

Wellness Skills for Self-care and Health for Educational Support Professionals

Joan Condon, MA, Capacitar Special Projects Coordinator
Sheila Grady, MEd, Capacitar Board, Retired Educator





Session Overview



- Tai Chi
- Breath Work and Switching
- Finger Holds for Handling Emotions / Protection
- Capacitar Website Tour / Handouts
- Leadership Dance



Capacitar International

www.capacitar.org



CAPACITAR'S RESPONSE TO COVID-19...

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Capacitar International [Our Work](#) [Our Programs](#) [Who Are We?](#) [FAQs](#)

Healing Ourselves, Healing Our World

Capacitar's mission is to heal ourselves and heal our world. We teach body-based practices that empower people to use their inner wisdom to heal and transform themselves to heal injustice and build peace in their families and communities. Capacitar is an international network of empowerment and solidarity connecting people across borders, ethnicities and beliefs. Our name "Capacitar" means to awaken, to encourage, to bring each other to life.

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Our Programs

Emergency Kit, Wellness Bulletins, YouTube Videos

Capacitar has responded to global disasters developing a kit of basic practices for immediate use to help people deal with challenging situations. The kit has been translated into more than 30 languages and used around the world after tsunamis, earthquakes, floods, pandemics, in areas of ongoing conflict and for daily stress.

[Capacitar Emergency Kits available in 30 languages. Download here.](#)
[Explore and download our Wellness Bulletins.](#)
[Practice with us by viewing these Capacitar YouTube videos.](#)

Our Global Network

FAQs: Frequently Asked

Research on Our Impact

Capacitar is changing lives and empowering people.
[Here are some of their stories from our research.](#)

Manuals & Resources



Capacitar International Response to COVID-19



Wellness Bulletins for Self-Care

Capacitar has published a series of wellness bulletins in different languages that offer a variety of practices that can be used for self-care and shared with family, friends and communities.

Links to download:

- Practices of Healing #1 Transforming Anxiety & Fear-Fingerholds ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))
- Practices of Healing #2 Transforming Anxiety & Fear-Tapping ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))
- Practices of Healing #3 Centering & Protection ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))
- Practices of Healing #4 Centering with Switching ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#), [Scottish Gaelic](#))
- Practices of Healing #5 Protection with Hand Mudras ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))
- Practices of Healing #6 Transforming Grief ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))
- Practices of Healing #7 Practices for Children & Families ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))
- Capacitar Spring 2020 Newsletter with many practices ([English](#), [German](#), [Japanese](#), [Indonesian](#), [Spanish](#))

Wellness Videos for Self-Care (Links)

Capacitar has produced wellness videos of practices that are helpful for self-care and use with others. Clicking on these links will take you to each video on the Capacitar International YouTube Channel.

- [Fingerholds for Managing Emotions](#)
- [Capacitar Immune System Boost: To Support The Body's Resistance and Immunity](#)
- [Acupressure for Anger and Frustration](#)
- [Capacitar Pain Drain To Handle Physical and Emotional Pain](#)
- [Capacitar Switching To Calm and Center the Body](#)

<https://capacitar.org/covid-19/>



Capacitar International Instructional Videos



CAPACITAR VIDEOS



The following videos were produced by Capacitar Scotland and Capacitar International in 2015 with Tiny Little Hannah of the Edinburgh College Film Department. Pat Cane, Capacitar Founder / Director, Ali Newell Founder of Capacitar Scotland and Lesley Reid of the Scotland team created the videos. Pat and Ali lead several of the most effective Capacitar practices. Enjoy having Pat and Ali come into your home as you engage in self-care. These videos are linked to YouTube for your convenience. Additional self-care videos in English, Spanish and German can be found at [Capacitar International YouTube Channels](#).

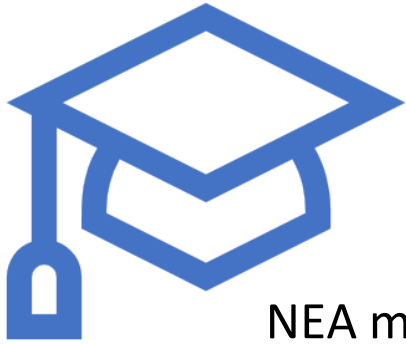
- [Capacitar International – Emotional Freedom Tapping](#)
- [Capacitar International – Immune Boost](#)
- [Capacitar International – The Holds](#)
- [Capacitar International – Salute to the Sun](#)
- [Capacitar International – Fingerholds to Manage Emotions](#)
- [Capacitar International – Tai Chi](#)
- [Capacitar International – Pal Dan Gum](#)

<https://capacitar.org/capacitar-videos/>



Questions & Answers





We Rise Together

NEA members are coming together with parents, community leaders and other activists to demand that Congress act to Ensure that Students & Communities Rise Together by:

- Stabilizing education funding for students in our communities, schools, and campuses. (\$175B)
- Building bridges for educational opportunity for students and stronger communities.
- Supporting the safety, health and well-being of students and educators.

Go to: nea.org/covidaction to take action

