

Trauma-informed wellness tips

Be an active listener

**Why is this
important?**

It's about shifting
the perspective...

How can you implement this strategy?

Focus on your attitude (constructive), attention (what is paid attention), adjustment (cultivating capacity).

- <https://www.centenaryuniversity.edu/wp-content/uploads/2017/02/Triple-A-Listening-Supplemental-Reading.pdf>
- <http://www.mindtools.com/CommSkill/ActiveListening.htm>

Values affirmation to reduce
stereotype threat and improve
student performance

Why is this important?

It reinforces students' feelings of integrity and self-worth to counter stereotype threat, helping reduce achievement gap in minority students.

How can you implement this strategy?

Students identify values important to them and write about how they include these in their lives, which helps to reduce cortisol levels.

These are primarily written responses as short essays to these two questions, and instructors don't need to read answers. It takes 15 minutes max and can be completed twice a year if desired.

Microaffirmations in the classroom

Why is this important?

It makes students feel welcomed and valued and helps micro-affirm students, which promotes commitment to classroom work, positive behaviors, and student achievement in the classroom.

How can you implement this strategy?

- Cultural acknowledgment
- Eye contact and nodding while students are talking
- Equal attention (calling on students of each race equally)
- Wide-ranging praise (answering questions, doing correct classroom behaviors, etc.)
- Learning names (referring to students by their preferred names)
- Inclusive language (families vs. parents)
- Enthusiasm (with student interactions)
- Approachability (student comfortable asking questions)
 - Another resource on [benefits of positive emotions](#)

Culturally responsive practices in the classroom

Why is this important?

Cultivating positive relationships with students helps with student learning and classroom behaviors and minimizes stressors in the classroom. Students thriving also helps you thrive as a teacher.

How can you implement this strategy?

Develop culturally responsive lessons and materials, examine current disciplinary policies and reduce exclusionary practices (suspension and expulsions) if they do not threaten school safety, and build positive relationships with students.

Other resources about CRP:

- [Six Ways to Make Teaching More Culturally Responsive](#)
- [What Is Culturally Responsive Teaching?](#)
- [CRP Resources.docx](#)

**Meditation for when others are
suffering**

Why is this important?

Taking care of others is hard work. To be able to effectively take care of others, you also need to take care of yourself.

How can you implement this strategy?

- Find somewhere peaceful, sit down, get comfortable, and close your eyes.
- Start taking deep breaths and relax your body. Release tension in different areas of your body, body part by body part.
- Think of someone or a group of people you know or have heard of who are having a hard time. Imagine an image of them.
- Connect with whatever it is they are struggling with and, mentally, make some wishes of compassion for them. For example, think or say, “May you be free from pain” or “I am here with you.”
- You can also use this practice to focus on your own pain by calling to mind your struggles and giving yourself the same compassion that you gave others.