Enhancing Caregiver Resiliency & Promoting Self-Care for Family Child Care Providers
Module 102
Webinar #5
WELCOME & INTRODUCTIONS

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LEARNING AGREEMENTS

- How can you create a brave space for yourself and others?
- Maintain confidentiality
- Engage at your comfort level
- Growth mindset
- How are you feeling? How big are your feelings?
- What regulation strategies do you need to stay in optimal regulation?
May I Be Happy
“People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and yet they pass by themselves without ever wondering.”

- St. Augustine
SELF-CARE has to do with YOU!

- We can’t expect our families, friends, or co-workers to do this for us.
- We must make ourselves a priority. Our livelihood depends on it!
- Self-care is the foundation which holds you up each day. It helps you weather the roller coaster ride of life.

Why do the airline attendants say “put on your oxygen mask first before you put it on your child”?
### Self-Assessment: Handout 1.1

<table>
<thead>
<tr>
<th>Life Realm</th>
<th>1 Very dissatisfied</th>
<th>2 Somewhat Dissatisfied</th>
<th>3 Satisfied</th>
<th>4 Very Satisfied</th>
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<tbody>
<tr>
<td>Physical well-being</td>
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<td>Emotional well-being</td>
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<td>Relational well-being</td>
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<tr>
<td>Relationship with self</td>
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<td>Relationship with family/community</td>
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<td>Relationship with colleagues</td>
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<td>Satisfaction with work</td>
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<td>Satisfaction with home environment</td>
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<tr>
<td>Satisfaction with work environment</td>
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Self-Assessment Reflections

Self-Care Journal Entry #1

• What made an impression on you about this activity?
• What did you notice about the different answers?
• What areas of strengths do you have?
• What are the areas you would like to improve or develop?
• **Normal stress** occurs when the brain releases a short burst of the stress hormone cortisol, but managing the challenge makes the stress response a short one; this is beneficial for the brain over time—it increases the brain’s capacity to self-regulate.

• **Tolerable stress** can occur in the face of a more serious threat, if there is a consistent, responsive person or other resiliency factors, this can be manageable.

• **Toxic stress** can occur when there is a strong, frequent or prolonged exposure to an adverse experience and there is no adult available who will support or comfort the child.

• **Traumatic stress** is an extreme form of toxic stress, and occurs in response to an event or series of events that threaten serious injury or death and can have long-lasting adverse affects.
High levels of cortisol for long periods of time can disrupt developing circuits in the brain, leading to depression, anxiety, PTSD, behavioral and learning difficulties, and health problems.
Burnout is a special type of stress — a state of physical, emotional or mental exhaustion from too much on your plate without the balance of fun, play, down time, free time or self-care to restore your energy.
Burnout Can Lead to *Compassion Fatigue*

Just as an untreated cold can turn into something more serious, burnout that is not addressed may turn into compassion fatigue.
Compassion Fatigue

Refers to the emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career as helpers. It is when stress spills over to your personal life and affects you outside of work.

When we suffer from compassion fatigue, we may see signs of:

- Bitterness
- Workplace toxic stress
- Changes in personal and professional life
- Violated boundaries or ethics
- Short-temper with loved ones
- Proneness to making errors
- Fatigue and exhaustion
- Poor decision making
- Other?
Burnout vs. *Compassion Fatigue*

**Burnout**

Comes from the constant stress of home life and work. Burnout is when there is too much on your plate without the balance of restored energy. Small clues may arise physically and emotionally but it has not caused such a negative impact on your life view or life realms. Work performance or personal relationships are not yet negatively impacted.

**Compassion Fatigue**

Ongoing stress from work and personal life begins to impact adversely your personal and professional life including physical, emotional and mental health. You begin to question your purpose and sense of self-worth and value. You lose your sense of compassion for the children, families and work you do.
Signs of Burnout or Compassion Fatigue

Self-Care Journal Entry #2

Have you ever felt the signs or symptoms of burnout or compassion fatigue that we just discussed?

- How did you recognize the signs?
- What did you feel in your body?
- What emotions did you have?
- What behaviors did you notice?
## Self Awareness: Adult Triggers

<table>
<thead>
<tr>
<th>Physical Triggers</th>
<th>Emotional Triggers</th>
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</thead>
<tbody>
<tr>
<td>Sounds</td>
<td>Challenging behavior from a child</td>
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<tr>
<td>Smells</td>
<td>Someone hurting you</td>
</tr>
<tr>
<td>Visual</td>
<td>Someone leaving you</td>
</tr>
<tr>
<td>Touch</td>
<td>Being criticized</td>
</tr>
<tr>
<td>Foods</td>
<td>Being controlled by others</td>
</tr>
<tr>
<td>Tastes</td>
<td>The way someone treats you or responds to you</td>
</tr>
<tr>
<td>Other?</td>
<td>Other?</td>
</tr>
</tbody>
</table>

Other?
Self Awareness: Adult Triggers

Reasons everyday triggers may affect us more than other days:

• Too much stress in our lives
• Lack of self-care to restore our energy reserves
• Not enough tools in the moment to manage stress
• Not enough self-care to buffer ongoing stressors

• Our own histories of trauma
• The issue is important to us emotionally
• It bumps up against our values and beliefs
• A behavior from a child
• Other ideas?
Self-Awareness: Window of Tolerance

• We all have a “window of tolerance.” This is where we feel just right and are best able to cope with life’s challenges. In your window of tolerance you’re calm and alert. It is also called “optimal regulation.”

• Lace of self-care or toxic stress can shrink your window of tolerance.

• When this happens, you may move to a “dysregulated state” called hypo-arousal or hyper-arousal.
Windows of Tolerance: Handout 1.3

Hyper-Arousal

Trigger Zone

Optimal Regulation
“Window of Tolerance”

Trigger Zone

Hypo-Arousal
Self-Awareness: Window of Tolerance

Self-Care Journal Entry #3

- Now that you have identified some of your personal triggers and learned about the window of tolerance, where do you tend to go in times of stress?
- Under stress do you tend to go to the zone of hyper-arousal (agitated, fight, irritable, anxious, on edge or wanting to run away)?
- Under stress do you tend to go to the zone of hypo-arousal (depressed, frozen, numb, disconnected, escape)?
- How do you keep yourself in the optimal arousal zone? What strategies do you use?
Self-Care Journal Entry #4

Think of a time you were in fight (hyper-arousal), flight (hypo-arousal) or freeze (hypo-arousal).

• What was the trigger?
• Did your breathing change?
• How did your brain feel? Was it hard to think clearly?
• What sensations did you feel in your body (stomach, shoulders, head, hands, legs)?
• What behaviors did you have?
• How were you able to calm down and recover? What did you need to be able to calm your brain and body? Did you use any strategies?
In Summary ...

We are much less likely to react to stress with our Lizard Brains if we have taken the time to practice regular self-care. Regular self-care strategies can refill our energy reserves so that we have the resilience to face daily stressors.
Deep Breathing

One of the simplest things we can do to combat stress is to breathe. Deep breathing doesn’t take long, doesn’t require any special equipment, and can be done almost anywhere.

We’ll take a moment out for some guided deep breathing.
The Integrated Brain

• “... integration means that separated areas with their unique functions, in the skull and throughout the body, become linked to each other through synaptic connections. These integrated linkages enable more intricate functions to emerge—such as insight, empathy, intuition, and morality. A result of integration is kindness, resilience, and health.”
  - Dan Siegel

• Practicing self-care, protects our brain, which then functions in a more integrated state.

• This allow us to be less reactive and more responsive, treating ourselves and the children and families we serve with more patience and empathy.
Module 2: Self-Care

Three Realms of Health and Well-Being
1. Physical Well-Being
2. Emotional Well-Being
3. Relational Well-Being
There’s Hope in Self-Care!

Self-care is on the way!

P.S. Don’t bite off more than you can chew!
Your most important relationship is the one you have with yourself. No one can do self-care for you, but you!
1. Physical Well-Being

- This pertains to how we care for our bodies.
- Self-care for physical health includes things like eating nutritious food, getting enough sleep, getting regular exercise.
- It’s doing preventative health care such as regular medical exams.
- It’s also avoiding substances or activities that may harm your body.
- It’s being aware of bodily sensations (i.e., stomachache, head pain, neck pain, jaw tension) and what they’re communicating to you.
- It is proactively (promoting) taking care of your physical health to (prevent) further issues of (treating) longer term issues.
Good physical health bolsters our reserves so we’re less likely to succumb to stress and develop compassion fatigue.

For example:

• Nutritious foods power our brain.
• Water provides energy.
• Movement helps our circulation.
• Rest provides restoration.
Ideas for Self-Care for Physical Health Practices

- Eat regularly (e.g., breakfast and lunch)
- Eat healthfully
- Exercise
- Regular medical care
- Take well days
- When sick take care of yourself
- Get massages
- Physical activity that is fun
- Sleeping well
- Mini vacations

- Longer vacations (or staycations)
- Take day trips, or mini-vacations
- Technology free days
- Pay attention to breath
- Take up a hobby
- Do something for fun
- Stretching
- Weights
- Yoga or mindfulness activities
• Working with your table mates, and using a piece of chart paper, draw an outline of a person.
• Now do a mental scan of your own body.
• On the drawing, mark areas that you experience as stress related physical ailments.
• Get creative - use different images, symbols, colors, or words to describe what you feel in your body.
• Did you notice that you became more aware of your bodily sensations as you did this exercise? Did you find that you had anything in common with your tablemates?
Self-Care Journal Entry #5

Identify and write down two new practices you’d like to incorporate into your routine to support your physical health.

1.

2.
Four key steps to increase awareness about emotional health:

1. The ability to identify your emotions
2. The ability to identify the state (intensity) of your emotions (optimal, hyper or hyper-arousal states)
3. When emotions are dysregulation (hyper or hypo), the ability to use self-regulation strategies to bring you back to an optimal state of regulation.
4. Once back to optimal regulation, the ability to problem solve, find solutions that serve the greater good.
Identifying Sensations in our Body

• Just as we teach children sensory awareness and vocabulary, it’s important for us as adults to be aware of our own sensory and bodily sensations.
• How do our bodies, brains and breathing change when we’re in a calm or agitated state?
• Do we pay attention to a knot in the stomach or feeling thirsty, or do we ignore our bodies’ signals and just-keep-going.
• Are we aware of our needs for regular meals, water, movement, rest, and breaks?
List of Sensory Words

<table>
<thead>
<tr>
<th>FIGHT</th>
<th>FLIGHT</th>
<th>FREEZE</th>
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</thead>
<tbody>
<tr>
<td>VOLCANO</td>
<td>ROLLER COASTER</td>
<td>ICEBERG</td>
</tr>
<tr>
<td>LION</td>
<td>RACE CAR</td>
<td>ICICLE</td>
</tr>
<tr>
<td>BUZZING BEES IN STOMACH</td>
<td>CHEETAH</td>
<td>POPSCICLE</td>
</tr>
<tr>
<td>FIRE</td>
<td>LIGHTENING BOLT</td>
<td>ICE CUBE</td>
</tr>
<tr>
<td>EXPLOSION</td>
<td>SHOOTING STAR</td>
<td>HEAVY ROCKS</td>
</tr>
<tr>
<td>TORNADO</td>
<td>HUMMING BIRD</td>
<td>EMPTY CONTAINER</td>
</tr>
<tr>
<td>TEA KETTLE BOILING</td>
<td>HURRICANE</td>
<td>SNOWSTORM</td>
</tr>
</tbody>
</table>
Identify Emotions

Happy
Sad
Proud
Embarrassed
Loved
Scared
Angry
Frustrated
Lonely
Nervous

Source: CA-CSEFEL www.inclusion.org
Identifying Intensity of Emotions

35-70 range

71-100 range

1-34 range
Self-regulation is the way that we sooth ourselves and manage our emotions. Self-regulation begins with self-awareness including knowing what triggers us and then recognizing when we’re getting triggered. When we’re self regulated, we’re less likely to say or do things that damage our relationships with other, or ourselves.

It can be as simple as taking some calming breaths, going for a walk, removing yourself from the situation, mindfulness practice (coming back fully into the present moment), having something to eat or drink, or even going to the bathroom.
Self-Regulation in the Moment Strategies

Scenario: You are having a difficult week. You heard some news that was disheartening. You have had some children who have been consistently dysregulated this week. Today you are helping Jeremy with his lunch and he turns and SPITS ON YOU. You feel the emotions rising up in you. Your body is on fire (sensations) with anger (emotions). You can tell you have moved outside the zone of optimal regulation (zone 71-100).

Group Discussion

What is one strategy you can do if you cannot leave the room and have to stay present with that child? What is one strategy you can use to calm yourself in the present moment?
Group Activity: Building a Self-Regulation Tool-Kit

List self-regulation strategies you use or could outside of work that help you calm down and bring you back into optimal regulation when you are dysregulated.

- 1 Minute Strategies
- 5 Minute Strategies
- 15 Minute Strategies
- 1 Hour Strategies
- ½ Day Strategies
Self-Care Journal Entry #6

Identify and write down two new practices you’d like to incorporate into your routine to support your emotional health under each category.

Sensory and Emotional Literacy
1. 
2.

Self-Regulation Strategies in the Moment
1. 
2.

Self-Regulation Strategies Outside of Work
1. 
2.
Identify one situation in your work where there was a child who pushed your buttons, had a challenge or was dysregulated.

1. Identify how you felt naming the sensation/s (prickly, volcano, iceberg, race car, lion, beating drum, rumbling bumble bees) and emotion/s (sad, angry, happy, frustrated, irritated, surprised).

2. Identify the state (intensity) of your emotions (optimal, hyper or hyper-arousal states).

3. Identify one to two self-regulation strategies to bring you back to an optimal state of regulation (breathing, asking for help, thinking of the meaning of the child’s behavior, self-talk, cultivating empathy).

4. Once back to optimal regulation, the ability to problem solve, find solutions that serve the greater good. Did you find a healthy solution?
3. Relational Well-Being

- Our relational health is the quality of our relationships, particularly with family, friends, community and co-workers.
- Are they encouraging? Do they enhance our lives?
- Or are they a distraction? Or worse, hurtful to your health and well-being?
- Self-care for relational health means maintaining relationships with others that restore us, make us feel good, mirror back our strengths.
- Healthy relationships means we a sense of significance and belonging with others.
The Value of Relationships

• Maintaining relationships with others has a significant impact on quality of life.

• Higher levels of social support result in significantly improved physical and emotional health.

• Close, supportive relationships with friends and family enhance health. Conversely, some of our connections may not be sources of support and may instead weigh us down or contribute to our stress.

• Strong social support networks offer us a sense of belonging, security and self-esteem.
Relationships: Attuned Relationships

- Feeling a sense of connection and belonging has been shown to be vital to our well-being, serving as a protection against more severe responses to stress, such as depression and anxiety.

- Intimate connections are frequently our “life support,” and yet these are the relationships that tend to suffer most when we are overwhelmed.

- It is important to our well-being that we nurture these connections.
Relationships: The Role of Co-Regulation

• It’s important to understand the role of co-regulation in relationships.
• As humans, we pick up on one another’s emotions and moods.
• With co-regulation when you stay calm when confronted with another’s heightened emotional state, eventually they will calm down too.
• Conversely, when you are in a heightened emotional state, you may also cause others to co-regulate with you, which is counterproductive.
• The reason we enjoy being around people who are calm and relaxed, is that it can help make us calm and relaxed too.
Ideas: Self-Care for Relational Health Practices

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Treat yourself kindly (supportive inner dialogue or self-talk)
- Feel proud of yourself
- Identify and seek out comforting, people and relationships

- Allow yourself to feel and express in healthy ways all emotions (all emotions are okay) and allow others to feel and express the range of emotions
- Find things that make you laugh
- Express your emotions in a healthy ways
- Play
- Avoid relationships that drain you if possible
Mindfulness and Relationships

Dr. Daniel Siegel
Reflecting on Relationships

• What rituals do you share with friends/family? How do these restore you?
• How do you balance your time among work, other responsibilities, and important connections?
• What connections enable you to reflect on the things going on in your life?
• What activities do you enjoy doing with friends/family? Are these activities part of your routing? If not, how could you them?
• How do you communicate with friends/family who area part of your daily life?
• Is there anything you would like to change? What would you like to stay the same?
Books


Apps

Stop, Breathe & Think

TED Talk

Thank You