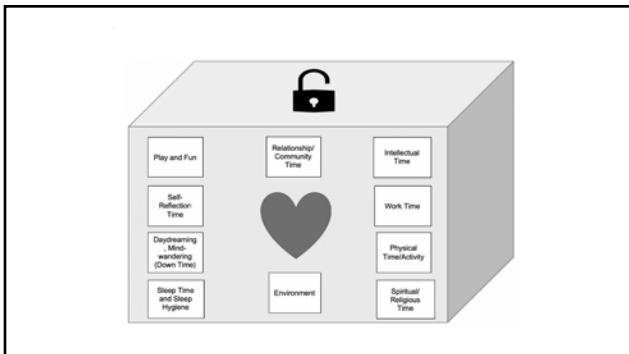
I think it's important to find gratitude in your day because there's always something that happened that's good, even just a little thing...I'm looking outside my window right now, and I see the leaves blowing...I'm thinking, "You know, that's just nice that there's a nice breeze out today." I'm grateful for that, grateful that I can go and see that. You have to stop and take a break and find the things around you that create a sense of joy and wonder.

-- Monique Lee, teacher

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Reduce Stress. Cope in Times of Uncertainty. Build Resilience.

Julie Nicholson, Julie Kurtz, Lathinda Wiley and Hannah Shack

Hope: When we maintain individual and collective feelings of hope, we emphasize the control we do have in times of uncertainty. We are reminded that our relationships, strengths, coping skills, creative problem-solving, compassion and persistence have always, and will continue, to help us manage adversity and build resilience along the way.

H

Have present moment awareness
 Present and moving forward in the body
 Using strategies to be resilient and manage meaning
 Developing critical self-talk. Practicing self-compassion

One way I can practice present moment awareness is:

O

Observe sources of strength and resilience
 List 3-5 of your personal strengths
 How could these strengths help you in a time of need?

Think back to a difficult situation you have experienced in your life. What did you do that helped you cope?

P

Plan for social support
 Identify family, friends, colleagues or others in your life who you care about, but whose circumstances that provide support by making you feel a sense of connection and belonging

Who are people, animals or groups in your life that can help you feel a sense of connection and belonging?

E

Engage in restorative actions
 Tuning inward (breathing, mindfulness, reflection, prayer, quiet time, journaling, ...)
 Tuning outward (physical activity, connecting to nature, calling a friend, walking, ...)

What is one action you can take to reduce your stress and help you feel grounded, safe, calm, and/or energized?

LA ESPERANZA por las letras en inglés

Julie Nicholson, Julie Kurtz, Lathinda Wiley and Hannah Shack

La esperanza/Hope: Cuando mantenemos sentimientos de esperanza individuales y colectivos, enfatizamos el control que tenemos en tiempos de incertidumbre. Se nos recuerda que nuestras relaciones, fortalezas, afectuosidad, las habilidades, la resiliencia creadas de problemas, la compasión y la persistencia siempre han tenido, y continuarán, para ayudarnos a manejar la adversidad y desarrollar la resiliencia en el futuro.

H

Tener conciencia del momento presente
 Presente y moverse al frente en el cuerpo
 Usar estrategias para reducir e incorporar la realidad
 Desarrollando el diálogo interno positivo. Practicando la autocompasión

Una forma en que puedes practicar la conciencia del momento presente es:

O

Observar las fuentes de fortaleza y resiliencia
 Enumera 3-5 de tus fortalezas personales
 ¿Cómo pueden ayudarte estas fortalezas en un momento de necesidad?

Piensa en una situación difícil que hayas experimentado en la pasado. ¿Qué hiciste que te ayudó a superarlo?

P

Planear para apoyo social
 Identificar a la familia, amigos, colegas o otras personas en su vida que le importan
 Imaginar cómo las circunstancias de esas personas que brindan apoyo fortalecidas sentir una sensación de conexión y pertenencia

¿Cuáles son las personas, animales o grupos en su vida que pueden ayudarte a sentir un sentido de conexión y pertenencia?

E

Participar en acciones restaurativas
 Sintonizar hacia dentro (respiración, mindfulness, reflexión, oración, silencio, tiempo de silencio, diario, ...)
 Sintonizar hacia fuera (actividad física, conectar con la naturaleza, llamar a un amigo, caminar, ...)

¿Cuál es una acción que puede tomar para reducir su estrés y ayudarlo a sentirse emocionalmente, físicamente, espiritualmente, seguro y tranquilo, y/o con energía?

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TRAUMA-INFORMED PRACTICES FOR EARLY CHILDHOOD EDUCATORS
 Healing and Build Resilience in Young Children
 JULIE NICHOLSON, LATHINDA WILEY and JULIE KURTZ

CULTURALLY RESPONSIVE SELF-CARE PRACTICES FOR EARLY CHILDHOOD EDUCATORS
 JULIE NICHOLSON, HANNAH SHACK, LATHINDA WILEY and JULIE KURTZ

Early Childhood Trauma-Responsive and Healing Engaged Books

TRAUMA-RESPONSIVE PRACTICES FOR EARLY CHILDHOOD LEADERS
 Tuning In and Tuning Out
 JULIE NICHOLSON, AN DAVIS and JULIE KURTZ

TRAUMA-RESPONSIVE FAMILY ENGAGEMENT IN EARLY CHILDHOOD
 Promoting Equity and Resilience
 JULIE NICHOLSON and JULIE KURTZ

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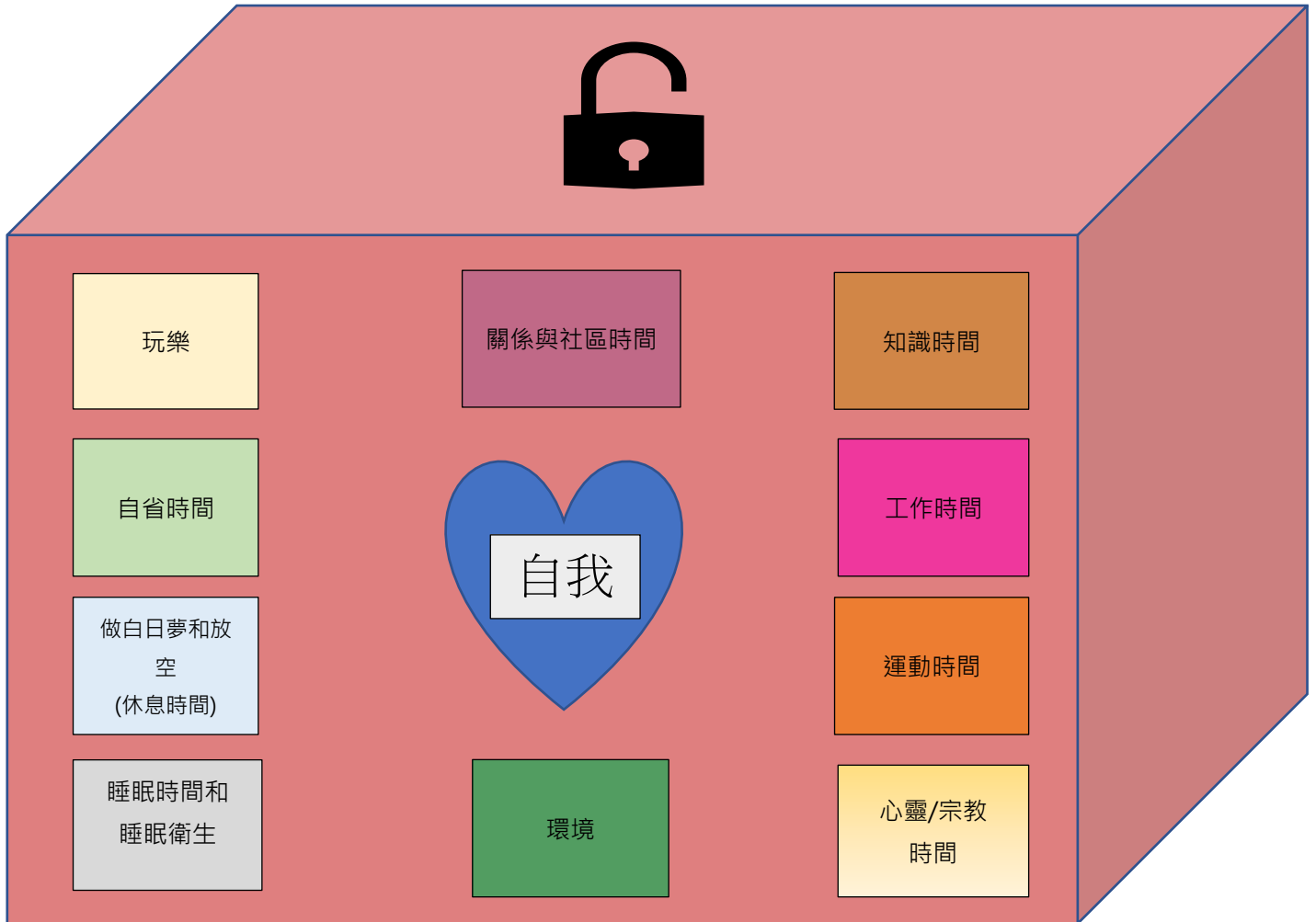
Julie Kurtz and Julie Nicholson

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健康與保健工具箱

Nicholson, Shimpi Driscoll, Kurtz, Márquez and Wesley (2020) *Culturally Responsive Self-Care for Early Childhood Educators*



健康工具箱中每個類別的範例

以下是屬於上述每個活動類別的範例。這些僅是少數部分，並不能完全反映所有的類型活動。這些範例可以幫助您開始思考自己的健康和保健，包括您的強項和/或需要注意的領域。您會看到這些類別有許多重疊部分但他們並不相互排斥。

Julie Kurtz at the Center for Optimal Brain Integration©2019. No further reproduction is permitted without express permission of the copyright holder. Send inquiries to optimalbrainintegration@gmail.com



娛樂-是指富娛樂性的活動，而不是為了要完成任務或出於實用目的。例如：跳舞，聽音樂，和朋友一起出去玩，手工藝，創意烹飪，冒險，旅行，探索新事物，上課。想想看一個孩子，沈浸於玩耍和娛樂的活動中。它可以是學習，活動，飲食，而它是可以帶給讓您歡喜，並釋放出快樂的血清素來緩解你所有的壓力。

自我反思時間-指我們向內調整並反思自己和生活的時間。我們花太多的時間向外攀緣，而向內自省可以讓我們的情緒狀態和健康能獲得調和。例如：諮詢，治療，與朋友交談，寫日記，祈禱，冥想，瑜伽，散步。許多數人在一天當中將大多的注意力停留在我們感官的上（電視，工作，談話，孩子，做晚飯）。當我們要孩子“注意”時，這通常意味著向外集中注意力。隨著時間的流逝，我們的內心世界被忽略，然後逐漸蔓延，如同我們怒火上升然後無意識地意外爆發一樣，劫持了我們。如果我們逐漸將注意力轉移到我們身體的感受，情感，思想和行為上，就可以實現幸福和健康。

做白日夢，放空。與專注相反就是做白日夢。在探索想法或創造性思維時，試著放逐你的思想。它能使大腦處在一個創新模式，並帶來新的想法和見解。例如：躺在毯子上看著星星或雲朵，躺在床上讓您的思想四處流竄，走路和思考創意，寫作和思考創意，找個能聽你隨意天馬行空的人。醫學博士斯里尼·皮萊（Srini Pillay）在哈佛大學健康出版社/哈佛醫學院的部落格中提出，在您的大腦中，有許多迴路可以促進思維遊蕩，而且這些並不都是不好的。實際上，這些迴路可以幫助您保持自我意識，更準確地理解他人的想法，變得更有創造力，甚至預測未來。沒有這些遊蕩的迴路，大腦的專注能力就會耗盡，並且也會與自己和他人脫節。

睡眠時間和睡眠衛生-每個人的身體需要不同量的睡眠。只有您會知道需要什麼才能感到休息和恢復。美國睡眠協會的睡眠衛生提出以下幾個方法：

- 保持規律的睡眠作息
- 盡可能避免小睡
- 請勿在床上醒著 5-10 分鐘以上
- 不要看電視或在床上看書
- 謹慎飲用含咖啡因的飲料



- 避免干擾睡眠的不適當誘因
- 經常鍛煉身體
- 擁有一個安靜舒適的臥室
- 如果您是一個在夜間老是看時間的人，請將鐘錶藏起來
- 有一個舒適的睡前習慣

人際關係/社區時間-與那些能恢復精力，提供支持和關心我們的人在一起，可以幫助我們緩解有毒的壓力。當我們選擇與消耗我們精力或增加壓力的人在一起時，這可能會加重我們原已存在的壓力。有些人際關係是我們可控制但有些也不受於我們控制。在這裡，你可以思考哪些是你可以控制。例如：與傾聽和支持您的朋友在一起；與人建立積極的關係，挑戰您的思維；與有趣和能幫助你恢復的人互動；與健康或幫助您成長並變得更堅強的人在一起。

環境-我們可以思考有哪些可以幫助我們感到安全和恢復精力的環境。對於有些人而言，它可以是可預測的作息常規，然而對於有些人來說，則是不可預測的，與順其自然的作息。有些人喜歡被美麗的東西圍繞著，而有些人則喜歡事事都是井然有序。有些人喜歡有自己的空間獨處，而相反的有些人則喜歡身邊包圍著朋友或家人的環境。如果您的性格是較為內向，你可能喜歡安靜，可以反思以及有更多獨處的時間。假如您是外向性格，您的能量來源可能來自社交。有些人覺得在雜亂無章的環境中工作效果最佳，有些人則相反。

知識時間-有助於心靈和知識的活動，包括讀書，上課，上學，上網，觀看紀錄片等。這可以稱為前額葉皮層活動，能激發思維能力並獲得新知識。

工作時間-您的工作量以及其壓力和恢復程度並不是都在你的掌控之中。然而，思考一下你有哪些選擇可以用來減輕你可能面臨的工作壓力。例如：休假。如果可能，可以對工作或交代的任務說『不』，評估自己的長處，思考不同觀點，調整情況，排定優先順序，除非有精力，否則不要當志工。



身體活動時間/活動（鍛煉，營養和身體健康） -一個人需要運動多少是因人而異，但 CDC 建議每周平均進行 150 分鐘的輕度到中度運動。例如：散步，跑步，健身房，瑜伽，遠足。

心靈/宗教時間-

許多人發現在信仰和宗教團體中所衍生的價值觀，能讓他們自己更加成長茁壯。
全世界有上千種宗教和不同的習俗。

在以下十種類別中分別列出所有您使用的恢復性活動和策略（左列）以及你可以開始新加的新策略（右列）。假如您每月可以將每一類別中至少一種策略融入你的生活，則可大大預防倦怠，同情疲勞和次級創傷壓力的可能性。

您使用的所有恢復性活動	列出您可以開始使用的策略	如何開始制定一項新策略的想法
娛樂		
自省時間		
做白日夢和放空		



睡眠及睡眠衛生		
關係/社區		
環境		
知識時間		
工作時間		



運動		
心靈/宗教		

註記:

活動節錄於書籍:

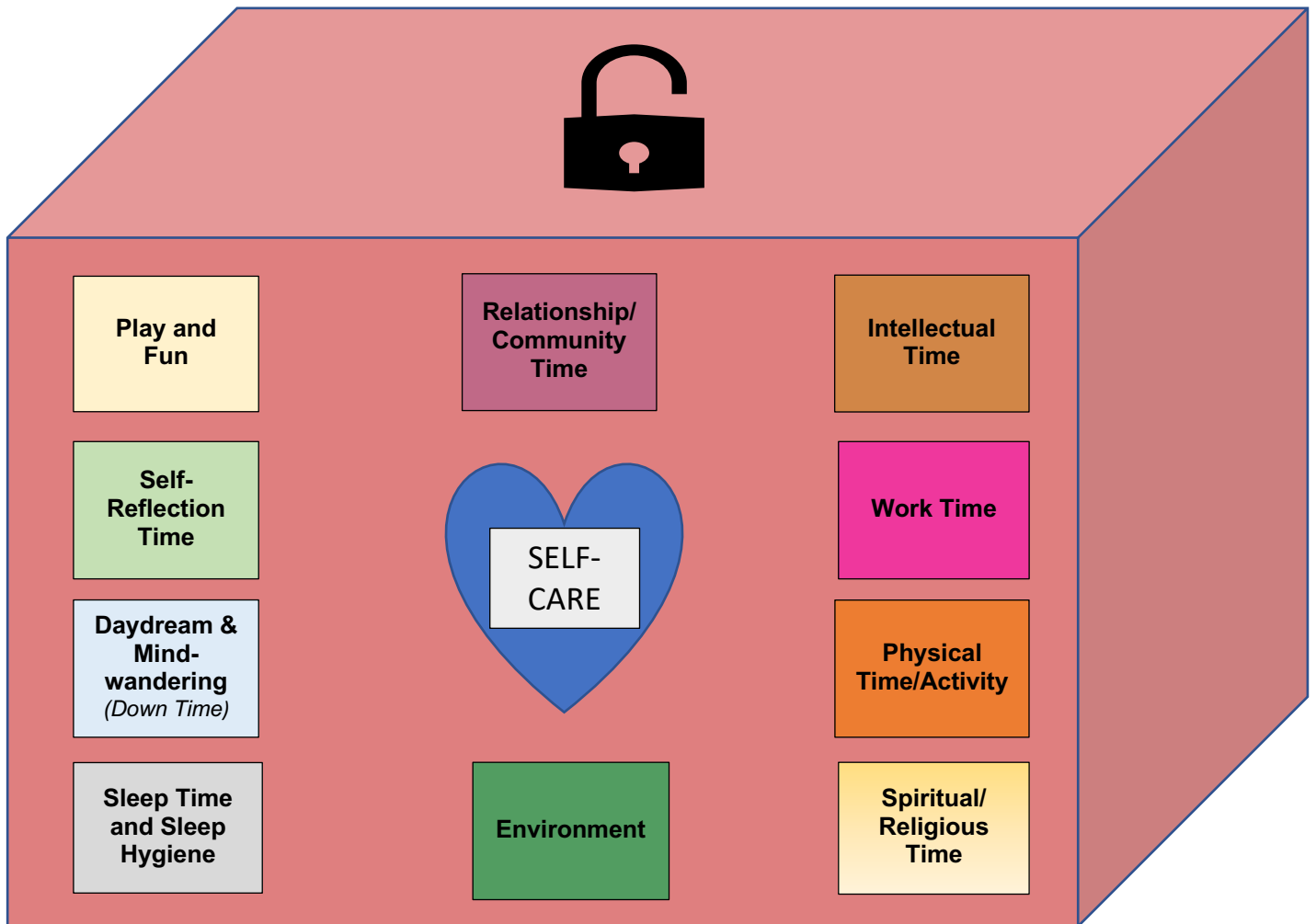
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Health & Wellness Toolkit

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EXAMPLES OF EACH CATEGORY IN THE HEALTH AND WELLNESS TOOLKIT

The following are examples of the types of activities that fall into each of the categories listed above. These are just examples and do not reflect all of the activities you might list for each of these categories. We list them to help you begin to think about your own Health and Wellness Toolkit ... where your strengths are and gaps or areas you need to attend to. You will see that many of these categories overlap and are not mutually exclusive.

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Play and Fun - Activities that are enjoyable and done for fun rather than as a task to be completed or for practical purposes. Examples: dancing, listening to music, going out with friends, arts and crafts, creative cooking, going on adventures, travel, exploring something new, taking a class. Think of a child who is caught up in the moment with an activity where they are playing and having fun. It can be learning, an activity, eating but it makes your heart leap with joy and it sends the happy hormone serotonin through you buffering all the stressors.

Self-Reflection Time - This refers to time we tune inward and reflect on our self and our life. So much time is casting the spotlight of our attention outward that focusing inward can keep us in tune with our emotional state and well-being. Examples: counseling, therapy, talking with a friend, journal writing, praying, meditation, yoga, mindful walks. Most of us orient our attention throughout the day outward on things that engage our senses (tv, work, a conversation, the children, making dinner). When we tell children, “pay attention” it usually means to focus outward. With time, our inner world is ignored and then creeps up and can hijack us like when our anger rises and then unconsciously comes out unexpectedly. Well-being and health can be achieved if we balance the practice of our focus inward on our sensations, emotions, thoughts and behaviors.

Daydreaming, Mind-wandering (Down Time) - The opposite of paying attention is daydreaming. Letting your mind wander while exploring ideas or creative thoughts. This activity allows the brain to live in a creative mode that often allows for new ideas and insights. Examples: lying on a blanket while looking at the stars or clouds, lying in bed and letting your mind wander, walking and thinking of ideas, writing and thinking of ideas, talking out loud with someone who allows you to explore creative ideas. Srinil Pillay, MD says in a blog for Harvard Health Publishing/Harvard Medical School that in your brain, there are circuits that promote mind-wandering and they are not all bad. In fact, these very circuits help you maintain a sense of self, understand what others are thinking more accurately, become more creative, and even predict the future. Without your mind-wandering circuits, your brain’s ability to focus would become depleted, and you would be disconnected from yourself and others too.

Sleep Time and Sleep Hygiene - Each person’s body needs a different amount of sleep. Only you will know what you need to feel rested and restored. Sleep hygiene tips from the American Sleep Association:



- Maintain a regular sleep routine
- Avoid naps if possible
- Don't stay in bed awake for more than 5-10 minutes
- Don't watch TV or read in bed
- Drink caffeinated drinks with caution
- Avoid inappropriate substances that interfere with sleep
- Exercise regularly
- Have a quiet, comfortable bedroom
- If you are a 'clock watcher' at night, hide the clock
- Have a comfortable pre-bedtime routine

Relationship/Community Time - Surrounding yourself with those who restore our energy, provide support and who care about us can help buffer toxic stress. When we choose to be with others who drain us or promote stress then this can add to our already existing stress. Some of these relationships are in our control and out of our control. For this section, think about what you have control over. Examples: being around friends who listen and support you, having relationships that challenge your thinking in a positive way, spending time with those who are fun and restorative, being with people who are healthy or help you grow and become a stronger person.

Environment - We can think about the environments that help us feel safe and restored. For some, it is predictable routines, others it is unpredictable and to go with the flow. Some like physical objects of beauty around them and some need things in order. Others may lean toward an environment where there is space to get away and then on the opposite are those who are restored when surrounded by friends or family. It may be if you are introverted, you prefer quiet and more reflective environments and more time alone. If you are more extroverted, you may get energy from being social. Some work best in environments that are decluttered, and others prefer the opposite.

Intellectual Time - Activities that help grow the mind and knowledge are things such as reading, taking classes, going to school, searching the internet, watching a documentary. This can be called pre-frontal cortex activities where you stimulate your thinking mind and gain new knowledge.



Work Time - Well who needs to explain this one! How much you work and how stressful and restorative it is sometimes falls in or out of your control. However, what choices do you have to minimize the work stressors you may face. Examples: taking vacation days, saying no to tasks if you are able, scanning for strengths, perspective taking, reframing situations, prioritizing, not volunteering unless you have the energy.

Physical Time/Activity (Exercise, Nutrition and Physical Health) - How much physical activity one needs is individual, but it is recommended by the CDC to have an average of 150 minutes of mild to moderate exercise per week. Examples: walking, running, the gym, yoga, cross fit, hiking.

Spiritual/Religious Time -

Many people find that believing in a higher power or sharing values/beliefs within a religious community or having spiritual beliefs and practices grounds them in something greater than themselves. There are thousands of religions and different practices in the world.

Make a list of all the restorative activities and strategies you use (left column) and new strategies you could begin to add (right column) in each of the nine categories. If you have at least one strategy listed in each area that you can integrate into your life on a monthly basis, you will increase your likelihood of preventing burnout, compassion fatigue and secondary traumatic stress.

List the restorative activities you use	List strategies you could begin to use	Ideas of how to begin to build a new strategy
Play and Fun		
Self-reflection		



Daydreaming and Mind Wandering		
Sleep and Sleep Hygiene		
Relationships/Community		
Environment		
Intellectual Time		



Work Time		
Physical Activity		
Spiritual/Religious		

Notes:

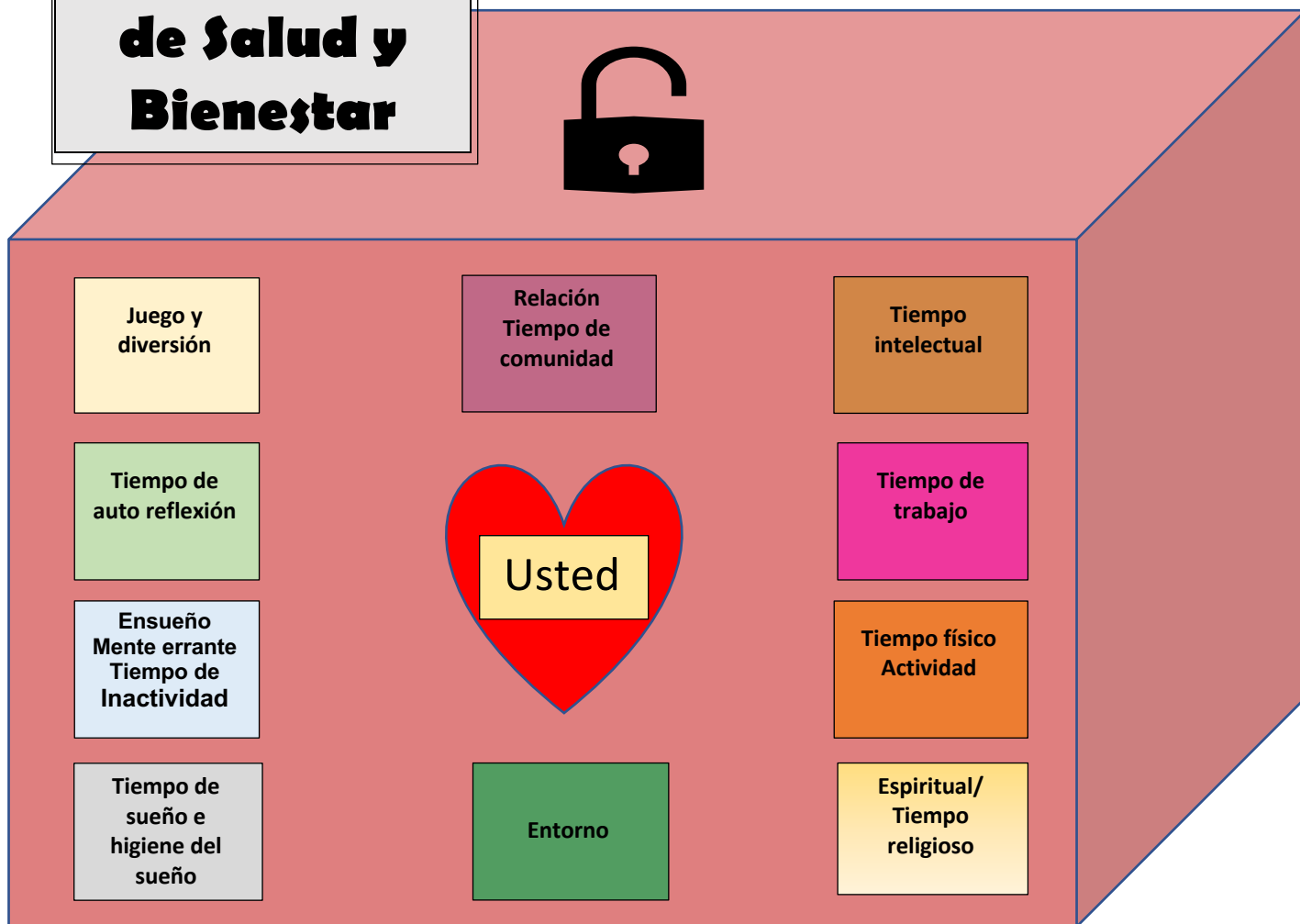
From our book: Nicholson, Shimpi Driscoll, Kurtz, Márquez and Wesley (2020) *Culturally Responsive Self-Care for Early Childhood Educators*

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Educators*
Translated by Silvia Bonilla

Caja de Herramientas de Salud y Bienestar



EJEMPLOS DE CADA CATEGORIA EN LA CAJA DE HERRAMIENTAS DE SALUD Y BIENESTAR

Los siguientes son ejemplos de los tipos de actividades que entran en cada una de las categorías enumeradas anteriormente. Estos son solo ejemplos y no reflejan todas las actividades que puede enumerar para cada una de estas categorías. Los enumeramos para ayudarle a empezar a pensar en su propia caja de herramientas de salud y bienestar... donde están sus fortalezas y brechas o áreas que necesita atender. Verá que muchas de estas categorías se superponen y no son mutuamente excluyentes.

Jugar y divertirse - Actividades que son agradables y se hacen por diversión en lugar de como una tarea a completar o con fines prácticos. Ejemplos: bailar, escuchar música, salir con amigos,

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manualidades, cocinar creativamente, aventuras, viajar, explorar algo nuevo, tomando una clase. Piense en un niño que está atrapado en el momento con una actividad donde están jugando y divirtiéndose. Puede ser el aprendizaje, una actividad, comer, pero hace que su corazón salte de alegría y envía la hormona feliz serotonina a través de amortiguar todos los factores estresantes.

Tiempo de Auto-Reflexión - Esto se refiere al tiempo que sintonizamos hacia adentro y reflexionamos sobre nuestro Yo y nuestra vida. Prestamos tanta atención y enfoque hacia lo que pasa afuera, que se nos olvida enfocarnos en si mismos y mantenernos en armonía con nuestro estado emocional y nuestro bienestar. Ejemplos: consejería, terapia, hablar con un amigo, escribir en un diario, orar, meditar, yoga, paseos conscientes. La mayoría de nosotros orientamos nuestra atención a lo largo del día hacia afuera en cosas que involucran nuestros sentidos (televisión, trabajo, una conversación, los niños, haciendo la cena). Cuando les decimos a los niños, "preste atención" por lo general significa enfocarse hacia afuera. Con el tiempo, nuestro mundo interior es ignorado y luego se arrastra hacia arriba y puede secuestrarnos como cuando nuestra ira se eleva y luego inconscientemente sale inesperadamente. El bienestar y la salud se pueden lograr si equilibramos la práctica de nuestro enfoque hacia adentro en nuestras sensaciones, emociones, pensamientos y comportamientos.

Soñar despierto, mente errante (Tiempo de inactividad) - Lo contrario de prestar atención es soñar despierto. Dejar que tu mente vague mientras exploras ideas o pensamientos creativos. Esta actividad permite que el cerebro viva en un modo creativo que a menudo permite nuevas ideas e información. Ejemplos: acostarse en una manta mientras mira las estrellas o las nubes, acostarse en la cama y dejar que su mente vague, caminar y pensar en ideas, escribir y pensar en ideas, hablar en voz alta con alguien que le permita explorar ideas creativas. Srini Pillay, MD dice en una publicación de salud de Harvard/de la escuela de medicina de Harvard que en tu cerebro, hay circuitos que promueven la alucinación y no todos son malos. De hecho, estos mismos circuitos te ayudan a mantener un sentido de sí mismo, entender lo que otros están pensando con más precisión, ser más creativos e incluso predecir el futuro. Sin los circuitos errantes, la capacidad de concentración del cerebro se agotaría, y estaríamos desconectados de si mismos y de los demás también.

Tiempo de dormir e higiene del sueño - El cuerpo de cada persona necesita una cantidad diferente de dormir. Solo usted sabe lo que necesita para sentirte descansado y restaurado. Consejos de higiene del sueño de la Asociación Americana del Sueño:



1. Mantener una rutina regular de dormir
2. Evite las siestas si es posible
3. No se quede despierto en la cama por más de 5-10 minutos
4. No vea la televisión ni lea en la cama
5. Beba bebidas con cafeína con precaución
6. Evite sustancias inapropiadas que interfieren con el sueño
7. Hacer ejercicio regularmente
8. Tener un dormitorio tranquilo y cómodo
9. Si usted es un 'vigilante de reloj' por la noche, oculte el reloj
10. Tenga una rutina cómoda antes de acostarse

Relaciones/Tiempo Comunitario - Rodearse de aquellos que restauran nuestra energía, proporcionando apoyo y que se preocupan por nosotros puede ayudar a amortiguar el estrés tóxico. Cuando elegimos estar con otros que nos drenan o promueven el estrés, esto puede aumentar nuestro estrés ya existente. Algunas de estas relaciones están en nuestro control y fuera de nuestro control. Para esta sección, piense en lo que tiene control. Ejemplos: estar cerca de amigos que te escuchan y te apoyan, tener relaciones que desafían tu pensamiento de una manera positiva, pasar tiempo con aquellos que son divertidos y restauradores, estar con personas que están sanas o te ayudan a crecer y convertirte en una persona más fuerte.

Medio ambiente - Podemos pensar en los entornos restauradores y que nos ayudan a sentirnos seguros. Para algunos, son rutinas predecibles o impredecible, y para otros es ir con la corriente. Algunos les gustan objetos físicos de belleza o decoración a su alrededor y otros necesitan cosas en orden. Otros pueden inclinarse hacia un ambiente donde hay espacio para escapar y luego en el contrario están aquellos que son restaurados cuando están rodeados de amigos o familiares. Puede ser, que sea introvertido, prefiere ambientes silenciosos, más reflectantes y más tiempo a solas. Si es extrovertido, es posible que obtengas energía de ser social. Algunos funcionan mejor en entornos que están despejados, y otros prefieren lo contrario.

Tiempo Intelectual - Las actividades que ayudan a hacer crecer la mente y el conocimiento son cosas como leer, tomar clases, ir a la escuela, buscar en el Internet, ver un documental. Esto se



puede llamar actividades de corteza prefrontal donde estimula la mente pensante y obtiene nuevos conocimientos.

Tiempo de trabajo - Bueno, ¿quién necesita explicar esto? Cuánto trabaja y qué tan estresante y reparador es, a veces cae o está fuera de su control. Sin embargo, ¿qué opciones tiene para minimizar los factores estresantes de trabajo que puede enfrentar? Ejemplos: tomar días de vacaciones, decir no a las tareas si eres capaz, buscar fortalezas, tomar perspectivas, reformular situaciones, priorizar, no ser voluntario a menos que tengas la energía.

Tiempo Físico/Actividad (Ejercicio, Nutrición y Salud Física) - La cantidad de actividad física que uno necesita es individual, pero es recomendado por CDC de tener un promedio de 150 minutos de ejercicio leve a moderado por semana. Ejemplos: caminar, correr, el gimnasio, yoga, excursionismo.

Tiempo espiritual/religioso

Muchas personas encuentran que creer en un poder superior o compartir valores/creencias dentro de una comunidad religiosa o tener creencias y prácticas espirituales los basa en algo más grande que ellos mismos. Hay miles de religiones y diferentes prácticas en el mundo.

Haz una lista de todas las actividades y estrategias restaurativas que usas (columna izquierda) y nuevas estrategias que podrías empezar a agregar (columna derecha) en cada una de las nueve categorías. Si tienes al menos una estrategia listada en cada área que puedes integrar en tu vida mensualmente, aumentarás tu probabilidad de prevenir el agotamiento, la fatiga por compasión y el estrés traumático secundario.

Enumere las actividades restauradoras que utiliza	Enumere las estrategias que podría comenzar a usar	Ideas de cómo empezar a construir una nueva estrategia
Juego y Diversión		
Auto-Reflexión		



Ensueño y Mente errante		
Dormir y la Higiene del sueño		
Relaciones/Comunidad		
Entorno/Ambiente		
Tiempo Intelectual		

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Tiempo de Trabajo		
Actividad Física		
Espiritual/ Religioso		

Notas:



Activity from the book:

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減輕壓力。因應不確定時期。

培養韌性。

Julie Nicholson, Julie Kurtz, Lawanda Wesley and Hannah Shack

希望 (Hope) : 當我們保持個人和群體的希望時，我們會強調在不確定的情況之下我們所擁有的掌控。它提醒著我們，人際關係，優勢，應對能力，創造性問題解決，同情心和毅力一直以來並在往後的路上將持續幫助我們面對逆境以及培養韌性。

H	覺察當下 (Have present moment awareness) • 暫停並注意身體上的壓力。 • 使用策略來降低和中斷反應。 • 破壞批判性的自我對話。練習自我同情。  我可以練習覺察當下的一種方法是：
O	觀察力量和韌性的來源 (Observe sources of strength and resilience) • 列出一至三項您的個人優勢。 • 這些優勢如何在壓力時期為您提供幫助？  回想你一生中所遭遇到的困境。您做了些什麼來幫助您度過？
P	計劃社會支持 (Plan for social support) • 列出家人，朋友，同事或其他您所關心的人。 • 列出可以使您感覺到連結和歸屬感的社區與團體。  您生活中的哪些人，動物或群體可以幫助您感受到連結和歸屬感？
E	從事恢復性行動 (Engage in restorative actions) • 向內調節 (呼吸，正念，反思，祈禱，安靜時刻，日記.....) • 向外調節 (體力活動，接觸大自然，打電話給朋友，烹飪.....)  您可以採取什麼措施來減輕壓力，並讓自己感到依靠，安全，平靜和/或充滿活力？

Free and downloadable PDF version can be found at www.optimalbrainintegration.com





Reduce Stress. Cope in Times of Uncertainty. Build Resilience.

Julie Nicholson, Julie Kurtz, LaWanda Wesley and Hannah Shack

Hope: When we maintain individual and collective feelings of hope, we emphasize the control we do have in times of uncertainty. We are reminded that our relationships, strengths, coping skills, creative problem-solving, compassion and persistence have always, and will continue, to help us manage adversity and build resilience along the way.

H

Have present moment awareness

Pausing and noticing stress in the body
Using strategies to de-escalate and interrupt reactivity
Disrupting critical self-talk. Practicing self-compassion



One way I can practice present moment awareness is:

O

Observe sources of strength and resilience

List 1–3 of your personal strengths
How can these strengths help you in a time of stress?



Think back to a difficult situation you have experienced in your life. What did you do that helped you cope?

P

Plan for social support

Identify family, friends, colleagues or others in your life who you care about
List groups/communities that provide support by making you feel a sense of connection and belonging



Who are people, animals or groups in your life that can help you feel a sense of connection and belonging?

E

Engage in restorative actions

Tuning inward (breathing, mindfulness, reflection, prayer, quiet time, journaling...)
Tuning outward (physical activity, connecting to nature, calling a friend, cooking...)



What is one action you can take to reduce your stress and help you feel grounded, safe, calm, and/or energized?



LA ESPERANZA

(H.O.P.E por las letras en inglés)

Julie Nicholson, Julie Kurtz, LaWanda Wesley and Hannah Shack

La esperanza/Hope: Cuando mantenemos sentimientos de esperanza individuales y colectivos, enfatizamos el control que tenemos en tiempos de incertidumbre. Se nos recuerda que nuestras relaciones, fortalezas, afrontamiento las habilidades, la resolución creativa de problemas, la compasión y la persistencia siempre han tenido, y continuarán, para ayudarnos a manejar la adversidad y desarrollar resiliencia en el camino.

H

Tener conciencia del momento presente

Pausar y notar el estrés en el cuerpo
Usar estrategias para reducir e interrumpir la reactividad
Interrumpir el diálogo interno crítico. Practicando la autocompasión



Una forma en que puedo practicar la conciencia del momento presente es:

O

Observar las fuentes de fortaleza y resiliencia

Enumere 1-3 de sus fortalezas personales
¿Cómo pueden ayudarte estas fortalezas en un momento de estrés?



Piensa en una situación difícil que hayas experimentado en tu pasado. ¿Qué hiciste que te ayudó a superarlo?

P

Planea para apoyo social

Identifique a su familia, amigos, colegas u otras personas en su vida que le importan
Haga una lista de grupos/comunidades que brindan apoyo haciéndole sentir una sensación de conexión y pertenencia



¿Quiénes son las personas, animales o grupos en tu vida que pueden ayudarte a sentir un sentido de conexión y pertenencia?

E

Participar en acciones restaurativas

Sintonizando hacia adentro (respiración, atención plena, reflexión, oración, tiempo de silencio, diario ...)
Sintonizar hacia afuera (actividad física, conectarse con la naturaleza, llamar a un amigo, cocinar ...)



¿Cuál es una acción que puede tomar para reducir tu estrés y ayudarte a sentirte centrado/a, seguro/a, tranquilo/a y/o con energía?