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.
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: schoolhealthcenters.org
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- Tools & resources
- Technical assistance

Sign up today: bit.ly/CSHAmembership
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
Agreements

Body Liberatory

Turn off the camera if you need to move.

Go for it

Drink

EAT

STRETCH
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
HERD IMMUNITY
Collective Care

Gratitude
- big & small

Reverence
- ancestors, nature, future

Tending
- people, places, things

Gifts
- skills, truth, listening

THE TEACHING WELL
Collective Care

All that is needed when... society is in "Right Relationship" within and without.
Self Care is a Necessary Distinction when society 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

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?
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
May I be.

In the harsh edges of tumult.

Beauty

Fashioned from difficulty.
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.