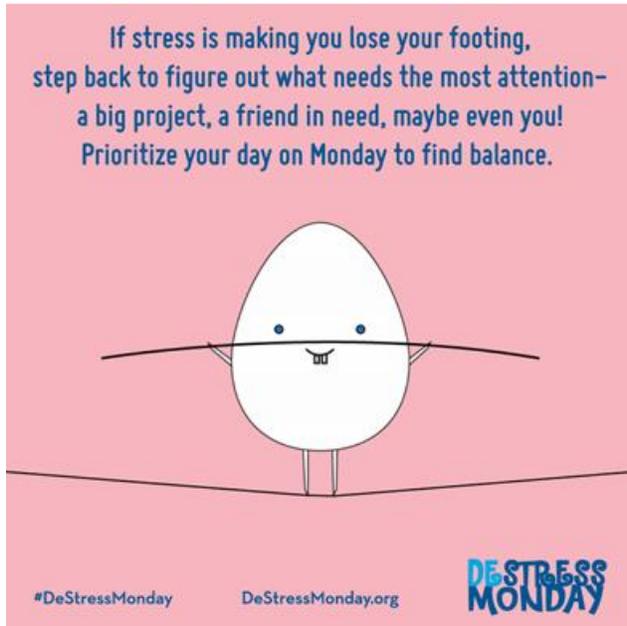


8 Ways to Support Students Who Experience Trauma

1. **Communicate with counselors or mental health clinicians.** Besides providing specific information about your students, these are great resources for more information about recognizing and understanding the impacts of trauma.
2. **Provide structure and consistency.** Write the agenda on the board. Use entry and exit routines. When a student knows what to expect, it can help her to feel safe.
3. **Ease transitions.** Give time warnings ahead of activity transitions (“3 minutes until we switch groups...”). Warn ahead of doing something unexpected, such as turning off the lights or making a loud sound. If possible, prepare students for fire drills.
4. **Provide choice.** People with trauma history experience a lack of control. Provide safe ways for students to exercise choice and control within an activity and within the environment (choice of seats, choice of book, etc).
5. **Develop strengths and interests.** Focus on an area of competence and encourage its development to contribute to positive self-concept.
6. **Be there.** A lot of working with students with trauma history is just showing up, every day, and accepting the student no matter what behaviors emerge. Be an adult in that student’s life who is going to accept him and believe in him, no matter what - children can never have too many supportive adults in their lives.
7. **Make an “out” plan.** Create a way for a student to take space if she feels triggered or overwhelmed during class. Designate a space in the school building or outside where you will know where to find her if she needs to take time for a sensory break or to regulate her emotions. You can also provide a box or kit of sensory calming tools a student can use (Silly Putty, coloring, puzzles).
8. **Take care of yourself.** One of the most important things to remember. If you work with even just one student who experienced trauma, you can experience vicarious trauma or compassion fatigue. Use your own support system and make time to do things that fill your tank.

<https://www.edutopia.org/discussion/8-ways-support-students-who-experience-trauma>



“Having a life” means spending your time being productive and social in the outside world. While it’s important to stay in the loop and earn a living, it’s equally important to take time for yourself. After all, you are the primary figure in your life.

The key to achieving balance in your life is acknowledging that things can and will change. **Balance is about** learning to roll with the punches, ride the waves, and manage situations as they arise without becoming stressed. If stress starts taking over, look internally to refocus and put things in perspective.

<https://www.mondaycampaigns.org/destress-monday/finding-balance>

Here are a few tips to finding balance:

Identify what is causing you stress. By isolating the root cause of stress, it may be easier to look at it objectively. From there, you can come up with a solution for clearing it out of your way.

Prioritize. It might be time to set some time aside to deal with it and put something else on the backburner. Consider what can wait and what truly needs your attention now. The goal is to do one thing at a time, then move on to the next thing.

Act. Now that you’ve figured out what you need to do and what can wait, don’t stall. Remind yourself that you have found the time you need to accomplish what you want. You’re the captain of this ship!

<https://www.mondaycampaigns.org/destress-monday/finding-balance>

Next Issue:

1. Will continue to provide self-care tips and techniques.
2. Continue Information on Trauma