

Emotional Regulation for Educator Well-being



THE BREATHING TEACHER

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3 Things our Brains Can't Handle



LANGUAGE OF ADVERSITY (How we meet hard times)

Shut down/freeze: dissociate, disconnect, give up

Fight/flight: Yell, aggression, run away, avoid, dismiss

Fawn: Please others; abandon our own needs

LANGUAGE OF ADVERSITY

When I am rough and dysregulated...

What does my body do?

What do I say?

How are my relationships impacted?

LANGUAGE OF RESILIENCE

When I am ready to bounce back...

What does my body do?

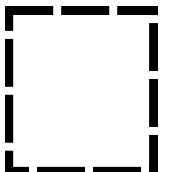
What do I say?

How are my relationships impacted?

NAMING EMOTIONS

In the space below, list as many emotions as you can in 60 seconds.

How did you do? Count them up and write the number down here:

A square box with a dashed border, intended for the user to write the number of emotions listed.

NAMING EMOTIONS

Emotion theories suggest primary emotions are the body's first response, and they are usually very easy to identify because they are so strong. The most common primary emotions are basic emotions like fear, anger, sadness and happiness. These have a core effect on an individual's body language, facial expression and other physiological responses (sensations).

Secondary emotions are much more complex emotions because they often refer to the feelings you have about the primary emotion. These are learned emotions we get from parents/caregivers as we grow up. For example, when you feel an emotion like anger you may feel ashamed afterward or when you feel joy, you may feel relief or pride.

Basic emotions

Happiness
Sadness
Fear
Disgust
Anger
Surprise

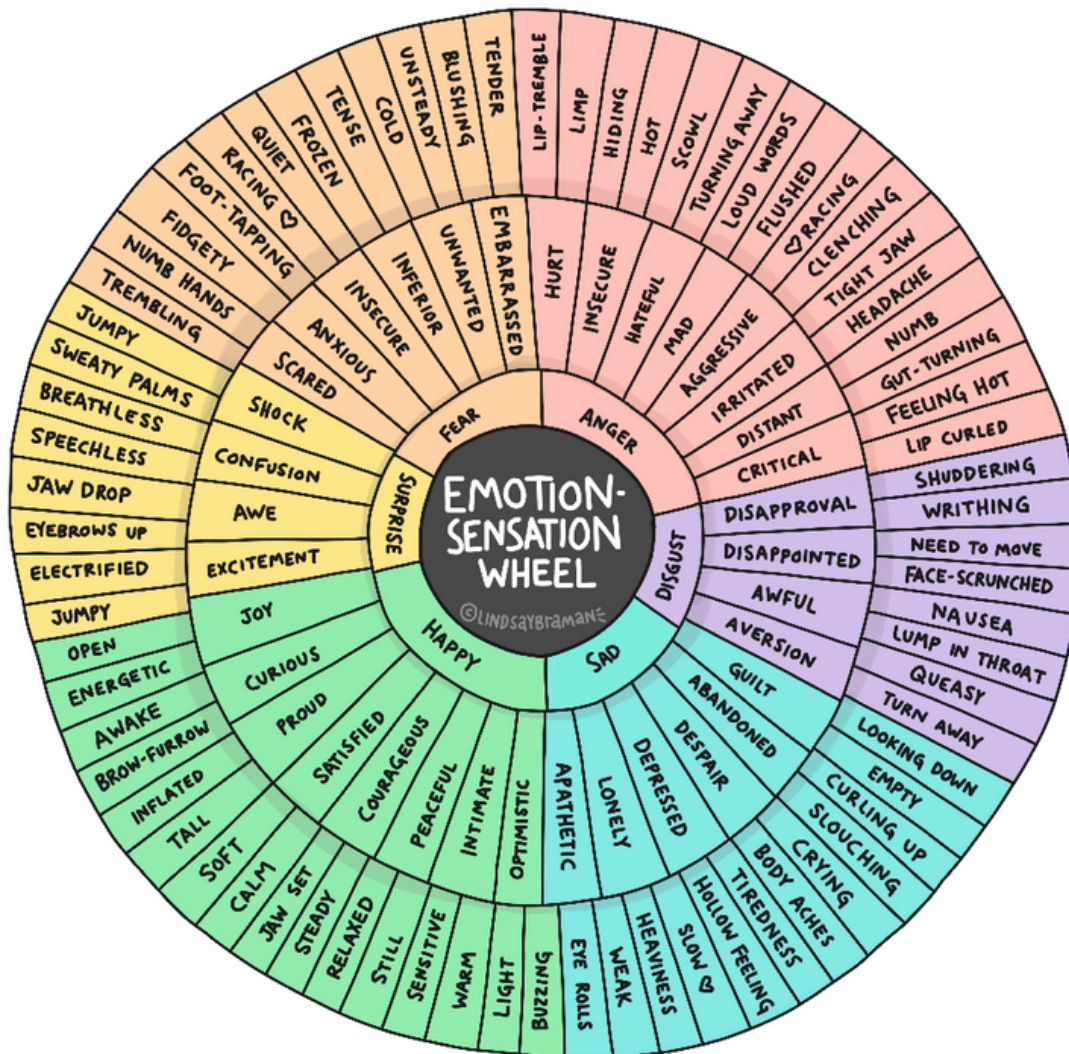
Secondary emotions

Amusement
Contempt
Contentment
Embarrassment
Excitement
Guilt
Pride in achievement
Relief
Satisfaction
Shame

Prompt: How can we describe emotions in a way other than 'good' or 'bad?'

FEELING EMOTIONS

Cultivating language will give us more power in understanding our basic and complex emotions. But at some point, the work becomes physical.



Source: Lindsay Braman Emotional Sensing Wheel

VALIDATING EMOTIONS

Rather than rushing out of the emotion, ignoring or suppressing the emotion, what would happen if you simply acknowledged the emotion?

In moments of intensity, you may need to turn to others for support.

PROMPT: Use the 3 questions below to help you understand what type of support you need and how to communicate those needs clearly.

Do I need someone to hear me? (a container, space to talk)	
Do I need someone to problem solve with me? (collaborative partner)	
Do I need someone to solve this for me? (complete handoff, take it off my plate)	

Apply: What type of validation do you typically prefer/need?

BOUNDARY SETTING

Boundaries: the limitations that define who we are, and who we are not. When we are not able to declare what is best for us, it leaves us open to others doing that for us.

Visualization: Take a moment to reflect on what it will feel like in your body to define and develop a strong, solid foundation. Write the feelings and sensations that came up for you here.

Identify 3 things that you want/need in order to feel safe.

*Note-these should be things you can fulfill yourself.

1.

2.

3.

Now that you have identified your needs and wants, it is time to discover 3 places in your life that could benefit from adding boundaries.

- 1.
- 2.
- 3.

Decide what boundaries you will add to these places. Examples could be:

- Your Right to Privacy. ...
- The Ability to Change Your Mind. ...
- Your Right to Your Own Time....
- The Need to Handle Negative Energy. ...
- The Freedom to Express Spiritual Boundaries. ...
- The Right to Remain True to Your Principles. ...
- The Ability to Communicate Physical Needs.

Declare your commitments to yourself below. (I will protect my energy by.....; I will create more peace in my life by.....; I will honor my needs by.....; I will reprioritize myself by...)