

Exemplar

Question posed by ALC Facilitator	Participant Reply to ALC Facilitator	Participant Reaction to Peer's Response
<p><i>Between the week of 5/11 of 5/11 5/15 you will be asked to introduce yourself on Piazza and respond to one of the two questions below:</i></p> <p>Tell us who you are.</p> <p>Watch the video, on emotional contagion titled, Self-care & Organizational Care (25 mins) with Dr. Bruce Perry. Then post your response in Piazza to these questions:</p> <p>What is one word that stood out to you during the video:</p> <p>What “rang true” for you about what Dr. Perry said? What do you make of the information he shared? How does it have current application for your work in CPS?</p> <p>What are 2 things you will do in the next week to ensure others can “catch” your calm?</p>	<p><i>Below is a participant response that meets the guidelines listed above.</i></p> <p>The words ‘emotional contagion’ stood out to me. What Dr. Perry said about how we are fundamentally connected to others and wired for connection rang true for me. I think it was important what he said about how our relational neurobiology makes us contagious to the emotions of people around us. As a CPS worker I can relate to what he said about how I give some of my calm to others who are in distress and at the same time I absorb the pain and stress of others, and that drains me overtime.</p> <p>During this pandemic I’ve noticed that working from home gives me some distance from other’s distress. I like having the distance because I can spend time thinking about my contacts ahead of time and when someone gets upset, I do not feel as nervous. It’s different when I’m not in the same room as the other person.</p> <p>I’ve been feeling guilty about how calm I am lately, like, if I’m calm it must mean I’m not doing my job. Based on what I heard from Dr. Perry, maybe it just means I’ve gotten used to being drained and this is a chance to learn some self-care practices that I can use even after all of this is over. In the next week I plan to take 2-3 min breaks every hour. I plan to get up, walk around the house and maybe even try some of that 4X4 breathing that he was talking about.</p>	<p><i>Below are examples of two possible replies that meet the guidelines listed above. Note: The replies are not as thorough than the response and that is ok.</i></p> <p>“I am a supervisor and I can relate to what you said about feeling calmer at home. Given how stressful everything in the world seems right now, I’ve been wondering about why I feel less stressed. It’s easy to get used to the “adrenaline high” that we experience, and when it’s not there I assume, I’m dropping the ball. Don’t get me wrong the days are still stressful but there is something about having the distance from the work that is helping me re-charge. It’s easier to do when I’m able to finish what I start instead of stopping and starting the same email throughout the day.</p> <p>-OR-</p> <p>“The word ‘emotional contagion’ stood out to me too, but for different reason. It reminded me how important it is for us to be regulated right now so that we can help the families we work with get regulated. I am going to use what Dr. Perry said about breathing before I make calls, respond to contentious emails and before I get on-line for contacts. We’ll see if it makes a difference.”</p>