Holding Space… While Holding On

Self-Care for Educators Supporting Immigrant Communities

May 14, 2025
10am

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MAY IS
MENTAL HEALTH
AWARENESS
MONTH

- Welcome
- Introductions

Mind Body Reset: Regulation Tools

- Trace your fingers with your breath:
  - Inhale on the way up
  - Exhale on the way down

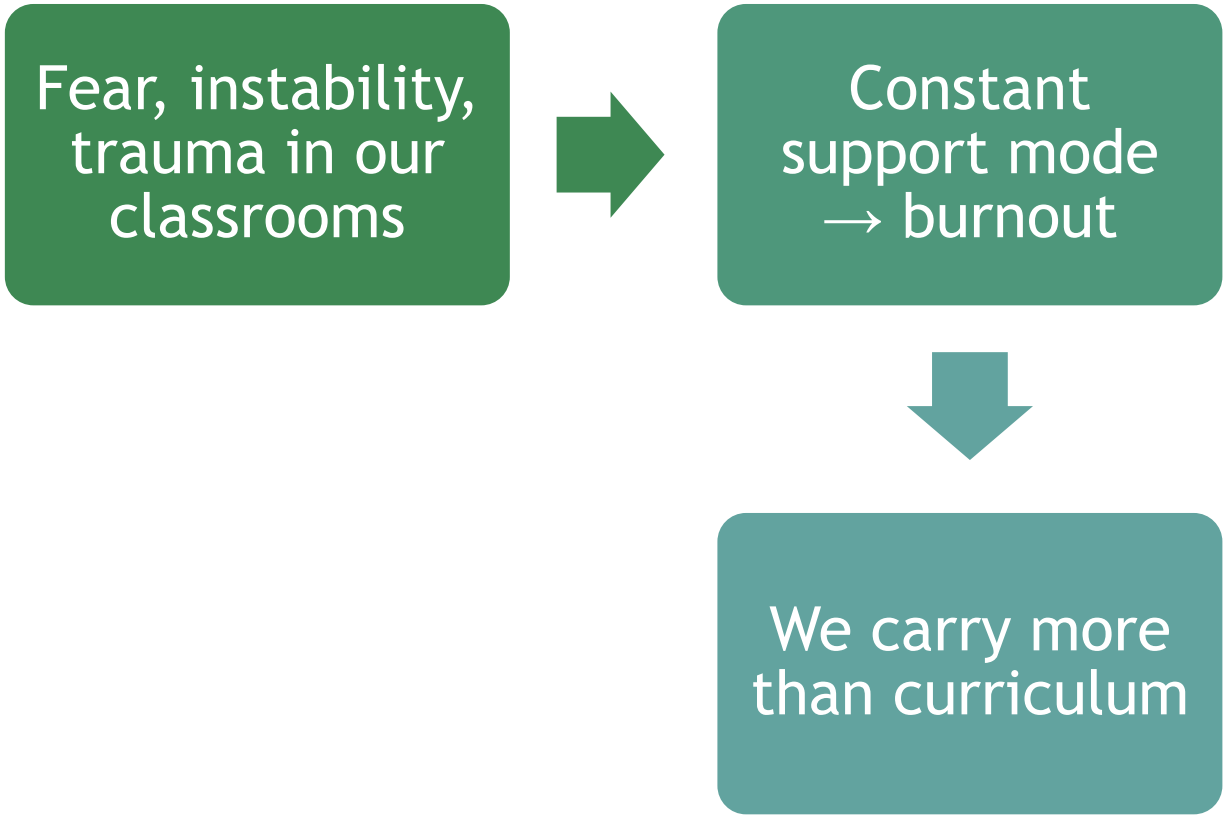
Learning Objectives

Today, we will:

- Reflect on the emotional impact of working with immigrant learners under stress.
- Explore resilience-building and mindfulness tools
- Learn to support each other through collective care
- Create a personalized self-care plan

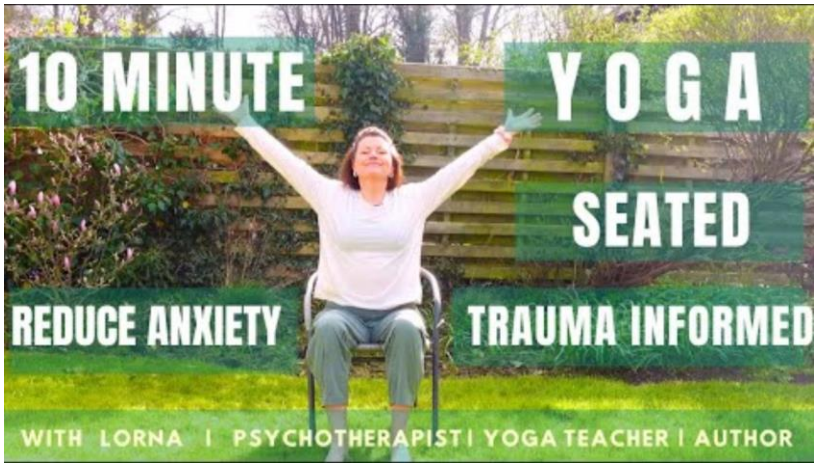
What's one word to describe how you are feeling today?

Understanding the Emotional Load



Mind-Body Reset: Regulation Tools

- 10 minute Trauma Informed Chair Yoga



Secondary Trauma & Compassion Fatigue

Secondary Trauma Response:	Compassion Fatigue Symptoms:
Hypervigilance	Emotional exhaustion
Intrusive thoughts	Irritability or anger
Emotional numbing	Feelings of helplessness
Sleep disturbances	Diminished empathy
Avoidance behaviors	Physical ailments (headaches, stomach issues)

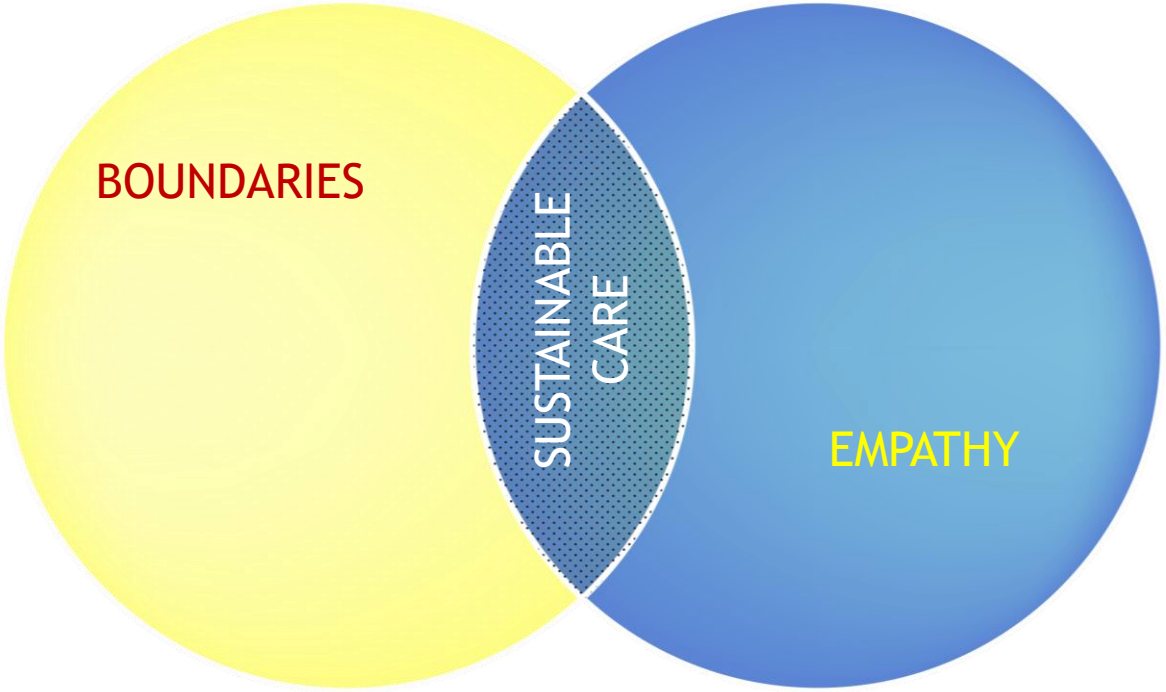
Secondary Trauma & Compassion Fatigue

In pairs: Share one time you felt emotionally overwhelmed supporting a student….how did it affect you?

Mind-Body Reset: Regulation Tools

1 Minute Box Breathing

Boundaries vs Empathy



- Prompt: Where do your limits need protection?

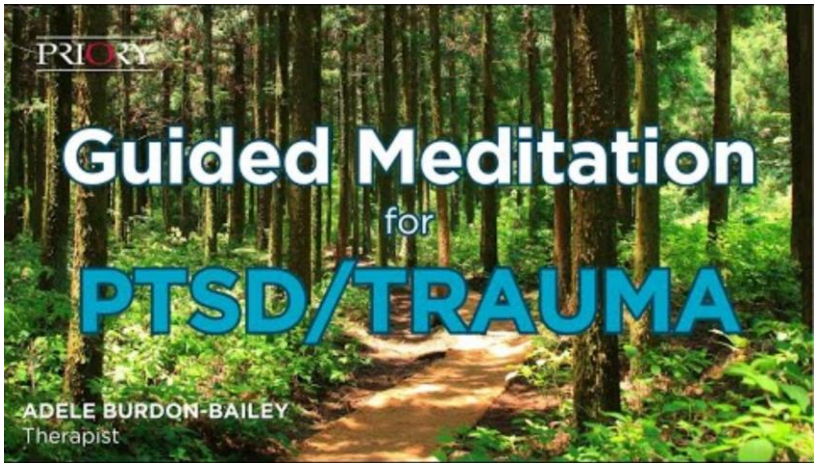
Holding Space without Burning Out

- In the center circle, write down things you *directly control* (your self-care habits, attitude, responses).
- In the middle circle, list things you can *influence* (students' feelings of safety, advocating for supportive policies).
- In the outer circle, acknowledge what you *cannot control* (immigration policy changes, ICE activity, broader political climate).

- **Discussion Prompt:**
- How does it feel to focus on what is within your control?

Mind-Body Reset: Regulation Tools

Safe Place Visualization



Collective Care

Brainstorm together, in the chat, or in breakout rooms:

What does collective care look like in your world?

How can we support each other when systems don't?

How can we build or ask for support systems that reflect this?

Examples:

- Buddy check-ins
- Advocacy circles
- Sharing success stories in meetings

Create Your Self-Care Plan

- Daily rituals
- Boundaries you'll try
- How you'll ask for help
- Who your "anchor people" are

Solo journaling time (5 min)

- Optional breakout pairs: Share 1 action you'll take this week

Mind-Body Reset: Regulation Tools

10 minute Calm.com Letting Go Meditation

Rest as Resistance

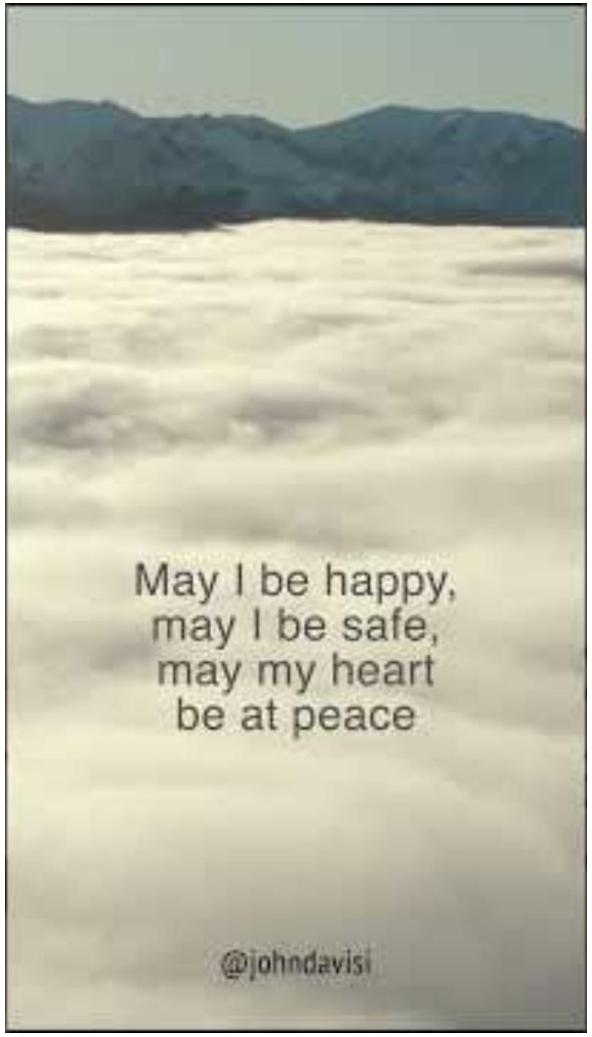
- Quote: “Rest is not a luxury. It’s resistance.” – Tricia Hersey

- How do you reclaim rest, joy, and pleasure for sustainability?

•Group reflection prompt: “What brings you joy that you can add back into your week?”

Mind-Body Reset: Regulation Tools

1 Minute Loving Kindness Meditation



Gratitude

- What are you grateful for today?
- What are you taking home with you?

- Thank you for your presence and your care.

Thank you!

We want your feedback. Please be sure to complete the evaluation.

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