Teacher CARE
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The Vagus Nerve

- Helps coordinate the interaction between your breathing and heart rate.
- Vagal superstars:
  - More positive emotions
  - Stronger relationships
  - Fifth graders who have a stronger vagal profile are the kids who intervene when a kid is being bullied.

To activate:
- Breathe in for a count of 3 and breathe out for a count of 6
Teacher BURNOUT

- Emotional exhaustion
- Detachment
- Low sense of accomplishment

Resulting from:
- Lack of social and emotional skills
- Negative school climate
- Lack of administrator support
Teacher Social and Emotional Competence

- Warm & supportive teacher-student relationships
- Positive classroom climate
- Better classroom management
- Effective implementation of SEL programs
Self-Compassion (Neff, 2011)

The practice of quieting the inner critic, replacing it with a voice of support, understanding, and care for oneself
3 Components of Self-Compassion
(Neff, 2011)

• **Self-Kindness** vs. Self-Judgment

• **Common Humanity** vs. Isolation

• **Mindfulness** vs. Over-identification
Benefits of Self-Compassion
(Neff, 2011)

• **Reductions in:** Anxiety, depression, stress, perfectionism, body shame, fear of failure
• **Increases in:** Life satisfaction, happiness, self-confidence, optimism, curiosity, creativity, gratitude
• Greater intrinsic motivation, desire to learn & grow
• More likely to try again when fail
• More conscientiousness
• Greater personal responsibility
• More likely to apologize
• Greater compassion & empathy for others
• More forgiveness of others
3 Practices of Self-Compassion
(Neff, 2011)

• Talk to yourself as you would a best friend

• Self-squeeze

• Breathe-in, breathe-out compassion
Mindfulness

Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.
Mindfulness

Acceptance--we pay attention to our thoughts and feelings without judging them.
Mindfulness

Our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.
Mindfulness Practice

- Sitting meditation
- Walking meditation
- Loving-kindness meditation
If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself.

– Charles Schulz
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