

March 2017 TIC Tip of the Month

The TIC Classified Committee suggested that we add celebrations to the monthly tips so that we can continue to learn from each other. At the March meeting, the committee celebrated Chamberlin's form of Check In-Check Out called Chit Chat. Spending time with students on a regular basis, to check in on how they are doing, builds positive relationships and improves perceptions of safety and care. The Leader in Me at Northview Primary and the power of words of affirmation (one of the 5 Love Languages) were also celebrated. In previous meetings, the committee discussed the importance of knowing students' and coworkers' "love languages" so that we can provide supports that are interpreted as caring.

The committee also recommended that the tip of the month include how an understanding of the 7 habits of highly effective people supports Trauma-Informed Care. When you think about it, Habit 1 (Be Proactive) explains how a traumatic event (the stimulus) causes a response (behaviors). Proactive individuals are self-aware and take responsibility for their decisions and behaviors. "Their behavior is a product of their own conscious choice, based on values, rather than a product of their conditions, based on feeling" (p. 78). Traumatized individuals are largely reactive, affected by the "social weather" in their environment, and are driven by emotions. The reaction to a stimulus (or trauma-related trigger) causes the brain and body's stress response to flood the body with hormones, kicks in the fight-flight-freeze response, and diminishes the ability to listen and think clearly.

For a refresher on how traumatic related stress impacts the brain and body refer to the Harvard website and watch the short Ted-Ed Lesson. Take some time to read the Harvard Press Review article by Nicolas Petrie: Pressure Doesn't Have to Turn into Stress. It is a great reminder that life events don't need to result in stress.

<http://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

<http://ed.ted.com/lessons/how-stress-affects-your-brain-madhumita-murgia> (4:15)

<https://hbr.org/2017/03/pressure-doesnt-have-to-turn-into-stress>

Traumatized individuals experience toxic stress (persistent stress response) and often use self-defeating, reactive language. Adults can help traumatized students change their language from reactive to proactive (see p. 86).

Reactive Language	Proactive Language
There's nothing I can do.	Let's look at our alternatives.
That's just the way I am.	I can choose a different approach.
He makes me so mad.	I can control my own feelings.
I have to do that.	I will choose an appropriate response.
I can't.	I choose.
I must.	I prefer.
If only.	I will.

Remember to Sharpen the Saw (Habit 7) to manage stress so that you can be your best self...at home and at work!

