



Maintaining a Healthy Balance for Success

2024 Paraprofessional Training: Session #5
December 5, 2024

Deana Smith

2024 Paraprofessional Training Schedule

- Session #1: The Ins and Outs of IDEA
 - October 3 from 4:00 – 5:30 p.m.
- Session #2: 3 R's: Roles, Responsibilities, & Relationships
 - October 17 from 4:00 – 5:30 p.m.
- Session #3: Supporting Students In and Out of the General Education Classroom
 - November 7 from 4:00 – 5:30 p.m.
- Session #4: Data & Instructional Strategies
 - November 14 from 4:00 – 5:30 p.m.
- **Session #5: Maintaining a Healthy Balance for Success**
 - **December 5 from 4:00 – 5:30 p.m.**

<https://wyominginstructionalnetwork.com/professional-development/waves/>

Training Session Information & Expectations

- Questions- please put in Q&A.
- 5 virtual training sessions – will be recorded.
- You may attend any live sessions and/or watch recordings.
- PTSB/STARs credit – attendance is mandatory for **ALL 5 live** sessions (watching the recordings do not count towards credits).
 - Must complete form at the end of each session.
 - There will be a final form to gather your information to send to PTSB/STARs - this must be completed to receive credit.

Objectives

- Identify areas of self-care to support a healthy work-life balance
- Explore personality types to support healthy work relationships
- Define/redefine your “WHY”
- Develop a plan for self-care and maintenance



**On the dog
scale, how
are we
feeling?**





Sick

Overtime

Tired

Dread **Health**

No Time

Headache

Stress

Bills Payments

No Sleep

Stress

Debt

Fear

Work

Worry

Job

Anxiety

Retirement

Savings

Anxiety

Overdue

Expectations

Insuran

Time Management

Fear

Late Nights

Late N

oar



 trauma
matters
omaha

MIDDLE PREFRONTAL CORTEX



LIMBIC REGIONS:
HIPPOCAMPUS
AMYGDALA

Place your thumb in the middle of your palm as in this figure.

CEREBRAL CORTEX



MIDDLE PART OF THE PREFRONTAL CORTEX

BRAIN STEM

SPINAL CORD

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

Do you have
a healthy
work-life
balance?



Remember
& your why?



**Put on your
own mask
first!**

SELF-CARE ISN'T AN OPTION. IT IS A NECESSITY!

Self-care can help:

- Reduce or eliminate anxiety and depression
- Reduce stress
- Improve concentration
- Minimize frustration and anger
- Increase happiness
- Improve energy
- Reduce heart disease, stroke, and cancer

SELF-CARE IS
GIVING THE
WORLD THE
BEST OF YOU
INSTEAD OF
WHAT'S LEFT
OF YOU.

Self Care: Why Practice This?

1. Prevents Burnout
2. Enhances Emotional Resilience
3. Improves Job Satisfaction
4. Modeling Healthy Habits
5. Increases Effectiveness in the Classroom
6. Supports Long-Term Professional Growth
7. Promotes Work-Life Balance
8. Physical Health Benefits
9. Encourages a Positive School Culture
10. Supports Emotional and Mental Health



Self Care

1. Physical
2. Mental & Emotional
3. Social
4. Spiritual
5. Environmental
6. Recreational
7. Reflect/Maintain

SELF
care
IS NOT SELFISH

Self-care looks different for everyone.

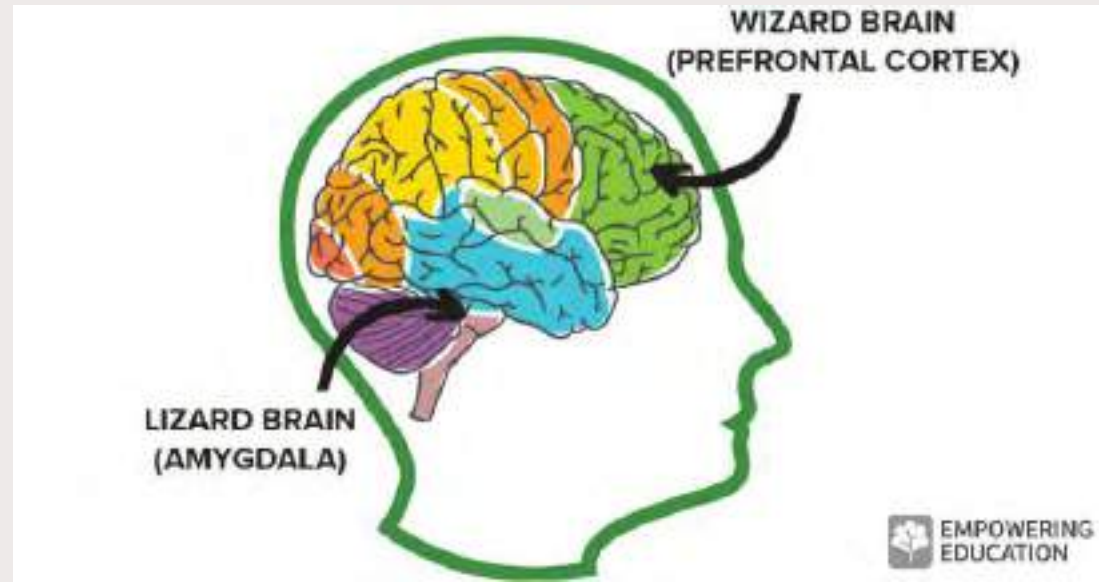
1. Physical



- Regular health checkups
- Make exercise a priority - get outdoors as much as possible
- Prioritize sleep 7 - 8 hours each night
- Drink more water - dehydration affects our whole body
- Notice stress levels - practice mindfulness
 - take time to breathe and be present

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what is going on around us.





Mind Full, or Mindful?

Benefits of Mindfulness

- Calms the brain
- Boosts working memory
- Improves quality of sleep
- Reduces stress and anxiety
- More cognitive flexibility and better self-regulation
- Improves optimism/positivity
- Improves focus
- Improves self-esteem and body image
- Develops discipline and self-regulation
- Increases compassion: self & others

Several pilot studies have shown that those who regularly practice mindfulness training have an increase in their overall job satisfaction.





Breathe in (4 seconds)

2. Mental & Emotional

- Learn a new skill or language
- Set goals (short and long-term)
- Read personal growth books
- Journal - include gratitude
- Practice positive thinking
- Monitor your mood (look for patterns)
- Write and recite positive affirmations
- Give yourself and others grace
- Set healthy boundaries - personal & professional



SAVE THE DRAMA FOR THE STAGE



alexmichel

Negativity breeds negativity.
The wise focus on the positive
in every situation.

Bruce Van Horn

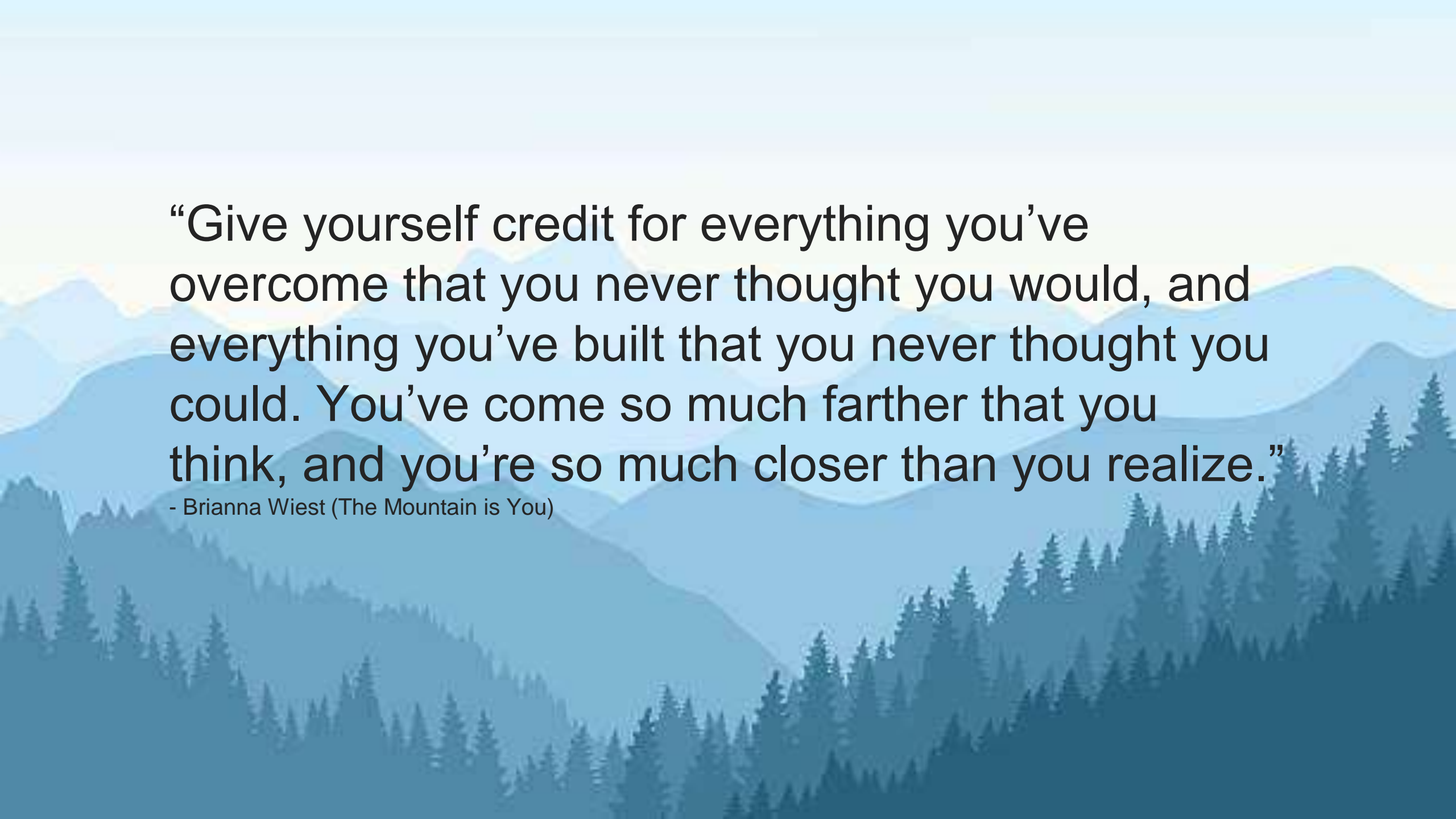
www.BruceVanHorn.com

Gratitude



30 DAYS OF GRATITUDE JOURNAL PROMPTS

1. What made you smile today?
2. What is one thing you love about yourself?
3. Who are you grateful for and what do you love about them?
4. What made you laugh today?
5. What is different today than a year ago that you are grateful for?
6. What is something you wear that you are grateful for?
7. What is something beautiful you saw today?
8. What freedoms are you grateful for?
9. What challenge are you grateful for?
10. What is something you love in nature?
11. What about your body are you grateful for?
12. What was the best thing that happened today?
13. What family member are you grateful for today?
14. What kindness did someone give you today?
15. What do you like about where you live?
16. What do you love about a friend?
17. What spiritual gifts are you grateful for?
18. What is your favorite family activity that you did recently?
19. What book are you grateful for reading?
20. What modern convenience are you most grateful for?
21. What food are you grateful for?
22. What is something you can't live without?
23. What do you like about the current season?
24. What happened today that are you grateful for?
25. What about your home are you grateful for?
26. What do you love about your parents?
27. What memory are you most grateful for?
28. What is your favorite family tradition?
29. What are your talents?
30. What gave you comfort today?

A scenic mountain landscape with evergreen trees in the foreground and misty mountains in the background. The image is in shades of blue and green, with a soft, hazy atmosphere. The text is overlaid on the upper half of the image.

“Give yourself credit for everything you’ve overcome that you never thought you would, and everything you’ve built that you never thought you could. You’ve come so much farther that you think, and you’re so much closer than you realize.”

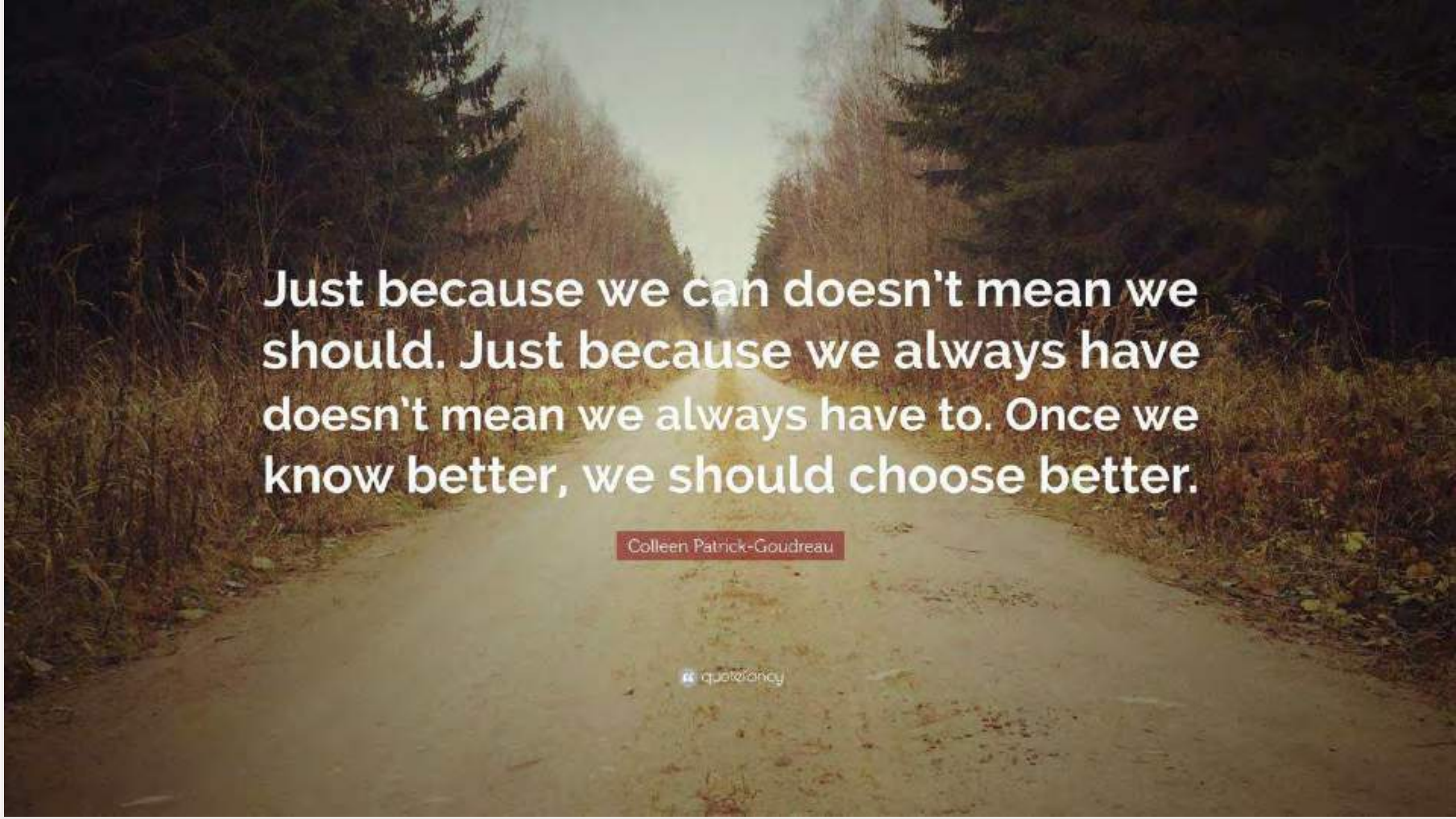
- Brianna Wiest (The Mountain is You)

Affirmations

Examples:


- I am worthy of success and happiness.
- I am creative and resourceful in finding solutions to challenges.
- I am passionate about helping students succeed.
- I am making a positive difference in the lives of my students and colleagues every day.
- My job is not my identity.
- Every challenge is an opportunity to grow.
- I am a lifelong learner and seek opportunities to improve.
- I am deserving of rest and self-care.



A dirt road winding through a forest. The road is light-colored and leads into the distance. On either side of the road, there are tall, dry grasses and some evergreen trees. The background is a soft, hazy light, suggesting a misty or overcast day.

Just because we can doesn't mean we should. Just because we always have doesn't mean we always have to. Once we know better, we should choose better.

Colleen Patrick-Goudreau

 quoteoncy

SHOULD HAVE

COULD HAVE

WOULD HAVE



What's the lesson to be learned?

Learn from the past.

- Prepare for the future.

Perform in the present.

Gary Mack

3. Social



- Form healthy relationships - personal & professional
- Learn conflict resolution
- Connect with people important to you
 - Find time with loved ones with zero distractions
- Set healthy boundaries (toxic people, social media)
- Call or write a letter to family or friends instead of a text

Embrace Challenge & Feedback

- Regular check-ins with supervising teacher/administrator
- Take constructive criticism as an opportunity to grow
- Build your professional network
- Continuous improvement - professional development
- Be open to new concepts/ideas





Take a Break for Your Mind

UNPLUG AND
RECHARGE



HOW TO START TO UNPLUG:

- Don't check email the first hour of your day.
- Don't look at tv or the web 90 minutes before bedtime.
- Walk outside 30-45 minutes per day without your phone.
- Take several "digital diet" days per month, where you don't look at anything digital whatsoever.
- Don't look at your phone during meals or when interacting with - gasp - a human.

- Brendon Burchard

TRUE COLORS PERSONALITY TEST

Which color are you?

A blue oval button with a white border, containing the word "BLUE" in white capital letters.

BLUE

An orange oval button with a white border, containing the word "ORANGE" in white capital letters.

ORANGE

A gold oval button with a white border, containing the word "GOLD" in white capital letters.

GOLD

A green oval button with a white border, containing the word "GREEN" in white capital letters.

GREEN

| | | | |
|---|---|---|---|
| A | B | C | D |
| E | F | G | H |
| I | J | K | L |
| M | N | O | P |
| Q | R | S | T |

Total Orange Score
Add the boxes: A, H, K, N, S

Total Green Score
Add the boxes: D,E, L, P, Q

Total Blue Score
Add the boxes: C, F, J, O, R

Total Gold Score
Add the boxes: B, G, I, M, T



Instructions: Compare all 4 boxes in each row. Do **NOT** analyze each word; just get a sense of each box. **Score each of the four boxes in each row** from most to least as it describes you:


4 = most,

3 = a lot,

2 = somewhat,

1 = least.

| | | | | |
|--|---|---|---|--|
| <p>Row 1</p>  <p>4 = most, 3 = a lot, 2 = somewhat 1 = least</p> | <p style="text-align: center;">A</p> <p>Active Variety Sports Opportunities Spontaneous Flexible</p> <p style="text-align: center;">Score <input type="text"/></p> | <p style="text-align: center;">B</p> <p>Organized Planned Neat Parental Traditional Responsible</p> <p style="text-align: center;">Score <input type="text"/></p> | <p style="text-align: center;">C</p> <p>Warm Helpful Friends Authentic Harmonious Compassionate</p> <p style="text-align: center;">Score <input type="text"/></p> | <p style="text-align: center;">D</p> <p>Learning Science Quiet Versatile Inventive Competent</p> <p style="text-align: center;">Score <input type="text"/></p> |
| <p>Row 2</p>  <p>4 = most 3 = a lot 2 = somewhat 1 = least</p> | <p style="text-align: center;">E</p> <p>Curious Ideas Questions Conceptual Knowledge Problem Solver</p> <p style="text-align: center;">Score <input type="text"/></p> | <p style="text-align: center;">F</p> <p>Caring People Oriented Feelings Unique Empathetic Communicative</p> <p style="text-align: center;">Score <input type="text"/></p> | <p style="text-align: center;">G</p> <p>Orderly On-time Honest Stable Sensible Dependable</p> <p style="text-align: center;">Score <input type="text"/></p> | <p style="text-align: center;">H</p> <p>Action Challenges Competitive Impetuous Impactful</p> <p style="text-align: center;">Score <input type="text"/></p> |

| | | | | |
|--|---|--|---|---|
| <p>Row 3</p>  <p>4 = most 3 = a lot 2 = somewhat 1 = least</p> | <p>I</p> <p>Helpful Trustworthy Dependable Loyal Conservative Organized</p> <p>Score <input type="text"/></p> | <p>J</p> <p>Kind Understanding Giving Devoted Warm Poetic</p> <p>Score <input type="text"/></p> | <p>K</p> <p>Playful Quick Adventurous Confrontive Open Minded Independent</p> <p>Score <input type="text"/></p> | <p>L</p> <p>Independent Exploring Competent Theoretical Why Questions Ingenious</p> <p>Score <input type="text"/></p> |
| <p>Row 4</p>  <p>4 = most 3 = a lot 2 = somewhat 1 = least</p> | <p>M</p> <p>Follow Rules Useful Save Money Concerned Procedural Cooperative</p> <p>Score <input type="text"/></p> | <p>N</p> <p>Active Free Winning Daring Impulsive Risk Taker</p> <p>Score <input type="text"/></p> | <p>O</p> <p>Sharing Getting Along Feelings Tender Inspirational Dramatic</p> <p>Score <input type="text"/></p> | <p>P</p> <p>Thinking Solving Problems Perfectionistic Determined Complex Composed</p> <p>Score <input type="text"/></p> |
| <p>Row 5</p>  <p>4 = most 3 = a lot 2 = somewhat 1 = least</p> | <p>Q</p> <p>Puzzles Seeking Info Making Sense Philosophical Principled Rational</p> <p>Score <input type="text"/></p> | <p>R</p> <p>Social Causes Easy Going Happy Endings Approachable Affectionate Sympathetic</p> <p>Score <input type="text"/></p> | <p>S</p> <p>Exciting Lively Hands On Courageous Skillful On Stage</p> <p>Score <input type="text"/></p> | <p>T</p> <p>Pride Tradition Do Things Right Orderly Conventional Careful</p> <p>Score <input type="text"/></p> |

| | | | |
|---|--|---|---|
| Total Orange Score Add the boxes: A,H,K,N,S <input type="text"/> | Total Green Score Add the boxes: D,E,L,P,Q <input type="text"/> | Total Blue Score Add the boxes: C,F,J,O,R <input type="text"/> | Total Gold Score Add the boxes: B,G,I,M,T <input type="text"/> |
|---|--|---|---|

If any of the scores in the colored boxes are less than 5 or greater than 20 you have made an error. Please go back and read the instructions.

Golds

- Are dutiful and stable
- Need to be useful
- Want to be self-sufficient
- Value organization
- Desire punctuality
- Schedule their lives
- Make and keep commitments
- Measure worth by completion
- Are goal-oriented
- Value rules
- Prepare for the future
- Are inclined to join groups
- Believe work comes before play
- Safeguard tradition
- Prefer order and cleanliness
- Are responsible and dedicated
- Are drawn to respected occupations
- Enjoy positions of authority
- Desire structure
- Bring stability to society

Blues

- Are in search of themselves
- Need to feel unique
- Must be true to themselves
- Look for symbolism
- Value close relationships
- Encourage expression
- Desire quality time with loved ones
- Need opportunities to be creative
- Compromise and cooperate
- Nurture people, plants and animals
- Look beyond the surface
- Share emotions
- Make decisions based on feelings
- Need harmony
- Are adaptable
- Are drawn to literature
- Are drawn to nurturing careers
- Get involved in causes
- Are committed to ideals
- Bring unity to society

Greens

- Are innovative and logical
- Seek to understand the world
- Need to be competent
- Require intellectual freedom
- Are curious
- Question authority
- Push themselves to improve
- Seek perfection in play
- May become intellectually isolated
- Are slow to make decisions
- Value concise communication
- Look for intellectual stimulation
- Enjoy intriguing discussions
- Are sometimes oblivious to emotions
- Are detached
- Believe work is play
- Are drawn to technical occupations
- Analyze and rearrange systems
- Focus on the future
- Bring innovation to society

Oranges

- Are free and spontaneous
- Are impulsive risk-takers
- Are active
- Are optimistic
- Resist commitment
- Can become virtuosos
- Thrive on crises
- Are drawn to tools
- Like to be the center of attention
- Have great endurance
- Are drawn to action jobs
- Need variety
- Are dynamic, animated communicators
- Are competitive
- Deal with the here and now
- Are bold in relationships
- Are generous
- Have difficulty finding acceptance
- Like to live in a casual atmosphere
- Bring excitement to society

REFRAMING ➤ BLUE

OTHERS MAY PERCEIVE BLUE AS:

- VERY EMOTIONAL
- OVERLY SENSITIVE
- MUSHY
- TOO TENDER-HEARTED
- EASILY PERSUADED
- TOO NICE
- TOO TRUSTING
- SMOTHERING
- TOO SOFT, TOO GIVING
- WEAK
- TALKING TOO MUCH
- ILLOGICAL

BLUE MAY PERCEIVE SELF AS:

- HAVING FEELINGS
- COMPASSIONATE
- ROMANTIC
- IDEALISTIC
- EMPATHETIC
- CARING
- SEEING BEST IN OTHERS
- NURTURING
- LIKING TO PLEASE PEOPLE
- WANTING HARMONY
- GREAT COMMUNICATOR
- VALUING FEELINGS

REFRAMING ➤ GOLD

OTHERS MAY PERCEIVE GOLD AS:

- RIGID, INFLEXIBLE
- CONTROLLING, BOSSY
- TOO SERIOUS
- RESISTANT TO CHANGE
- OPINIONATED
- SYSTEM-BOUND
- LACKING IMAGINATION
- JUDGMENTAL
- BORING
- UPTIGHT
- PREDICTABLE
- AUTOCRATIC

GOLD MAY PERCEIVE SELF AS:

- CONSISTENT
- PROVIDING STRUCTURE
- GOAL-ORIENTED
- FIRM OR TRADITIONAL
- KNOWING RIGHT FROM WRONG
- LOYAL TO ORGANIZATION
- REALISTIC
- DECISIVE, SEEKING CLOSURE
- DEPENDABLE
- CONCERNED ABOUT SECURITY
- FOLLOWING A ROUTINE
- HAVING LEADERSHIP ABILITY

REFRAMING ➤ GREEN

OTHERS MAY PERCEIVE GREEN AS:

- ARROGANT, A KNOW IT ALL
- COLD, HARD
- INSENSITIVE
- HEAD IN THE CLOUDS
- COOL, ALOOF, UNFEELING
- AFRAID TO OPEN UP
- CRITICAL, FAULT-FINDING
- LACKING COMPASSION
- UNAPPRECIATIVE OF OTHERS
- INTELLECTUALLY DEMANDING
- ARGUMENTATIVE
- ABSENT MINDED

GREEN MAY PERCEIVE SELF AS:

- CONFIDENT
- MENTALLY TOUGH, STRONG
- LOGICAL, RATIONAL
- VISIONARY, INVENTIVE
- SELF-CONTROLLED
- ENJOYING ONE'S OWN COMPANY
- GOOD AT ANALYSIS
- OBJECTIVE
- HAVING ABILITY TO REPRIMAND
- HAVING HIGH EXPECTATIONS
- KNOWLEDGEABLE
- THINKING DEEPLY

REFRAMING ➤ ORANGE

OTHERS MAY PERCEIVE ORANGE AS:

- GOOFING OFF TOO MUCH
- MANIPULATIVE
- UNTRUSTWORTHY
- UNABLE TO STAY ON TASK
- SCATTERED
- TAKING UNNECESSARY RISKS
- RESISTING CLOSURE OR DECISIONS
- OBNOXIOUS
- IMMATURE
- SELF-CENTERED

ORANGE MAY PERCEIVE SELF AS:

- FLEXIBLE, EASY-GOING
- HAVING A PLAYFUL ATTITUDE
- EXPLORING NEW POSSIBILITIES
- CLEVER, GOOD NEGOTIATOR
- OPEN TO CHANGE
- HAVING MANY INTERESTS
- ABLE TO DO MANY THINGS
- ADVENTUROUS, COURAGEOUS
- VALUING FREEDOM
- BOLD, ASSERTIVE
- FUN-LOVING, ENJOYING LIFE
- INDEPENDENT

Understand and Value Differences

- 1. Understand Your Own Personality Type**
- 2. Learn About Your Colleagues' Color Types**
- 3. Enhance Communication**
- 4. Improve Team Collaboration**
- 5. Adapt Your Leadership Style**
- 6. Conflict Resolution**
- 7. Increase Emotional Intelligence**
- 8. Create a Supportive Work Environment**



Understand and Value Differences

1. Understand Your Own Personality Type

- which color aligns most closely with your natural traits & preferences
- gain insight into your work style, communication habits, & decision-making processes

Example:

- If you're a **Blue**, you might value empathy and connection with others, often focusing on emotional support in the workplace. Recognizing this allows you to be mindful of balancing emotional expression with professional boundaries.

Understand and Value Differences

2. Learn About Your Colleagues' Color Types

- We all approach tasks and challenges differently, and understanding these differences can prevent misunderstandings and enhance teamwork.

Example:

- A **Gold** person might prefer structure and organization, while a **Green** person might value logic and independence. Recognizing these preferences helps you tailor your communication and approach to be more effective.

Understand and Value Differences

3. Enhance Communication

- People communicate in different ways, and knowing these differences can help prevent miscommunication and foster more effective interactions.
- By understanding these preferences, you can adjust your style to ensure your message is received in the way it is intended.

Blues: Tend to value deep, personal connections and may appreciate more empathetic, considerate conversations. They prefer open, transparent, and meaningful dialogue.

Golds: Appreciate clear, concise, and structured communication. They respond well to detailed instructions, deadlines, and practicality.

Greens: Value logic and precision. They prefer to engage in fact-based, data-driven discussions and may be less comfortable with emotional or overly personal topics.

Oranges: Thrive on excitement, spontaneity, and fun. They prefer informal, energetic communication and may not respond well to overly structured or rigid conversations.

Understand and Value Differences

4. Improve Team Collaboration

- We all have unique strengths and bring different perspectives as we work in teams.
- The key is to leverage those strengths while managing potential challenges to improve productivity and boost morale.

Blues can help foster a sense of camaraderie and ensure everyone's voice is heard.

Golds can bring organization and structure to the team, helping to set clear goals and stay on track.

Greens can offer valuable problem-solving skills, focusing on logic and strategy.

Oranges can inject creativity and enthusiasm into the team, encouraging innovation and out-of-the-box thinking.

Understand and Value Differences

5. Adapt Your Leadership Style

- Whether you are in a team leadership role or not, you are a leader and model for your students.

For Blues: Show empathy and provide opportunities for personal connection. Offer praise for their emotional contributions and show you care about their well-being.

For Golds: Provide clear, structured plans and be consistent with expectations. They respond well to feedback that emphasizes their dependability and organization.

For Greens: Offer opportunities for independent work and respect their need for intellectual stimulation. Provide feedback that highlights their analytical abilities and contributions to problem-solving.

For Oranges: Allow flexibility, fun, and creative freedom. Recognize their contributions in terms of innovation and adaptability.

Understand and Value Differences

6. Conflict Resolution

- By recognizing the different preferences and needs during a conflict, you can choose the best approach to resolve the situation in a way that feels respectful to everyone involved.

A **Blue** might be upset if they feel unappreciated or misunderstood, so a personal, empathetic approach works best.

A **Gold** might become frustrated if there's a lack of organization or clarity, so addressing the issue with clear steps and a sense of structure is key.

A **Green** might feel uncomfortable with emotional outbursts and prefer a logical, calm resolution based on facts.

An **Orange** may avoid confrontation if the situation becomes too rigid or boring, so it's important to keep things engaging and spontaneous during resolution.

Understand and Value Differences

7. Increase Emotional Intelligence

- Recognize the underlying motivations and feelings that drive each personality type makes it easier to adapt your behavior and communication to better align with the emotional needs of your colleagues.
- This can improve relationships and foster a supportive and collaborative work environment.

Understand and Value Differences

8. Create a Supportive Work Environment

- This framework can help create a more inclusive and supportive environment by recognizing and valuing the diversity of personality types.
- When everyone feels understood and respected for who they are, they are more likely to be engaged and satisfied with their work.

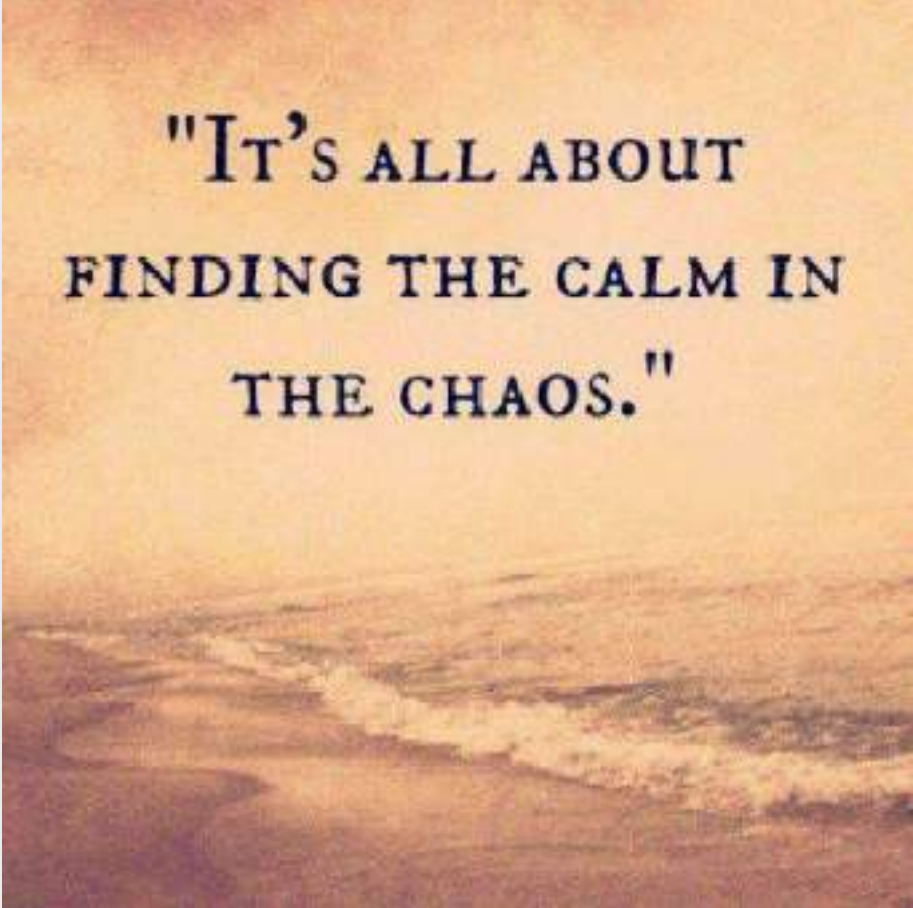
4. Spiritual

- Meditating or breathwork
- Spending time in nature
- Worshipping
- Reading
- Mapping out your core values
- Dedicating time for self-reflection



5. Environmental

- Organize your workspace/livingspace
- Make your bed every morning
- Appropriate lighting
- Explore somewhere new - get out in nature
- Declutter
- Set a calm mood
- Music matters - soothing, calming



"IT'S ALL ABOUT
FINDING THE CALM IN
THE CHAOS."

If you want to change the world

— START OFF BY —
MAKING YOUR BED



6. Recreational

- Favorite hobbies
 - reading
 - biking, hiking, Yoga, Tai Chi
 - arts/crafts
 - cooking/baking
- Go on a rainbow walk
 - Take notice of all of the different colors you see
- Play a game
- Have a pamper moment or day



Studies show that getting creative through drawing, doodling, painting, or decorating interrupts rumination - repetitive negative thoughts - by distracting you & shifting your focus.


7. Reflect/Maintain

- Take time to pause & assess
- Prioritize areas of self-care
- Set realistic goals
- Schedule time for yourself
- Healthy habits - find accountability partner(s)
- Forgive yourself & start again
- Seek support



**YOU NEVER
FAIL UNTIL
YOU STOP
TRYING.**

ALBERT EINSTEIN



What are some of the
ways you practice
self care?

Self Care

1. Physical
2. Mental & Emotional
3. Social
4. Spiritual
5. Environmental
6. Recreational
7. Reflect/Maintain

SELF
care
IS NOT SELFISH

Self-care looks different for everyone.

You Make a Difference
Thank you for all you do!

Recordings and Materials

To access all session recordings and materials, use the following link:

<https://wyominginstructionalnetwork.com/professional-development/waves/>

Session #5 Attendance & Participation

<https://bit.ly/4dbEErV>

