Do Now

*Trauma-Informed Teaching in ECE: Part 3*

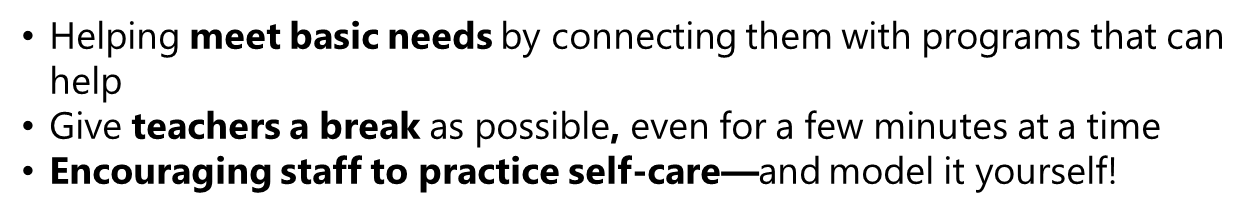
Think about your own experience in coping with the new realities that have come with the coronavirus pandemic.

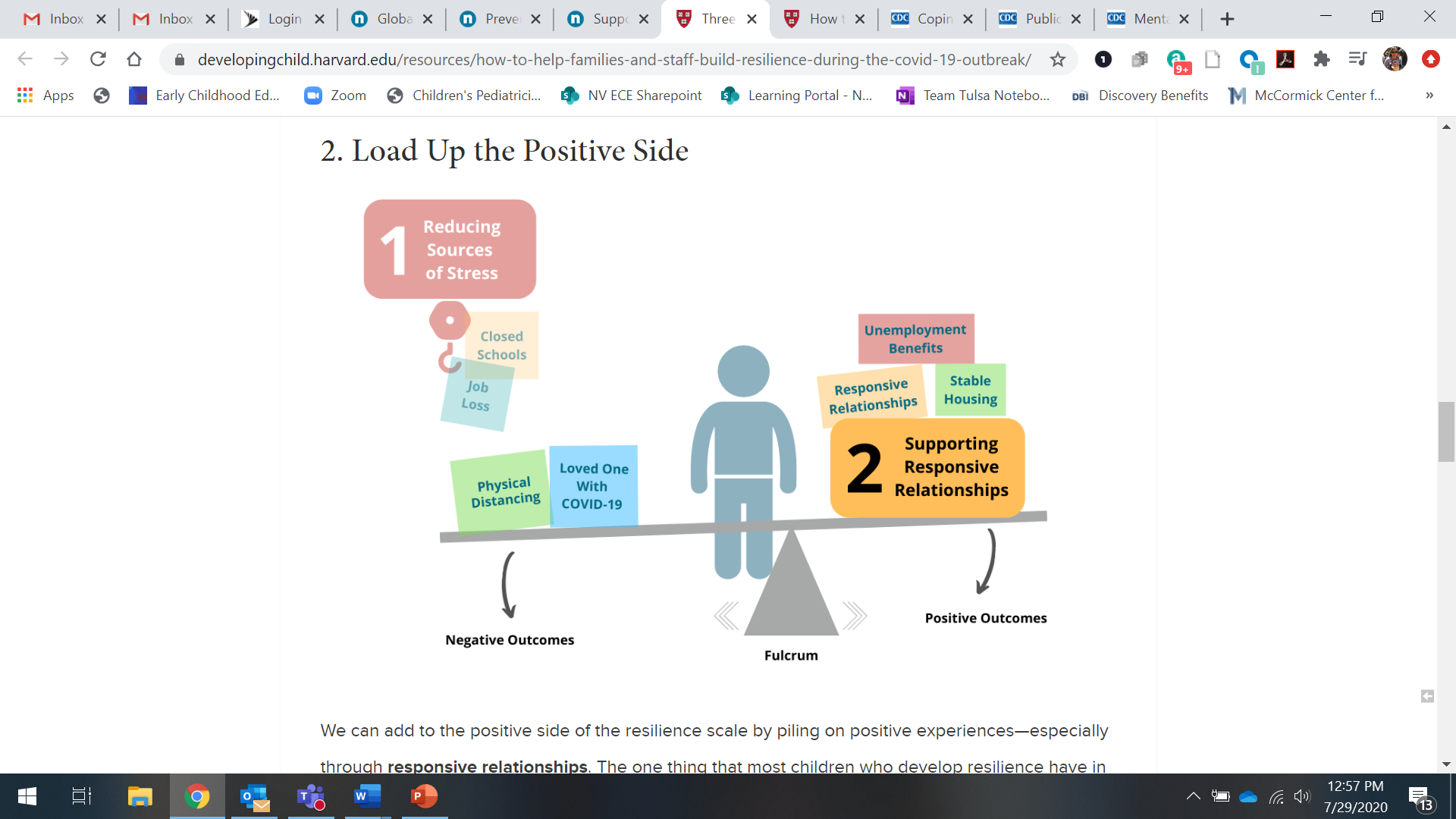
* What emotional and physical responses have you experienced in the past four months?
* How have you managed those responses? How have you relied on others to help you?

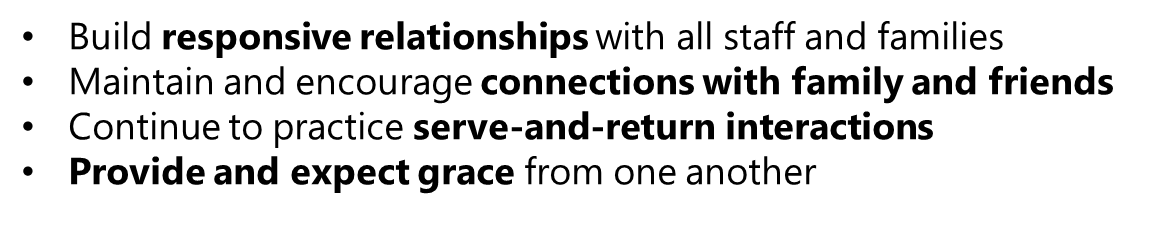
Managing Hardship in the Time of COVID

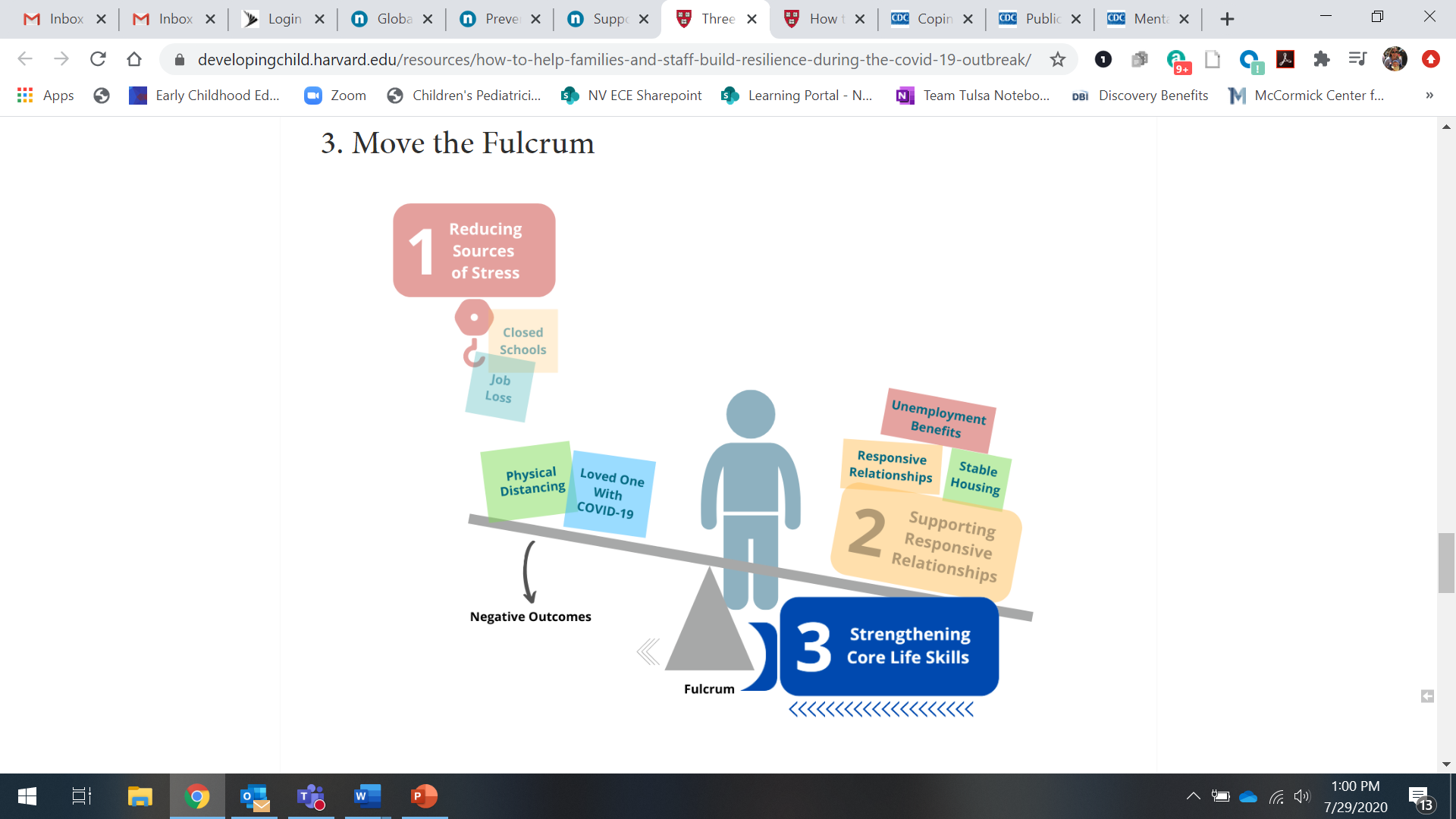
*Trauma-Informed Teaching in ECE: Part 3*

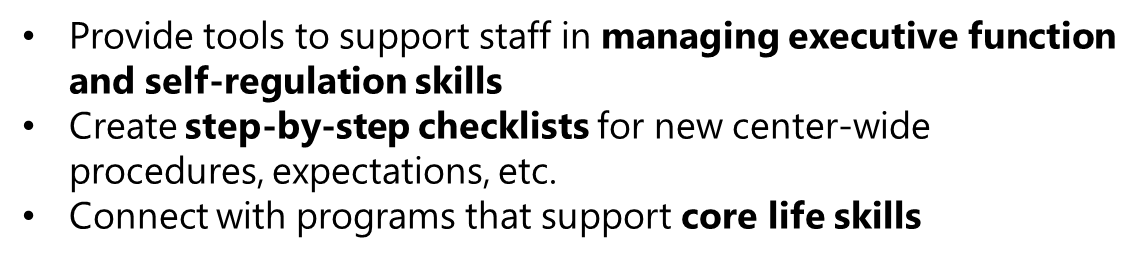












Reflection

*Trauma-Informed Teaching in ECE: Part 3*

How can you apply the three previous principles to support yourself and your colleagues in managing hardship?

Recognizing Common Symptoms of Stress

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**If you or your colleagues (or your families) are exhibiting some of the symptoms below, it may be an indicator of unhealthy levels of stress:**

* Feeling irritation, anger, or in denial
* Feeling uncertain, nervous, or anxious
* Lacking motivation
* Feeling tired, overwhelmed, or burned out
* Feeling sad or depressed
* Having trouble sleeping
* Having trouble concentrating
* Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
* Changes in appetite, energy, and activity levels

**Concrete Support Strategies:**

|  |  |
| --- | --- |
| **Social** | **Emotional** |
| * Cultivate and maintain **supportive relationships** with all staff members * Plan for safe, socially-distanced, **face-to-face time** * Support **managing personal and professional** needs * Find ways to **stay connected** to the community * Connect staff to **resources** | * Allow **safe places** to process emotions * **Air feelings** and talk through problems * Build in time for **breaks** * Develop a **professional support system** * Support **practicing mindfulness** across your school or center * **Give your staff (and yourself) grace** as you move through this complex time |

Planning to Support Yourself and Your Colleagues

*Trauma-Informed Teaching in ECE: Part 3*

|  |  |  |
| --- | --- | --- |
| **How can I….** | **For myself:** | **For my colleagues:** |
| 1. **Reduce sources of stress** |  |  |
| 1. **Provide positive experiences (i.e. through responsive relationships)** |  |  |
| 1. **Strengthen core life skills** |  |  |
| 1. **Support social well-being** |  |  |
| 1. **Support emotional well-being** |  |  |