

## My Self-Care Model



Fill in the Self Care Model:

1. What am I already doing?
2. What can I realistically include to support my well being?



My favorite quote:



# Fostering Resilience: Trauma-Informed Strategies Through the SEL Lens

Presented by Sherry MacKay, Transformational Learning Communities

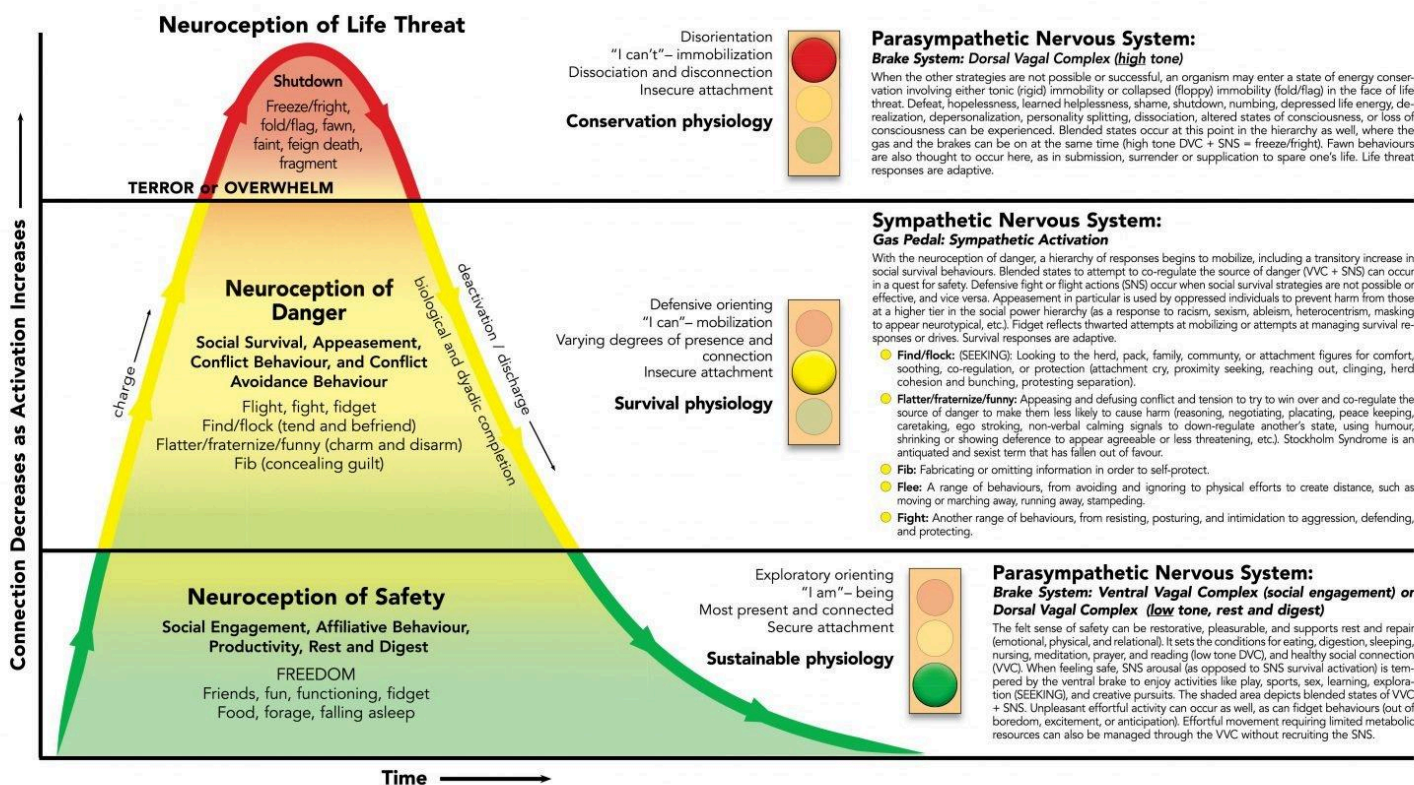
Describe in 3 words the role of an educator who engages in a trauma-sensitive learning environment.

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Write a definition for trauma that resonates with you.

Trauma is \_\_\_\_\_

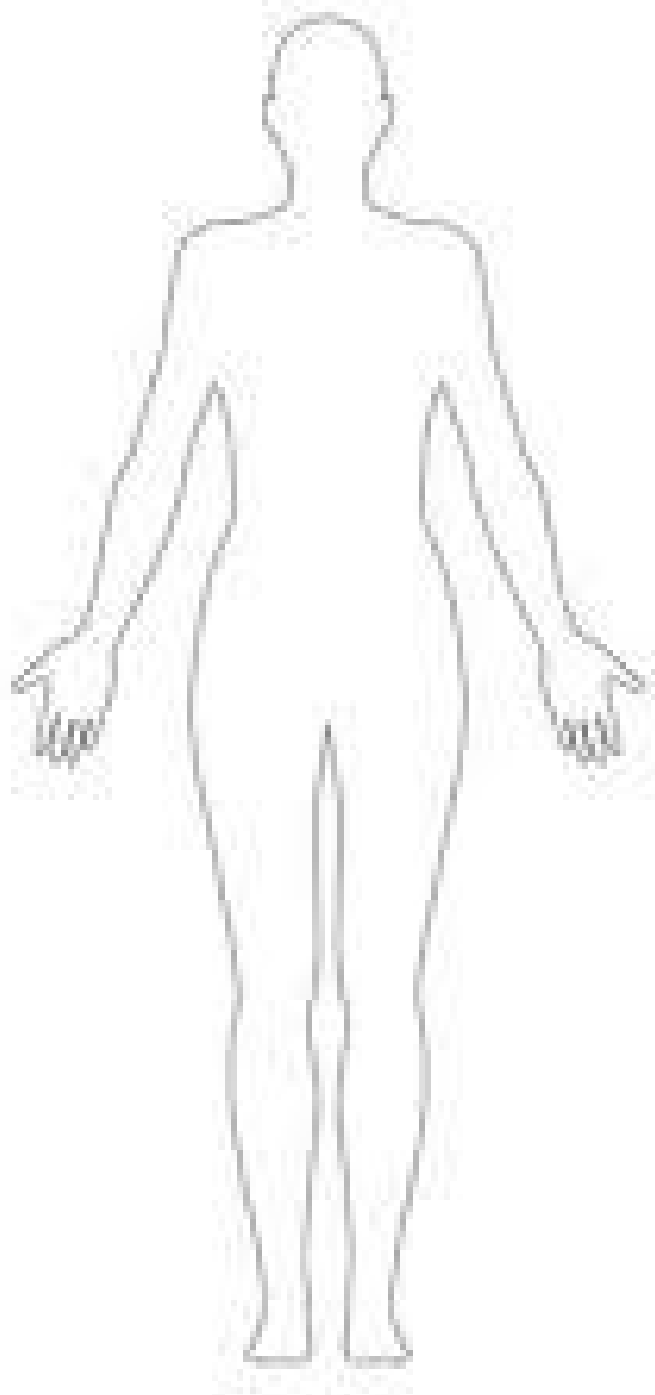
## The Polyvagal Theory



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Adapted from Porges (2011, 2017, personal communications), as well as: Draaisma (2018); Hoskinson Consulting (n.d.); Johnson & Nidefo (2021); Koslowska et al. (2015); Levine (1997, 2010); Panksepp (1998); Payne & Crane-Godreau (2015); Porges, Bailey & Dugard (2021); Rees (2017); Riordan, Blakeslee & Levine (2019); Sally Cat's guide to PDA (2021); Walker (2013).

*"Self-love is the source of all our other loves."* □ Pierre Corneille



*"We listen to the sounds of words before we look for the meanings of those words."— Deb Dana*

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