SELF CARE for School Leaders: The SEL Connection

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Working Agreements

Share and learn from others

Listen to understand and make connections

Commit to returning to being fully present

Take time to reflect and apply
Mindful Moment

https://www.youtube.com/watch?v=fBMQFaU-HYk&t=12799s
We will cover:

What is Self-Care?

Importance of Self Care for the School Leader

Self Care Domains and SEL Connections

Mindfulness Game

Creating a Self-Care Action Plan
What is self-care?

• Self-care is intending, planning, and actually taking the time to attend to your basic physical, mental and emotional needs. It is the conscious rest which helps you recharge your batteries. It is the time when you can be present and enjoy life through simple pleasures. It is your ability to stop, smile inwardly and ask yourself: “How are you doing today? What do you need?”–and then attend to those needs with a big dose of kindness and love.

• Video Link:  http://www.youtube.com/watch?v=bHF5_yWxh1Q
How’s Your Self-Care?

www.youtube.com/watch?v=bHF5_yWxh1Q

Let’s take the Self-Care Assessment!

Readiness
Reflection
Recalibration
7 Domains of Self Care

- Safety and Security
- Emotional
- Physical
- Spiritually
- Intellectually
- Relationally
- Socially
Domain #1 Emotional Self-Care

Emotional self-care is doing what is necessary for identifying and nurturing your feelings, your conscious inner state, and your intellect.


Domain #2 Physical Self-Care

Physical self-care is doing what is necessary for your body’s health, welfare, maintenance, and protection.

Domain #3: Spiritual Self-Care

- A Spiritual Self-Care practice is any ritual that connects you to your true self.

Domain #4 Intellectual Self-Care

- Being curious, having a strong desire to learn
- Exercising our minds
- Being open-minded
- Developing new ideas and ways of thinking
- Problem-solving
- Learning how to be flexible and inclusive
- Exposure to new experiences
- Nurturing creativity

https://chopra.com/articles/10-spiritual-self-care-tips-you-need-to-know

https://essentialsOfCaregiving.com/intellectual-self-care/
Domain #5 Social Self-Care

Social Self-Care pertains to regular investments in relationships OUTSIDE of the immediate family. These relationships may provide emotional support, companionship, reciprocity, and problem solving.


Domain #6 Relational Self-Care

Pertains to the establishment, development, and strengthening of relationships with spouses, life partners, children, parents, and extended family.

https://rivierarecovery.com/relational-self-care/
Domain # 7 Safety and Security Self-Care

Involves being proactive about ensuring personal safety, understanding your finances and having health insurance.
Answer the following:

What are you currently doing?
What are somethings feel need to be done?
How are these activities +/- impacting the SEL competency?
Learning Outcomes:

- Engage in mindfulness practices
- Develop Self-Awareness
- Slow reaction times to reduce negative behaviors
- Foster Social-Emotional Growth
- Promote a positive group culture
Creating a Self Care Plan

IGNACIO’s Self Care Plan!

Mind
- Meditate
- Take lots of breaks
- Music
- Fun!
- Life-long learning

Body
- Tea
- Nourishing food
- Exercise
- Sleep eight hours

Spirit
- Meditate
- Human connections
- Self-reflection
- Fulfillment though using my awesome skills

Supportive People In My Life:
- Gretchen
- Mom
- Mi Viejo
- Alberto
- Lynne
- Caroline
- Reed
- Deborah

I want to accomplish:
- Peace
- Serenity
- Control
- Happiness
- Good work
- Be a good person
SELF-CARE ISN’T SELFISH...
SELF-CARE IS
PROFESSIONAL DEVELOPMENT.

HAPPY TEACHER REVOLUTION
What are you taking away?

Design a puzzle piece with...

- a key word
- a phrase
- an image

... that will remind you what you found most valuable about this session.

Share one optimism
RESOURCES WE’RE SHARING

Self-Care Assessment
Self Care and SEL Connection
Self Care Action Plan
THANK YOU!

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