

Putting on Our Oxygen Masks First

Chandra McPeters

CTA Equity and Justice Department



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How are You Feeling Today?



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Grounding Activity

- Sit upright with your feet planted firmly on the floor
- Close your eyes or fix your gaze on a specific item in the room
- Focus on your breathing
- Clear your mind so that you are present in this space
- Mentally list 3-5 things in your life that bring you joy

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Agenda/Guiding Questions

1. How might I practice effective personal self-care?
2. How will I use the resources provided to help mitigate stress for myself, family, and my students?
3. What are some tips and tools to further support my well-being?

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WORKING CONDITIONS

Truths
Data from Recent Survey



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It's a hard time to
be a educator

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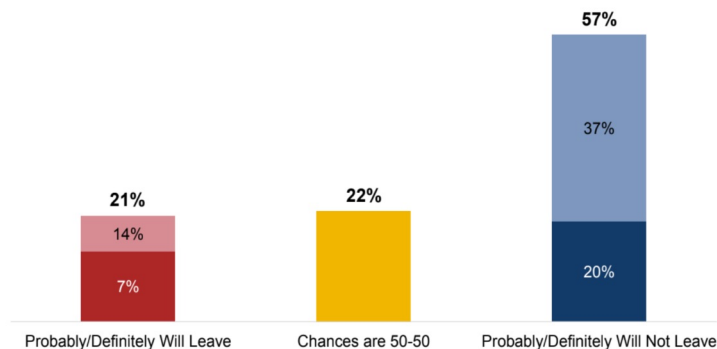
What We Know

- COVID caused challenges in our schools and affected the teaching and learning environment
- Stark realities showed up in distance learning opportunities and the use and distribution of technology
- Staffing shortages added undue stress for all educators
- Educators were scapegoated and blamed by parents and political entities for the shortcomings in the educational system

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One in five teachers expect to leave the profession within the next three years.

Realistically speaking, what are the chances you will leave the teaching profession within the next three years?



HART
RESEARCH

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TEACHERS
ASSOCIATION

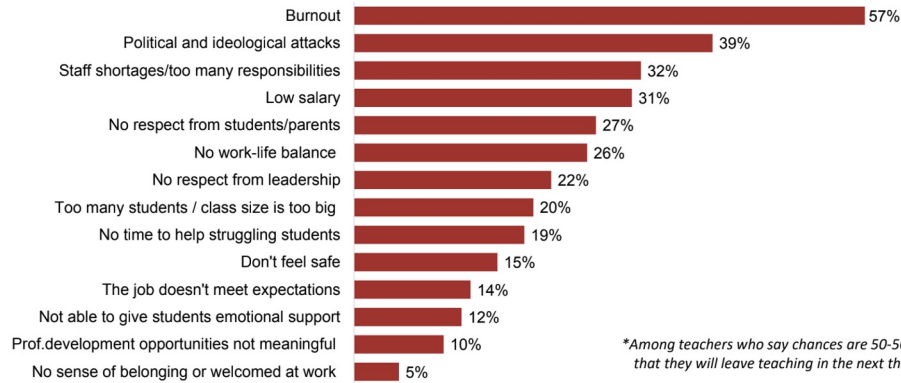
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CTA/UCLA Hart Research Study
[Study Link](#)

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Burnout is the top reason teachers might leave but political/ideological attacks are also a top factor for many.

*Top three reasons why teachers are considering leaving the profession.**



**Among teachers who say chances are 50-50 or greater that they will leave teaching in the next three years.*

HART RESEARCH

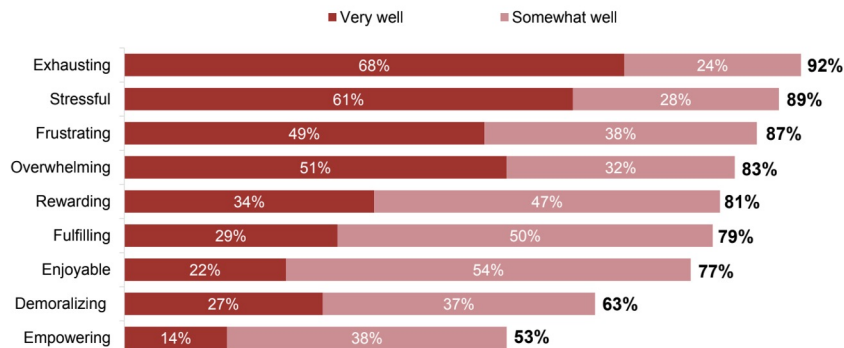
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Teachers express a range of emotions regarding their position, but exhaustion and stress are the most commonly felt.

% describes the work of teachers.



HART RESEARCH

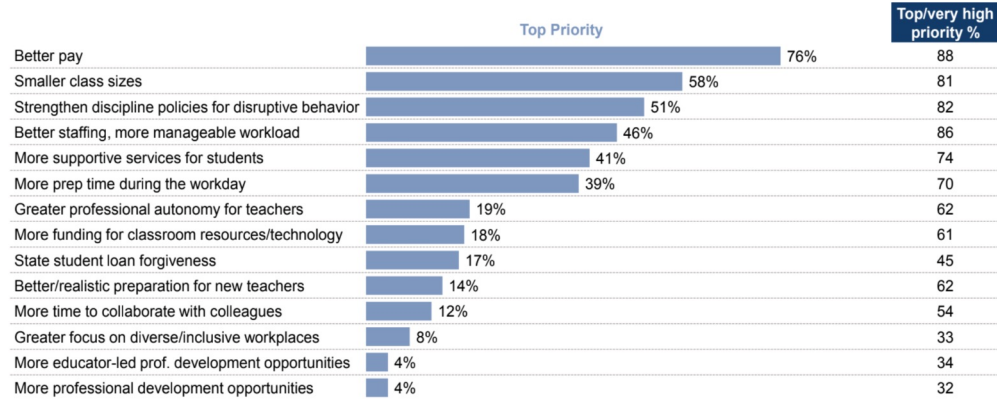
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Better pay, smaller class sizes, and enhanced discipline are the top changes teachers say would improve retention.

Top four changes that state and local officials should prioritize in order to improve teacher retention.



HART RESEARCH

Addressing pay and class sizes are top across tenure and race/ethnicity.

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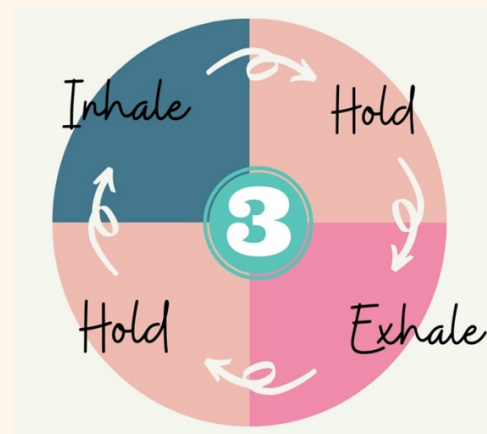
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CTA/UCLA Hart Research Study
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Box Breath Relaxation

- Triggers the relaxation response
- Restores your body into "rest and digest"
- Practice any time you're stressed out or anxious



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STRESS MANAGEMENT

Seeking to Understand
Taking care of yourself first
in order to help others



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Putting on Our Oxygen Mask First

- In case of an emergency, the airlines stress that passengers put on their oxygen masks first before they assist a child
- Likewise, educators need to put their oxygen masks on first in order to help support the mental well-being of their students, families, and colleagues

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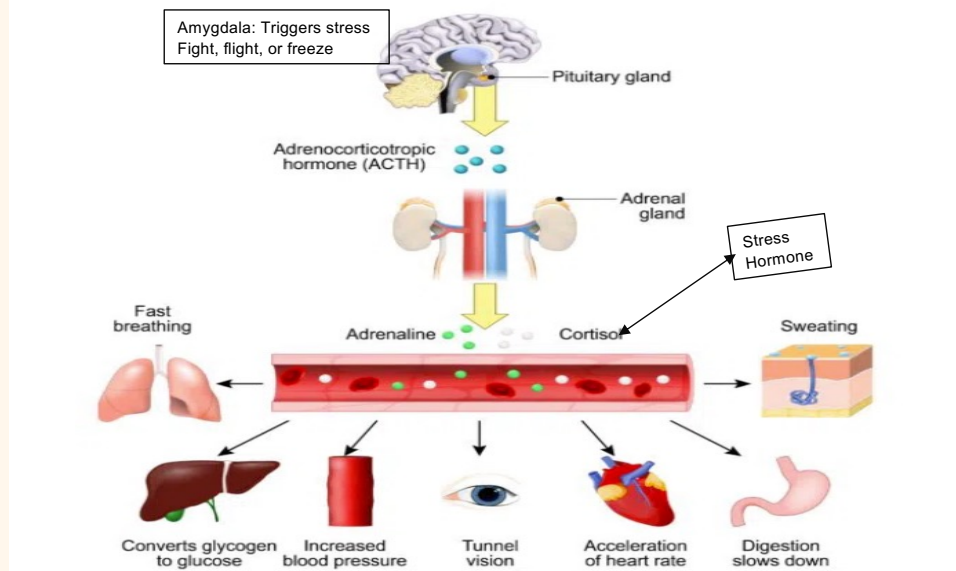
What is Stress?

- The most common definition of stress is, “physical, mental, or emotional strain or tension”
- Another definition of stress is, “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize”

Source: The American Institute of Stress: www.stress.org

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STRESS RESPONSE



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TYPES OF STRESS

- **Compassion Fatigue**
- **Burnout**
- **Chronic Stress**

Source: The American Institute of Stress: www.stress.org

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Compassion Fatigue

Compassion fatigue is a term that describes the physical, emotional, and psychological impact of helping others — often through experiences of stress or trauma. Compassion fatigue is often mistaken for burnout, which is a cumulative sense of fatigue or dissatisfaction.

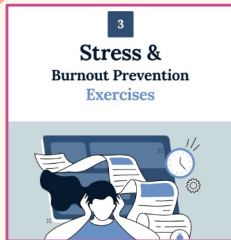
Signs of Compassion Fatigue

- Feelings of helplessness and powerlessness
- Feeling overwhelmed and exhausted by work demands
- Feeling detached, numb and emotionally disconnected
- Loss of interest in activities you used to enjoy
- Increased anxiety, sadness, anger and irritability
- Difficulty concentrating and making decisions
- Physical symptoms like headaches, nausea, upset stomach and dizziness
- Increased conflict in personal relationships
- Withdrawal and self-isolation
- An increase in substance use as a form of self-medication

[ABC's of
Compassion Fatigue](#)

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Burnout



[Burnout Exercises](#)



[Burned-in teacher podcast](#)

Burnout is a state of chronic stress that leads to physical and emotional exhaustion, cynicism and detachment, feelings of ineffectiveness and lack of accomplishment

- **Exhaustion:** Feeling physically and emotionally depleted
- **Isolation:** People with burnout tend to feel overwhelmed
- **Escape fantasies:** Dissatisfied with the never-ending demands of their jobs, people with burnout may fantasize about running away or going on a solo-vacation
- **Irritability:** Burnout can cause people to lose their cool with friends, co-workers, and family members more easily
- **Frequent illnesses:** Burnout, like other long-term stress, can lower your immune system, making you more susceptible to colds, the flu, and insomnia

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What is Chronic Stress?

Chronic stress is a consistent sense of feeling pressured and overwhelmed over a long period of time.

Impacts of Chronic Stress on Performance

- Attention
- Memory
- Emotional self-regulation
- Decision making
- Teamwork
- Relationships
- Social skills
- Learning & professional growth

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Lion's Breath

Lion's Breath alleviates stress, eliminates toxins, and stimulates your throat and upper chest.

- Inhale through your nose
- Open your mouth wide, stick out your tongue, and stretch it down toward your chin
- Exhale forcefully, carrying the breath across the root of your tongue
- While exhaling, make a “ha” sound that comes from deep within your abdomen



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What is Trauma?

1. Trauma is the emotional, psychological and physiological residue left over from heightened stress that accompanies experiences of threat, violence and life-changing events
2. Trauma typically has a significant and lasting effect on cognitive development, social-emotional development, and overall learning

Source - Making Space for Learning: Trauma-Informed Practice in Schools, 2010;
American Academy of Child and Adolescent Psychiatry

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How Might Trauma be Present in the Classroom?

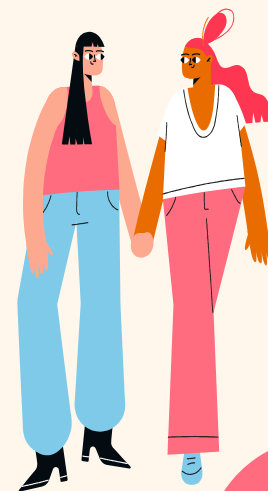
Fight	Flight	Freeze
<ul style="list-style-type: none"> • Acting out • Behaving aggressively • Acting silly • Exhibiting defiance • Being hyperactive • Arguing • Screaming/yelling 	<ul style="list-style-type: none"> • Withdrawing • Fleeing the classroom • Skipping class • Daydreaming • Seeming to sleep • Avoiding others • Hiding or wandering • Becoming disengaged 	<ul style="list-style-type: none"> • Exhibiting numbness • Refusing to participate • Refusing to get needs met • Giving a blank look • Feeling unable to move or act

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If Your Body Could Talk

What would your body say to you?

What would you say to your body?



(Adapted from Aguilar, 2018)

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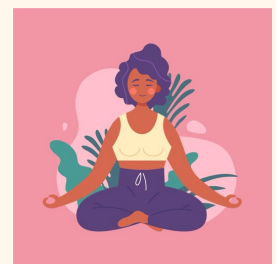
Remember to take care of yourself.
Sometimes you get so busy taking
care of others that you forget that
you are important too.



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Self Care is...

- Any activity that we do to take care of our mental, emotional, and physical health
- Something that refuels us, rather than take from us
- Means being patient with and kind to yourself
- Giving yourself permission to take care of you first
- Is not something that we force ourselves to do or don't enjoy doing



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Areas of Self Care

- Mental (Intellectual)
- Physical
- Emotional
- Social
- Spiritual
- Professional
- Financial
- Environmental

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What are You Doing to Take Care of Yourself?

Share with a neighbor



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Mindfulness



Being in the present moment with awareness and curiosity, non-judgmentally; being fully self-aware

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Mindfulness Strategies to Try

- Deep breathing
- Coloring
- Connect with nature
- Mindfulness 5-4-3-2-1 (5 things you can hear, 4 things you can see, 3 things you can touch, 2 things you can smell, and 1 thing you can taste)
- Recite positive affirmations
- Guided meditations
- Listen to music
- Sit and do nothing
- Practice self-compassion (speak kind words out loud to yourself)

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Help and Resources

CTA Resources

Financial Self-Care

<https://www.cta.org/for-educators/member-benefits>

Wellness Center

<https://www.cta.org/for-educators/wellness-center>

NEA Resources

[Articles & Resources](#)

Employee Assistance Program (EAP)

Receive help with problems and issues related to:

- Counseling
- Child/Eldercare
- Financial
- Parenting
- Legal Assistance
- Substance Abuse
- Grief and Loss
- Stress

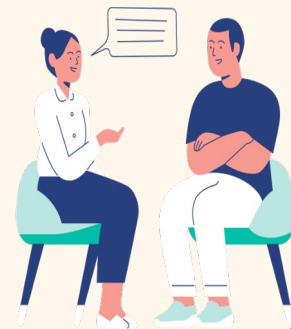
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Should you seek professional help?

Don't hesitate to seek professional help.

We care about our hearts, so why can't we care for our minds?

- Use your health plan
- Some districts have Employee Assistance Programs (EAP)
- Consult with your clergy to find spiritual relief
- Check community agencies for a free or reduced cost referral




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Calm App

Free Calm Subscription
The world's #1 app for mental health

Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.

To activate your subscription, click the link:
<https://www.ctamemberbenefits.org/calm>

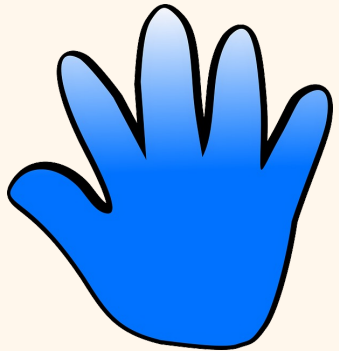


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Five Finger Breathing

The Five Finger Breathing technique is a stress reducer. Try it with your students. Have fun with it!

- Have them raise their hands like they are going to high 5
- Then ask them to spread their fingers like a starfish
- Starting with the palm of the hand near the thumb, slowly inhale to the top of the fingertip. Then exhale down the inside of the finger
- Repeat on each finger until they have gone through all the fingers



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How are You Feeling Now?



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Thank
you

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