# FOUNDATIONS

## TRAUMA-INFORMED PROFESSIONAL LEARNING & DEVELOPMENT SERIES

# ROOTED AND REGULATED: CARING FOR OURSELVES AS WE CARE FOR STUDENTS

**AUDIENCE**
Beginning, All School Personnel

**LENGTH**
5 hours

**OVERVIEW**

This module dives into the understanding of our own adult nervous systems and how being rooted and regulated ourselves is not only crucial for our wellbeing but for being able to show up for students in a trauma-sensitive and trauma-responsive way. Through a mix of videos, podcasts, readings and guided discussions, participants will look at ways to identify and mitigate burnout, compassion fatigue and vicarious trauma as well as what we can do to help other adults in our organizations. School teams will be able to start designing wellness plans to support the adults' nervous systems to enable them to better support the students.

**LEARNING OBJECTIVES**

- Distinguish between examples of responding or reacting to behaviors.
- Identify at least one tool to implement when changing reaction to response.
- Recognize ways that secondary trauma/compassion fatigue can affect the nervous system.
- Identify methods to mitigate the impact of secondary trauma/compassion fatigue.

**CONTENT**

Discussion Video: Self-Care
Keynote Address, Dr. Emily Nagoski

Infographics for Podcast Ep 89 - Adult Nervous Systems
Infographic for Podcast Ep 32 - Secondary Traumatic Stress

Completing the Stress Cycle
Burnout Info Sheet

**VOCABULARY**

Stress Cycle
Secondary Traumatic Stress (STS)
Nervous System Regulation
Co-Regulation
Dysregulation
Felt Safety
Chronic Stress
Stress Hormones
Burnout
Emotional Exhaustion
Human Giver Syndrome
Human Winner Syndrome
Vicarious Trauma

**ACTIVITIES/ASSESSMENT**

My Regulation & Impact Plan

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