Reducing Stress and Building Resilience - ORTL 1

2018-2019
Workshop Objectives

Objective #1: Participants will identify personal stress triggers and plan strategies to cope with stress and build personal resilience.

Core Knowledge Document: Ohio's Early Childhood Core Knowledge and Competencies (EC-CKC) *REVISED*
Area: Professionalism
Subgroup: Continuous and Reflective Professional Development
Competency Level 1: Reflects on own practices and utilizes professional resources, including input from supervisor and colleagues, in order to improve practices (p.44).

Objective #2: Participants will practice multiple teaching strategies that will support self-regulation and positive social behavior in young children.

Core Knowledge Document: Ohio's EC-CKC *REVISED*
Area: Learning Environments and Experiences
Subgroup: Interactions and Relationships
Knowledge Concept: The importance of treating each other with dignity at all times.
Competency Level 1: Bases expectations for behavior on age and developmental level of children. Prevents challenging behavior by providing consistent and predictable routines and responds to challenging behavior with positive guidance techniques (p. 49).

Ohio Early Learning and Development Standards (OELDS): Birth To Kindergarten Entry
Domain: Social and Emotional Development
Strand: Self
Topic: Self-Regulation
Pre-K: Manage the expression of feelings, thoughts, impulses and behaviors with minimal guidance from adults (p. Sa9).
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Mindfulness Exercises

- **Deep belly breathing:** Inhale to 4, exhale to 6.
- **Progressive relaxation:** Tense up muscles from head to toe and then relax your muscles.
- **Mental body scan:** Begin with your toes and moving up to head, notice any tension in your body and then intentionally relax those areas.
- **Intentional refocusing:** Notice things in present using your senses (colors, smells).

Get Moving to Manage Stress

- **It pumps up your endorphins.** Physical activity helps bump up the production of your brain's feel-good neurotransmitters, called endorphins.
- **It's meditation in motion.** After a fast-paced walk or some laps in the pool, you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements.
- **It improves your mood.** Regular exercise can increase self-confidence, relax you and lower the symptoms associated with mild depression and anxiety.

Getting Started

- **Consult with your doctor.** Especially if you haven't exercised recently or have health concerns.
- **Walk before you run.** Build up your fitness level gradually.
- **Do what you love.** Pick an activity that you love.
- **Schedule it.** Make time to move every day.
- **Set SMART goals.** SMART—specific, measurable, attainable, relevant and time-limited goals.
- **Find a friend.** Knowing that someone is waiting for you to show up can be a powerful incentive.
- **Change up your routine.** Variety can be motivating.
- **Exercise in increments.** Brief bouts of activity can offer benefits.

Sesame Street Yoga Video

- [https://pbslearningmedia.org/resource/SESAME-yoga-class-following-teacher/yoga-class-following-my-teacher-sesame-street/#W3x-POhKjU](https://pbslearningmedia.org/resource/SESAME-yoga-class-following-teacher/yoga-class-following-my-teacher-sesame-street/#W3x-POhKjU)
Encouraging Humor and Laughter

- Do something unexpected or spontaneous
- Use objects differently
- Put things in unexpected places
- Pretend
- Wrong Names!
- Word Play
- Riddles and Jokes!
- Funny Books
  - *Don’t Let the Pigeon Drive the Bus!* by Mo Willems
  - *Goldilocks and the Three Dinosaurs* by Mo Willems
  - *It’s a Tiger* by David LaRochelle
- Silly Songs and Dances
  - Silly Shoes with Mr. Steve from PBS (3:34 minutes)
    https://pbslearningmedia.org/resource/ket-mrsteve-song5/silly-shoes/#W38vfehKi70
  - Elmo’s Got the Moves: Sesame Street (1:05 minutes)
  - Video of the Dance “The Elmo Slide” on Sesame Street (2:03 minutes)
    https://pbslearningmedia.org/resource/sesame-the-elmo-slide/the-elmo-slide-sesame-street/#W38u3uhKi70

Apps and Web Resources

- Breathe, Think, Do with Sesame
- Belly Breathe with Sesame Street
  https://pbslearningmedia.org/resource/sesame-belly-breathe/belly-breathe-sesame-street/
- Daniel Tiger for Parents
  http://pbskids.org/apps/daniel-tiger-for-parents.html
- Sesame Street Resilience Toolkit for Parents and Caregivers
  https://www.sesamestreet.org/toolkits/challenges

Book Resources

- *How Full is Your Bucket for Kids* by Tom Rath & Mary Reckmeyer
- *Good News, Bad News* by Jeff Mack
Breathe!

Think!

Do!
Breathe!

What's the plan?

Think!

Did it work?

TRY IT!

Do!
Strategies for Helping Children to Cope with Disappointment

- Modeling Coping with Disappointment
- Commenting on times when children coped well with disappointment
- Warning children when something disappointing is about to happen or may happen
- Teaching children to find something positive to focus on when dealing with disappointment through direct teaching
Sources:


GARDEN YOGA FOR KIDS

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child’s Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler’s Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.
Healthy Lifestyle

Stress management

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

By Mayo Clinic Staff

You know that exercise does your body good, but you’re too busy and stressed to fit it into your routine. Hold on a second — there’s good news when it comes to exercise and stress.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you’re not an athlete or even if you’re out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

- **It pumps up your endorphins.** Physical activity helps bump up the production of your brain’s feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner’s high, a rousing game of tennis or a nature hike also can contribute to this same feeling.

- **It’s meditation in motion.** After a fast-paced game of racquetball or several laps in the pool, you’ll often find that you’ve forgotten the day’s irritations and concentrated only on your body’s movements.

  As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything you do.

- **It improves your mood.** Regular exercise can increase self-confidence, it can relax you, and it can lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

A successful exercise program begins with a few simple steps.

• **Consult with your doctor.** If you haven't exercised for some time and you have health concerns, you may want to talk to your doctor before starting a new exercise routine.

• **Walk before you run.** Build up your fitness level gradually. Excitement about a new program can lead to overdoing it and possibly even injury.

  For most healthy adults, the Department of Health and Human Services recommends getting at least 150 minutes a week of moderate aerobic activity (such as brisk walking or swimming) or 75 minutes a week of vigorous aerobic activity (such as running). You also can do a combination of moderate and vigorous activity.

  Also, incorporate strength training exercises at least twice a week.

• **Do what you love.** Virtually any form of exercise or movement can increase your fitness level while decreasing your stress. The most important thing is to pick an activity that you enjoy. Examples include walking, stair climbing, jogging, bicycling, yoga, tai chi, gardening, weightlifting and swimming.

• **Pencil it in.** Although your schedule may necessitate a morning workout one day and an evening activity the next, carving out some time to move every day helps you make your exercise program an ongoing priority.

Starting an exercise program is just the first step. Here are some tips for sticking with a new routine or reinvigorating a tired workout:

• **Set SMART goals.** Write down SMART goals — specific, measurable, attainable, relevant and time-limited goals.

  If your primary goal is to reduce stress in your life and recharge your batteries, your specific goals might include committing to walking during your lunch hour three times a week or, if needed, finding a baby sitter to watch your children so that you can slip away to attend a cycling class.

• **Find a friend.** Knowing that someone is waiting for you to show up at the gym or the park can be a powerful incentive. Working out with a friend, co-worker or family member often brings a new level of motivation and commitment to your workouts.

• **Change up your routine.** If you've always been a competitive runner, take a look at other less competitive options that may help with stress reduction, such as Pilates or yoga classes. As an added bonus, these kinder, gentler workouts may enhance your running while also decreasing your stress.

• **Exercise in increments.** Even brief bouts of activity offer benefits. For instance, if you can't fit in one 30-minute walk, try three 10-minute walks instead. Interval training, which entails brief (60 to 90 seconds) bursts of intense activity at almost full effort, is being shown to be a safe, effective and efficient way of gaining many of the benefits of longer duration exercise. What's most important is making regular physical activity part of your lifestyle.

Whatever you do, don’t think of exercise as just one more thing on your to-do list. Find an activity you enjoy — whether it's an active tennis match or a meditative meander down to a local park and
back — and make it part of your regular routine. Any form of physical activity can help you unwind and become an important part of your approach to easing stress.


March 08, 2018


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