

Mental Health & Behavior Support Services  
Newsletter Issue No. 8 July 2020

As we move closer to the start of a new school year, whether physically or virtually, it is important to continue to reflect on how as educators we can continue to support our students. The current pandemic has caused all of us to dramatically change the way we function around people, in our home, and in public. It is important to continue to practice self-care in order to be able to support the students who have also being impacted by the pandemic. Remember, it is important for YOU as an educator to engage in self-care.

## Trauma-Informed Strategies to Use in Your Classroom

### **Look beyond the behavior**

Research has shown that traumatic experiences alter the brain and can affect children socially, emotionally, behaviorally, and academically. Toxic levels of stress and anxiety shape behavior and may make kids appear angry, depressed, checked out, uncooperative, or distracted.

Rather than jumping to the conclusion that she's a problem, ask yourself, 'What happened to this child and why is she behaving this way?'

### **Build relationships**

You already know how important it is to have good relationships with your students. But for children who have been affected by trauma, strong connections are vital. Rich relationships with teachers help children form the foundations of resilience.

### **Create a safe environment**

You play a critical role in making your students feel welcome in your classroom. "Students have to feel secure and connected, both to adults and to peers, in order to learn," says [Susan Cole](#), director of the [Trauma and Learning Policy Initiative](#) in Boston.

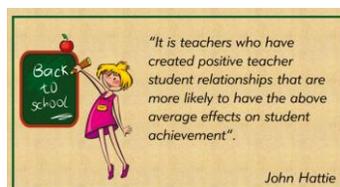
### **Meet students where they are**

To help a student experiencing trauma feel settled in the classroom, you might need to make special accommodations.

### **Be predictable**

Feeling out of control is one of the hallmarks of traumatic experiences, so adhering to a clear, predictable routine in your classroom provides students with a sense of stability.

<https://resilienteducator.com/classroom-resources/trauma-informed-strategies/>

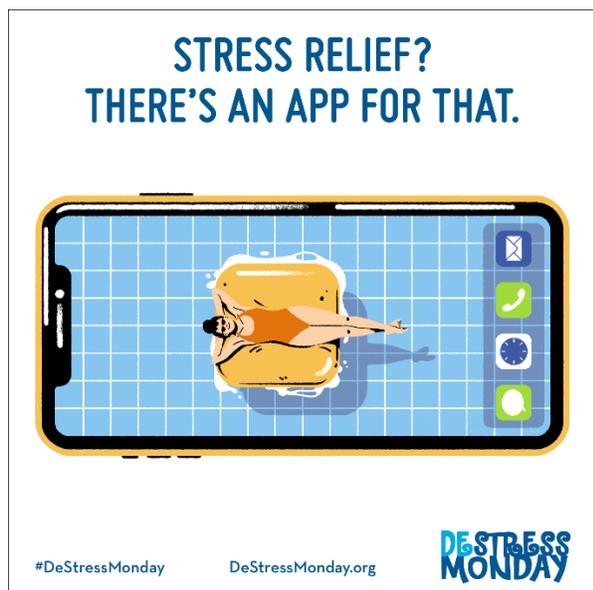


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Technology has come a long way in making our lives easier, including how we handle stress. These apps will help you get into the right mindset to accomplish your goals and focus on positive steps to improve your life.

It's important to have a tool that can be useful for stressful moments that can occur anywhere and anytime. With these apps, you can use different techniques to stay in a positive state of mind when you want to be productive or unwind on your down time.

<https://www.mondaycampaigns.org/destress-monday/apps-for-stress-relief>



**Next Issue:**

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

**Happify:** Learning about your stress – and conquering it – can be fun with Happify. Users follow “tracks” to fight anxiety and negativity, and daily quizzes make sure you stay consistent. The app employs research from psychologists and neuroscientists to give you the right tests for your situation.

**Sanvello:** Stress can come from anywhere — whether it's your job, a relationship, or your health — and each trigger requires a different tool. Sanvello tracks your mood throughout the day and offers calming tips, such as breathing and muscular relaxation exercises. If you feel stressed during the day, record it through audio exercises and revisit it to find a solution later on.

**Stop, Breathe & Think:** Stop, Breathe & Think helps users cope with stress by managing their breathing. The app offers a variety of exercises, and you can learn about the effects of stress on the body.

**Calm:** With Calm, you can choose which stress-relief solution will allow you to achieve your desired state of mind, whether it's improving your focus, increasing happiness, or developing gratitude. Podcasts play music, meditation sessions help you relax

Disclaimer: Application may require purchase to use in its totality.