



What's Inside Your Backpack?

5 Steps to Reduce the Emotional Load

By Jessica Sinarski, LPCMH

www.BraveBrains.com



Participants will be able to:

- Discuss the impact of adverse experiences and other stressors on current behavior.
- Demonstrate 5 concrete resilience strategies.
- Apply learned practices to a variety of settings.

Jessica Sinarski, LPCMH

Author | Speaker | Instigator of Hope



Author

- *Riley the Brave* therapeutic book series
- *Raily el valiente* (Riley the Brave, Spanish edition)
- *Hello, Anger*
- *What's Inside Your Backpack?*
- Coming soon...*Light Up the Learning Brain*

Consultant and Trainer

- Continuing education provider – deep dives, topical webinars, live events

Clinical Supervisor

- Group supervision for therapists and social workers

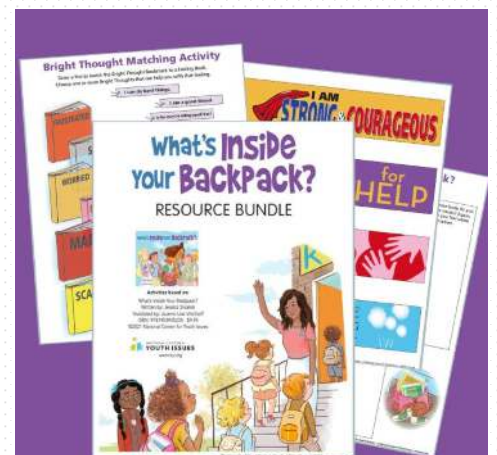
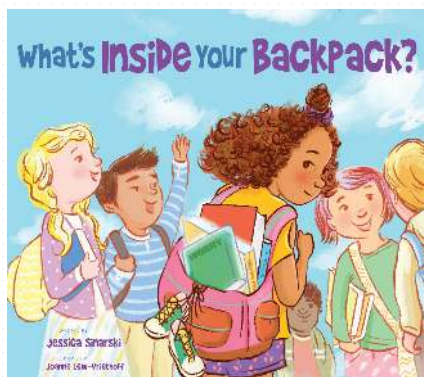
Founder of BraveBrains

- A resource and training platform for PreK-12 educators



BraveBrains
BY EDUCATORS FOR EDUCATORS

Your Magic Backpack



Superheroes are born from adversity...

Trauma: Not sure I have the resources to survive.

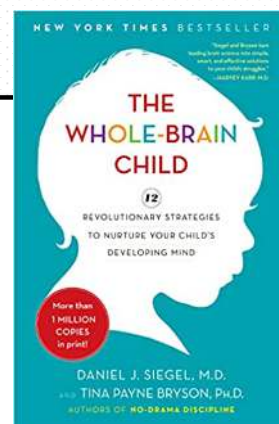
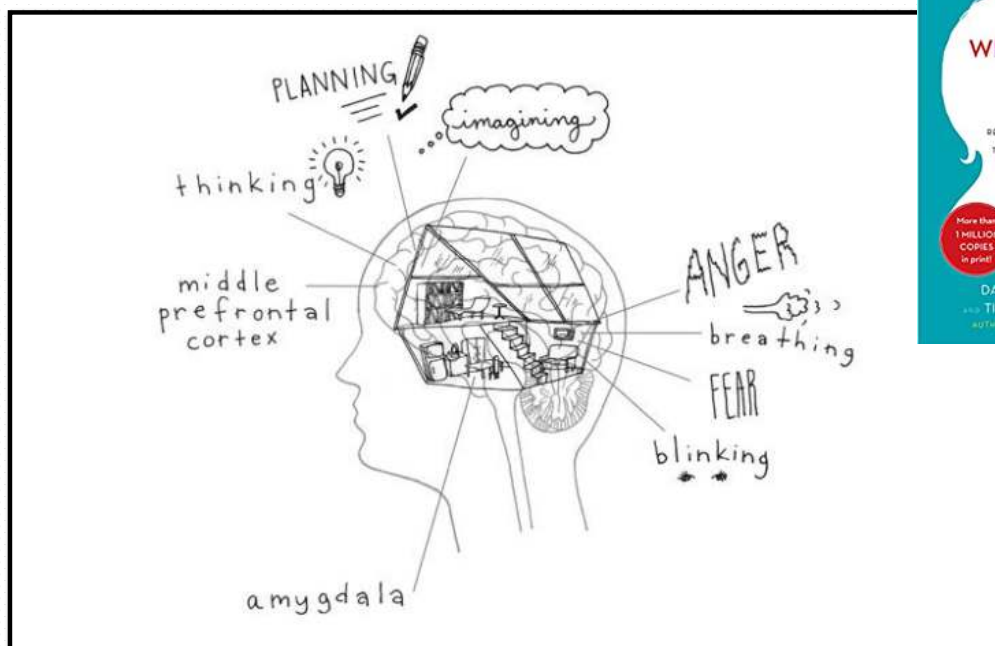
Chronic/toxic stress and trauma set my nervous system up for a life of survival ON MY OWN.

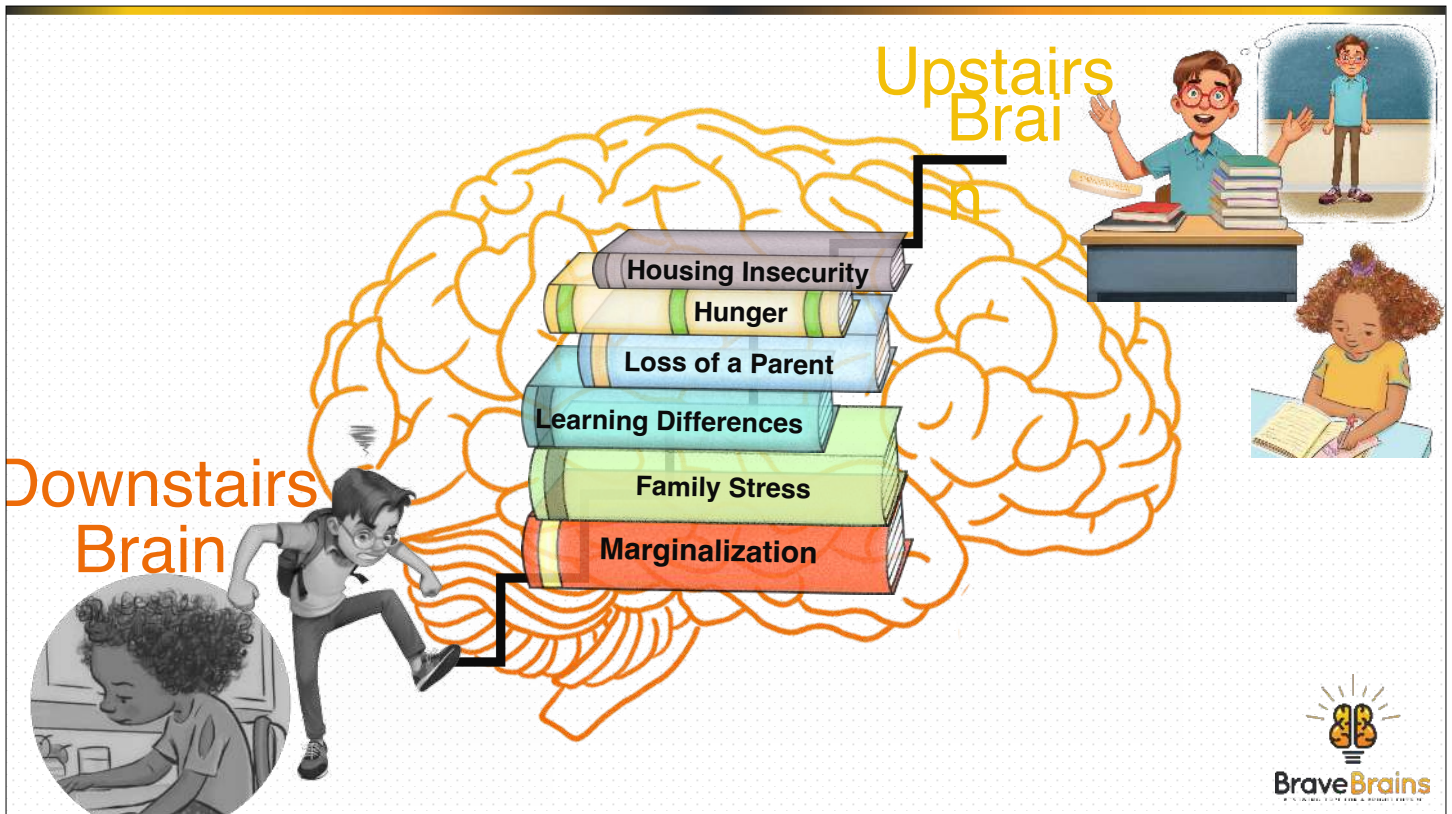
Trying to survive on my own can lead to some behavior that others don't like, and that might not serve me well in the long run.

Relationships can be a source of healing. Brains are *highly* impacted by others, especially during childhood.



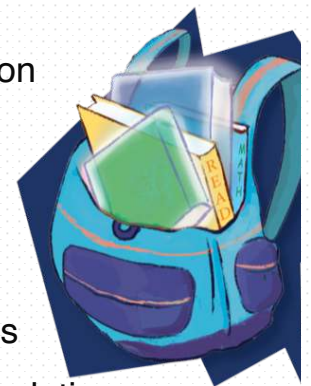
The Human Brain



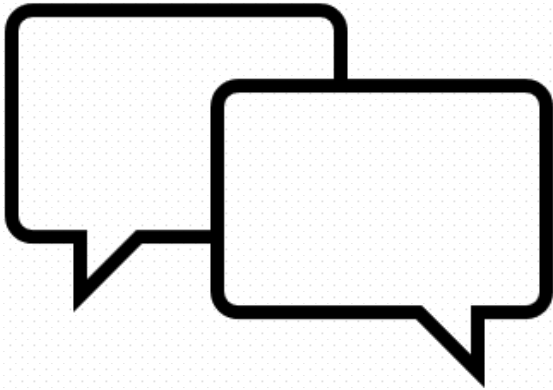


When we are weighed down, the Downstairs Brain kicks in with...

- Difficulty following directions
- Difficulty paying attention
- Meltdowns / Tantrums
- Running away
- Aggression
- Withdrawal
- Emotional dysregulation
- High need for control
- Disrespect / Back talk
- Impulsivity / Fidgetiness
- Automatic "No"
- Seems selfish or manipulative
- Lying / Sneaking / Stealing
- Moodiness



Think of a student or staff member you struggle with...

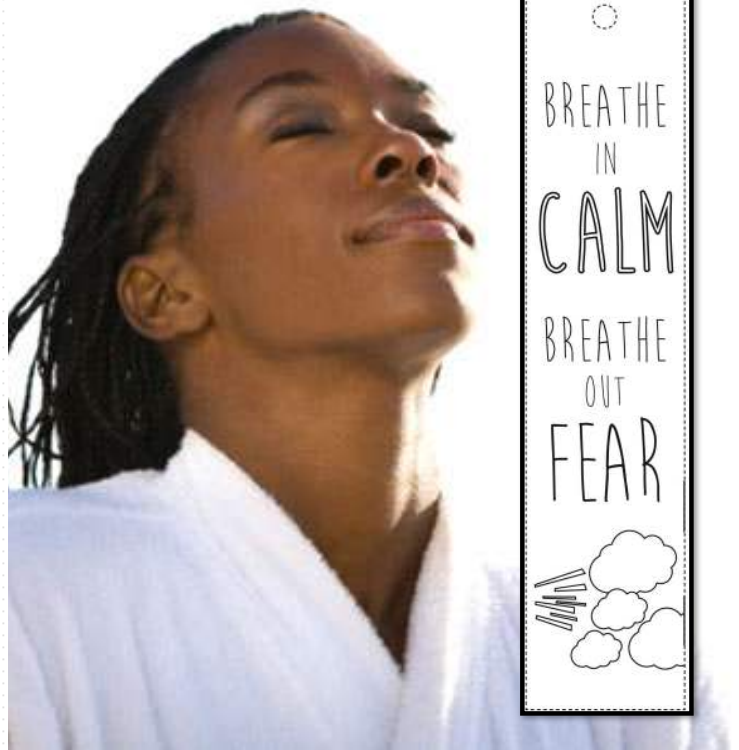


What books might they be carrying?

What shifts if we think about it this way?



Resilience Builder #1



4-7-8 breathing



—
@JESSICASINARSKI

Resilience Builder #2

SELF-REFLECTION



STOP when I'm **FURIOUS**.

PAUSE and be **CURIOUS**.

What is underneath the **mad**?

Am I **LONELY**, **STRESSED**, or **SAD**?



"Hello, Stress.

With my shoulder muscles scrunched and my jaw clenched, you were reminding me that there is a lot going on. Thanks for letting me know. I am going to let my face and shoulders relax and remember that doing my best is the best I can do."

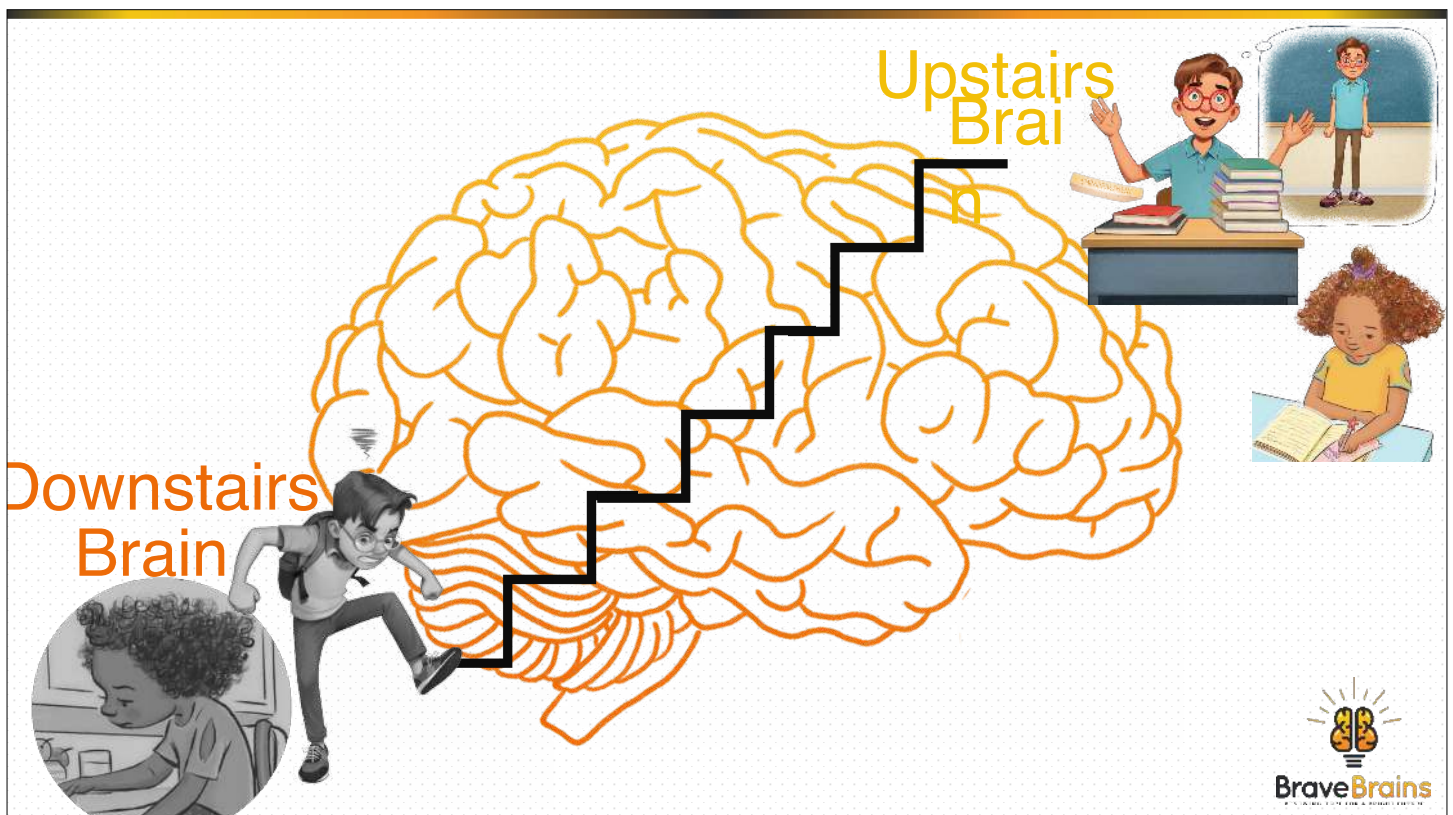


SELF-REFLECTION CHECKLIST

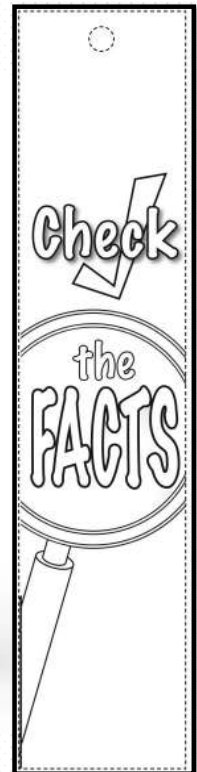
- ✓ NOTICE IT
- ✓ NAME IT
- ✓ NORMALIZE IT
- ✓ WHAT IS THE NEED?



Resilience Builder #3



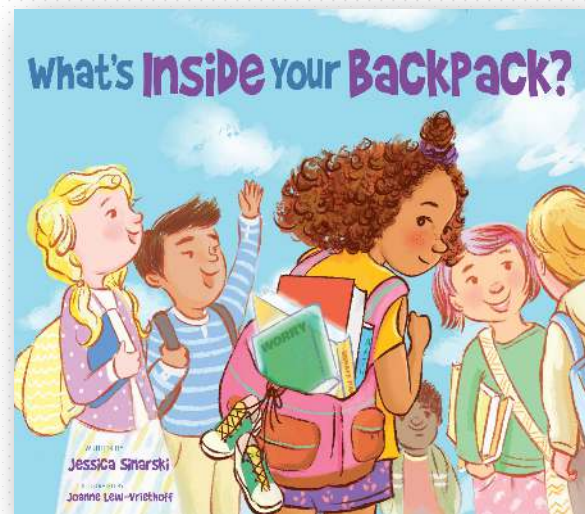
Resilience Builder #4



Resilience Builder #5



I will PAY ATTENTION   
to what I CAN CONTROL. 





What are
you taking
with you
today?



www.BraveBrains.com/EDU

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 @RileytheBrave