

University of Minnesota Morris Digital Well

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Student Counseling

Disciplines and Departments

1-2021

Trauma Informed E-Newsletter: Issue 4

Jeanne Williamson

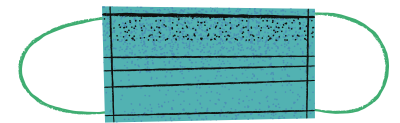
Brianca Smith-Austin

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Trauma Informed

Monthly E-Newsletter on Trauma Informed Practices for Faculty & Staff

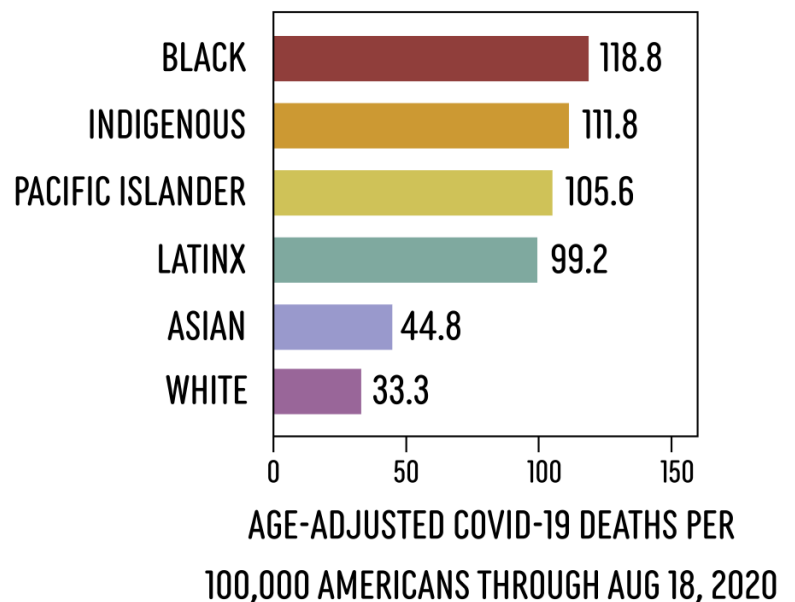
HOW HAS COVID 19 IMPACTED YOUR STUDENTS?



COVID-19 in Black, Latino, and Native American communities and among the poor in the United States: Toxic stress resulting from racial and social inequities have been magnified during the pandemic, with implications for poor physical and mental health and socioeconomic outcomes (source:[10.1037/tra0000889](https://doi.org/10.1037/tra0000889)).

TRAUMA INFORMED INSIDE THIS ISSUE:

- COVID 19 Impacts and how to help your students
 - Breathing techniques you can practice anywhere
 - Burnout Ted Talk from Brene Brown
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Ted Talk Recommendation:

Brene Brown

"Burnout. We're all experiencing it and we're all desperate for a way through it. In this episode, I talk to Drs. Emily and Amelia Nagoski about what causes burnout, what it does to our bodies, and how we can move through the emotional exhaustion."

<https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/>



How Can You Help Your Students?

Start by taking care of yourself and understanding how COVID 19 has impacted your life. COVID 19 is a collective trauma that every person is experiencing. The impact differs from person to person. Notice the privileges that you are still afforded during the pandemic. Now think about your students who aren't afforded those privileges.

- Offer to connect students to Student Counseling
- Consider assignment alternatives
- Offer time to talk to students, if and when you have the capacity to do so.
- Remember to be gentle with yourselves and your students.

If we work as a collective and out of compassion, we will have a much better chance and providing a safe and productive space for our students

3 Anxiety Breathing Techniques You Can Practice Anywhere

THE MEASURED BREATH

Breathe in slowly through your nose and count to four. Keep your shoulders down and allow your stomach to expand as you breathe in. Hold the breath for a moment. Now release your breath slowly and smoothly as you count to seven.

THE BUMBLE BEE BREATH

Close your throat slightly so you can hear your breath when you breathe in. Cover your ears with your thumbs and your eyes with your fingers. Keep your lips closed lightly and your teeth slightly apart with your jaw relaxed. Breathe out slowly making a low humming sound. Make your exhalation long and smooth.

BELLY BREATHING

Breathe in slowly and deeply through your nose. Your stomach should expand. Exhale slowly through your mouth. As you blow air out, purse your lips slightly, and keep your jaw and tongue relaxed. You may hear a soft "whooshing" sound as you exhale.

AnxietySlayer.com