



Adult Self-Awareness

We are most supportive when we are consciously aware of our own needs and the individual needs of others. This begins with **self-awareness**. We can best support each other when we are calm and aware of ourselves. Before responding, check in with yourself by asking:

- Am I okay?
- Am I making an emotional response or a rationale response?
- How might my biases impact my decision making?

Directions: If more items are checked off in the **Disconnection** and **Reactivity** sections, then consider personal triggers and some positive supports to counter the triggers. It is okay to feel how you are feeling. The goal is to manage your own social emotional well-being before helping the students with theirs.

Calm
<input type="checkbox"/> I am breathing at a normal rate/rhythm. <input type="checkbox"/> I am feeling calm in my body. My muscles feel relaxed. <input type="checkbox"/> I can think and plan. <input type="checkbox"/> I can come up with options. <input type="checkbox"/> I can ask for assistance from other adults or give myself a break.
Disconnection
<input type="checkbox"/> I feel slow to react, and I cannot think fast enough. <input type="checkbox"/> I feel like I am sinking or disappearing. <input type="checkbox"/> I do not feel up to managing the situation. <input type="checkbox"/> I feel helpless. <input type="checkbox"/> I feel sad.
Reactivity
<input type="checkbox"/> I am upset and reacting quickly. <input type="checkbox"/> My breathing is shallow or heavy. <input type="checkbox"/> My body is tense. <input type="checkbox"/> I cannot think. <input type="checkbox"/> I feel like I am going to explode. <input type="checkbox"/> I am talking loudly or yelling.

What might be some of my personal triggers?

What are some positive supports to counter such triggers?