


In times of stress,
the best thing
we can do for each other
is to listen with our ears
and our hearts
and to be assured
that our questions
are just as important
as our answers.



~Fred Rogers

Major Causes of Stress



- What do you think are some major causes of stress in the early childhood field?
- List them in the Chat box.

Stress and Symptoms

STRESS IS...

- Experienced by everyone
- Highly individual
- Unavoidable
- Data

SYMPTOMS

- Physical; such as, headache, stomach ache, fight/flight response
- Feelings of sadness, being overwhelmed
- Irritability or anger
- Feeling nervous, anxious
- Other?

Volpe, B. (2019). *Stay Calm and Lead On*. Wheeling, IL: McCormick Center for Early Childhood Leadership, National Louis University.

Take Care of Yourself

Meeting your needs:

- Physically (eating healthy, exercise and sleep)
- Emotionally (processing and expressing emotions, using a journal, talking with someone)
- Socially (building in time for friends, social activity)
- Mentally (practicing mindfulness, finding ways to challenge your mind, talking with doctor or therapist if needed)
- Spiritually (meditating, praying, volunteering)

Adapted from: <https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>

Write it Down



Take the next five minutes to reflect on and write down thoughts around the following questions:

- *Do I experience stress connected to my work?*
- *Aside from work, are there other sources of stress?*
- *What tools or resources can I use to help me manage stress?*
- *What activities make me feel relaxed and happy?*
- *What is one thing I did in the past month to support my health?*
- *Action Step: I will ...*

<https://childcareta.acf.hhs.gov/infant-toddler-resource-guide/self-care-and-professionalism>



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Resources

App for Free Meditations

<https://www.stopbreathethink.com/meditations/>

Articles

- <https://childcareta.acf.hhs.gov/infant-toddler-resource-guide/self-care-and-professionalism>
- <https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>
- <http://www.ascd.org/ascd-express/vol11/1118-sizemore.aspx>
- <https://www.nea.org/advocating-for-change/new-from-nea/i-didnt-know-it-had-name-secondary-traumatic-stress-and>