

CMIT SOUTH ES Parent University



Homeschool Day 1:
HOW DO I GET A KID
TRANSFERRED OUT
OF MY CLASS?

When the coronavirus has
parents teaching math and
their child says "That's not
how my teacher shows us."



It's Okay


- * To not know how to homeschool your own child
- * To not know how to work from home
- * To give kids more screen time than usual
- * To make a colorful daily schedule or just wing it
- * To not magically feel motivated to work out of home or take on a new hobby
- * To not feel okay

This is not normal for any of us.
Please be kind to yourself.



Self Care

Presented by: Ms.Chandler
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What is stress?

The feeling of being overwhelmed or unable to cope with emotional or mental pressure. It is your body's natural response to intense or adverse situations

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“According to the latest research, the average human body is 20% water and 80% stress.”

Recognizing/Identifying Stress

---Body, Mood & Behavior

- Changes in sleep
- Changes in eating habits
- Difficulty concentrating
- Lashing out
- Burnout
- Acne
- Worsening of chronic health problems
- Increased use of alcohol/tobacco etc
- Headaches
- Muscle tension or jaw clenching



What do we do about it?

Stress Management
catering to our individuals needs (self-care)



Dimensions of Self Care

PHYSICAL

- Exercise
- Sleep
- Nutrition
- Grooming
- Health (doctors visit)

EMOTIONAL

- Intimacy
- Allowing yourself to cry/scream
- Mental health (seeing a therapist)

PSYCHOLOGICAL

- Setting clear boundaries
- Positive self talk
- Journaling
- Emotional Regulation

SPIRITUAL

- Meditation
- Prayer
- Reflection
- Time with Nature

RELATIONSHIPS/SOCIAL

- Spending time with people you enjoy
- Peer support group

WORKPLACE

- Take a break
- Clear time for work and after work hours
- Don't answer that email
- Set Limits

Self Care Assessment

The self care assessment is used to identify your self care needs by bringing awareness to the dimensions of your life that needs more attention.

Self Care Plan

The self care plan is use to organize and improve self care activities as a reflection of your self care assessment. The goal is to follow your self care plan to reduce stress and anxiety.

Remember...

-YOU CANNOT POUR FROM AN EMPTY
CUP

