JOIN A CHAT FOR WORKING CAREGIVERS OF YOUNG CHILDREN

Humanity First

with Takiema & Nikolai

Friday 3/27 @ 8:00 AM EDT
Kids in background welcome

E-mail info@anahsa.com to receive the link

*Being Recorded*
Hey Mama (caregiver),
There is no one right way to do this.
There is only what is right for you and your family today.
As your needs change, as your life changes, the thing that feel right for you make change too.

Think to yourself:
What have you been holding on to that you could let evolve?
Facilitated by:

Takiema Bunche Smith
President of Anahsa Educational Consulting, Educator, Doula

Nikolai Pizarro
Author of Ring the Alarm, Consultant, Homeschooling Mom
In our first Humanity First Zoom chat, we established that:

None of us are actually homeschooling and working from home!

We are trying to figure out how to live in a crisis response to a global pandemic.

We realized that we need to **reframe** and **stop measuring** our worth and our **children’s worth** through external sources of validation (schoolwork) and productivity (paid work).
GRIEF

Acceptance

Denial

Anger

Bargaining

Depression
Today’s chat: Invisible Load & Self Care
THE INVISIBLE LOAD OF MOTHERHOOD: COVID EDITION

@_HAPPYASAMOTHER

- STAY INFORMED
- DISINFECT
- ADAPT BY THE HOUR
- NOT GETTING A BREAK
- 24/7 MOM
- HAVE ENOUGH SUPPLIES
- TRY TO REGULATE YOURSELF
- ISOLATED FROM SUPPORTS
- WORK FROM HOME
- HOMESCHOOL
- LIMIT KIDS EXPOSURE TO NEWS
- TRY TO KEEP LIFE AS NORMAL AS POSSIBLE
# SELF-CARE: Know your zones

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<tr>
<th>Green Zone: Signs You Are in the Zone of Optimal Regulation (Make a List)</th>
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<td><strong>Physical/Body Sensory:</strong></td>
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<td><strong>Feelings/Emotions:</strong></td>
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<td><strong>Behavior:</strong></td>
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<th>Orange Zone: Early Warning Signs (Make a List)</th>
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<th>Red Zone: Signs You Are in Fight, Flight or Freeze (Make a List)</th>
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Your Emergency and First Responder Plan

- People that calm and ground you
- Places/Environments that are predictable, restorative and/or safe for you
- Objects/Things that are comforting
- Activities or strategies that calm your stress response system
- Words/Self-Talk/Mantras or a quote you can or do say to yourself to feel centered and grounded
- Routines or rituals you can do to bring you back to the ‘green zone’
HOPE

Have present moment awareness.

Observe sources of strength and resilience.

Plan for social support.

Engage in restorative actions.
Close your eyes and take 3 slow breaths

Thank you for joining us today!

Questions & comments:

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