Wellbeing
at School and at Home
in New Mexico

WASH NM

August 19, 2020

An offering to New Mexicans
from the faculty and students of the
Department of Individual, Family and Community Education
at the University of New Mexico

Back to Schooling for Teachers and School Staff

Teachers and School Staff are essential workers in so many ways! We know that you care deeply and tend carefully to those in your charge. We offer this issue of WASH NM for you and about you.

While you’re caring for your students, for each other, for your own children and families, please also take care of yourself. Remember to enjoy the simple pleasures; to note the gains and losses; to help yourself and others by honing your conflict management and coping skills. After all, we are all running a marathon, not a sprint.

As always, there are things in the WASH NM for everyone, not just related to our theme. Our last issue, available at https://coehs.unm.edu/departments-programs/ifce/wash-nm.html, was dedicated to back to schooling for students and families.

Simple Pleasures:

These are our latest finds for relatively quick, easy, often healthy, things you can do during COVID-19 restrictions.

Mask chains look like an indispensable back-to-school accessory this year --


Drive-in Movies are making a comeback:

Walmart Drive-in Movies are coming to Las Cruces -- https://thewalmartdrivein.com/.
Motorama at the Downs in Santa Fe --

How to create your own backyard movie theater --

Check out the Very Large Array telescope outside of Socorro, virtually --
https://public.nrao.edu/explore/vla-explorer/?fbclid=IwAR1LjqVDN-Pttvblc6FajR2wA0fsn1uYld9h7If6s8twCHEvnyhAXFXfnAE.

The in-person Santa Fe Indian Market was cancelled, yet much of it has moved online. Check out the artists, the performances, and perhaps buy something at https://swaia.org/covid-19-update/.

**It’s a Marathon not a Sprint:**
We’re on a long road to new things. Pace yourself!

Do you or someone you know need:

- **Access to public assistance programs** in New Mexico --
  https://www.yes.state.nm.us/yesnm/home/index.

- **Childcare** in New Mexico --

- **Food** -- Here are some lists of New Mexico options:
  - Here’s a list of New Mexico food banks from the New Mexico Association of Food Banks
    http://www.nmfoodbanks.org/.
  - Here’s a state-wide list of school and non-school based meal sites
  - Here’s a state-wide list of school-based meal sites for children:
  - Call the Roadrunner Food Bank of New Mexico’s Food Assistance Line at 505-349-5340 or 575-523-4390 between 8 a.m. and 5 p.m. Monday through Friday.

- **Help of a variety of kinds** in New Mexico --
  https://www.newmexico.gov/i-need-assistance/.

- **Jobs** -- The New Mexico Department of Workforce Solutions:
  https://www.dws.state.nm.us/en-us/.

- **Mental Health Care** in New Mexico -- The New Mexico Behavioral Health Collaborative now offers a smartphone app called NMConnect which offers 24-hour crisis and
non-crisis support. See
https://www.newmexico.gov/2020/04/14/new-mexico-unveils-app-for-behavioral-health-support/.

- **Personal Protective Equipment** (PPE) -- Have some you could spare? Let the NM COVID-19 Emergency Supply Collaborative know -- https://www.nmcovid19.org/.


Here is School Reentry Guidance from a variety of sources. We think the decisions of schools, teachers, and families need to be informed from many different considerations, not from a single perspective. Each resource below tends to be from a particular perspective. We share them as considerations, not as blanket “right answers”.

- **New Mexico Public Education Department** -- https://webnew.ped.state.nm.us/reentry-district-and-school-guidance/.

- **New Mexico’s Child Care and Pre-K Providers information page** -- https://www.newmexico.gov/early-childhood/child-care-and-pre-k-providers/.


- **How safe is your school’s reopening plan? Some considerations** -- https://www.npr.org/sections/health-shots/2020/08/06/897295450/how-safe-is-your-schools-reopening-plan-here-s-what-to-look-for


COVID-19 is not the only thing your students, their families, and your co-workers will be concerned with as schooling resumes:
• Survey shows New Mexican Hispanic and Latino families fear police violence and are talking with their kids about racism --

• Our colleague Gabriel Sanchez, UNM Professor of Political Science, has been documenting how hard the economic situation is on Latino families --

• “We Are Repeating The Discrimination Experiment Every Day” --

Self-directed learning is an approach you might consider:

• How to grow self-directed learners -- https://www.selfdirect.school/.

• Self-directed learning for young children --

• Putting self-directed learning to work in your classroom --

• Self-directed learning lesson plans -- https://blog.planbook.com/self-directed-learning/.

• Encouraging self-directed learning --

• A realistic view of self-directed learning --

• Assisting students who struggle with self-directed learning --
  https://thecornerstoneforteachers.com/5-ways-support-kids-struggle-student-directed-learning/.

• Building a secondary school of self-directed learners --

• How to support college students to become more self-directed learners --
The Back-To-Work issue of *Wellbeing at School and at Home in New Mexico* had a lot of information that you as an employee might find useful from navigating your own health issues to good tips for working from home.

**Gains and Losses:**

All of these changes!
Some are true losses big and small.
Some, though, are gains.

*Moments Together* with young children can leverage everyday interactions as learning opportunities. New resources are now available for parents and caregivers of children aged 0 - 5 -- [https://momentsnm.org/](https://momentsnm.org/).

Remote learning can have some benefits -- [https://www.npr.org/2020/07/28/895720240/can-online-learning-be-better-this-fall-these-educators-think-so](https://www.npr.org/2020/07/28/895720240/can-online-learning-be-better-this-fall-these-educators-think-so).

Remote learning puts extreme pressures on families to balance work and schooling, among other obligations. Not all of your remote students may actually be at home. We’ve read of these two options of which you should be aware: shadow schools and parents’ pods.

Spaceport America, in New Mexico of course, is producing education resources at [https://www.spaceportamerica.com/education/](https://www.spaceportamerica.com/education/).


COVID-19 has changed many things, including the English language. The word *coronacoaster* now exists, and, if your own experiences don’t provide you with a definition, check out the Urban Dictionary [https://www.urbandictionary.com/define.php?term=Coronacoaster](https://www.urbandictionary.com/define.php?term=Coronacoaster).

**Coping Skills:**

We need to recommit to what works and to learn new ways.

---

**A Friend of IFCE Observation:**

Coralis Solomon, PhD, specializes in self-compassion work, and her research has explored Hispanic teachers’ experiences with stressors. While she is based in Orlando, FL, she is a “Friend of IFCE” through Assistant Professor Kelley Holladay. She has offered a bit of writing on self-compassion for teachers here in New Mexico, since teachers’ burnout is one of the primary reasons for attrition in the teaching field. It is noteworthy to mention that for those teachers that are experiencing burnout and remain in the field, students’ learning outcomes, classroom
management, and school environment are negatively impacted. Within the lens of promoting emotional resilience in order for teachers to navigate the constant stressors at schools, emotional self-regulation strategies are effective coping strategies.

As teachers are experiencing uncertainty for what the next year may bring, the practice of self-compassion may be effective for teachers to learn to regulate their emotions through awareness exercises. Self-compassion is grounded in the concept of basic compassion, involving feelings for the suffering of others and staying connected with individuals in pain to alleviate their discomfort. Self-compassion involves staying connected with the self and accepting one’s own pain without harsh judgment, recognizing that inadequacies and challenges are normal and part of being human. Self-compassion has been conceptualized by the researcher Dr. Kristin Neff using three main tensions that can overlap and interweave throughout one’s experience: (1) self-kindness versus self-judgment; (2) common humanity versus isolation; and (3) mindfulness versus over-identification.

Why practice self-compassion with everything teachers have going on throughout New Mexico? Some of the self-compassion benefits include contentment, conscientiousness, emotional regulation, positive thinking, decreased anxiety, and decreased depression. Thus, the practice of self-compassion can increase positive emotions and help decrease negative thoughts for individuals. In addition, developing the skill of self-compassion enhances behavioral motivation, promotes a healthier sense of self-worth, and decreases feelings of burnout. Therefore, teachers employing self-compassion practices may be better at navigating their occupational stressors, resulting in experiencing fewer feelings of burnout. Self-Compassion practices are easy to learn and portable skills for teachers to bring into the classroom (or virtual classroom) when facing stressors. One suggested practice for Dr. Kristin Neff is to take a self-compassion break by setting aside a few moments to acknowledge a difficult situation you are experiencing and help you work to bring some compassion to your circumstance. Then, repeat the following self-compassion phrase: “this is a moment of suffering, suffering is a part of life, may I be kind to myself”. Repeating this phrase over and over will create a soothing effect that can help you navigate a difficult and stressful situation, while taking care of yourself in a compassionate way.

If you would like to learn more about practicing self-compassion, here are some resources:

To learn about other self-compassion practices and trainings for teachers to incorporate these practices in the classroom check out https://selfcompassionlife.com/.

Self-Compassion Guided Meditations and Exercises.

Circles of Practice: Free Self-Compassion Meditation Sessions.
COVID-19 related issues are absolutely affecting the kids. Some ways to help them cope with COVID-19:


- Trauma-informed practices in schools, a review of the research -- [https://journals.sagepub.com/stoken/default+domain/6VGGYQIIKBQDXJFASMNU/full](https://journals.sagepub.com/stoken/default+domain/6VGGYQIIKBQDXJFASMNU/full).

- 7 Tips for Educators -- [https://www.anxietycanada.com/articles/7-tips-for-educators-returning-to-school-during-covid-19/](https://www.anxietycanada.com/articles/7-tips-for-educators-returning-to-school-during-covid-19/).


“Supporting others during this crisis is exhausting me” -- [https://ideas.ted.com/dear-guy-supporting-others-during-this-crisis-is-exhausting-me/](https://ideas.ted.com/dear-guy-supporting-others-during-this-crisis-is-exhausting-me/).

Here are some inspirational links for you. Get the tissue box!!


- Every kid needs a champion -- [https://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion](https://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion).


Conflict Resolution:

All of our relationships take extra attention right now.
Conflict, unfortunately, happens easily.

Everyone is stressed; everyone is high-strung; few are happy right now. This means conflict is likely to happen more quickly and with less provocation than we’re used to. Here are some resources for conflicts inherent in the work of school staffs for you:


- Defusing conflict with other adults -- https://resilienteducator.com/classroom-resources/teachers-defuse-conflicts/.

- Teacher to teacher conflict -- https://study.com/blog/how-to-handle-conflict-with-other-teachers.html#:~:text=Fortunately%2C%20most%20conflicts%20can%20be,if%20you%20need%20a%20mediator.


- 6 tips for administrators to assist with staff conflict -- https://www.weareteachers.com/how-to-work-through-staff-conflict/.

- Advice for administrators in working through remote conflict -- https://blog.avispl.com/video-conferencing/advice-for-managing-your-remote-teaching-staff/.

The New Mexico 19:

Here are 19 links to assist you as you go back to schooling:

2. Six ideas from teachers of how to engage students in remote learning --

3. Getting to 100% engagement --

4. Seven key ideas for motivating students in remote learning --

5. Seven strategies for student engagement in remote learning --

6. Tips for motivating learnings in remote learning --

7. Promoting student agency helps in remote learning --

8. Inspiring intrinsic motivation in students --

Connections for you and your students are important right now:

9. Connecting with your students at this time --

10. Connecting While Disconnected: Nurturing the Relationship Between Culture, Land, and Learners --
    https://learningpolicyinstitute.org/blog/covid-connecting-while-disconnected-culture-land-learners.

11. Wellness for you and your students -- https://www.cde.state.co.us/safeschools/wellbeing.

12. Connections matter much right now --- for you and for your students --
13. Making sure students have social connections --

Social Emotional Learning needs are deep during this time. Here are some resources for you and your students:

14. Social Emotional Learning should be a priority right now --

15. Social Emotional Learning for your students and their families --

16. Addressing the Social Emotional Learning needs of your students --

17. 10 Social Emotional Learning strategies during COVID-19 --

18. Take a proactive Social Emotional Learning approach right now --

19. Supporting students and families --

For Those in the Helping Professions:
Two scholarly looks at COVID-19 impacts on classroom assessment and learning --

The Bookshelf -- References and Other Resources
Things the WASH NM Team has read or seen that you might want to examine more closely

Here’s a review of literature about the importance of habits for students: Fiorella, L. (2020). The science of habit and its implications for student learning and well-being. Educational Psychology Review, 1-23.

Coming up Next:
The Pumpkin Spice Issue: Self-care & Mindfulness on September 2 -- The aromas of green chile roasting in supermarket parking lots will quickly give way to the scent of pumpkin spice not only in our coffee but in lots of other places, too. We invite you to use these powerful sensations to remind us to take very good care of ourselves. We'll look at lots of ways to do that on September 2.
About WASH NM:
The faculty and students of the Department of Individual, Family and Community Education in the College of Education and Human Sciences at the University of New Mexico would like to offer to all New Mexicans thoughts, ideas, and resources from ourselves and our areas of study and work -- counseling, educational psychology, family & child studies, and nutrition -- to enlighten, soften, and aid the COVID-19-related transitions. We intend to make this offering bi-weekly, each with a theme relevant to our times.

We are exiting the initial phase of the Coronavirus effects on our lives, and we are realizing that we face not a pause in our realities to which we will soon spring back but a new reality entirely. We held our breath, put our collective and individual heads down, and gutted it out so far. Now, we face the marathon, not a sprint, of placing ourselves, our children and families, our work selves -- everything -- into this new normal. In these changes, we owe ourselves and those around us opportunities to note and to grieve the losses, big and small, and we also owe it to ourselves and others opportunities to see and seize and solidify the gains. Some of these changes have been good! We’ve (re)discovered simple pleasures like baking, walks, family meals, reading, laughing together. Some of the changes have been among the hardest we’ve faced. We’re in need of new and better coping skills, and, with tensions running high, we need new and better conflict resolution strategies, too. Even simple interactions aren’t simple these days! With informed reflection and action throughout this time, we can all improve our Wellbeing at School and at Home in New Mexico.

The WASH NM Team
Jay Parkes, Professor of Educational Psychology, WASH NM Editor
Jan Armstrong, Professor of Educational Psychology
Kris Goodrich, Professor of Counselor Education and Department Chair
Kelley Holladay, Assistant Professor of Counselor Education
Renee Howells, Assistant Professor of Counselor Education
Ashley Martin-Cuellar, Post-doctoral Fellow in Family & Child Studies
Monique Rodriguez, Lecturer of Counselor Education
Maria-Elena Salazar, Lecturer of Family & Child Studies
John Kofonow, Web Site Administrator, College of Education & Human Sciences

Additional Contributors to this issue:
Coralis Solomon, PhD, is Assistant Professor at Troy University - Tampa Bay and operates Self Compassion Life in Orlando, FL.

How to Pick Up the WASH NM:
All issues of WASH NM are available in pdf format at:
http://coehs.unm.edu/departments-programs/ifce/wash-nm.html
An e-mail distribution list (WASH_NM-L) will announce each new issue. You can subscribe to the list by sending a message to listserv@list.unm.edu:

Leave the Subject field blank.

In the body of message type (with no other text): subscribe WASH_NM-L  Firstname Lastname

**About the**

**Department of Individual, Family and Community Education:**

The department houses four diverse, but interconnected, programs that prepare students to address the myriad issues faced by the State of New Mexico. Our faculty members are leaders in their disciplines of Counselor Education, Educational Psychology, Family and Child Studies, and Nutrition; although each of these programs reflect different professional fields and identities, we all have shared values of human development, diversity, and excellence in scholarship and teaching. We offer various Bachelor’s, Master’s, and Doctoral Degrees and a number of programs have achieved national accreditations in their fields, a true marker of success and innovation.

ifce@unm.edu

[https://coe.unm.edu/departments-programs/ifce/index.html](https://coe.unm.edu/departments-programs/ifce/index.html)