

LAUNCH»

Leadership Accountability Unity Navigating Change High Expectations

TASK CARD | JANUARY 2021

TOTAL EXPECTED TIME: 30-45 MINUTES

The Age of Overwhelm: Strategies for the Long Haul

by Laura van Dernoot Lipsky

- » Please read Chapter 3 (pages 53-63): *A Way Through: When Less Is More*
- » Based on the reading, reflect on the last 10 months as we have been challenged more than ever during this time of a pandemic and social/racial unrest.
 - » Do you have strategies to help you **metabolize** your feelings and experiences or do you **saturate** your feelings and experiences to the point of destruction.
 - » What are some things you do or can do to feel less overwhelmed?

It's a Brain Issue, Not a Behavior Issue

Please watch the videos related to brain development and neuroplasticity and reflect on the questions at the end. **All video and article links can be found on the Task Card page on the www.PSBNMSupport.com website.**

- » *The ESSENCE of Adolescence* (8 minute video), Dan Siegel
- » *The Backwards Brain Bicycle* (8 minute video), Smarter Everyday

Please choose one of the following items to review, based on the grade-levels you work with most closely.

- » *What Survival Looks Like in **Primary** School, Inner World Work*
- » *What Survival Looks Like in **Secondary** School, Inner World Work*

Reflection Questions

- » What challenging behaviors are you seeing in your **students** this year?
- » How might those behaviors relate to brain development and/or responses to stress?
- » What challenging behaviors are you seeing in your **staff** members this year?
- » How might those behaviors relate to brain development and/or responses to stress?