

EARLY CHILDHOOD TEACHING: Easing Stress, Increasing Engagement
 Your guide to professional, personal, classroom, & child management strategies.



Top 10 Winning Strategies for Managing Stress in Early Childhood Education

Our presenter



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Today's Objectives

<p>UNDERSTAND</p> <p>Understand the adverse effects of educator stress.</p>	<p>MANAGE</p> <p>Manage stress to increase engagement.</p>	<p>IDENTIFY</p> <p>Identify stress indicators.</p>	<p>LEARN</p> <p>Learn Strategies to cope with stress.</p>
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Stress

Stress – Stress is not an event; stress is our reaction to an event.
 Are you stressed out?



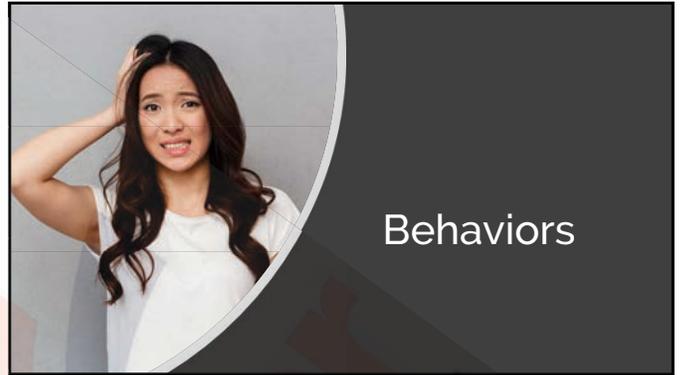

Stress Habits



Emotions



Physical Symptoms



Behaviors



Coping

FACTS ABOUT STRESS
What is stress?

		<p>DEVELOPMENTAL Learning new things, taking on new challenges, etc.</p>
		<p>UNIQUE Includes factors like illness and family changes.</p>

ORDINARY
Everyday stresses of daily routine.

Is stress always **BAD**?

NO

Extra momentum to boost productivity
Release of adrenaline and Hydrocortisone

Positive stress → excited and meet challenges

What is negative stress?
Negative stress - "Distress"

What causes **STRESS**?

1. Home
2. Work
3. Environment
4. Responsibilities
5. Changes
6. Overloaded
7. Social Media



What are the symptoms?

Physical
Emotional



Can stress make me sick?

Response to stress can make you sick.

10 FACTORS for Stress in Children

- 1 *Faster Child Development*
- 2 *Academic Pressures and high stake testing*
- 3 *Overstuffed schedule*
- 4 *Fewer healthy outlets (recess)*
- 5 *Media saturation & viewing adult content*

10 FACTORS for Stress in Children

- 6 *Bullying and teasing*
- 7 *Not enough sleep*
- 8 *Chronic Illness (asthma, physical disabilities)*
- 9 *Family Disruption (illness, deployment, divorce)*
- 10 *Parental Stress (Parents - Caregivers)*



How can I manage stress?

Journal
Identify problems
List ways to overcome
Choose practical solutions
Evaluate what worked and what can be improved



STRESSORS are the stress-producing factors causing distress.

List 5 most Frequent Stress Symptoms
Reactions – "I respond by..."
Stress, person, stimulation or problem
Internal or external
Values or Issues being threatened

10 WINNING STRATEGIES for Breaking the Stress Cycle

1. Evaluate your stressors
2. Determine your priorities
3. Define your self- image
4. Manage your time
5. Take time out for yourself

10 WINNING STRATEGIES for Breaking the Stress Cycle

6. Build relationships
7. Maintain perspective
8. Practice assertive communication
9. Assign value to a situation
10. Establish a support system

10 WINNING STRATEGIES for Breaking the Stress Cycle



1
Evaluate your stressors.

10 WINNING STRATEGIES for Breaking the Stress Cycle



2
Determine your priorities.

10 WINNING STRATEGIES for Breaking the Stress Cycle



3
Define Your Self-Image

10 WINNING STRATEGIES for Breaking the Stress Cycle



4
Manage Your
Time

10 WINNING STRATEGIES for Breaking the Stress Cycle



5
Take time out for
yourself.

10 WINNING STRATEGIES for Breaking the Stress Cycle



6
Build relationships.

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7
Maintain
perspective.

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8
Practice assertive
communication.

10 WINNING STRATEGIES for Breaking the Stress Cycle



9
Assign value to a
situation.

10 WINNING STRATEGIES for Breaking the Stress Cycle



10
Establish a support system.

RATE the Stress Potential of Your Job

The next several slides will require you to write your answers to 10 questions – yes or no.

Based on the answer you will score each question with a 1 or a 2. The number to score will be on the screen for each question.

At the end, you will report your score in a poll question.

1. Do you have more than one boss?

Yes = 2 No = 1

RATE the Stress Potential of Your Job

2. Are your job responsibilities clearly defined?

Yes = 1 No = 2

RATE the Stress Potential of Your Job

3. Does your company's "corporate culture" pressure you to work overtime, come in on weekends, etc.?

Yes = 2 No = 1

RATE the Stress Potential of Your Job

4. Do you lack the authority to do your job effectively?

Yes = 2 No = 1

RATE the Stress Potential of Your Job

5. Does your company have a system for rewarding its employees beyond a paycheck?

Yes = 1 No = 2

RATE the Stress Potential of Your Job

6. Do you worry about job security?

Yes = 2 No = 1

RATE the Stress Potential of Your Job

7. Do you feel you get appropriate recognition for the job you do?

Yes = 1 No = 2

RATE the Stress Potential of Your Job

8. Are you bored by your job?

Yes = 2 No = 1

RATE the Stress Potential of Your Job

9. Do you get along well with your co-workers?

Yes = 1 No = 2

RATE the Stress Potential of Your Job

10. Do you see opportunities for personal growth and advancement in your current job?

Yes = 1 No = 2

RATE the Stress Potential of Your Job

Score

10 - 13 You have a low stress job. Congratulations!

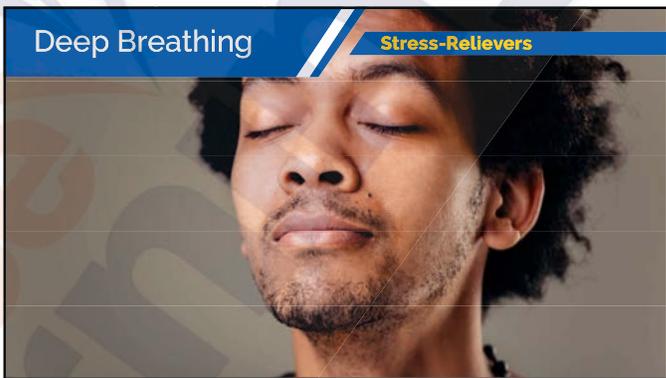
14 - 16 Your job has moderate stress. See what you can do to reduce stress on the questions you scored a 2.

17 - 20 You have a high stress job. You need to make changes in those areas you scored a 2 or consider changing jobs.

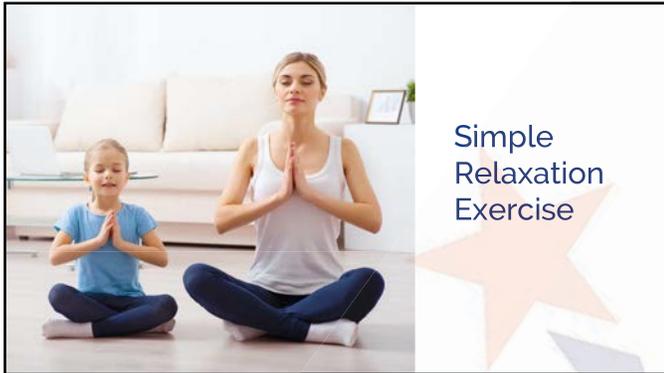
RATE the Stress Potential of Your Job

10 Strategies to Relieve Stress

1 Projection	6 Nutrition
2 Deep Breathing	7 Talking It Out
3 Quiet Time	8 Sleep
4 Stretching	9 Positive Surroundings
5 Exercise	10 Humor







Simple Relaxation Exercise



Are you a Carrot, an Egg or Coffee?

Resources

1. Scott, E. (n.d.). Top 10 Stress Relief Strategies For Your Inner Child. Retrieved January 8, 2019, from <https://www.verywellmind.com/top-stress-relief-strategies-for-your-inner-child-3145210>
2. Scott, E. (n.d.). Top 10 Stress Relievers You Should Try. Retrieved January 8, 2019, from <https://www.verywellmind.com/stress-relief-activities-you-should-try-3144614>
3. Scott, E. (n.d.). Top 10 School Stress Relievers for Students. Retrieved January 8, 2019, from <https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179>
4. <https://doi.org/10.1080/09718923.2016.11893529>
5. Shaw, G. 10 Reasons Your Child Might Be Stressed. Retrieved January 8, 2019, from <https://www.webmd.com/special-reports/kids-and-stress/20150827/what-you-can-do>

NEXT webinar series

EARLY CHILDHOOD TEACHING: Easing Stress, Increasing Engagement
Your guide to professional, personal, classroom, & child management strategies

Must-Have Resources to Guide Challenging-Behavior Management

Wednesday, April 24, 2019 @ 1:30 PM ET

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