



Local District East
Multi-Tiered Systems of Support (MTSS) Staff &
Parent and Community Engagement (PACE) Unit

Virtual Parent Workshop on **Self-Care for Parents**





Welcome!



LD East Multi-Tiered Systems of Support (MTSS) Staff:

Yvette Fraga | Huntington Park CoS

Cynthia Iglesias | Boyle Heights CoS

Sharon Lee | South Gate CoS

Leonor Miranda | East Los Angeles CoS

LD East Parent and Community Engagement (PACE) Unit:

Elsa Tinoco | Parent and Community Engagement Administrator

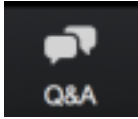
Laura Bañuelos | Parent Educator Coach

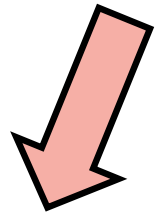
Veronica Ciafone | Parent Educator Coach

Jackie Carrillo | Local District East Community Representative

Marta Galicia-Garcia | Local District East Community Representative

Today's Virtual Parent Workshop

- Thank you for joining us!
- We will review many strategies for Self-Care.
- Please use the Q & A  feature to ask questions.
- We will have a *Question & Answer* session after each segment throughout the presentation.



Access to this Presentation

- We invite you take pictures of slides.
- This information will be available to school staff.
- We will post this presentation on the

Local District East Parent and Community Engagement PACE Website



bit.ly/LDEastPACE

<https://achieve.lausd.net/Page/9211>

Learning Objectives

Engaged participants will be able to take a proactive approach to pursue their health and wellness by:

- ★ reflecting upon their own practice of self-care
- ★ exploring & engaging in self-care activities, and
- ★ taking a proactive approach to pursue their health and wellness.



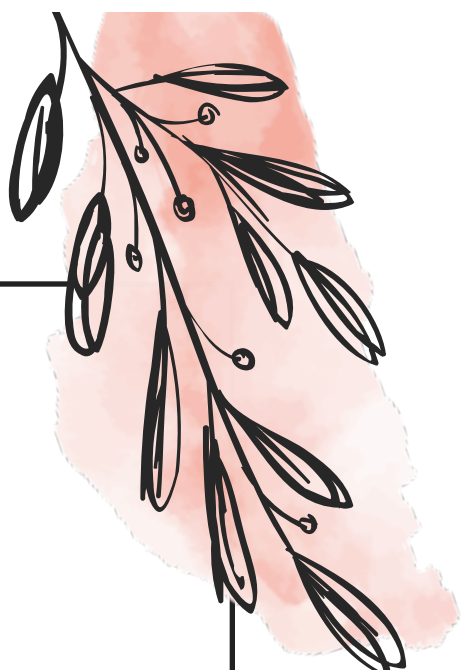

This Virtual Parent Workshop will be presented in Spanish today at 3PM

Este taller virtual para padres se presentará en español hoy a las 3PM



Haga clic en el enlace abajo:
<https://zoom.us/j/92081482442>
Webinar ID: 920 8148 2442





**“Thank you for your
patience & flexibility
during this time.”**

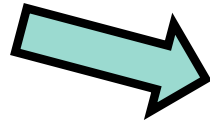
LAUSD Resources from Student Health and Human Services



Los Angeles Unified School District
Student Health & Human Services

Student Health and Human Services (SHHS)

1.



<https://achieve.lausd.net/shhs>

The screenshot shows the top navigation bar of the SHHS website with links for Home, Departments, About Us, Centers/Clinics, Staff Attendance Resources, Publications, and LAUSD. Below the navigation is a large banner featuring the SHHS logo (a stylized figure with arms raised) and the text "Student Health and Human Services". To the right of the logo is a photograph of a diverse family. Below the logo and photo is the text: "We support students, families, and staff to cultivate a safe, healthy, welcoming and affirming learning and working environment where all students thrive and graduate as empowered members of society."

2.



Coronavirus COVID-19

For information and Resources, including current list of Open Wellness Centers and Clinics

[Click here](#)


Looking for Information about School Enrollment?

[Click here](#)

Student Health and Human Services (SHHS)

Coronavirus COVID-19 Response & Recovery

Children and adults watching the news, reading content on-line and in newspapers, and overhearing others talk about the current coronavirus pandemic, may feel scared, confused, or anxious. Some may react right away, while others may show signs that they are having a difficult time later. Every person can support wellness and healing by providing, teaching, and implementing the following five resilience strategies:

3.




5 Resilience Factors

- Sense of Safety**
- Ability to Cope**
- Self-Efficacy and Community Efficacy**
- Connectedness**
- Hope**

ENGLISH



5 factores para la capacidad de recuperación

- Sentido de seguridad**
- Capacidad para afrontar**
- Auto-eficacia y eficacia**
- Conectividad**
- Esperanza**

SPANISH

5 Resilience Factors



Los Angeles Unified School District
Student Health & Human Services

5 Resilience Factors



PARENT AND COMMUNITY SERVICES

Individuals watching the news, reading content on-line and in newspapers, and overhearing others talk about the current coronavirus pandemic, may feel scared, confused, or anxious. Some may react right away, while others may show signs that they are having a difficult time later. Resiliency is our ability to respond to and cope with the difficult emotions that come up at times of crisis. Resiliency can be learned and practiced! Strategies to support resiliency include:

Sense of Safety

- **Establish a sense of safety;** it is more difficult to overcome adversity and achieve success when we are experiencing fear and feeling threatened. Safety is important in all areas of our lives – physical, emotional, environmental, and financial. When we feel that our loved ones are also threatened, then our sense of safety remains compromised. To the extent possible, reassure children that we are safe and healthy right now. Ground yourselves in the present moment, pointing out what is safe and secure right now.
- **Create or re-establish routines;** Disasters, forced isolation, and stressful situations often result in disrupted routines. Creating new routines or re-establishing usual, familiar routines can promote feelings of safety and predictability¹.
- **Encourage self-expression;** Children usually feel relief if they are able to express and communicate their feelings in a safe and supportive environment. Every person has their own way of expressing emotions. Sometimes engaging in a creative activity, such as playing, drawing, or journaling can facilitate this process².
- **Maintain a sensitive and caring environment;** Children may need more adult support and further attention during difficult or stressful times³. If you can, play with your child, read with (or to) your child, and spend time listening to your child or teen.
- **Provide and seek comfort, stability, and predictability** for children (and yourself) during times of crisis and uncertainty.

Ability to Calm

- **Be aware of your own reaction;** How adults react to crises is important, since children often take their emotional cues from the adults around them, so try to be aware of your own reactions to crises. It is important that adults in schools are aware of their reactions and beneficial to children when adults are able to manage their emotions well, remain calm, listen to students' children's concerns, speak with compassion, and offer reassurance⁴.
- **Model calmness and coping** by practicing and sharing strategies, such as mindfulness and breathing exercises with children.

Self-Efficacy and Community-Efficacy

- **Encourage help-seeking behaviors** by giving children opportunities to develop and use their skills to overcome difficult situations. It is also important to maintain open lines of communication, demonstrating support and caring, so that children feel that "if something unpredictable happens, I can count on my family and school community to support me and help me heal"⁵.
- **Avoid stigmatizing others;** Fear and anxiety about communicable diseases can lead to social stigma toward people, places, or things. Stopping stigma is important to helping communities and its members withstand and recover from stress⁶.

Connectedness

- **Cultivate and maintain healthy connection;** A positive relationship with a healthy adult at home and at school is one of the most important factors that helps build a child's resilience. Having a sense that children and adults care about each other, individually, and as a collective contributes to their social-emotional well-being.
- **Listen and be present** for children to support them in expressing their emotions.
- **Minimize exposure to media outlets** or social media that might promote fear or panic⁷.
- **Provide facts** about what is going on. Provide clear child-friendly information about how to reduce risk of infection and stay safe, using age appropriate language⁸.
- **Stay informed and updated** about the latest developments with the outbreak through credible sources (e.g., Los Angeles County Department of Public Health, Centers for Disease Control).

Hope

- **Empower children to express themselves and to play a role in their own safety** (e.g., show them effective handwashing, covering their cough, social distancing⁹).
- **Maintain calm and express optimism for the future.** While we should acknowledge feelings of fear and vulnerability that this situation may cause, it is critical that adults maintain calm and express optimism for the future. Remind children that, even though the current situation is very difficult, it is temporary. Reassure children and teens that social activities, including school attendance, will resume.

Visit LAUSD's Student Health and Human Services (SHHS) website for additional information and resources:
<https://achieve.lausd.net/shhs/covid-19>

¹Supporting Young Children Isolated Due to Coronavirus (COVID-19), Supporting Young Children Isolated Due to Coronavirus (COVID-19), LSU Health New Orleans, 2020.

²https://interagencycommission.org/system/files/2020-03/MHPSS_COVID19_Briefing_Note_2_March_2020_English.pdf

³https://interagencycommission.org/system/files/2020-03/MHPSS_COVID19_Briefing_Note_2_March_2020_English.pdf

⁴https://interagencycommission.org/system/files/2020-03/MHPSS_COVID19_Briefing_Note_2_March_2020_English.pdf

⁵Stigma and Resilience: Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 8 Mar. 2020, www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html

⁶<https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>

⁷https://interagencycommission.org/system/files/2020-03/MHPSS_COVID19_Briefing_Note_2_March_2020_English.pdf

⁸https://interagencycommission.org/system/files/2020-03/MHPSS_COVID19_Briefing_Note_2_March_2020_English.pdf

⁹https://interagencycommission.org/system/files/2020-03/MHPSS_COVID19_Briefing_Note_2_March_2020_English.pdf

5 Resilience Factors

1. SENSE OF SAFETY

- Establish a sense of safety
- Create or re-establish routines
- Encourage self-expression
- Maintain a sensitive and caring environment
- Provide and seek comfort, stability, and predictability

2. ABILITY TO CALM

- Be aware of your own reaction
- Model calmness and coping

3. SELF-EFFICACY AND COMMUNITY EFFICACY

- Encourage help-seeking behaviors
- Avoid stigmatizing others

5 Resilience Factors

4. CONNECTEDNESS

- Cultivate and maintain healthy connection
- Listen and be present
- Minimize exposure to media outlets or social media that might promote fear or panic
- Provide facts about what is going on
- Stay informed and updated

5. HOPE

- Empower children to express themselves and to play a role in their own safety (e.g., show them effective hand washing, covering their cough, social distancing)
- Maintain calm and express optimism for the future.

Mental Health Hotlines and Emergency Numbers

**LAUSD
Mental Health
Hotline**

213-241-3840

**Monday-Friday
6AM-6PM**

Mental Health Hotlines & Emergency Numbers

LAUSD Mental Health Hotline
(213) 241-3840
Mon-Fri 6am-6pm

DMH ACCESS Hotline
(800) 854-7771
Daily 9am-9pm

LA County Warmline
(855) 952-9276
Nightly 10pm-6am

California Youth Crisis Line 24/7
(800) 843-5200

Crisis Text Line 24/7
Text LA to 741741

Teen Line
(310) 855-4673 (800) 852-8336 Or text 839863
Daily 6pm to 10pm

National Suicide Prevention Lifeline 24/7
(800) 273-TALK (8255)
(888) 628-9454 (Spanish)

Friendship Line
(Adults 60+, their caregivers, or younger adults/disabilities)
(800) 971-0016
Daily 7am-9pm

**Department of Mental
Health (DMH)**

800-854-7771

**Monday-Friday
9AM-9PM**

Virtual Workshops: Transition to Summer Learning for Families about Stress Management and Emotional Wellness

Please RSVP at:

<https://bit.ly/LAUSDEmotionalWellbeing>

Tuesdays:

June 2nd

June 9th

Time:
5PM-6PM



Los Angeles Unified School District
School Mental Health and the Office of Parent &
Community Services presents
the
TRANSITION TO SUMMER
LEARNING FOR FAMILIES
Stress Management and Emotional Wellness
Workshop series
May 19th, May 26th, June 2nd & June 9th
Tuesdays, 5:00PM – 6:30PM

Facilitators:
Norma A. Ramirez, LCSW
Alejandra Acuña, Ph.D.

<https://bit.ly/LAUSDEmotionalWellbeing>



(aim using camera app)



Los Angeles Unified School District
Salud Mental Escolar y la Oficina de Padres y
Servicios Comunitarios
presenta
TALLERES SOBRE LA TRANSICION AL APRENDIZAJE
DE VERANO PARA FAMILIAS
Manejo del Estrés y Bienestar Emocional
Talleres
19 de mayo, 26 de mayo, 2 de junio & 9 de junio
Martes, 5:00PM – 6:30PM

Facilitadoras:
Norma A. Ramirez, LCSW
Alejandra Acuña, Ph.D.

<https://bit.ly/LAUSDEmotionalWellbeingSpanish>



(apunte con aplicación de cámara)

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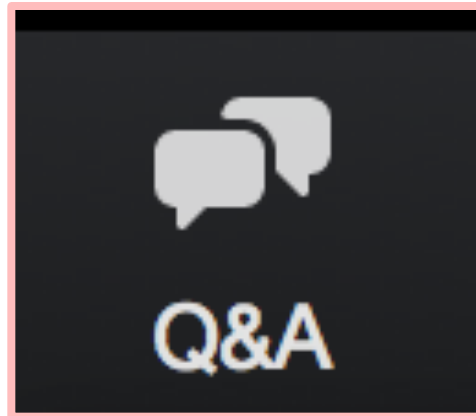
Local District East Parent and Community Engagement PACE Website



bit.ly/LDEastPACE

<https://achieve.lausd.net/Page/9211>

Question & Answer Session



Breathe Bubble


breathe in



Positive Affirmation

**When I am happy,
my family is happy.**

**Together we can
overcome anything.**



Self-Care for Families

1.

What is Self-Care?

2.

Why is Self-Care Important?

3.

How Can We Self-Care?



1. What is Self-Care?

Self-Care Is..

- Any activity we do deliberately to take care of our **mental, emotional, and physical** health
- Meeting yourself where you are without judgment and looking after yourself in a healthy way
- Doing big *and* small things that refuel you
 - ◆ Big things like getting exercise, cooking your favorite meal, getting a massage, etc.
 - ◆ Small things like taking a break, deep breathing, drinking water, etc.



Self-Care Is Not..

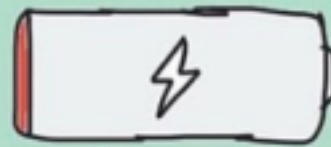
- Something we force ourselves to do
 - ◆ Not another to-do list
- A selfish act
 - ◆ It's about meeting our needs to be able to take care of others
- Fixing yourself or a goal you strive for





**“Self-care means giving yourself
permission to pause.”**

—Cecilia Tran



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY,
NOT A LUXURY.

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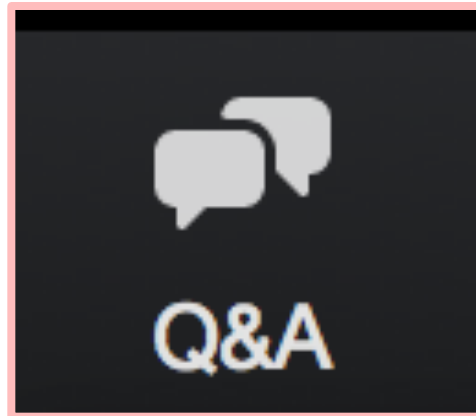
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<https://achieve.lausd.net/Page/9211>

Question & Answer Session





2. Why is Self-Care Important?

Strategies and Tips

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



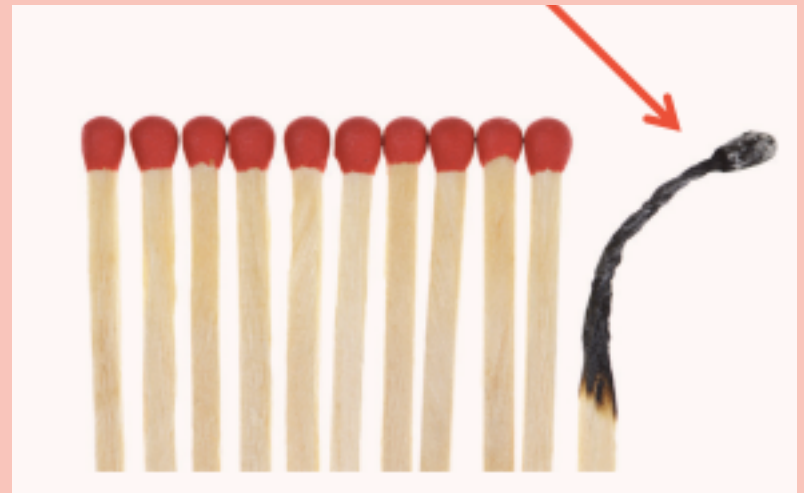
Self-Care
leads to..

Wellness & Health



Self-neglect
leads to..

Fatigue & Burnout



Self-Care leads to..

- Stronger immune system & better health
- Slowing down & better productivity
 - Attention
 - Memory
 - Decision making
- Self-compassion
 - More to give
- Self-knowledge



Wellness & health



Self-neglect leads to..

- Physical symptoms
 - Affecting stomach, headache, sleep
- Inability to focus, concentrate
- Emotional symptoms
 - Emotional distance
 - Cynicism or Hopelessness
 - Unmotivated



Fatigue & Burnout





Instagram: @peopleiveloved

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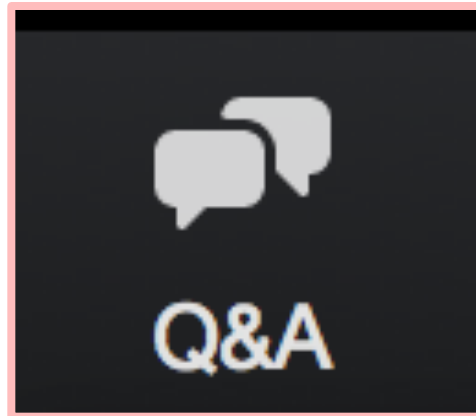
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Question & Answer Session



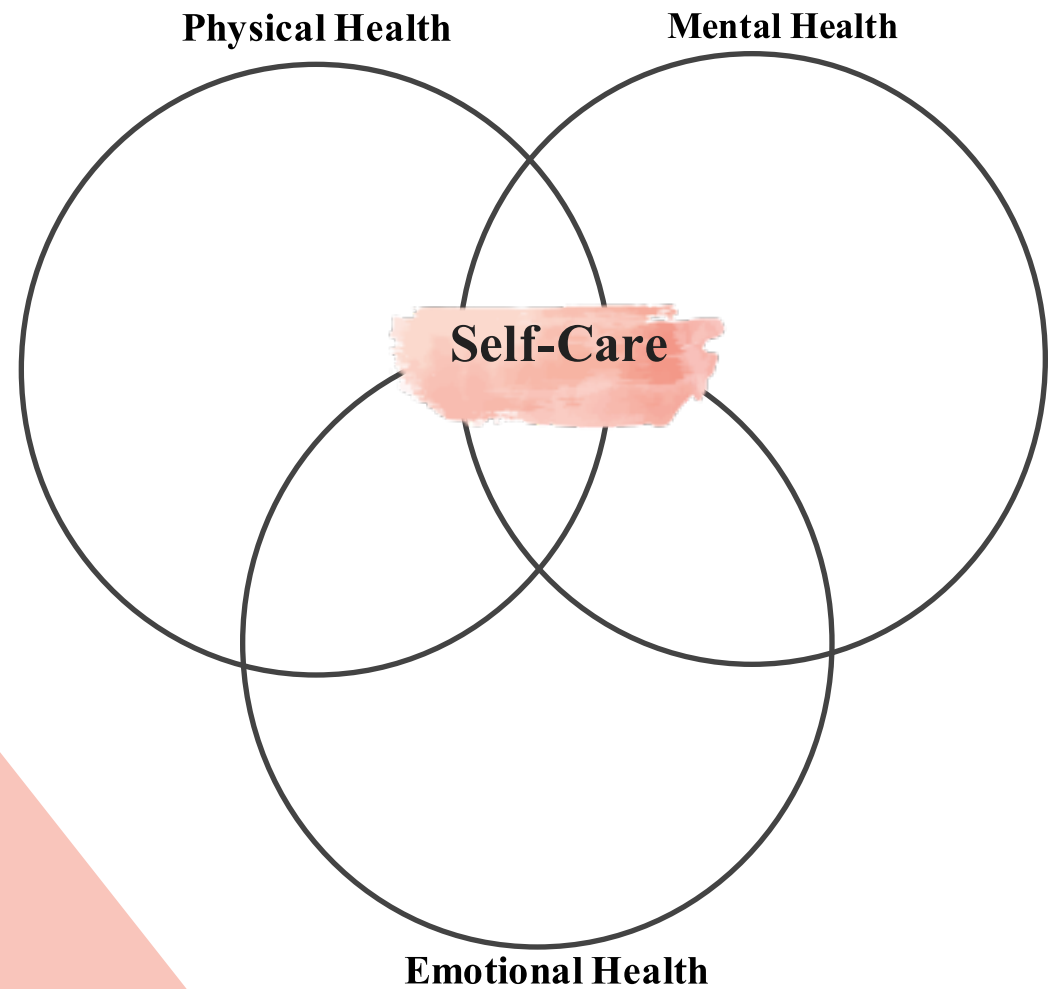


3. How Do I Self-Care?



Self-Care Map

On a separate sheet of paper, draw three circles and label each circle as you see on the right.



The California Surgeon General has [a simple guide](#) with things you can do every day, at home, to help support your mental and physical health, utilizing six key strategies:



The California Surgeon General has [a simple guide](#) with things you can do every day, at home, to help support your mental and physical health, utilizing six key strategies:

Mental health support: [Resources available here.](#)

Mindfulness: Practice [mindfulness](#) in whatever way works best for you. This could be things like meditation, yoga, or prayer for 20 minutes, two times a day.

Learn more in the [California Surgeon General's Playbook: Stress Relief during COVID-19](#). (PDF).

The guide is also available in [Arabic](#), Chinese ([Simplified](#) and [Traditional](#)), [Korean](#), [Spanish](#), [Tagalog](#), and [Vietnamese](#).

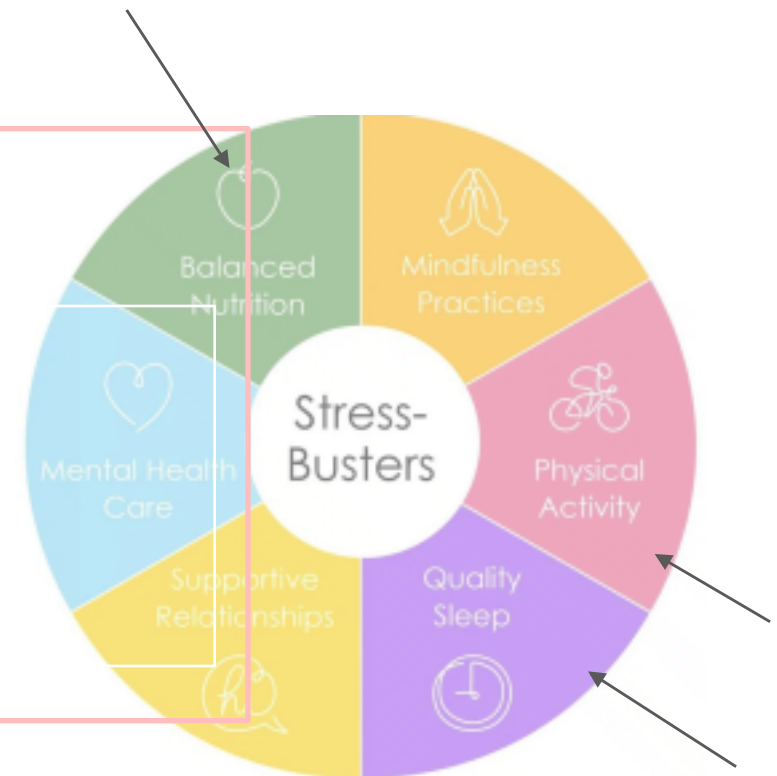


Physical Self-Care



Physical Self-Care

- Are you getting adequate sleep?
- Are you eating healthy?
- Are you getting exercise?





Physical Self-Care

Question to Consider & Tips

I. Are you getting adequate sleep?

- Quantity: Get enough sleep
 - 7-8 hours recommended
 - Take a power nap
- Quality: Maintain a pre-sleep routine/bedtime
 - Night routine that will help you unwind
 - Tea, read, shower/bath, music
 - Meditation (Headspace), relaxation technique
- Setting the environment for rest
 - Avoid screen time before bed (30min - 1 hour)





Physical Self-Care

Question to Consider & Tips

II. Are you eating healthy?

- Eat regularly
 - Small meals or snacks throughout the day
 - What is your go-to snack?
- Drink Water
 - Helps deliver oxygen
- Load your plate with fruits and vegetables
 - Blue/purple - effects on digestion, cholesterol, immune system
 - Greens - calcium, iron, antioxidants, strengthen bones,..





Physical Self-Care

Question to Consider & Tips

III. Are you getting exercise?

- Exercise routine that works you
 - Carving out time - take small steps
 - Find the activity you love: yoga, dancing, jogging, cardio/circuit training videos
- Simple unstructured activities
 - Take a walk/bike ride outside
 - Gardening
 - Stretching



Fresh Air



PRACTICAL WISDOM FROM PLANTS

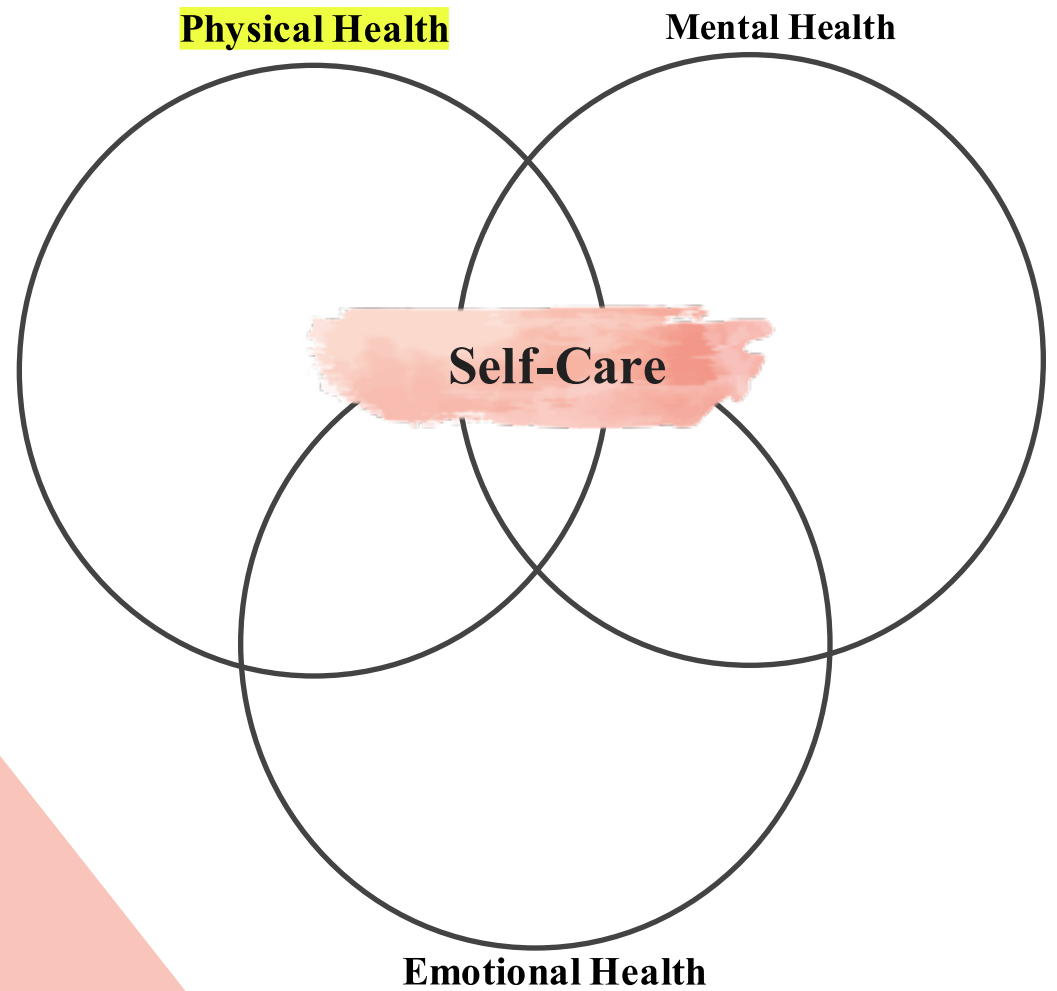


REMEMBER TO STAY
HYDRATED

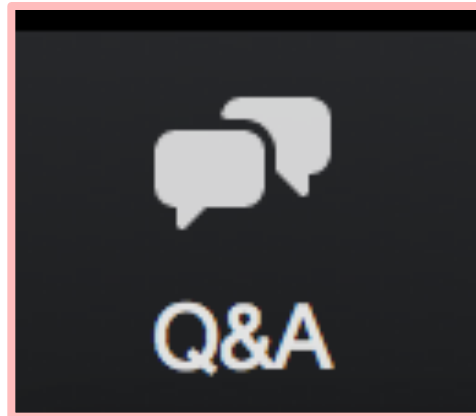
ALWAYS REMAIN
GROUNDED ~



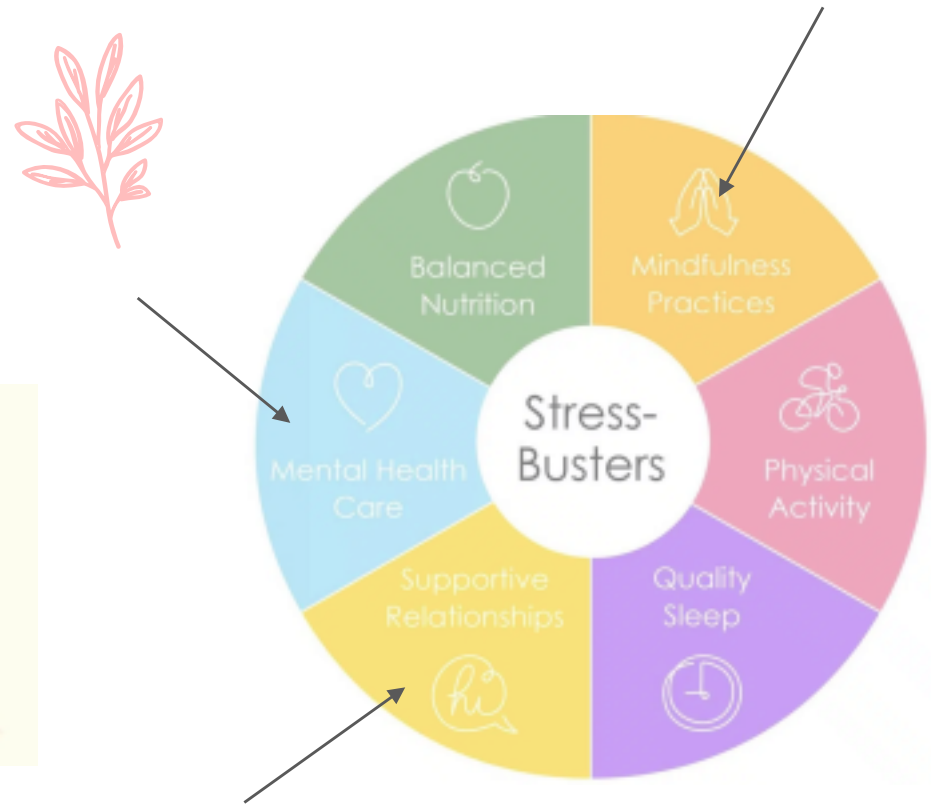
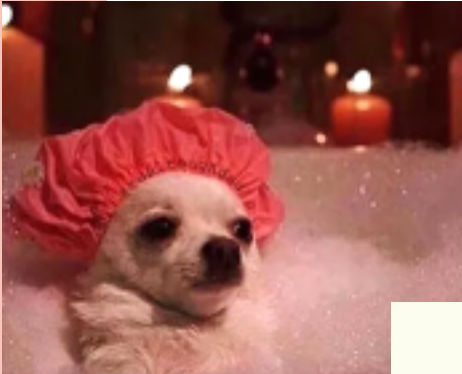
Reflection



Question & Answer Session



Mental Self-Care



Mental Self-Care

Question to Consider & Tips

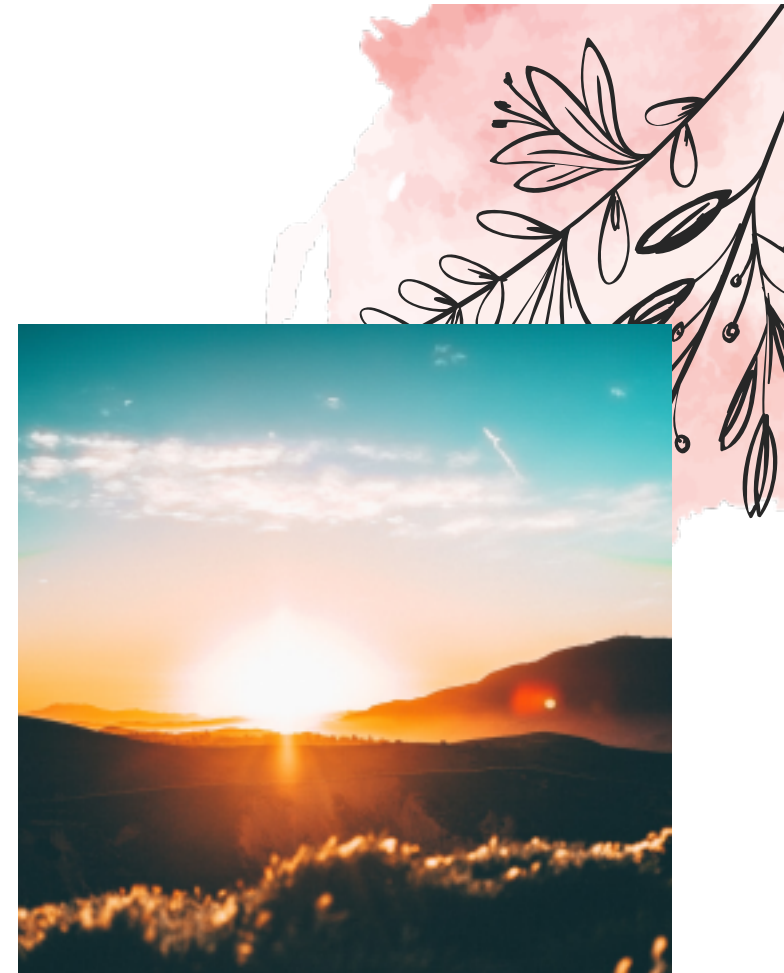
- **Take mini breaks**
 - Letting your mind rest (deep breathing, zone out,..)
- **Check in with how you are *feeling* throughout the day**
 - Emotions are information - Accepting without judgement
 - Try using phone reminders




Mental Self-Care

Question to Consider & Tips

- **Set your intention for the day**
 - To do list to acknowledge your accomplishment
- **Meditate - Focus on the present moment**
 - Pay attention to yourself and surroundings
 - Different types: Deep breathing, mindfulness, visualization, prayer
 - Meditation guides - Headspace





Movement is only as good as the
sense of stillness that you can
bring to it to put it into perspective.

Pico Iyer

quoteslancy

[Click here to check out Pico Iyer's Ted Talk on "The Art of Stillness"](#)



Mental Self-Care

Question to Consider & Tips

- **Check your screen time**
 - Correlation between social media usage and loneliness & stress
 - News consumption / *Find Some Good News*
- **Practice gratitude**
 - Big and especially small things



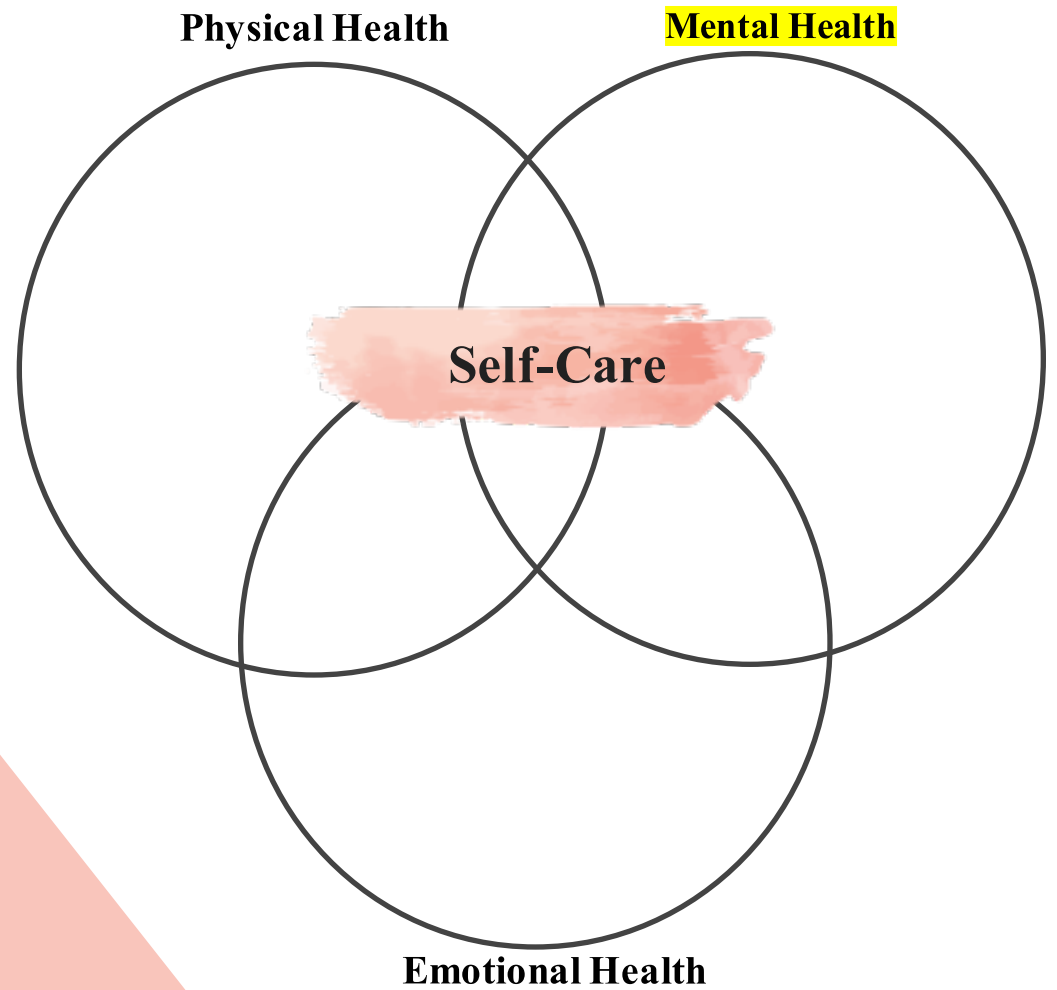
Mental Self-Care

Question to Consider & Tips

- **Connect: We are social beings**
 - Talk to someone who can understand and support you
 - Who is a safe person you can talk to?



Reflection



Local District East MTSS and PACE Contact Information

LD East Multi-Tiered Systems of Support (MTSS) Staff:

Yvette Fraga | Huntington Park CoS

yvette.fraga@lausd.net

Cynthia Iglesias | Boyle Heights CoS

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Local District East PACE Office Number: (323) 224-3382

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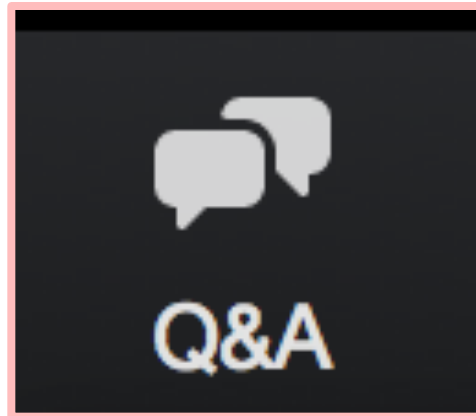
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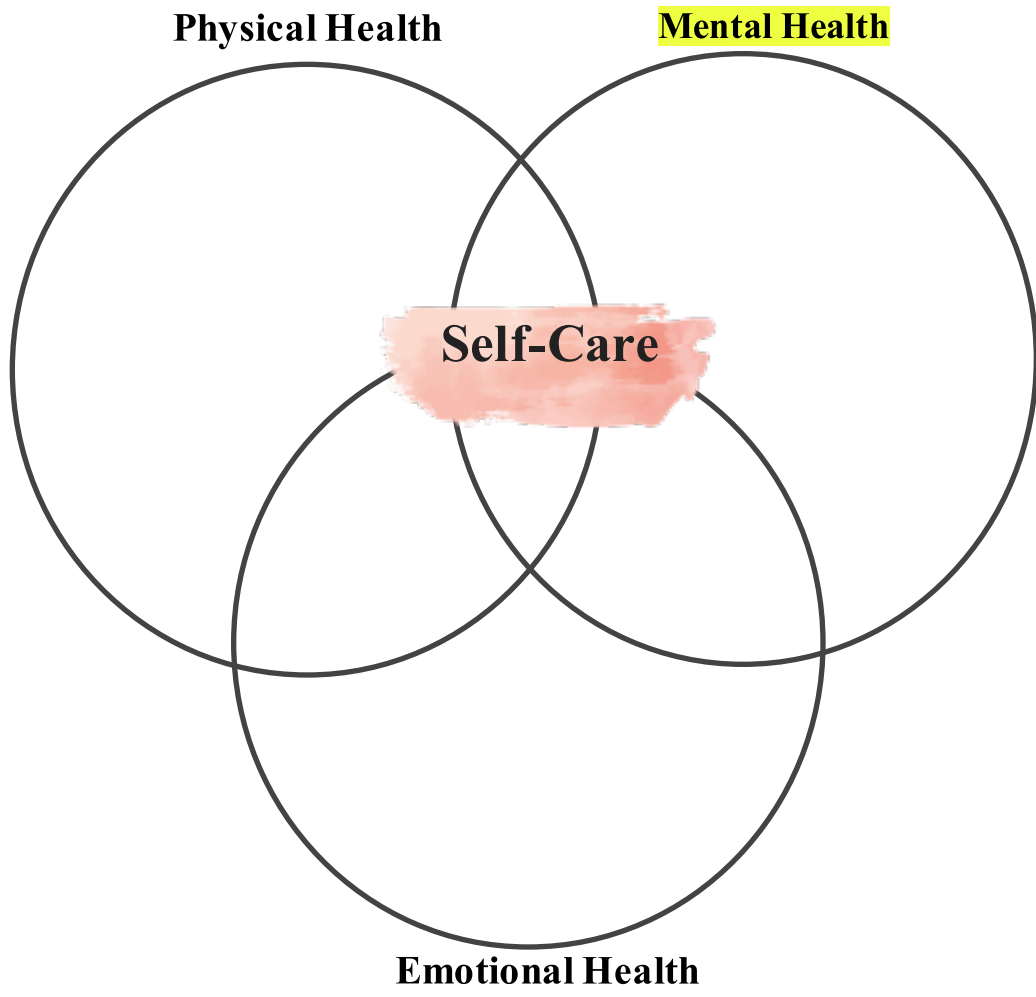
<https://achieve.lausd.net/Page/9211>

Question & Answer Session



Self-Reflection

Reflection





Emotional Self-Care





Emotional Self-Care

Question to Consider & Tips

- **Observe your emotions**
 - Emotions = “Energy in Motion”
 - Accepting and letting them pass through
 - Journal, blog - reflection



Observing emotions



* HIDING FROM OUR EMOTIONS *
(won't make them go away)



Instagram: @theblurtfoundation



SOMETIMES THIS
IS WHAT
RESILIENCE
LOOKS LIKE.



PLEASE JOIN ME
IN ADMITTING...

EVERY-
THING IS
NOT OK!

BUT I'M GONNA
GET THROUGH IT.

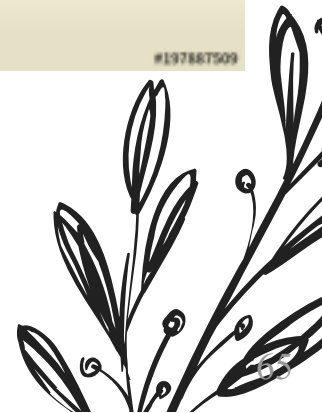
Instagram: @peopleloved



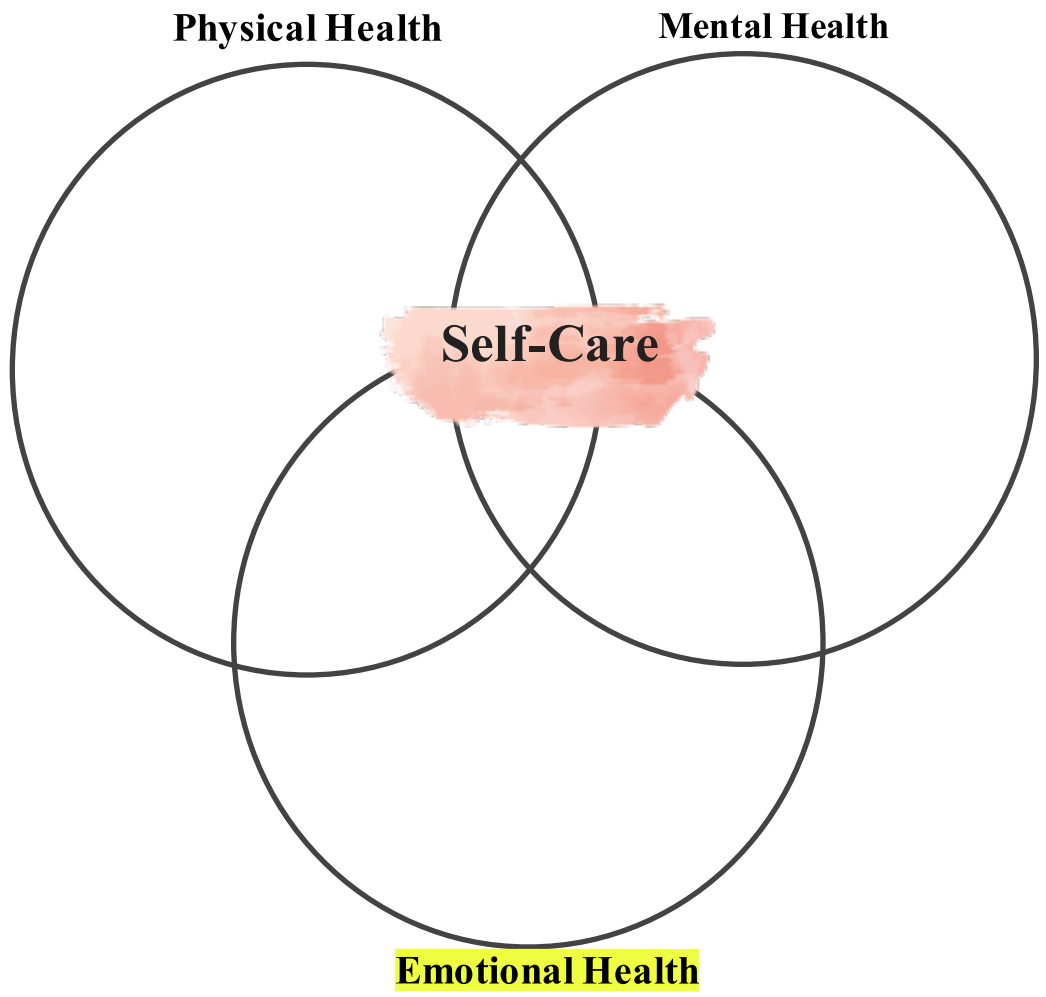
Emotional Self-Care

Question to Consider & Tips

- **Learn to say no**
 - Creating healthy boundaries
- **Ask for help when needed**
 - The importance of accepting our limitations



Reflection



Ideas for making your own Self-Care Kit



Sight

Book, Card, Photographs



Smell

Candle, Essential oil, Perfume



Taste

Chocolate, Candy,
Granola bar, Coffee, Tea



Sound

Playlist of music or meditation
guides



Touch

Stuffed animal, Blanket, Stress ball,
Fidget toys



Activities

Coloring book, Journal, Painting,
Game, Movie

Is this helping me feel
energized and *inspired*?



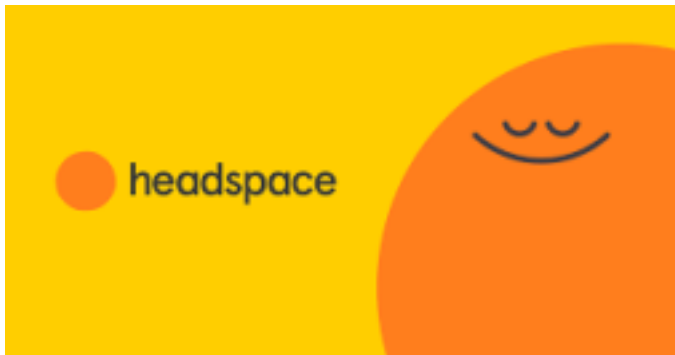


You can't pour
from an
empty cup.

Take care of
yourself first.

Resources

Meditation Apps/ Videos



[Click here to download app](#)

[Click here to watch videos on Youtube](#)



[Click here to download app](#)

[Click here to watch videos on Youtube](#)

The LAUSD Division of Student Health and Human Services (SHHS) is committed to doing all they can do to support our students and families of greatest need.

- The SHHS team has added a layer of support.
- Now, when families call the hotline with a need for SHHS-related services (e.g., housing/emergency shelter, mental or physical health support), the hotline operator takes down the person's contact information and submits it to School Mental Health and Healthy Start staff, who provide direct support and/or link the family with one of our community partners.

LAUSD Mental Health

A yellow poster for the LAUSD Mental Health Hotline. At the top, a red banner reads "LOS ANGELES UNIFIED SCHOOL DISTRICT". Below this, the word "MENTAL" is written in large white letters on an orange background. To the right of "MENTAL", the words "HEALTH" and "HOTLINE" are stacked vertically in white text on green and blue backgrounds respectively. In the center, there is an illustration of a woman with dark hair in a bun, wearing a red shirt and a blue headset, sitting at a white laptop. To the right of the woman is a white speech bubble containing the text: "Students, Families, & Educators Need Help? Call 213-241-3840 for consultation, support & referrals Weekdays 6 am - 6 pm". Below the speech bubble, the phone number "213-241-3840" is printed in large, bold black text.

LOS ANGELES UNIFIED SCHOOL DISTRICT

MENTAL HEALTH
HOTLINE

Students, Families,
& Educators
Need Help?
Call 213-241-3840
for consultation, support &
referrals
Weekdays 6 am - 6 pm

213-241-3840

Access to this Presentation

- We invite you take pictures of slides.
- This information will be available to school staff.
- We will post this presentation on the

Local District East Parent and Community Engagement PACE Website



bit.ly/LDEastPACE

<https://achieve.lausd.net/Page/9211>

Mental Health Hotlines and Emergency Numbers

**LAUSD
Mental Health
Hotline**

213-241-3840

**Monday-Friday
6AM-6PM**

Mental Health Hotlines & Emergency Numbers

LAUSD Mental Health Hotline
(213) 241-3840
Mon-Fri 6am-6pm

DMH ACCESS Hotline
(800) 854-7771
Daily 9am-9pm

LA County Warmline
(855) 952-9276
Nightly 10pm-6am

California Youth Crisis Line 24/7
(800) 843-5200

Crisis Text Line 24/7
Text LA to 741741

Teen Line
(310) 855-4673 (800) 852-8336 Or text 839863
Daily 6pm to 10pm

National Suicide Prevention Lifeline 24/7
(800) 273-TALK (8255)
(888) 628-9454 (Spanish)

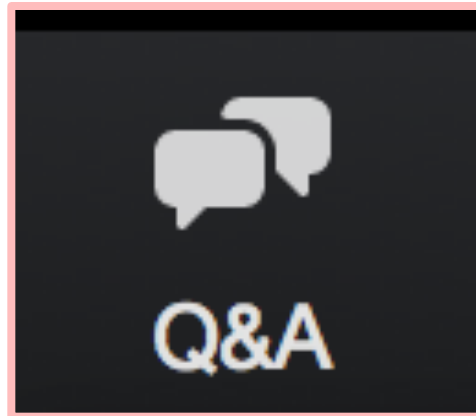
Friendship Line
(Adults 60+, their caregivers, or younger adults/disabilities)
(800) 971-0016
Daily 7am-9pm

**Department of Mental
Health (DMH)**

800-854-7771

**Monday-Friday
9AM-9PM**

Question & Answer Session



Thank you for joining us!

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Parent and Community Engagement (PACE) Unit

Elsa Tinoco | Parent and Community Engagement Administrator

Laura Bañuelos & Veronica Ciafone | Parent Educator Coaches

Jackie Carrillo & Marta Galicia-Garcia | Local District East Community Representatives

Local District East PACE Office Number: (323) 224-3382



Works Cited//Resources

Teacher Self-Care and Wellbeing During the Covid-19

<https://www.education.ie/en/The-Department/Announcements/teacher-wellbeing-self-care-during-the-covid-19-coronavirus-school-closures.pdf>

Self-Care for Teachers

https://www.wcu.edu/WebFiles/PDFs/CEAP-HS-BK_Self-CareForTeachers.pdf

Educator Self-Care & Wellness

<https://www.ksdetasn.org/atbs/educator-self-care-and-wellness>

Educator Self-Care: A Time to Focus on You Too

<https://californiaeducator.org/2020/02/10/trauma-selfcare/>

The Importance of Self Care

<https://www.perimeterhealthcare.com/about/news/the-importance-of-self-care/>

5 Simple 5 Simple Mindfulness Practices for Daily Life

<https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>

Self-Care for Teachers of Traumatized Students

<https://resilienteducator.com/classroom-resources/self-care-for-teachers/>

Educator Self-Care & Wellness

<https://www.ksdetasn.org/atbs/educator-self-care-and-wellness>

Prioritizing Self-Care While Working From Home

<https://www.edutopia.org/article/prioritizing-self-care-while-working-home>

Breathe for Change

<https://www.breathe4change.com/educators--schools.html>

Based on today's presentation, please use the Q and A to share what you will use to take care of yourself.