



An Asynchronous Online MSAA Professional Development workshop for: PreK-12 Teachers, Administrators, Co-Teaching Teams, and School Leaders

Positive Anxiety - Making the Shift



Featuring Seaside Educational Consultants Presenter: **Patric Barbieri**

Asynchronous Online Workshop

- Earn 15 PDPs; Approved by DESE for Licensure
- Registrants work at their own pace within allotted timeframe

WORKSHOP STRUCTURE:

MSAA offers this asynchronous workshop in five modules. When the instructor signs off on completed work, registrants will receive an assessment form which will generate a PDP certificate.

Registration is now open. The workshop portal opens October 1, 2021, and closes January 15, 2022.

Content Area: Safe and Supportive Learning Environments

Fees: Members: \$405/all five modules
Non-Members: \$540/all five modules

REGISTER NOW

15 PDPs

WORKSHOP DESCRIPTION:

Anxiety can be described as a state of being overwhelmed, futuristic thinking, perfectionism; followed by physiological symptoms that grip and paralyze us. "Anxiety" is not a permanent state, our symptoms are a flow of thoughts and feelings we choose to call anxiety; therefore, we never have anxiety. Identifying ourselves as having anxiety and trying to get rid of it has actually been working against us, and we are forming a deeper relationship with it. In this workshop you will learn a completely different perspective of anxiety and come to the realization that it is actually positive. We will use mindfulness practices to help us understand this shift in thinking.

Module 1: A Journey of Discovery: Identifying Symptoms vs. Anxiety

We will begin by sharing my journey in learning about anxiety, the symptoms, and what led to a significant shift that transformed my life. It is about perceptions and how thinking does not allow us to extricate ourselves from a symptomatic cycle.

Each module is an explanation of a progression in changing our mindset about anxiety. You will learn and use mindfulness practices as a tool, for a specific purpose, not as a cure for our symptoms. We will discuss the reason anxiety is actually a positive attribute and not something we want to get rid of. Did someone tell you that you had anxiety and explain why?

After this workshop participants will be able to:

- Identify symptoms that we most commonly refer to as anxiety.
- Understand why anxiety is positive.
- How mindfulness is used; a tool, not a panacea for curing anxiety symptoms.
- Define mindfulness.

Module 2: The Role of Adrenaline and Overstimulation

In this workshop we will discuss the impact of adrenaline and how it creates an overstimulated body and mind which leads to our symptoms. This connection between adrenaline and over-stimulation is continuous-cycle and we will learn how to develop an awareness of this function so we can effectively manage it. This is one of the most important steps in understanding anxiety symptoms.

Upon completion of this workshop, participants will be able to:

- Understand the role of adrenaline in our body.
- How an overstimulated body will create symptoms.
- Mindfulness practices that help us be aware of the "Edge" of stimulation.

Module 3: Changing our Perceptions about Anxiety

Anxiety is positive! You probably haven't heard that statement before. Think about what led to your perceptions of Anxiety? Have you been trying to get rid of it? What about it are you trying to get rid of? We will discuss why anxiety is positive, but it is the symptoms which are negative.

Upon completion of this workshop, participants will be able to:

- Perceive anxiety as a flow of senses and impulses.
- Understand that there is no "anxiety" to get rid of in our mind and body.
- Grasp the role and purpose of mindfulness in understanding our symptoms arising and dissolving.

Module 4: Moving from Concepts to Practice: Identifying What We Are Managing

Have you learned many practices, gone to workshops, read numerous articles to try and deal with your anxiety symptoms, but have difficulty putting the concepts you learned into practice? We need to first understand the specific purpose of the practice in the work we are doing. Our goal will be to discuss the "right practice" for the right purpose. If we are using the wrong tools for the job, we will be just making our lives more difficult and even set us back.

After this workshop participants will be able to:

- Identify the purpose of your healing practice.
- Have deeper understanding of intrinsic motivation to practice.
- Do the right work, at the right time, in the right way.

Module 5: The Healing Process and 5 Essential Practices of Making the Shift

In Module 5 we will go over the 5 essential practices that we have learned to make the shift in our perception of anxiety. We will also have a discussion about our own personal practice and how we plan on moving forward in our healing process. We will learn how to identify when we need to initiate rest-digest or what we will refer to as "heating and cooling" modes to manage over-stimulation in our body.

At the end of this workshop participants will be able to:

- Understand the five essential steps to Making the Shift to Positive Anxiety.
- Reflect on our personal plan of shifting our perceptions about Anxiety.
- Use Tai Chi exercises for cooling.
- Use Mindfulness exercises for cooling.

Patric Barbieri has been in the field of special education for 31 years, working in myriad roles including special needs teacher, educational coordinator, and program director. He has been the executive director of LABBB Collaborative for the past 15 years.

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LEADERSHIP MATTERS

