

# CMIT SOUTH ES Parent University

HOW DO I GET A HID TRANSFERRED OUT OF MY CLASS? When the coronavirus has parents teaching math and their child says "That's not how my teacher shows us."



## Us Okay

\* To not know how to homeschool your own child \* To not know how to work from home

\* 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 magazily feel motivated to work out at

home or take on a new holidy.
\* To not feel okay.

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





# Self Care

Presented by: Ms.Chandler April 14th 2021

### What is stress?

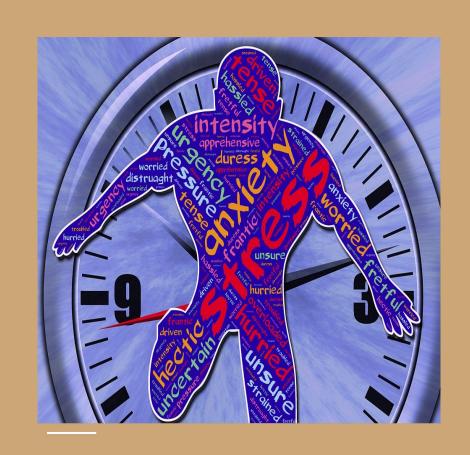
The feeling of being overwhelmed or unable to cope with emotional or mental pressure. It is your body's natural response to intense or adverse situations



"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

#### <u>SPIRITUAL</u>

- -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

