

Wellness

Course Outline

- I. Introduction and Course Objectives
  - Introduce yourself
  - Discuss how people are coping with COVID 19/Civil unrest
    - As employees
    - As parents
    - As families
    - As individuals
  - Have every student write down on a post-it one thing they do for fun that is NOT public safety related
- II. Housekeeping
  - Roster
  - Introductions
- III. Course Objectives
  - Another look at Compassion Fatigue
  - Learning Styles and how we receive information
  - Getting “un-busy”, a look at how the dolphins do that
- IV. What is Compassion Fatigue
  - Care-giver syndrome and burn out
  - When you help people you have direct contact with their lives. Your compassion for those you help can affect you in a positive and negative ways.
  - Take Compassion Satisfaction and Fatigue assessment
    - Discuss Compassion Satisfaction
    - Discuss Burn out
    - Discuss secondary traumatic stress

**V. Sphere of Concern-Influence-Control**

- Discuss the slides and go over what each word means in this context
  - Concern, anything and everything that you are concerned with
  - Influence, what concerns can you actually do something about
  - Control-The power of choice you can move your concerns anywhere you like! You do NOT need to take on the concern of others. You do NOT need to concern yourself with anything YOU do not want to change
- Group Activity- Write down any and all concerns you have
  - Write down any and all concerns you have
  - Transfer only those concerns that you have the **Influence** to do something about and the **Control** to do so.

**VI. Learning Styles and assessment**

- Group students in to 3 groups
- Assign each group a different learning style to research
  - Auditory
  - Visual
  - Kinesthetic
- Have each group present what their learning style is and give examples of ways to “teach” to a student of their learning style
- Give the learning style assessment so each student understands how they learn and receive information

**VII. Why are we so busy?**

- Discuss routines and schedules and how busy and hectic everyday life is
- Introduce Video on how Dolphins play and learn
- Watch TED talk video

- Discussion on what the students thought of the video

**VIII.** Let's rewind and act like children, for a bit

- Lay out the "rules"
  - No electronics
  - Must stay in the room unless you want to go for a walk outside
  - 30 minutes of "play time" no sleeping no work related discussions or complaints about work

**IX.** What was the point?

- To decompress
- To remind ourselves to balance work and play
- To give us a reminder that we need to have fun to have a balanced life
- No matter what situation we are in we can decompress and take care of ourselves.