Nurturing a Culture of Care: Foundational Practices for Sustainability

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Making a Case for Baskets...
"To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit to too many projects, to want to help everyone in everything is itself to succumb to the violence of our times."

~ Thomas Merton
STEP 1: SELF-CARE & SUSTAINABILITY

- physical condition
- acceptance
- awareness
- pleasure
- kindness
- support
- choices
- slow down
- attention
- community
- priorities
- curiosity & exploration
3 keys to behavior change

**Direct the rider**
- give clear direction, reduce mental paralysis

**Motivate the elephant**
- find the emotional connection

**Shape the path**
- Reduce obstacles, tweak the environment, make the journey go downhill

(Haidt, 2006)
My alone time is for everyone’s safety.
ACTIVITY: Small Group Discussion

What do you do on a regular basis to optimize your wellness?

What’s JUST ONE THING you could do for yourself in the next 48 hours that would support YOUR wellness?

What might happen if you started focusing a little more time on your own wellness in the coming days, weeks, months?

What’s JUST ONE THING you could do for colleague this week that would support THEIR wellness?
STEP 2: AWARENESS

REMEMBERING TRAUMA
**STEP 3: REFLECT & ACT**

“Remembering Trauma”

What resonated most with you in the film?

What parts of the film were surprising or made you sit back and say, “Wow, I never thought about that.”

What FEELINGS & THOUGHTS do you imagine Manny might have been experienced on a daily basis as a 6-year-old…as a 17-year-old?

What might you do “MORE OF” “LESS OF” “DIFFERENTLY” and/or “THE SAME” after viewing this short film?
STEP 4: BRIGHT SPOTS...
“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

Brené Brown, The Gifts of Imperfection
What’s Best For ALL of US...

- Acknowledge
- Listen
- Listen
- Understand
- Support