

TEDDY TALKS

(SELF-CARE FEATURING BARBARA THE BANANA)

“MEET THE BEAR WITH HIS AWARD-WINNING SHOW
CHATting ABOUT TOPICS THAT YA PROBABLY KNOW
WEARING NICE CLOTHES
UPRIGHT WHEN HE WALKS
IT’S TIME FOR ANOTHER ONE OF TEDDY’S TALKS”

TEDDY

Oh, hello there my friends and welcome to Teddy Talks. My name is Ted “Theodore” Bearson but you may call me Teddy, I am so glad you came to my talk today. Each one of you has a very serious job of taking care of the most important person in the whole world.

Do you know who that is?

That person is you! It’s me! It’s the person sitting next to you, too.

Has anyone heard of the term Self-Care before?

The idea of *Self-care* is about making sure you set aside time each and every day for yourself so you can care for your body, and also your mental health which means how you’re feeling. Did you know that even bears like me have to practice good self-care techniques? We have to practice this constantly so we can be equipped to handle difficult situations in the future.

I think I have a friend who can help us learn more about self-care, would you like to meet her?

Please welcome to the stage, Barbara Banana!

BARBARA BANANA enters from stage left and seems like she might be overwhelmed

TEDDY

Can anyone tell me what food group Barbara is from?

That’s right, she is in the fruit family! What are some other fruits you can think of?

Who eats bananas? Who doesn’t eat bananas?

Well it seems the audience is split on bananas, Barbara.

B.BANANA

Yeah, I get that a lot. People experience different feelings all the time, sometimes all at once and it can be confusing and scary. To be honest most of the time it’s me who’s feeling split.

TEDDY

Well thank you for telling us your feelings, that takes a lot of courage and is a huge step in helping with your self-care. May we ask what is making you feel split, Barbara? Did you get enough sleep? Did you eat a good breakfast?

B.BANANA

I don't know, I am feeling really nervous and shy right now with the lights and the crowd and all these questions. There are too many things going on all at once.

TEDDY

I think some of us may know exactly how you feel. Has anyone here ever felt overwhelmed like Barbara?

B.BANANA

Wow, I didn't know so many other people felt like I did?

TEDDY

I know that when I feel overwhelmed I sometimes make bad choices because I am not thinking clearly which can get me into trouble with my caregiver.

B.BANANA

Are there things I can do when I start feeling overwhelmed?

TEDDY

You bet! I would like to share what I do when this happens to me, it's a special breathing exercise that always calms me down and it's called "Bumblebee Breathing." Would you like to try it, Barbara?

B.BANANA

Well, I guess. *(Barbara tries it 3 times)*
Maybe everyone here could try it, too?

TEDDY

That's a super idea. Let's all take a moment to breathe and learn this great way to calm ourselves down should we get overwhelmed. Make sure you pause, center yourself and stand or sit comfortably. We're going to breathe in through our nose and hold it while we count to four. When you breathe out, make a buzzing sound with your lips. You can even put your fingers in your ears and hum when you exhale, it will feel super silly but it's guaranteed to help calm you down.

(3 times through)

B.BANANA

Wow, Teddy! I do feel better after doing some Bumblebee Breathing. Can I do this more than once a day?

TEDDY

Of course, Barbara. You can do this anytime you begin to feel overwhelmed.

B.BANANA

Hey Teddy, how do I know if I am getting overwhelmed are there signs to look for?

TEDDY

There are signs, Barbara, but not everyone will experience the same thing. Sometimes just knowing what part of your body is feeling overwhelmed can help. Here's a super helpful chart that shows what those feelings are and where they show up. Most times we don't have control over ourselves in these moments so it's extra important to realize when they're happening so we can do some exercises to feel better.

B.BANANA

Like Bumblebee Breathing!

TEDDY

You got it! I also know this special song we can sing when we take our self-care breaks. It will help us with our stress, which is another way of saying overwhelmed and it's anything that changes how we feel. Stress comes at us in a lot of different ways and singing this song can help you feel better. Do you all want to hear it?

Okay it goes like this:

The Bee Free Chant

Not gonna worry about stress today,

Stress today, stress today.

I'm gonna be my best self today,

Best today, best today.

Make sure to take a slow breath today,

Breath today, breath today.

So, I can be my best self today

And every day, and every day!

TEDDY

How do you feel now, Barbara?

B.BANANA

Honestly, with your help I am starting to feel better and like myself again. I didn't know that taking little pauses and big breaths in the day can really help with my self-care. No one ever explained it to me the way you do, Teddy!

TEDDY

That makes me really happy to hear that you are feeling better. Being good at my job gives me great self-confidence which also can help with self-care because feeling good about yourself is super important.

B.BANANA

I want to help other people work on their self-care now!

TEDDY

You're starting to figure it out Barbara, not only do we need to work on our own self-care we should also help others improve on their own.

B.BANANA

Because all creatures get overwhelmed, Teddy!

TEDDY

That's correct.

B.BANANA

Even Bananas.

TEDDY

Even Bananas.

B.BANANA

Even Bears?

TEDDY

Even Bears. That's the reason I am here to talk with everyone today. You can work on your self-care all the time. Not just breathing but you can write your feelings down in a journal or just draw pictures.

B.BANANA

I wish there was some kind of magic we could use.

TEDDY

Well, Barbara the most magical of all things that I know about is called Music!
Who knows about music?

B.BANANA

I love singing songs and dancing!

TEDDY

Did you know that riding your bike or drawing a picture or singing a song is a sure way to improve your self-care? What are some things you like to do to calm down or feel better? Just find something you like to do that is fun and soon you will not feel so split.

B.BANANA

That's why we sing the Bee Free chant!

TEDDY

Correct! You can see, my new friends, how good self-care practices will give you the self-confidence to handle situations when you get overwhelmed. Whether it's taking time to breathe, to sing or to sit in silence, little breaks throughout the day will ensure that you are strong enough to handle any situation no matter how split you may get.

B.BANANA

Maybe we can sing the Bee Free chant one more time?

TEDDY

We sure can! I also have a take home sheet with Bumblebee Breathing, the Bee Free chant as well as the contact information to the University of Maryland's School of Social Work in case anyone needs more information on taking the best care of themselves! Thank you for coming to my Teddy Talk today and remember to be good to yourself and others.

END