

Facilitated Viewing Guide for Erin Browning

Getting In Front of Your Stress

TIME	TOPIC	NOTES, THOUGHTS & QUESTIONS TO ASK	ADDITIONAL RESOURCES
11:20	Chaos and Stress is Stealing Your Joy	1. Can you identify and discuss a joyful time you had with your students, families, coworkers during the 2020-2021 school year?	
12:21		1. Have you heard of Ayurveda? How many of you practice yoga, meditation, etc. Share your experiences and any benefits from these practices.	https://www.healthlinkbc.ca/health-topics/aa116840spec
17:55	Getting In Front of Your Stress	<ol style="list-style-type: none"> How does your body react when you are stressed? Are you aware of the physical changes in your body when you are stressed? 	https://www.apa.org/topics/stress/body https://www.healthline.com/health/stress/effects-on-body
27:00	VAGUS Nerve Activation	<ol style="list-style-type: none"> Breathing Activity Do you put your foot on the gas or do you break? 	https://agutsygirl.com/2019/05/30/vagus-nerve-stimulation/
45:02	What is your Constitution Type	<ol style="list-style-type: none"> What is your constitution type, Creator, Achiever, or Nurture? What happens when you are out of balance? How do you stay in balance? Can you incorporate any of the changes Erin suggests? 	

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46:14	Take the Challenge	<ol style="list-style-type: none"> 1. What tangible tools will you put into practice? 2. Create a Joy Collage Activity (<i>see below</i>) 	
		<p><i>Create a Joy Collage Activity</i></p> <p>Collect magazines and a piece of heavy paper or cardboard, grab a bottle of glue, and find a place where you can spread out. Go through the magazines, tearing out images that represent joy for you. Then, paste your collection of images onto the heavy paper or cardboard. The key to getting the most from this activity is not to spend too much time thinking about the images – go with your quick reactions. Let this be playful and fun and let yourself be drawn to whatever image speaks to you of the experience of joy.</p>	
51:20	Move Through It	<ol style="list-style-type: none"> 1. Think about what is not settling well with you? Are you willing to share? If so, how are you dealing with it? 2. What are you most stressed about? How can we support one another? 3. Have you experienced a tragic event that you would like to share with the group? If so, what was the impact on your life? 	
	Grow Your Toolbox and Make Yourself Uncomfortable	<ol style="list-style-type: none"> 1. How can you implement the tools or practices Erin discuss into your classroom or school? 2. Create a system of acknowledgments for staff. 3. Discuss and plan a faculty break room makeover. https://thrivingschools.kaiserpermanente.org/school-employees/breakroom/ 	

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