

“Not Very OK At All”

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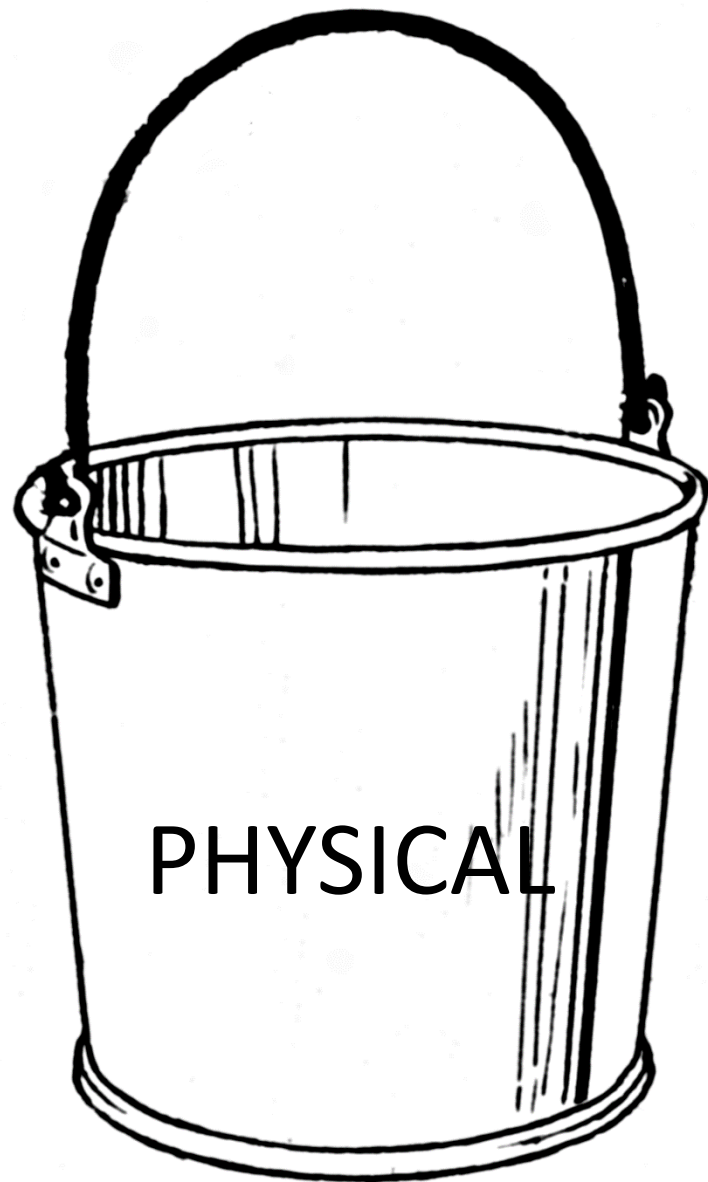
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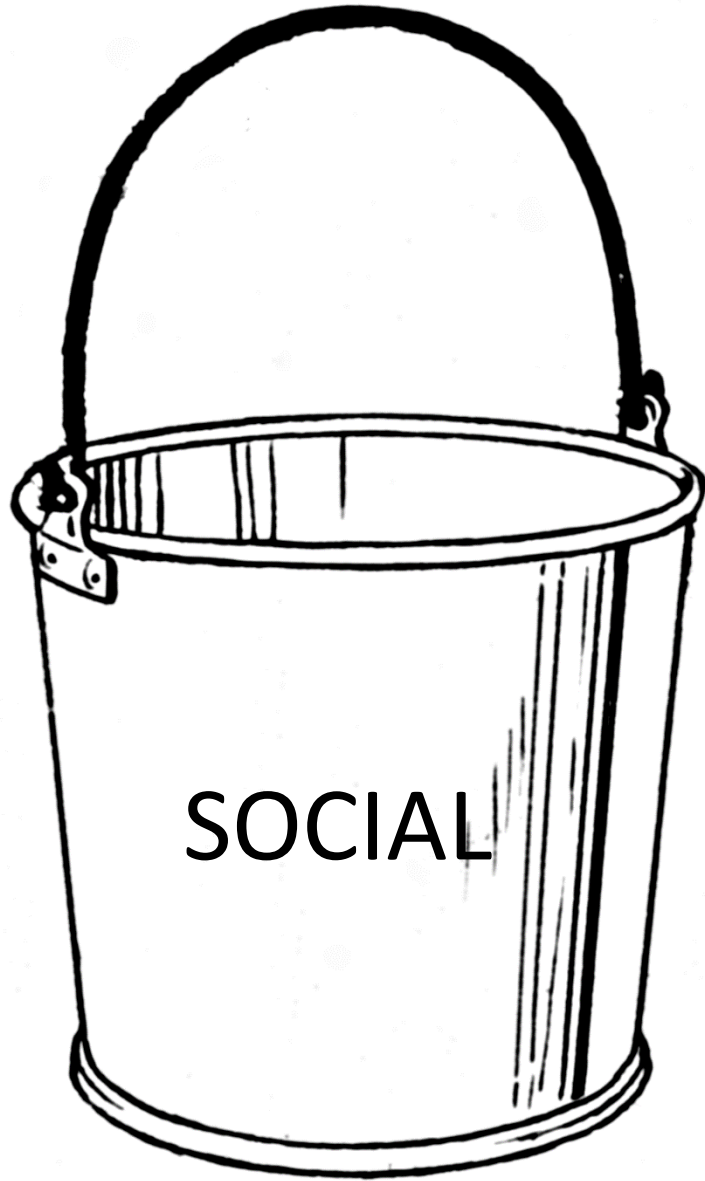
Exercise
Chiropractor
Movement
Going to the gym
Yoga
Stretching



Religion
Meditation
Thrift store and yard sales
Church
Anything that fuels your soul



Going out with friends
Staying in
Coffee with friends
Social media
Corona virus and social distancing
Texting
Phone calls
Strangers are friends I haven't met yet



Eat around the rainbow
Lucky charms
Food pyramid is incorrect
Protein and migraines
Good source of calcium
Raw milk



Book shelf of shame

I am an article girl – under 10 pages

please

Sudoku

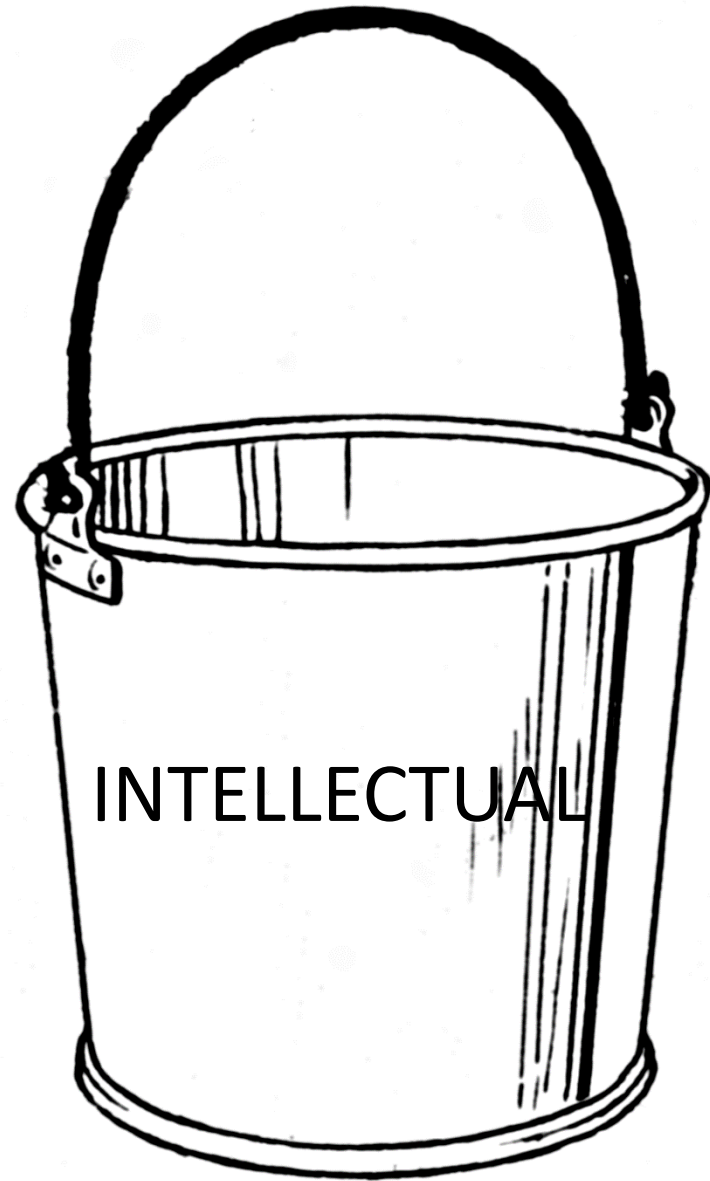
Crossword puzzles

Word searches

Research

Read books

Experiential



Love languages

Relationships

Regulation

Take from other buckets to fill this one

Physiological reaction to strong emotion



Self-Care

1. Feel good self-care: (short term)
 - A day at the beach
 - Yard sales
 - Dinner date
 - Ice cream
 - Extra iced coffee
2. “Sucky” self-care: (long term)
 - Exploration
 - Self-reflection
 - Speak up

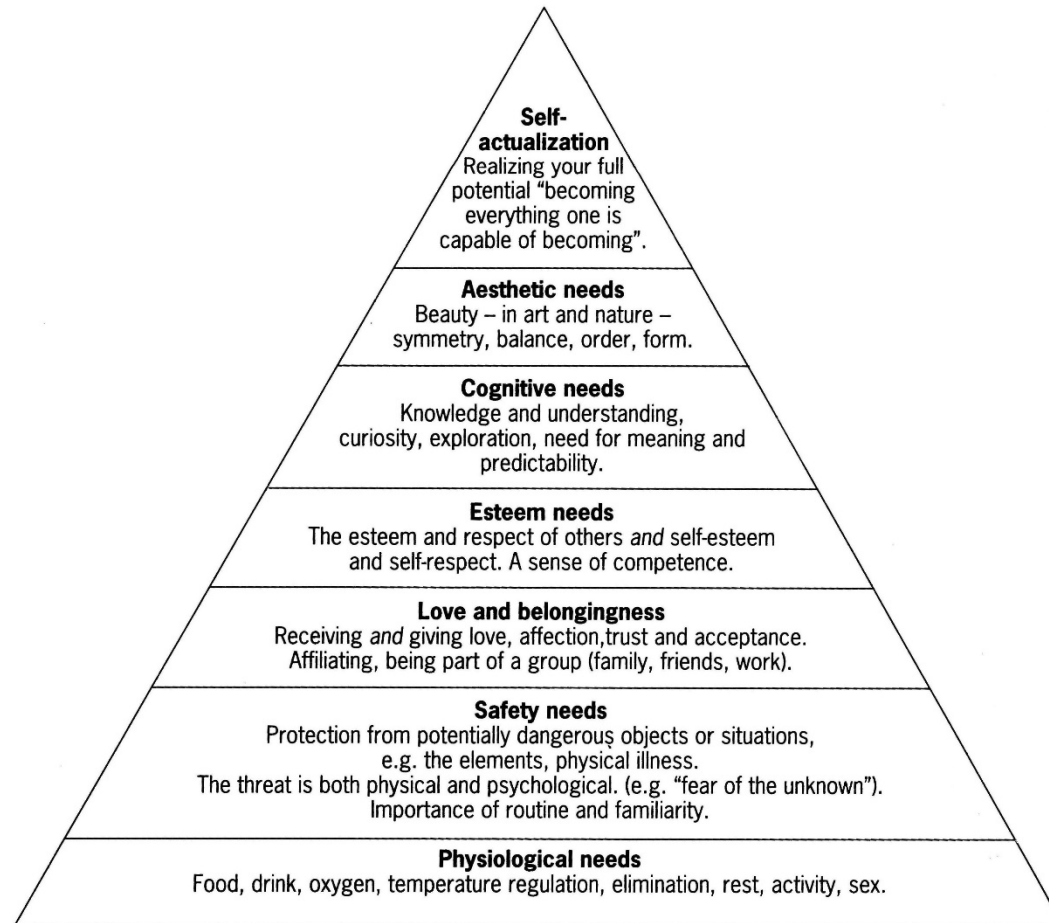
Overall Wellness:

A list of 12 things that I often see educators struggle with!

- Free yourself from toxic people
- Find your “lifters”
- Start wellness from the inside out
- Self-reflect and know yourself
- Pack your bags lightly since you are supposed to leave them at the door
- Find a place to belong
- Find love in any form and learn how to love them
- Know that money and happiness are not compatible
- Do the things you love
- Take a stand and know what you believe in
- Don’t put anyone on a pedestal they can’t fall off of
- Touch

Find a place to belong

- Belonging is more essential to humans than our most basic needs



Find love in any form and learn how to love them

5 Love Languages:

1. Gifts
2. Words of Affirmation
3. Acts of Service
4. Physical Touch
5. Quality Time

Touch

- Touch is essential to human life! Without it we would die!
- How do we keep it present everyday AND fight the piece that is inappropriate?
- Touch acts to stimulate or suppress the release of powerful hormones and other chemicals that affect a variety of functions in the body, including emotions, behavior, growth and thinking (all of which we find essentially important).

Chemicals Involved with Touch

- Oxytocin: It helps protect the body against damage from stress by lowering the blood pressure and cortisol levels, increasing tolerance to pain, reducing anxiety, increases secretion of the growth hormone
- Cortisol: stress hormone – high levels can cause cognitive, social, motor and other developmental delays, impair thinking and selective attention, and can create anxious behaviors.
- Serotonin and Dopamine: 2 “feel good” brain chemicals – Serotonin helps balance mood, sleep patterns, appetite and pain awareness. Dopamine facilitates critical brain functions including control of movement, memory, attention, problem solving and feelings of pleasure and well-being.

Grow and Be Flexible

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.” -Cynthia Ocelli