

Staff Re-entry Plan

Name: _____

As you re-enter school and work, you may notice strong feelings or emotions that come up for you in your mind or body. This re-entry document may help you plan better for what to do if and when that may happen.

Some triggers that may cause emotions or feelings that may be difficult for me to manage:

- Ex. Technology/connectivity issues with distance learning students
- _____
- _____

When I feel any of those feelings, I can do the following things to cope and help regulate my emotions:

- Ex. Take deep breaths along with my class
- Ex. Put students in breakout rooms for small group time
- _____
- _____
- _____

Peers/colleagues I can talk to when I'm struggling - My co-regulators:

- _____
- _____
- _____

Ways my co-regulators can show me they support me:

- Ex. Listen and validate
- _____
- _____

Other ways to destress/take care of myself:

- Watch, read, or listen to something funny
- _____
- _____

Find more tips and support, go to www.northbaycares.org and/or access the Employee Assistance Program at 530-756-0555. You can also reach out to Jenn Mullin or Cara Messmore, Managers of Prevention & Wellness, for support at jmullin@djud.net or cmessmore@djud.net.