Taking Back the Lounge!

Reclaiming Our Voices As Teachers

Presented by Dr. Debbie Silver

www.debbiesilver.com
## Shared Laughter

### Laughing WITH Others
- 1. Going for the jocular vein
- 2. Based on caring and empathy
- 3. Builds confidence
- 4. Involves people in the fun
- 5. A person chooses to be the “butt” of the joke
- 6. Amusing, invites people to laugh
- 7. Supportive
- 8. Brings people closer
- 9. Leads to a positive repartee
- 10. Pokes fun at universal human foibles
- 11. Nourishing
- 12. Icebreaker

### Laughing AT Others
- 1. Going for the jugular vein
- 2. Based on contempt and insensitivity
- 3. Destroys confidence
- 4. Excludes some people
- 5. A person does not have a choice in being made the “butt” of a joke
- 6. Abusing, offends people
- 7. Sarcastic
- 8. Divides people
- 9. Leads to one-down-manship cycle
- 10. Reinforces stereotypes
- 11. Toxic
- 12. Ice maker

From *Laughing Matters* magazine published by The Humor Project, Inc. as quoted in *Jump Start Your Brain* by Doug Hall.
Guidelines for Change
(from Lesson from the Art of Juggling
by Belb and Buzan, 1994)

• Commit yourself to the process of growth and continuous improvement. Plan to improve with age.

• Learn something new every day.

• George Burns said that the secret of living a long, happy life is to do what you love. Commit yourself to discovering what you love and do it.

• Keep fit. Much of what passes for senility is a depletion of oxygen to the brain. This depletion is frequently caused by years of sedentary behavior and poor dietary habits.

• Live your dreams.

• Find a habit that you’d like to change. Commit to change it. Practice awareness, inhibition, and visualization.

• Be on the lookout for detours on your path. Watch for negative thinking patterns and reframe them positively.

• Whatever it is you’ve always wanted to learn, begin it now – you’ll be good at it before you know it.
Eleven Proven Ways to Get Along Better With EVERYONE

1. Before you say anything to anyone, ask yourself 3 things:
   a. Is it true?
   b. Is it kind?
   c. Is it necessary?

2. Make promises sparingly and keep them faithfully.

3. Never miss the opportunity to compliment or say something encouraging to someone.

4. Refuse to talk negatively about others; don’t gossip and don’t listen to gossip.

5. Have a forgiving view of people. Believe that most people are doing the best they can.

6. Keep an open mind; discuss, but don’t argue (it is possible to disagree without being disagreeable.)

7. Forget about counting to 10. Count to 1,000 before doing or saying anything that could make matters worse.

8. Let your virtues speak for themselves.

9. If someone criticizes you, see if there is any TRUTH to what is being said; if so, make changes. If there is no truth to the criticism, ignore it and live so that no one will believe the negative remark.

10. Cultivate your sense of humor; laughter is the shortest distance between two people.

11. Do not seek so much to be consoled, as to console; do not seek so much to be understood, as to understand; do not seek so much to be loved as to love.

author unknown
Helpful Hints for Successful Communication

1. Listen with your FULL attention.
2. Be aware of body language, both yours and theirs.
3. Use silence to understand the other person’s feelings and meanings.
4. Use open responses to keep the other person talking. “I see.”
   “Tell me about it.” “That must have been hard for you.”
5. Accept and respect the other person’s feelings. (Feelings ARE!)
6. Don’t interrupt.
7. Check out the other person’s feelings by reflecting them back.
   Colleague, “I hate your stupid plan. It will never work.” You, “It sounds as though you have serious doubts about the new proposal.”
8. Be calm; speak in a quiet voice.
9. Stick to the subject.
10. Don’t assume that you are making yourself clear. Check out what the other person heard you say.
11. Problem solve by discussing a variety of solutions. Emphasize the other person’s solutions.
12. Give your point of view as an opinion, not as law, or as the only good solution.
13. Don’t be a dictator. Remember, successful problem solving is learned by failing.
14. Avoid nagging, criticizing, threatening, lecturing, or probing.
15. NO NAME CALLING! Attack the problem – not the person!!
16. Whenever possible, use humor!
This is an exercise in rethinking or reframing perceptions about a person. Select a person who needs affirmation or a person about whom you have ambivalent or negative feelings.

**My Favorite Things About You**

Put the identified person’s name in the center circle. In each surrounding circle put words or phrases that describe your favorite things about that person. The most important factors should be placed closest to the name in the center.
### STRENGTH WORD LIST

<table>
<thead>
<tr>
<th>Romantic</th>
<th>Organizing</th>
<th>Prudent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investing</td>
<td>Strong-willed</td>
<td>Confident</td>
</tr>
<tr>
<td>Motivated</td>
<td>Discerning</td>
<td>Thoughtful</td>
</tr>
<tr>
<td>Understanding</td>
<td>Committed</td>
<td>Expressive</td>
</tr>
<tr>
<td>Disciplined</td>
<td>Spontaneous</td>
<td>Settled</td>
</tr>
<tr>
<td>Self-willed</td>
<td>Commanding</td>
<td>Persuasive</td>
</tr>
<tr>
<td>Perceptive</td>
<td>Goal-directed</td>
<td>Self-directed</td>
</tr>
<tr>
<td>大股东</td>
<td>Progressive</td>
<td>Influential</td>
</tr>
<tr>
<td>Charming</td>
<td>Sharp</td>
<td>Giving</td>
</tr>
<tr>
<td>Resilient</td>
<td>Sharp</td>
<td>Self-less</td>
</tr>
<tr>
<td>Composed</td>
<td>Capable</td>
<td>Thrifty</td>
</tr>
<tr>
<td>Thoughtful</td>
<td>Certain</td>
<td>Unselfish</td>
</tr>
<tr>
<td>Independent</td>
<td>Composed</td>
<td>Self-directed</td>
</tr>
<tr>
<td>Commanding</td>
<td>Determined</td>
<td>Adjusted</td>
</tr>
<tr>
<td>Thoughtful</td>
<td>Planner</td>
<td>Inquiring</td>
</tr>
<tr>
<td>Well-directed</td>
<td>Cooperative</td>
<td>Practical</td>
</tr>
<tr>
<td>Education</td>
<td>Dependable</td>
<td>Unique</td>
</tr>
<tr>
<td>Adaptable</td>
<td>Comforting</td>
<td>Precise</td>
</tr>
<tr>
<td>Artistic</td>
<td>Adaptable</td>
<td>Listener</td>
</tr>
<tr>
<td>Mature</td>
<td>Forgiving</td>
<td>Humorous</td>
</tr>
<tr>
<td>Artistic</td>
<td>Visionary</td>
<td>Athletic</td>
</tr>
<tr>
<td>Optimistic</td>
<td>Artistic</td>
<td>Caring</td>
</tr>
<tr>
<td>Expressive</td>
<td>Sharing</td>
<td>Patient</td>
</tr>
<tr>
<td>Sensible</td>
<td>Courageous</td>
<td>Perceptive</td>
</tr>
<tr>
<td>Extroverted</td>
<td>Fun-loving</td>
<td>Perceptive</td>
</tr>
</tbody>
</table>

### SPIRITUAL STRENGTHS

### PHYSICAL STRENGTHS

### MENTAL STRENGTHS

### EMOTIONAL STRENGTHS
THOUGHTS FOR THE NEW SCHOOL YEAR
(adapted by Debbie Silver)

1. Each day make someone else’s life a little brighter. Whether it is students, staff, colleagues, or administrators, make someone’s day a little better because you were there.

2. Keep only cheerful friends. The grouchies pull you down; avoid them.

3. Keep learning. Learn more about the computer, your subject area, your students, pedagogy, psychology, pop culture, history, or whatever interests you.

4. Enjoy the simple things. If you are a teacher that is all that you can afford!

5. Laugh often, long and loud. Laugh until you gasp for breath. Laugh so much that you can be tracked in the school by your distinctive laughter.

6. Let the tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be alive while you are alive! Life is not a spectator sport.

7. Surround yourself with what you love, whether it is family pictures, pets, keepsakes, music, plants, hobbies, whatever. Your classroom is your refuge.

8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Go visit another classroom, take a time-out outdoors, travel to the library, go find a friend. Trek wherever you like, but not to guilt country.

10. Tell the people you love, that you love them, at every opportunity. Remember that the most unlovable are those who most need our love.
Some Simple Suggestions For Managing Stress:

1. **TALK TO SOMEONE.** Confide your worry to some levelheaded person you can trust; spouse, parent, friend, clergyman, family doctor, teacher, school counselor. Talking things out often helps you to see things in a clearer light and helps you see what you can do about it.

2. **BE HONEST IN IDENTIFYING THE REAL SOURCE OF STRESS.** Eliminate the source if possible. At least decide on a plan to keep it from getting the best of you.

3. **ACCEPT WHAT YOU CAN'T CONTROL.** Death and taxes are just a few of the things in life you can't avoid. Try to prepare for them as much as possible.

4. **TAKE GOOD CARE OF YOURSELF.** Eat right. Get enough sleep. Exercise. Learn a relaxation technique. Schedule recreation where you do something for pleasure, something that helps you forget about your work.

5. **GO EASY ON YOUR CRITICISM.** Don't expect so much of others and you won't be disappointed. Instead, look for the good in others. You will feel better about yourself.

6. **SHUN THE "SUPERWOMAN" or "SUPERMAN" URGE.** Don't expect so much of yourself. Nobody is perfect, or capable of doing everything. Decide what you can do well and what you like to do and put your effort into those things.

7. **DO SOMETHING NICE FOR SOMEBODY ELSE.** Then give yourself a pat on the back.

8. **TAKE ONE THING AT A TIME.** Attack the most urgent task -- one at a time. Don't overestimate the importance of what you do. Your mental and physical health are vitally important.

9. **ESCAPE FOR A WHILE.** Making yourself "stand there and suffer" is self-punishment and not a way to solve a problem. Recover your breath and balance, but be prepared to deal with your difficulty when you are composed.

10. **WORK OFF YOUR ANGER.** If you feel like lashing out at someone, try holding off that impulse for a while. Do something constructive with that energy. Cool down, then handle the problem.

11. **GIVE IN OCCASIONALLY.** No one is right all of the time. And, even if you are right, it is easier on the system to give in once in awhile.

12. **IF YOU NEED HELP, GET AN EXPERT.** These simple suggestions may not be enough to help you handle your stress. If emotional problems become so distressing that you can't cope, you need PROFESSIONAL TREATMENT, just as you would for any other illness.
From: *When I Loved Myself Enough* by Kim McMillen

**When I Loved Myself Enough . . .**

-- I felt compelled to slow down, way down. And that has made all the difference.

-- I redefined success and life became simple. Oh, the pleasure in that.

-- I began to see I didn’t have to chase after life. If I am quiet and hold still, life comes to me.

-- I gave up the belief that life is hard.

-- I gave up perfectionism – that killer of joy.

-- I could tell the truth about my gifts and my limitations.

-- I learned to meet my own needs and not call it selfish.

**List of References**


