

WHAT DRINK DO
YOU HAVE TO
START YOUR DAY?



TRAUMA IMPACT: SELF-AWARENESS

“HOW WELL DO
YOU KNOW
YOUR STORY?”

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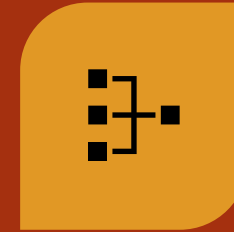
■ **Training Objectives:**

- Reminder of how we start our day, and the **impact** it can have on our day.
- Bring a **focus on “Knowing Your Story”**
- Bring an **understanding** of how our values and beliefs influence our interactions with children.
- Bring **awareness** to how **personal experiences** can influence how we work with students.
- Bring a focus to our **Window of Tolerance**.
- Awareness of our **teaching/caregiving style**.
- The importance of **Self-Care**.

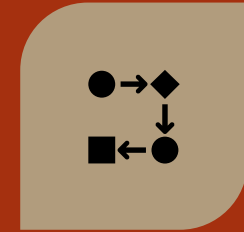
WHAT WE KNOW



EVERY LIFE HAS A
STORY.



EVERY STORY HAS
A PLOT.



EVERY PLOT HAS
TWISTS AND
TURNS.



HOW WELL DO
YOU KNOW
YOUR STORY?



SELF-AWARENESS:
“KNOWING
YOUR STORY”

“Self-Awareness is the ability to take an honest look at your life without any attachment to it being right or wrong, good or bad.”



WHY IS SELF-AWARENESS IMPORTANT?

- Self-awareness refers to understanding how our **values and beliefs influence our interactions with youth.**
- According to the Results Pyramid, our **experiences** support our **beliefs**, and our beliefs lead to our **actions**, and our actions drive **results.**



WHY IS SELF-AWARENESS IMPORTANT?

- We all have a unique way of relating to students and others, based on our **personal interpretations** of the school or organization's goals and philosophy about the education and care of children.



WHY IS SELF-AWARENESS IMPORTANT?

- When we have a better understanding of ourselves, we can experience ourselves as unique and separate individuals. We are then empowered to make changes and to build on our areas of **strength** as well as identify areas where we would like to **make improvements**.



WHY IS SELF-AWARENESS IMPORTANT?

- We may identify with a student in our classroom.
- Our personal experiences can enhance or detract from our ability to be **empathetic** and **objective**.



WHY IS SELF-AWARENESS IMPORTANT?

- Educating and caring for a child with challenging behaviors can be very intense at times and can **bring up painful memories**.
- We must make sure we deal with these memories somewhere other than with the students and their families.



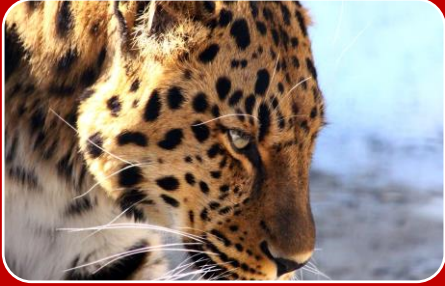
WHY IS SELF-AWARENESS IMPORTANT?

- **Our personal and professional experiences can affect our decision-making in these areas and more:**
- How you support a student, parent, teacher, or environment.
- What you are willing to do.
- Where you draw a line in the sand.
- Being open to seeing things through a different lens. Child or Trauma Lens.
- The battles you pick. **"Picking Your Battles?"**



WINDOW OF TOLERANCE

YOUR OPTIMAL ZONE TO FUNCTION IN EVERYDAY LIFE.



Hyperarousal



Optimal Arousal:
Window of Tolerance

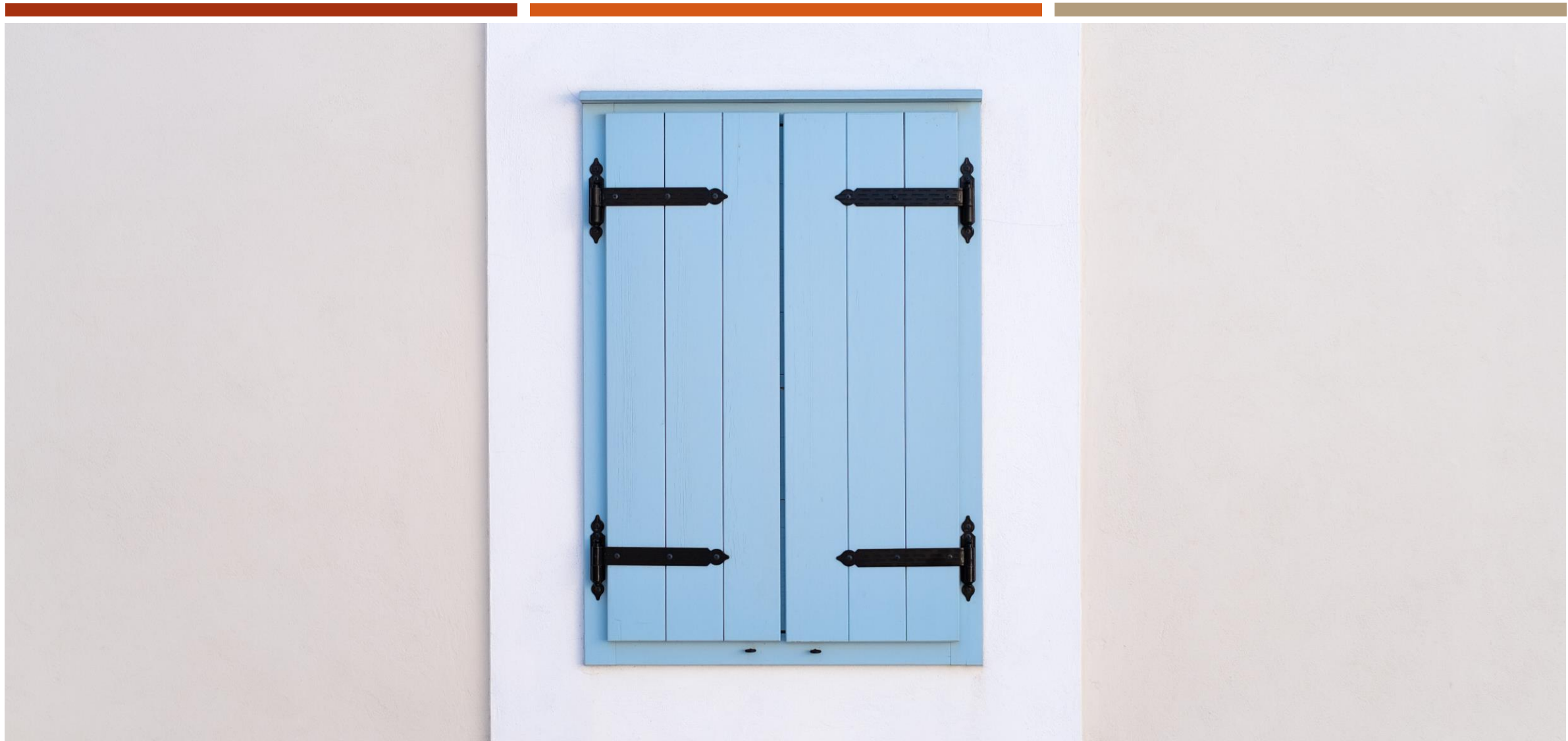


Hypoarousal

WHAT MAKES YOUR WINDOW WIDER OR SMALLER?







WHAT IS YOUR
VISION OF SUPPORT
FOR A TEACHER,
STUDENT,
CLASSROOM, OR
SCHOOL THAT IS
STRUGGLING?

BREAK OUT





WHAT HAPPENS
WHEN YOU DON'T
HAVE A SHARED
VISION WITH THE
PEOPLE AROUND
YOU?

SELF-AWARENESS QUESTIONS- “WHY IS THIS IMPORTANT?”

When did you realize you wanted to be an educator or support in a school or classroom? Did a certain experience or person influence you?

What is your teaching style? Are you more teacher-centered or student centered? A mixture of both?

What challenging behaviors, have students in your classroom shown, that bother you? How might your teaching style effect those behaviors?

Are you calm in crisis? Are you able to avoid personalizing events with children/students?

SELF-AWARENESS QUESTIONS- “WHY IS THIS IMPORTANT?”

Name some of the rules or expectations in your house growing up. (For example: school, chores, mealtime, free time)

What type of discipline was used in your household or where you lived? School?

Were you praised or rewarded for anything you did? How were you praised or rewarded?

What is your understanding of trauma and where it comes from?

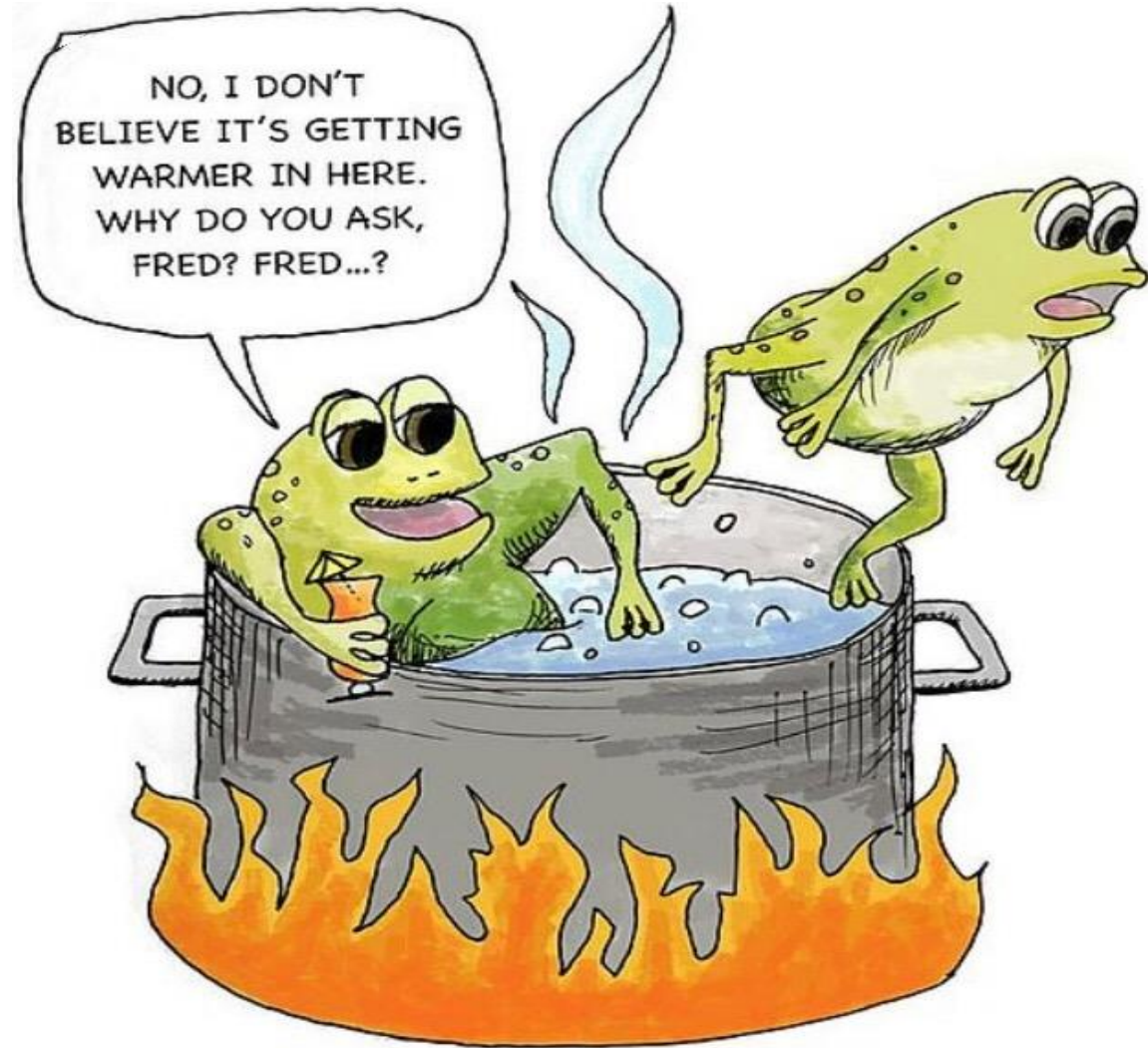
“SELF AWARENESS”

- How is your job affecting you?



“SELF AWARENESS”

- Are you boiling slowly?
- Are you seeking help?



Compassion Fatigue

SELF-CARE

- Is it really a Happy Hour?
- How do you spend your down time?



DO YOU
PRACTICE SELF-
CARE?



Physical

Emotional

Social

Spiritual

AREAS OF SELF CARE

WRAP-UP

- How do we start our day?
- Are we aware of our current and past experiences and how it impacts us and the decisions we make?
- What is our Window of Tolerance currently?
- What is our teaching style or caregiving style?
- Are we practicing self-care?





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