




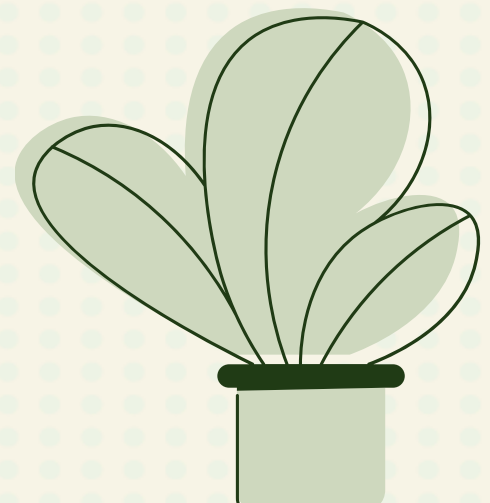
Educator's Guide:

Humanizing Higher Education Environments Through Infusing Trauma-Informed Care and Nervous System Regulation Techniques to Support Student Mental Health & Wellbeing



ORGANIZED BY

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A place to start...

As we continue to face the ongoing mental health crisis impacting our students and communities, it is important that we as practitioners address the shared responsibility for more stress management education to be infused in our classrooms and educational environments, in addition to advocating for increased mental health resources on campuses, in an effort to meet the increased needs for student and community mental health resources and accommodations.



As we move through the impacts of the pandemic, it is crucial that we as educators and practitioners infuse more **trauma informed care** and incorporate stress management and **nervous system regulation techniques** within the environments we directly impact, while encouraging our students, and each other as educators, to prioritize breaks, taking time to ground ourselves, and make space for **centering our humanity** in every educational environment. As we know, we cannot learn without feeling **psychological safety**, and knowing safety is impacted by our intersecting identities and environments, incorporating this trauma-informed care is critical in our effort to **humanize education environments** for students and communities to thrive.



(Barros-Lane, Smith, McCarty, Perez, & Sirrianni, 2021)

(Imad, 2021)

(Pica-Smith & Scannell, 2020)

(Kim, Crooks, Bax, & Shokoohi, 2021)



Fostering Mindfulness In Your Classroom/Educational Space

01

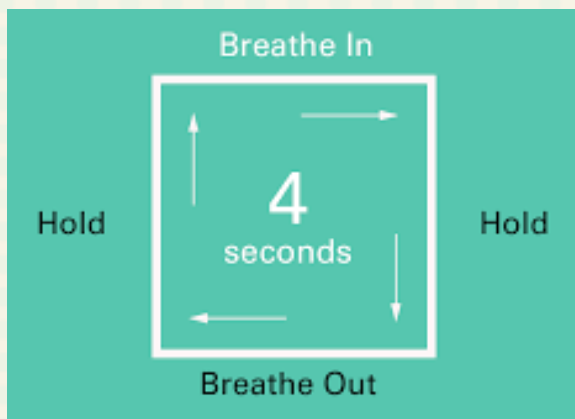
CREATE A ROUTINE & SET THE SPACE

- Incorporate mindfulness routines, stress management/nervous system regulation techniques, and resources
- Start your class with a mindfulness routine & infuse mindfulness reminders throughout discussions
- Allow for remote learning flexibility and accessible accommodations



NERVOUS SYSTEM REGULATION TECHNIQUES

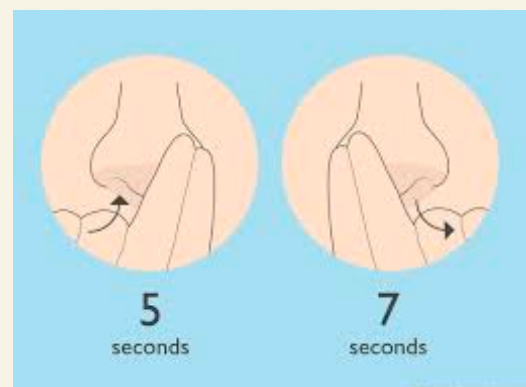
- Educate yourself and then students on nervous system regulation techniques
 - Resources & training resources often available through your counseling services & free online for educators
 - Consider hiring a local yoga teacher or another trained professional to come into your space and educate your community on some helpful mindfulness practices!



BREATHWORK PRACTICES

Consider researching:

- Alternate Nostril Breathing
- Box Breathing
- Grounding techniques
 - Rubbing feet on floor
 - 5-4-3-2-1 senses technique
 - Vagus Nerve stimulation (body tapping, etc.)



Infusing Trauma Informed Care

Q2



WHAT CAN THIS LOOK LIKE?

- Foster space for safe sharing, honoring, and centering of your students intersectional identities & lived experiences, and adapt your environments to better meet needs and foster belonging through an identity based and trauma informed lens
 - Including incorporating content warnings during presentations, lectures, and discussions regarding traumatic subjects or topics that could be traumatic based on shared identities & experiences
- There is an increased need for mental health support as we move through pandemic learning impacts of trauma, therefore we should be increasing accommodations in our classrooms and environments to create psychological safety for learning
 - This includes more universal learning design & built in accommodations, brain breaks, extended time, virtual learning flexibility (inclusion of access for students with autoimmune or those who learn best virtually)
 - Offering more inclusive neurodivergent accommodations into the classroom, including fidget tools, multiple ways to discuss/engage/participate (including virtually), reminding students to move through space as needed, etc.



(Pica-Smith & Scannell, 2020)
(Kim, Crooks, Bax, & Shokoohi, 2021)
(Wattick, Hagedorn, & Olfert, 2021)

Be Prepared With Resources

03

- In addition to infusing trauma informed care & nervous system regulation techniques into our classrooms and educational environments, it is critical to share accessible mental health resources to share with your students
 - 988 Suicide & Crisis Lifeline- Dial 988
 - Crisis Text Line- Text HOME to 741741
 - The Trevor Project- 1.866.488.7386
- Know what mental health resources are **available within your campus or community** and highlight them in an accessible space within the learning environment
 - Counseling Services
 - Disability/Accessibility Student Services
 - Community Referrals (usually Health Services will have a shareable list)
- Feel free to get creative!
 - Include visual/audio art- such as by Morgan Harper Nicols, who shares her lens as an autistic artist through her visual art, and offers a free online visuals for educators to share with students to bring mindfulness into the classroom:
<https://morganharpernichols.com/blog/free-back-to-school-printables?format=amp>



I AM
BREATHING DEEP
AND
I AM LETTING
TODAY BE
WHAT IT NEEDS
TO BE.
MHN

5 PHRASES TO REPEAT TO YOURSELF THROUGHOUT THE SCHOOL YEAR

1
"I WILL GIVE ENERGY TO WHAT I NEED TO
GIVE ENERGY TO, AND I WILL REST
WHERE I NEED TO REST."

2
"EVEN IN SUBTLE WAYS,
I AM GROWING IN WISDOM EACH DAY."

3
"I AM ALLOWED TO ASK FOR HELP (EVEN
FOR THE THINGS I FEEL I SHOULD BE
ABLE TO HANDLE MYSELF)."

4
"I WILL HAVE GRATITUDE FOR THE LITTLE
THINGS EVEN WHILE I WAIT FOR THE
BIGGER THINGS TO FALL IN PLACE."

5
"YEARS FROM NOW, I WILL LOOK BACK
AND I WILL FIND THAT I WAS GROWING IN
WAYS I COULD NOT SEE AT THE TIME."

MHN



REFERENCES



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INTERESTED IN MORE MINDFULNESS?

Check out Try Slow to learn more about breathwork, yoga, meditation, and relaxation techniques!



Email tryslowyoga@gmail.com to set up a group mindfulness session for your class, team, or community!

Join the email list to receive the latest information about community classes, pop up events, and more!

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www.tryslowyoga.com

