

Breathe





Teaching Dance in Times of Crisis

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Agenda

- Define terms
- Impact on teachers
- Impact on students
- Communication
- Boundaries
- See care



Crisis

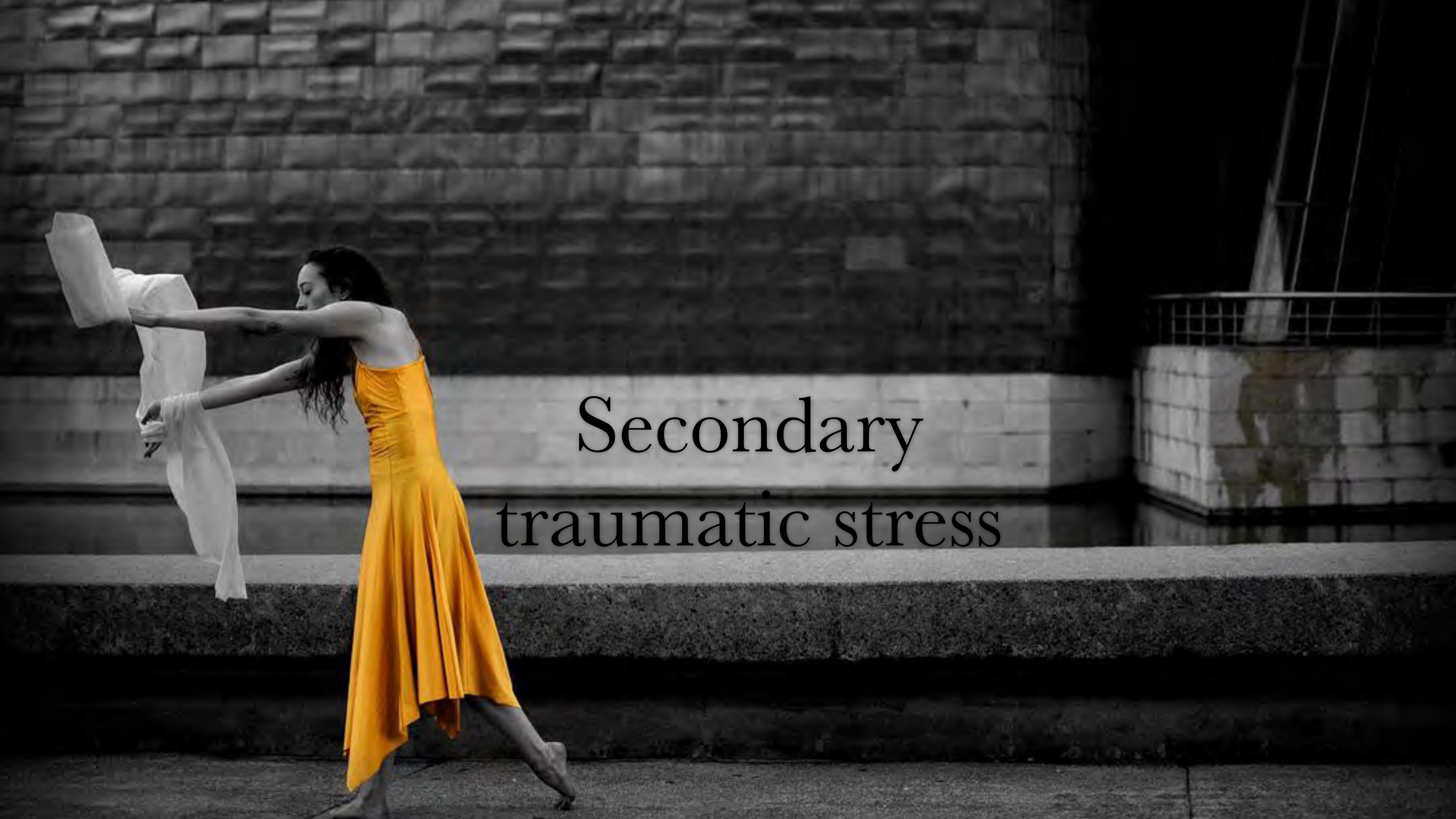
- * A crisis is defined as a situation or event in which a person feels overwhelmed or has difficulty coping... It is normal to feel frightened, anxious, or depressed at such a time. (Frankish & Jeffereys, 2002, p. 290)
- * Crises are by their nature highly stressful and demanding, both emotionally and physically, so such leadership challenges must be undertaken by people who are themselves under stress, and who are trying to organize, mobilize, and direct others who are under stress. (Leonard, 2004, p. 289)

Trauma

- * Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. (SAMSHA, p. 7)
- * Examples of adverse effects include an individual's inability to cope with the normal stresses and strains of daily living; to trust and benefit from relationships; to manage cognitive processes, such as memory, attention, thinking; to regulate behavior; or to control the expression of emotions. (SAMSHA, p. 8)



Surviving trauma
Pacing
Fueling the body
Listening to the body
Rest
Recovery

A woman in a bright yellow, floor-length dress is dancing in a dark, industrial setting. She is in a dynamic pose, with one arm extended and a white cloth flowing from it. The background is a dark, textured wall, and a window is visible on the right side of the frame.

Secondary traumatic stress

Manor High School



KEEP
CALM
AND
DANCE
HIGHSTEPPERS

KEEP
CALM
AND
DANCE
HIGHSTEPPERS

Guatemala



A woman with long, dark, curly hair is captured in a dynamic dance pose on a light-colored stone ledge. She wears a vibrant red, flowing dress with a black belt. Her right arm is extended horizontally to the left, and her left arm is bent with her hand near her chest. Her legs are bent at the knees, and she appears to be in mid-motion. The background is a vast, clear blue ocean under a bright, clear sky.

Breathe

Active Listening
Repeat
Reflect
Refer
Report



Build your resource toolkit for referrals

- * 911-immediate danger
- * Child Protective Services
- * Counseling service/attached to your school
- * Social worker/attached to your school
- * Crisis hotline
- * Suicide hotline
- * Local domestic abuse center/hotline
- * Local substance abuse center/hotline





Say no

Let go

Clock out

Listen to yourself

Virtual background

CREATING HEALTHY BOUNDARIES

Personal vs. professional communication

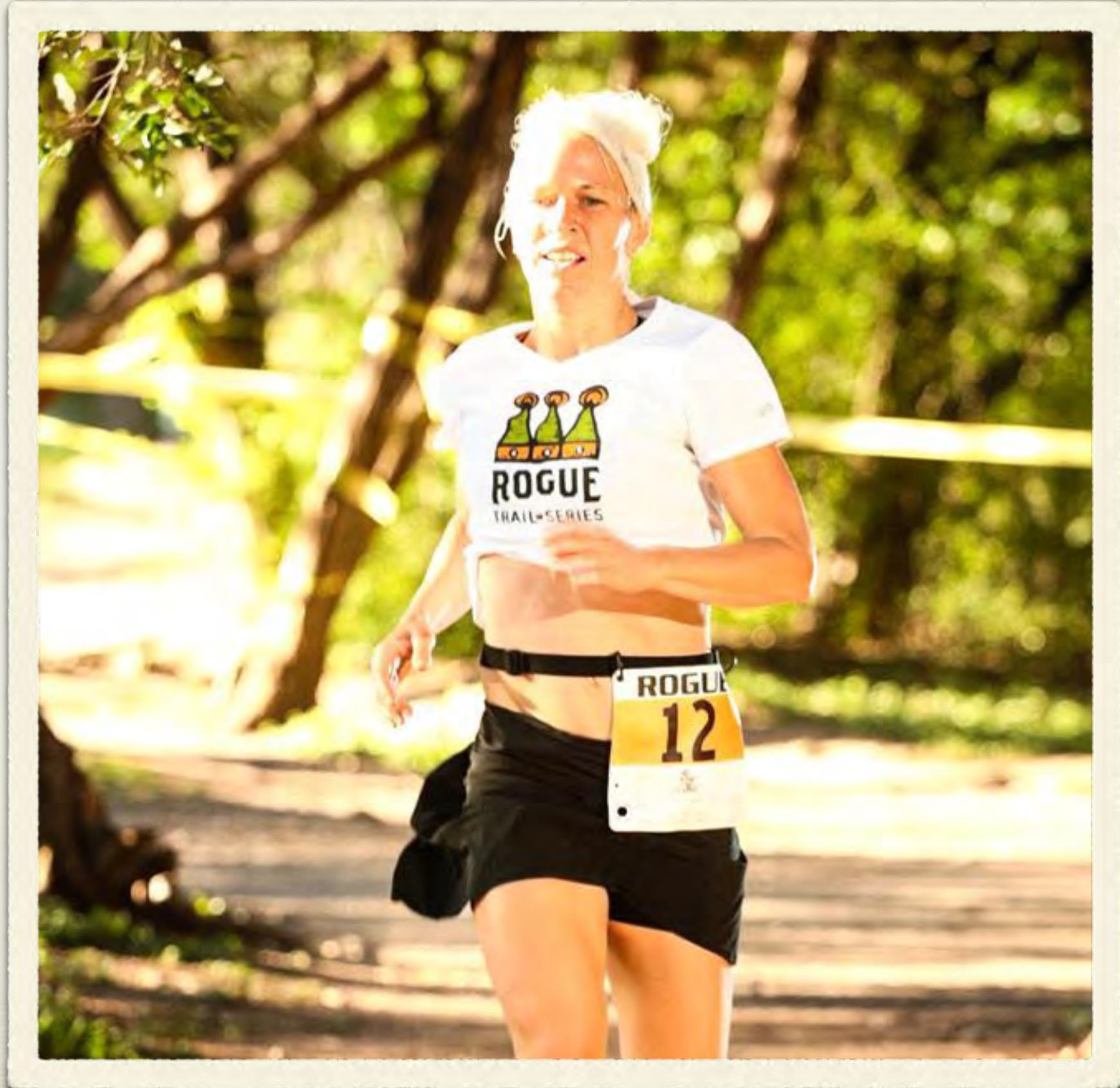
Permission to take care of your needs

Log off

Balance between giving and receiving

The Marathon Metaphor

- * Pacing
- * Fueling the body
- * Listening to the body
- * Rest
- * Recovery



Rituals



Where do you go for guidance, support and community?

Resources

- * National Suicide Prevention Lifeline- 1-800-273-TALK (8255)
- * Find Help (Find food assistance, help paying bills, and other free or reduced cost programs, including new programs in response to the COVID-19 pandemic)
- * SAMHSA- Concept of Trauma and Guidance for a Trauma-Informed Approach
- * Google Voice
- * Remind
- * Tutorial on Virtual Backgrounds in Zoom
- * Psychology Today



Breathe

Questions



References

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