Welcome!

Please take a moment to complete the perceived stress scale on your own.

How to determine your PSS score:
1. Reverse your scores for questions 4, 5, 7, & 8
2. On these 4 questions, change the scores like this: 0=4, 1=3, 2=2, 3=1, 4=0
3. Now add up your scores for each item to get your total score.
WE WILL BE POLLING THE AUDIENCE

Join by Web
1. Go to PollEv.com
2. Enter GABRIELAR349
3. Respond to activity

Join by Text
1. Text GABRIELAR349 to 37607
2. Text in your message
PERCEIVED STRESS SCALE SCORING

Individual scores on the PSS can range from 0-40

Scores ranging from 0-13 would be considered low stress
Scores ranging from 14-26 would be considered moderate stress
Scores ranging from 27-49 would be considered high stress

You can determine your PSS score by:

First, reverse your scores for questions 4, 5, 7, & 8
On these 4 questions, change the scores like this: 0=4, 1=3, 2=2, 3=1, 4=0
Now add up your scores for each item to get a total.
THE IMPORTANCE OF SELF-CARE

Stress

Self-Sacrifice
Poor Self Care

Fatigue
Dissatisfaction
Burnout

Stress

Good
Self Care

Satisfaction
Resilience
BURNOUT

Disengagement and withdrawal

Losing your passion, vision and purpose
CAUSES OF BURNOUT

- Excessive workload
- Too little control/autonomy
- We say “yes” to everything
- Perfectionism
- Poor self-care
- We take on the burdens of others
ASK THE AUDIENCE

What’s been your greatest work-related stressor in the past year?

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WHAT DOES THIS LOOK LIKE IN REAL LIFE?
• Increased arguments with others
• Increased isolation
• Sleep / appetite disturbances
• Loss of empathy
• Increased addictive behaviors
• Reduced creativity
• Chronic fatigue / exhaustion

• Emotional outbursts
• Loss of feelings of purpose
• Increased anxiety
• Losing patience more quickly
• Increased need for control
• Feelings of fear or guilt
• Difficulty concentrating / memory
Chronic stress reduces neuronal activity

A brain exposed to chronic stress is not as effective at learning new information or storing new learning in memory networks

FEELING FRAYED?

THE ABC’S OF WELLNESS

Awareness
Balance
Connection
WARENESS

Strategies for us to be more aware of ourselves

• Practice mindfulness
• Keeping a journal
• Meditation
• Reading books, watching movies
• Write down goals, plans and priorities
• Gratitude
• Perform a daily reflection
PET PEEVE IDENTIFICATION

Take a moment to write down a few of your classroom pet peeves...

How have you tried to manage these in the past?
BALANCE

Stay hydrated and nourish your body

Get GOOD sleep and REST

Be active

Get organized

Avoid information overload from the news and media

Ask for help
**Getting Enough and Better Sleep**

- Prioritize time for ~8 hours of sleep
- Put away tech devices at least 30 minutes prior to your bedtime
- Consider plugging your phone in the bathroom for the night
NO

- Heavy food
- Blue light
- Alcohol, smoking
- Caffeine

YES

- Get up at the same time
- Evening walks
- Comfortable bed
- Cool and dark room
REST IS JUST AS IMPORTANT

- Physical rest
- Sensory rest
- Mental rest
- Emotional rest
- Social rest
Exercise produces mood stabilizing endorphins

Find fun ways to get active

Going on short daily walks can help your overall mood

Don’t like cardio? Try strength training!

STAYING ACTIVE
• Set office/work hours and stick to them
• Turn off email notifications after hours
• Communicate your email policy with your students
• Take breaks
  • Use a timer
  • 25 minutes is peak brain time

SET BOUNDARIES
GET ORGANIZED

Take time to organize and declutter
Surround yourself with cool office supplies
Splurge on a lovely calendar
If you have the bandwidth, try a time diary:
Document your activities
See where time is well spent
There's

DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR
MEDITATION AND MINDFUL BREATHING

- Changing your breathing changes your brain waves
  - Even in mice!
MEDITATION AND MINDFUL BREATHING

5 Finger Breathing

1. STRETCH YOUR HAND OUT LIKE A STAR.

2. HOLD OUT YOUR POINTER FINGER ON THE OTHER HAND.

3. USING YOUR pointer, SLIDE UP EACH FINGER SLOWLY. SLIDE DOWN TO THE OTHER SIDE.

4. SLOWLY BREATHE INTO YOUR NOSE AND OUT YOUR MOUTH.

5. REPEAT FOR ALL FIVE FINGERS.

@dynamickidstherapyaz
Prioritize connections with friends and family

Small daily connections are important

Keep a Positivity File

Lunch with colleagues (even if it's just virtually)

Visit another classroom
MINDFUL CONNECTIONS

Visualize your most challenging student

• Forget to forgive
• Perspective taking
• Finding something you admire about them
• Make a connection in a different way
• Is this student behavior catalyzing?
**SELF-CARE APPS**

- Provider Resilience
- Headspace
- Sleep Cycle
- Plant Nanny
- Activity Tracker
- Happify
- 365 Gratitude
- Moodnotes
- Insight Timer
- Ten Percent Happier
- 5 Minute Yoga
- Smiling Mind

**SELF-CARE PODCASTS**

- Huberman Lab
  - Andrew Huberman, PhD
- Promoting a Work and Life Balance
  - Michael Sulkowski
- Solutions for Burnout
  – Heather Christian Martens
ASK FOR HELP

Check on your assertiveness

• Are you overly accommodating?
• Are you doing other people’s work?

Practice saying no without actually saying no

Delay agreeing to new tasks

"Shouting 'self-care' at people who need 'community care' is how we fail them"

— Nakita Valerio
ASK THE AUDIENCE

What’s one thing you’ll take away from our time together today?

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