

EDUCATOR WELL-BEING SELF-REGULATION

When educators make a conscious effort to learn about the signs and symptoms of their dis-regulation, it does the following:

- Reduces stress;
- Increases own resiliency;
- Helps educators respond effectively to daily pressures and challenging behaviours;
- Educators become good models for children to learn from.

Recognize your signs or symptoms of dis-regulation:

Nausea	Speaking Loudly	Clenched Jaw	Headache
Tension	Short Responses	Flushed Cheeks	Sweating
Disengaged	Clenched Fists	Crying	Harsh Tone



Support Yourself

Stop what you're doing.

Take a breath. Breathe deeply. Fill your stomach slowly and intentionally.

Observe your thoughts, feelings and behaviours.

Proceed with the plan that you developed from your coping skills toolbox.

* Coping Skills tools can be found at the Reaching in Reaching out website:

<https://www.reachinginreachingout.com/resources-parentprofessionals.htm>