

EDUCATOR WELL-BEING SELF-REGULATION

When educators make a conscious effort to learn about the signs and symptoms of their dysregulation, 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 dysregulation:

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.

Effective Stress Relievers for Your Life

Feeling Anxious & 7 Coping Skills to Try:

<https://psychcentral.com/anxiety/coping-skills-for-anxiety>