# SHELTER IN GRACE: SUPPORTING STAFF WELLNESS GUIDE



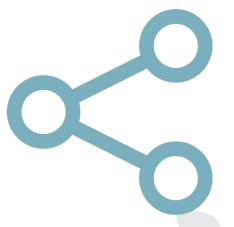


For audio, dial (415) 655-0003

Access code 667 697 647



The webinar is being recorded



Supporting materials will be shared





Presenter Lance McGee

Trauma Informed Wellness Consultant



Moderator
Jessica Dyer, LCSW, SEP

Behavioral Health Project Director, California School-Based Health Alliance





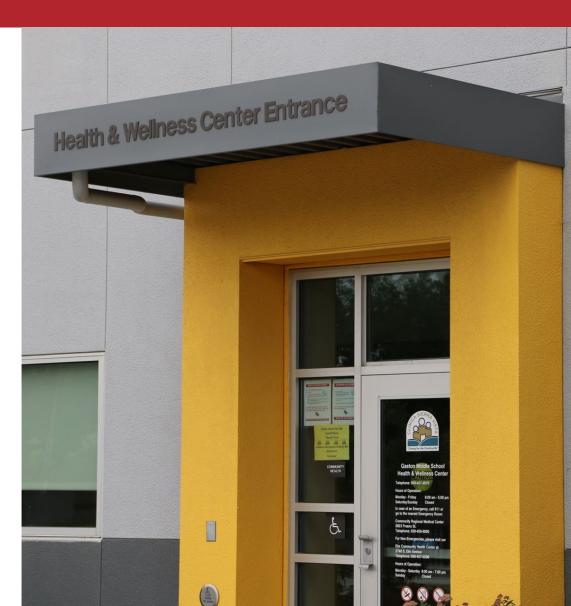
# **Putting Health Care in Schools**

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.

Learn more:

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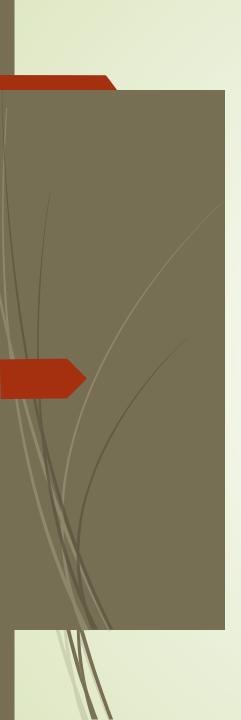
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#### Shelter In Grace

A Staff Wellness Guide to Support Well-Being

#### **Guided by Lance McGee**

M.A., Counseling Psychology / Drama Therapy

Mindfulness and Trauma-Informed Wellness Consultant

# Grateful!



#### Overview



Planning A Wellness Activity



Staff Meeting check-Ins



Daily Mindful Meditation Moment



Zoom Boom Fatigue



Brain Breaks Activities



Stay Fit Stretches & Exercises



Move My Mood Music



#### What is the Staff Wellness Guide?

This Staff Wellness Guide is a road map to supporting virtual and inperson staff meetings with staff or students, utilizing tangible self-care activities to help reset and recharge everyone's health and wellbeing.

#### What is Shelter In Grace?

Shelter in Grace is the vision of our current Shelter-in-Place situation, reframed to acknowledge and include positivity. Undesirable experiences and attitudes are re-imagined, cultivated in the mindset of gratitude, and expanded in grace and well-being for an outlook that is healthier for mind, body, and spirit.

#### Stay Fit & Get Lit



Mindful Meditation Moment



Brief Check-in



Chair Stretches



Low-Impact Cardio



Move My Mood

#### **Mental Health**

- According to the World Health Organization, mental health is a state of well-being in which an individual realizes his/her/their own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to their community.
- Mental health includes our emotional, psychological, and social well-being.
- Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
- Work can have a huge impact on mental health it can promote wellbeing or alternatively it can trigger problems.



US cases of depression have tripled during the COVID-19 pandemic

**MEDICAL NEWS TODAY** 

Planning A Wellness Activity



One-to-two Co-leaders Plan Activity (directors/managers)



Consider Inviting
Staff Member to
Lead Activity

- Expressing &Valuing Self-care
- Ensuring a sense of belonging with staff



Music to Energize Mood

- Welcome Music (Calm, up-tempo or easy listening)
- Staff to share their inspiring music

#### Planning A Wellness Activity

#### Option # 1:

Stay Fit & Get Lit (15 minutes)

#### Option # 4:

Dance Out Loud (2 - 3 minutes)

#### Option # 2:

The Recharger (8 minutes)

#### Option # 5

Brain Break (1 minute)

#### Option # 3:

Take 5 (5 minutes)

#### Option # 6:

Mindful Meditation (4 minutes)



#### Pre-Meeting Welcome Music

- "Human beings are wired to connect...social behavior is a critical part of our adaptive toolkit."
  - Michael Platt, Ph.D., Biological Anthropologist
- "Music is a powerful stimulus for evoking and modulating emotions as well as moods..."
  - European Heart Journal
  - Plan music ahead
  - Calming Music (background)
  - Meet & Greet (Chat in)
  - Ease into the Meeting

## Staff Meeting Check-Ins

Establish What Your Check-Ins Will Look Like

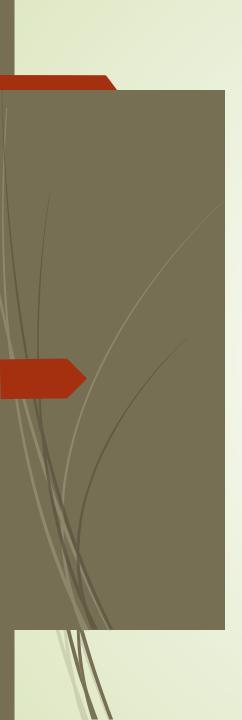
The value of a self-care check-in

Set the time for check-in (15 - 30 secs) Invite staff to check-in, one at a time

For large virtual meetings, invite staff to meet in small virtual breakout rooms.

Or: Use the guiding check-in questions from the Wellness Guide

Provide a silent moment to journal for self-reflection



#### **Guiding Question for Check-Ins:**

Choose one check-in question below or consider letting your staff choose one that they would like to check-in with.

#### **Examples:**

- Did I start my day with my self-care plan?
- What positive and affirming morning ritual did I start with?
- What kinds of new things am I learning to create?
- What exercise did I do today?
- What am I grateful for in my life?
- What breaks did I give myself from my workday?
- What nutritional foods am I eating to boost my immune system?

#### Guiding Question for Small Groups

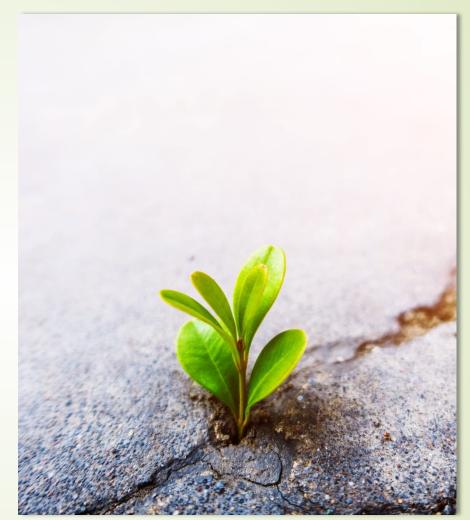


- How do you feel about how you're currently doing your self-care practices?
- What areas of self-care are you doing well in?
- What areas can you improve?

#### Mindfulness

"Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present, and at one with those around you and with what you are doing. We bring our body and mind into harmony while we wash the dishes, drive the car, or take our morning shower."

— Thich Nhat Hanh



#### **Mindful Meditation Moments**

Workweek Daily Meditations to Start the Meetings



#### The 4 Components:

#### **Mindful Meditation Moment**



- Mindful Sit & Breathing
- Self-Care Visualization
- Grace & Gratitude
- Closing Meditation

# The Guiding Meditation: "Mindful Monday" Meditation

Moment

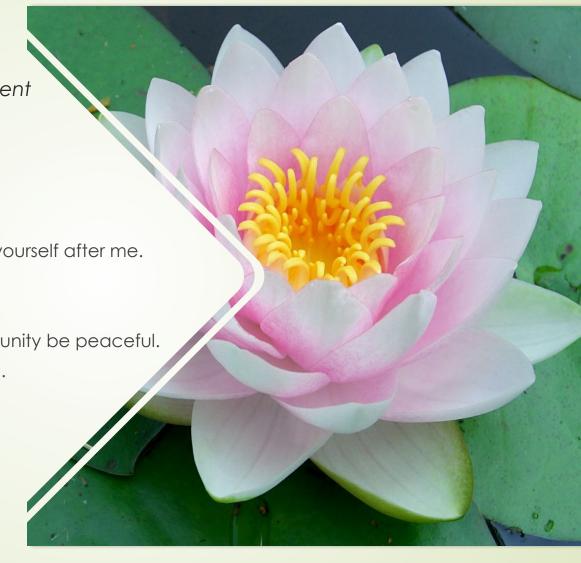
- Welcome to our Mindful Monday **Meditation Moment**
- Sit Comfortably, Relax Shoulders & Face
  - Breathe In & Breathe Out
  - Wandering Mind (say "Thinking")
    - Self-Care Visualization





Mindful Monday Meditation Moment (Continued)

- Grace & Gratitude
  - What are you grateful for?
- Closing Meditation:
  - I'm now inviting you to repeat to yourself after me.
  - May I be peaceful.
  - May my colleagues be peaceful.
  - May my family, friends and community be peaceful.
  - May the whole world be peaceful.
  - Thank you and open your eyes.



# Zoom Boom Fatigue

"According to a recent United Healthcare Report, 13+ hours are spent on screens per day since COVID-19 ..."

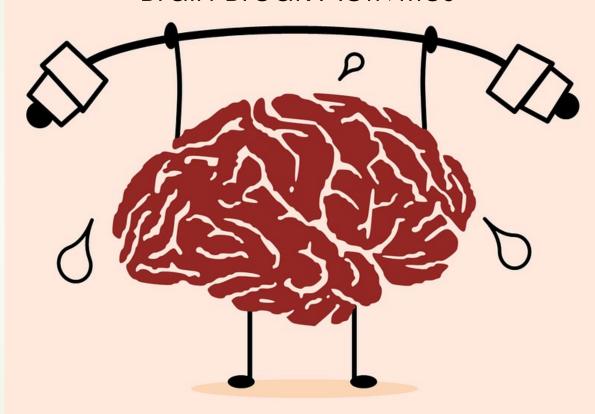
— United Healthcare

- Unknown Future
- Computer/Internet Working Properly
- Sustained Periods of Imposed Isolation
- Isolated Connection
- Rows of Disembodied Heads & Seeing Yourself
- Mental Weariness & Social Cues
- Facial Expressions (non-verbal communications)
- Body Language or Making Eye Connection
- Frozen Mid-conversation, Voice Interruptions & Disappearing Image
- Anticipating When to Talk
- Brain Strain
- Online Workspace (not the bedroom)

Brain break activities can help reset the attention-span clock, reenergize and refocus from spending too much time in long virtual telecommuting meetings.

- Marker Flip Toss
- Hand Wipes
- Finger-Thumb
- The Nose Knows
- Rub-a-Dub

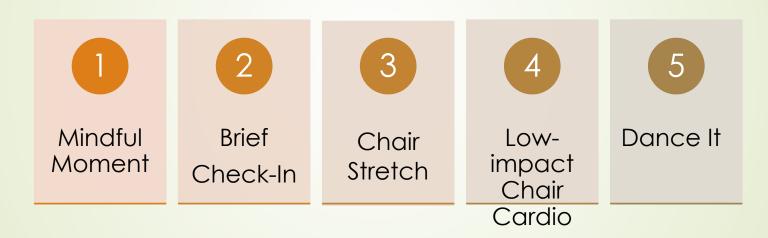
#### **Brain Break Activities**





#### Virtual Stay Fit and Get Lit!

Promotes health and well-being for your staff and models how much you value everyone's wellness.



Plan in any order to fit your meeting



#### **Stay-Fit** Activities

Head & Neck Warm-Ups

Shoulder Rolls

Arm Stretches

Wrist Stretches

Chair Leg Lifts and Stomach Conditioning

Chair Reach Side-leans

March in Place

Standing Quad/Hip Flexor Stretch



#### Move My Mood Music

"The brain responds to music it enjoys with a powerful adrenaline, dopamine, and endorphin rush, all of which energize effort and alleviate pain. For this reason, musicologists describe music as ergogenic, or workenhancing."

— Kelly McGonigal, PhD.

Author of The Joy of

Movement



# Move My Mood Music Examples



### Suggested Welcome Music Selections:

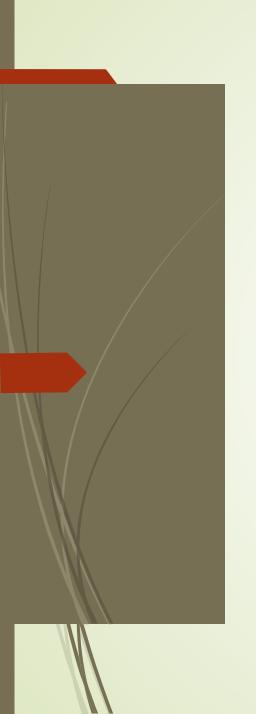
- Carmel by Joe Sample
- Giant Steps by John Coltrane
- I Can See Clearly Now by Jimmy Cliff
- Let It Flow by Grover Washington Jr.
- Caribe by Spyro Gyra
- Golden by Jill Scott

# Move My Mood Music Examples

#### Suggested Exercise Music Selections:

- Good Feeling by Flo Rida
- I Got You (I Feel Good) by James Brown
- Three Little Birds by Bob Marley
- 1'm Still Standing by Elton John
- Shotgun by Jr. Walker & The All Stars
- Shake Your Body by The Jacksons





#### **Shelter In Grace**

I want to hear from you!







Let's Check In Q & A

Comments



# Mank

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M.A., Counseling Psychology / Drama Therapy
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Consultant

Contact: lancedmcgee63@gmail.com

# STAY CONNECTED



schoolhealthcenters.org



info@schoolhealthcenters.



schoolhealthcenters



sbh4ca



sbh4ca





Jessica Dyer, LCSW jdyer@schoolhealthcenters.org

Lance McGee, MA
lancedmcgee63@gmail.com