

## Table 3.1: Chapter 3 Next Steps

What You Can Do Tomorrow	What You Can Do With More Effort	What You Can Do With More Resources
<ul style="list-style-type: none"> <li>▪ When you find yourself in a stressful situation, like dealing with an aggressive driver or an argument, take note of how you feel. Ask yourself, “Why am I feeling this way? How can I navigate this better?”</li> <li>▪ Journal about your thoughts and feelings on how you respond to past and current conflicts.</li> <li>▪ Ask a colleague or friend what they would do in a situation you’re dealing with. Hearing another person’s perspective can add clarity to a difficult situation.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Read <i>School-Based Crisis Intervention: Preparing All Personnel to Assist</i> by Melissa Allen Heath and Dawn Sheen (2005).</li> <li>▪ Read <i>Teaching Children Who Are Hard to Reach</i> by Michael J. Marlowe and Torey Hayden (2013).</li> <li>▪ Have regular discussions during staff meetings on the topics from this chapter (or from external sources, such as our suggested books), or broad discussions about your challenging experiences with crisis.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Seek out professional development on topics like neurology and stress or post-traumatic stress disorder.</li> <li>▪ Attend trauma-informed practices trainings.</li> <li>▪ Regularly review existing programs and strategies related to tough kids, conflict, or crisis management.</li> <li>▪ Build an online resource center for students, families, and school personnel.</li> <li>▪ Develop peer support groups and mentor programs for students to learn about how we experience and manage crises.</li> </ul>