



PREPARING STUDENTS TO SERVE OTHERS: INTEGRATING SELF-CARE INTO THE CURRICULUM

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Welcome

Care for every Human in the room

- **TRAUMA:** abandonment, significant lack of food/shelter/comfort, physical violence *particularly by people who should care for us*, war, oppression, exclusion
- **trauma:** rejection, lost relationship, lost lifestyle/livelihood, fear
- **Secondary Trauma:** relationship with people who carry trauma

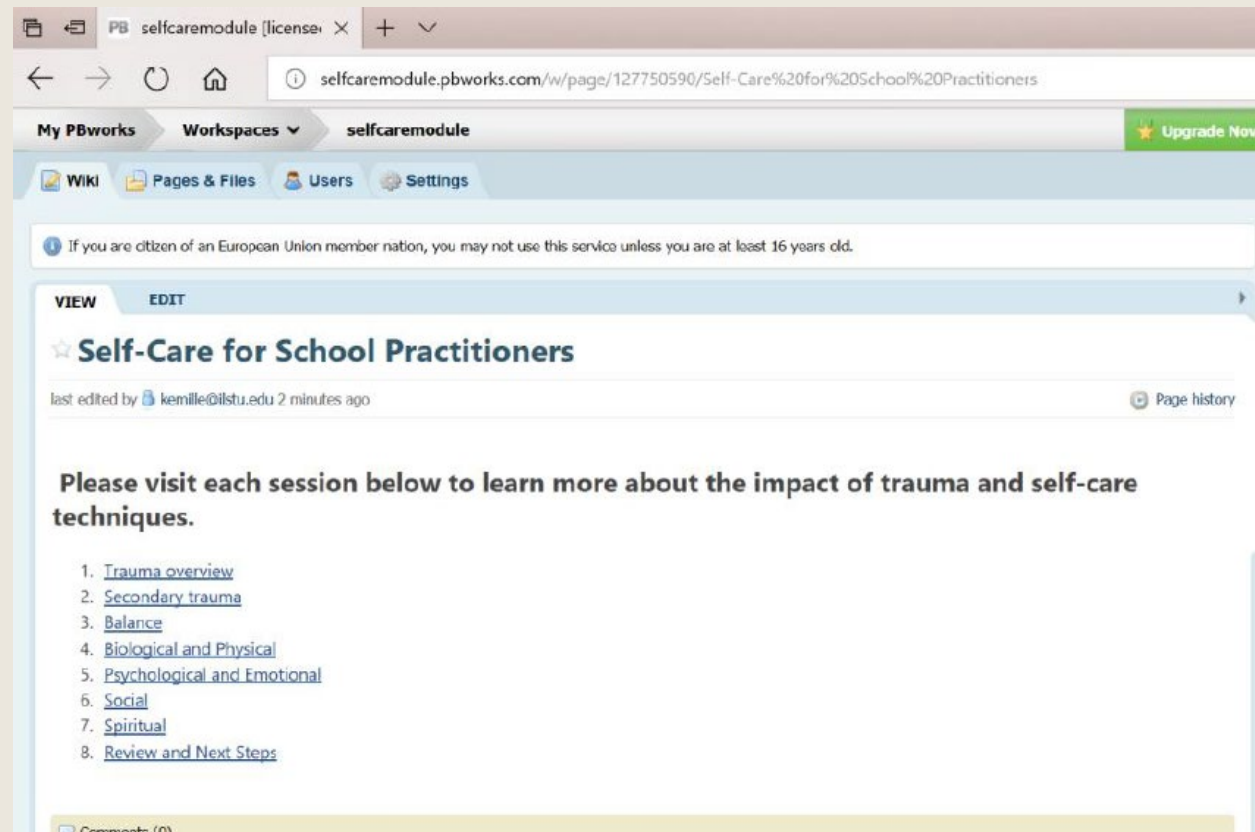




**Intersection of I94 & I55:
A trauma & resilience story**



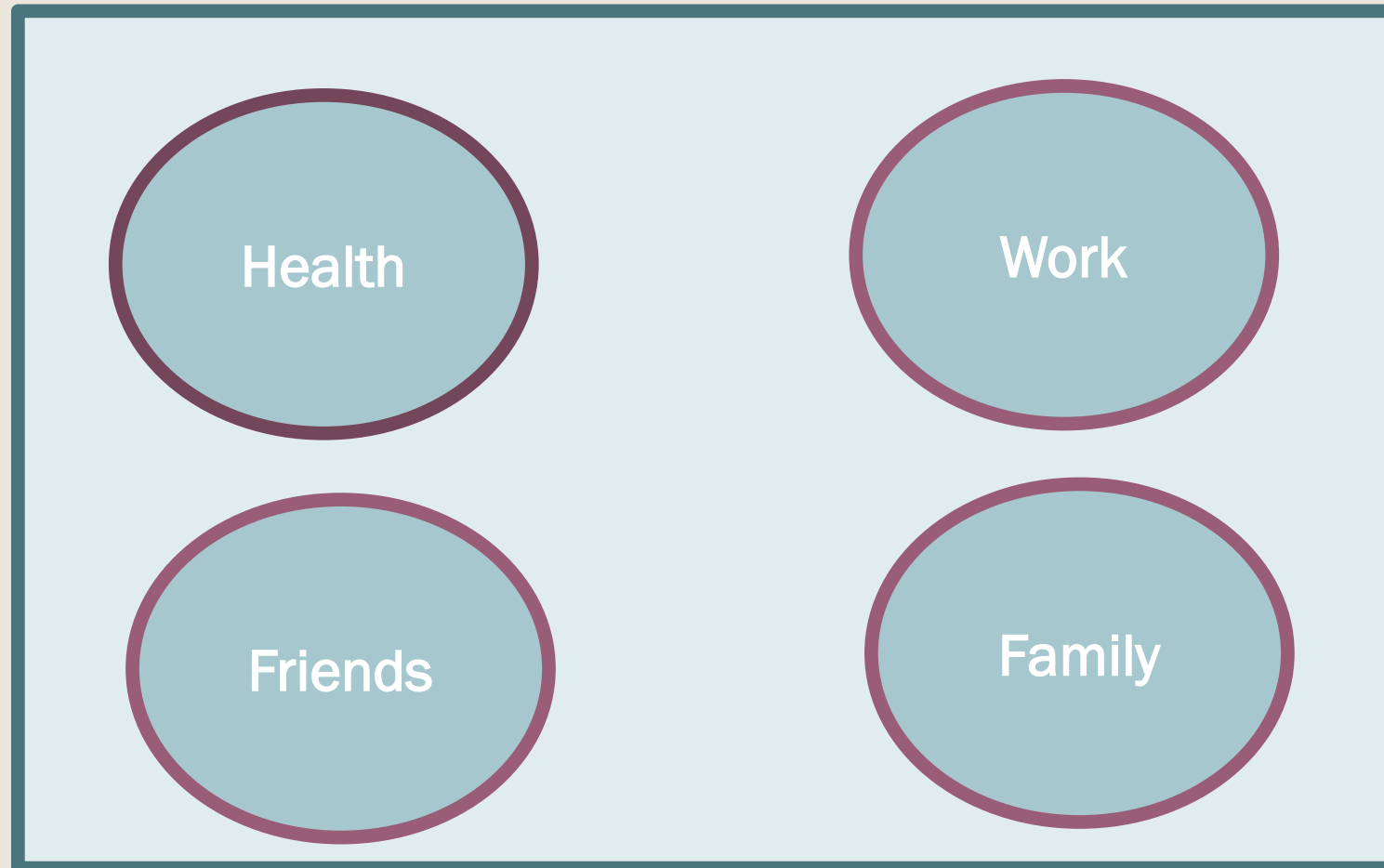
Overview of Modules



The screenshot shows a web browser window with a single tab titled "PB selfcaremodule [license: x + v]". The address bar displays the URL "selfcaremodule.pbworks.com/w/page/127750590/Self-Care%20for%20School%20Practitioners". The page header includes "My PBworks", "Workspaces", and "selfcaremodule" with an "Upgrade Now!" button. Navigation tabs for "Wiki", "Pages & Files", "Users", and "Settings" are visible. A notice states: "If you are citizen of an European Union member nation, you may not use this service unless you are at least 16 years old." The page title is "Self-Care for School Practitioners", last edited by "kemille@ilstu.edu 2 minutes ago". The main content area contains the text: "Please visit each session below to learn more about the impact of trauma and self-care techniques." followed by a numbered list of eight links: 1. [Trauma overview](#), 2. [Secondary trauma](#), 3. [Balance](#), 4. [Biological and Physical](#), 5. [Psychological and Emotional](#), 6. [Social](#), 7. [Spiritual](#), and 8. [Review and Next Steps](#). A "Page history" link is located to the right of the edit information. At the bottom, there is a "Comments (0)" section.



Four Burner Theory



Speak kindly to yourself

Recognize:

- This moment
- Ways you're okay
- Ways you're not okay



**psychological (emotional)
self-care**

 **SEEK CARE**



- Find meaning
- Create: Sing, write, dance, draw, pray, play, build
- Rejoice; celebrate
- Find ways to love this work . . . even in failure

 *SEEK CARE*

Spiritual self-care



I'VE MADE IT A
PRIORITY
TO PRACTICE SELF-CARE
SO THAT I NEVER LOSE MY
FIGHT OR DRIVE TO INSPIRE
CHANGE FOR OTHERS.

#truthytuesday with Letitia Elizabeth

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