

WELLNESS WEBINAR SERIES #2: HERD IMMUNITY: EXPLORING COLLECTIVE CARE



WELLNESS WEBINAR SERIES

Wellness Webinar #3: SBHCs Supporting Wellness Virtually

Thursday, November 5th, Noon- 1:00 PM

Wellness Webinar #4: Stress Reduction Yoga Class

Tuesday, November 17th, 11am- 12:00 PM

Thank you to Anthem Blue Cross for supporting this series

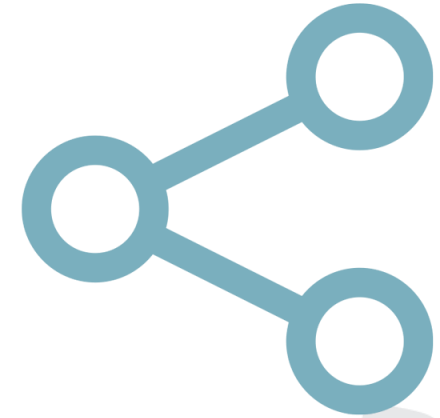


For audio, dial
(415) 655-0003

Access code
667 697 647



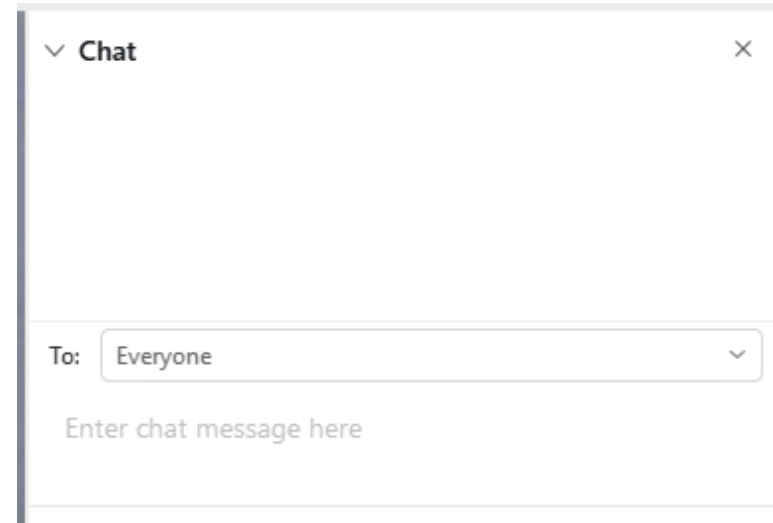
The webinar is
being recorded



Supporting
materials will be
shared

To chat with Participants,
please click the chat bubble,
on the bottom right.

Please ensure in your chat box
you have selected Everyone in
the drop-down menu.

A screenshot of a chat window. At the top left is a dropdown arrow and the word "Chat". At the top right is a close button (X). Below this is a large empty space for chat messages. Further down is a "To:" label followed by a dropdown menu showing "Everyone" with a small downward arrow to its right. Below the dropdown is a text input field with the placeholder text "Enter chat message here".

▼ Chat

To: Everyone ▼

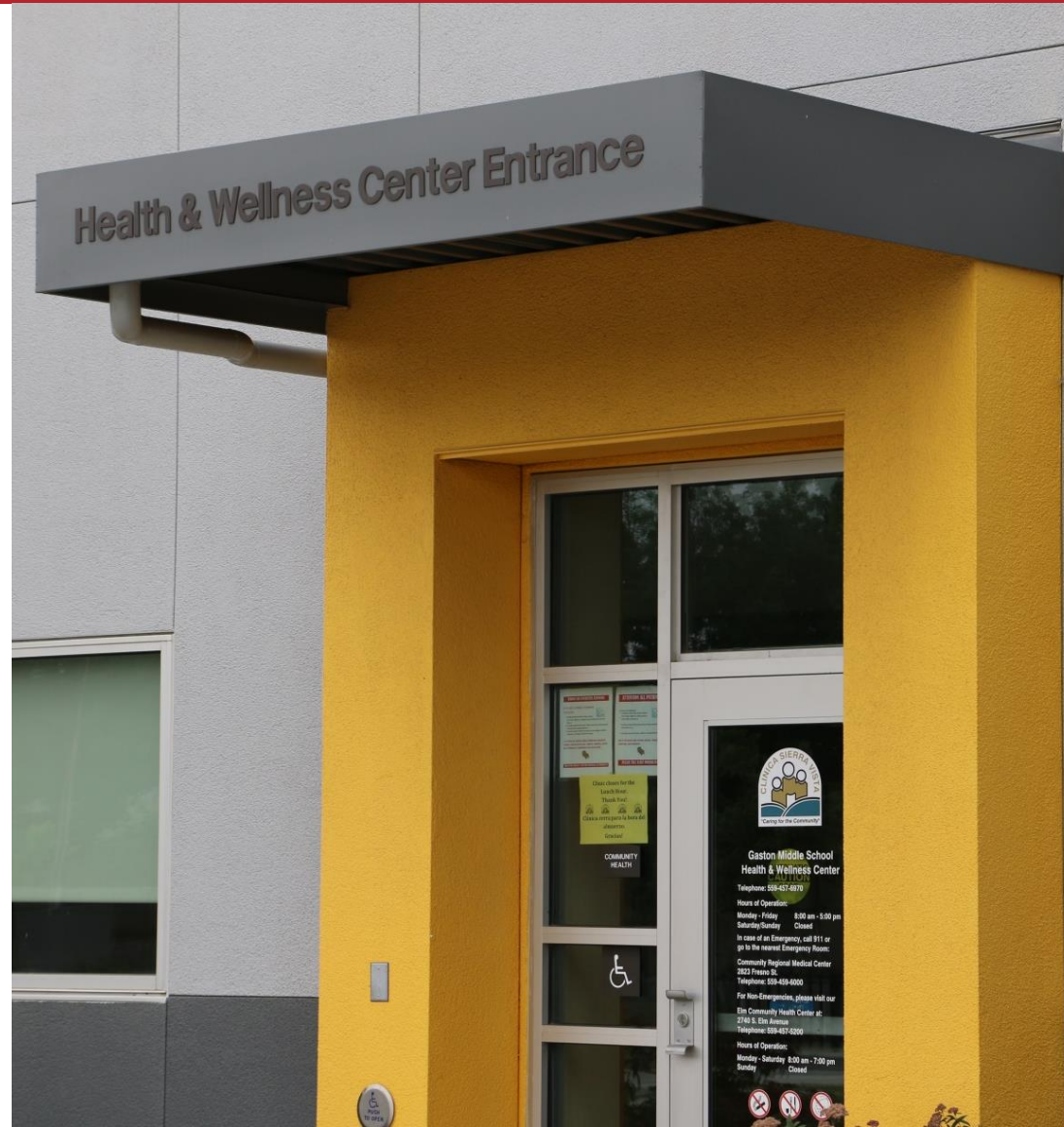
Enter chat message here

Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

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Presenter

Kelly Knoche (she/her), R-YT

Founder and Executive Director of the
Teaching Well



Moderator

Jessica Dyer (she/her), LCSW, SEP

Behavioral Health Project Director,
California School-Based Health Alliance



Herd Immunity: Exploring Collective Care



This interactive session will explore practices for developing social & emotional "herd immunity" as a way to build community during the unique experience of COVID-19. Wear clothes you can gently move in and a pad of paper and markers (if you can!).

Facilitated by Jess Dyer and Kelly Knoche
October 21st, 2020



The Teaching Well is a non-profit educator wellness organization started by teachers. We believe that the health and well-being of educators makes a critical difference in school culture, teacher retention, and the lives of students.

Healthy People Heal Systems



Source: Teaching Well's Theory of Action Pyramid

Healthy Systems Heal People

AGREEMENTS

Body Liberatory

* Turn off the camera
if you need to MOVE *



AGREEMENTS

Open to



Learning

[And respect your Zone of Proximal Development]



AGREEMENTS



ASK for what you
NEED

{ And be willing to
offer your
EXPERTISE }



Observe

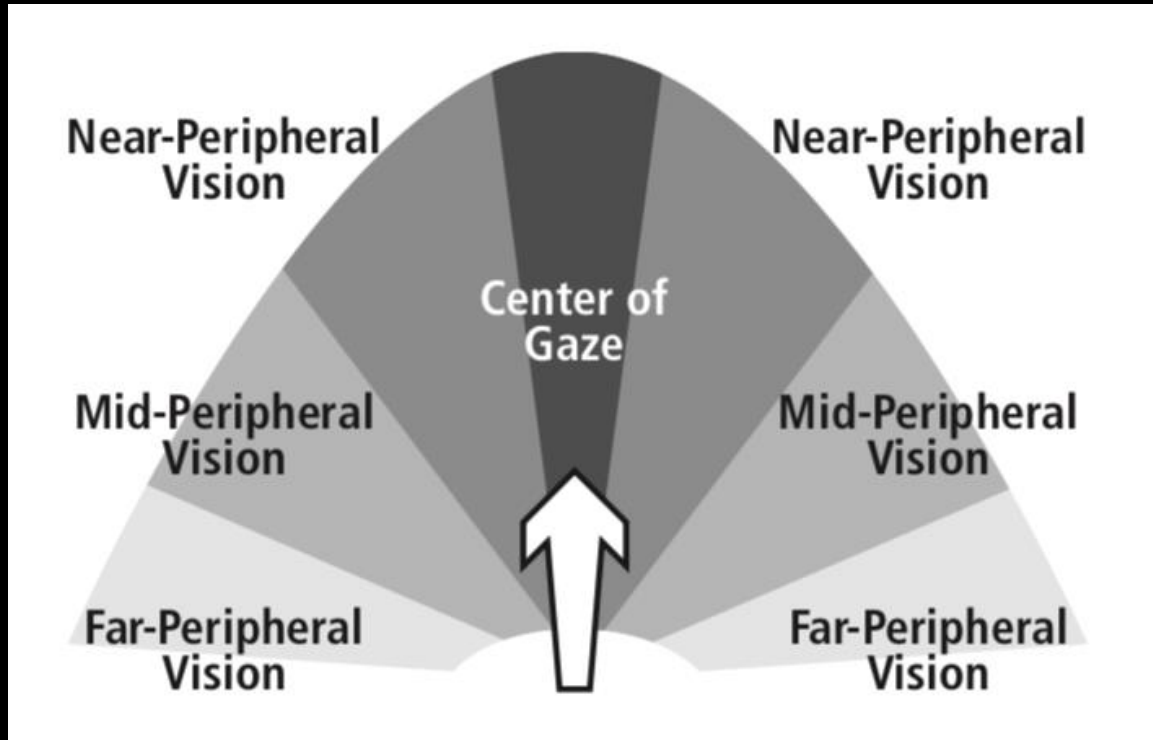
the **WHOLE SPECTRUM** of what life offers.

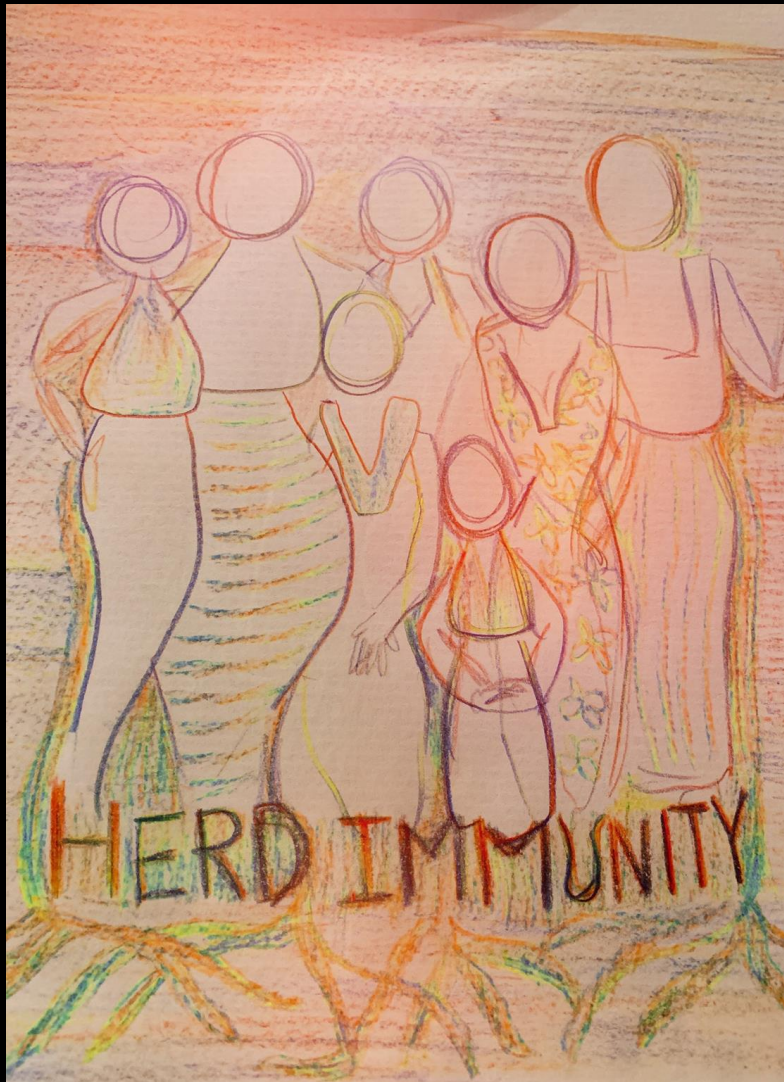
body

mind

emotions

Mindfulness Practice: Peripheral Vision





Collective Care

Gratitude
big & small

Reverence
ancestors · nature · future

Tending
people · places · things

Gifts
skills · truth
listening



Collective Care

All that is needed
when...

is in
"Right Relationship"

Society
WITHIN
AND
WITHOUT



Self
Care

is a

society

Necessary Distinction

when...



is built
to always ask for

MORE



What does collective care mean for you?

What aspect of the collective care cycle do you wish to add more of in your life?



**Listen and
Connect to your
Body**

**Draw
Stretch
Dance
Breathe**



PAUSE



Use silence
as a tool to
process.

— Reflect on tone, pace
and body language

— Connect to your
BREATH.

What do you feel in your body?

What is this person asking for?

ACKNOWLEDGE .



What's being
said?

— Repeat Key Phrases
ask for clarity

Context

— Race
— Positionality
— Past Experiences

Validate. Honor. Appreciate

CONNECT

Based on ...

Past Experiences

Appreciation

Language

[Differentiation]

Using ...

Eye Contact

Tone of Voice

Body Language

RESPOND with...

① Clarity

- * timeline
- * Direct Response

② Options

- * Increase Agency
- * Network of Support

③ COMPASSION

Take a moment to free
write

What was a time where you
used one of these tools?

When was a moment where
one of these tools may have
reduce harm in a conflict?

PAUSE

ACKNOWLEDGE

CONNECT

RESPOND



Observe

the WHOLE SPECTRUM of what life offers.

body

mind

emotions

Build Care into your System.

Commitments...

- Less is more
- Willingness to Change
- Differentiated Engagement
 - 1-1 Sharing
 - Chat Box
 - Video/Image Heavy Presentations

Build Care into your System.

Opening Moves...

- Connect to the Body
- Honor Collective Context
- Space to share personal context
- Share intention and goals

Closing Moves...

- Connect to the Body
- Honor Collective Context
- Space to share personal Gratitude
- Reflect on intention and goals

Build Care into your System.

Activities to connect...

- 1-1 Walks
- Mirror Movement
- Breathe together
- Norm silence
- Use body breaks
- Intentional Doodling
- Free Writes
- Active Discussion

Build Care into your System.

Opening and Closing Moves...

- Connect to the Body
- Space to share context
- Share/Reflect intention and goals

Activities to connect...

- 1-1 Walks
- Mirror Movement
- Breathe together
- Norm silence or body breaks
- Intentional Doodling
- Free Writes

Commitments...

- Less is more
- Willingness to Change
- Differentiated Engagement
 - 1-1 Sharing
 - Chat Box
 - Video/Image Heavy Presentations



Thank you for participating today!

Closing Survey

Want to learn more or bring this work back to your staff?

Offering sessions from 90 minutes - 3 hours building on this content for your staff!

Stress Resilience

Connected Communication

From Trauma to Transformation

Systems of Communication during Uncertainty

Thanks for Joining Us!



Tap the well within.



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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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