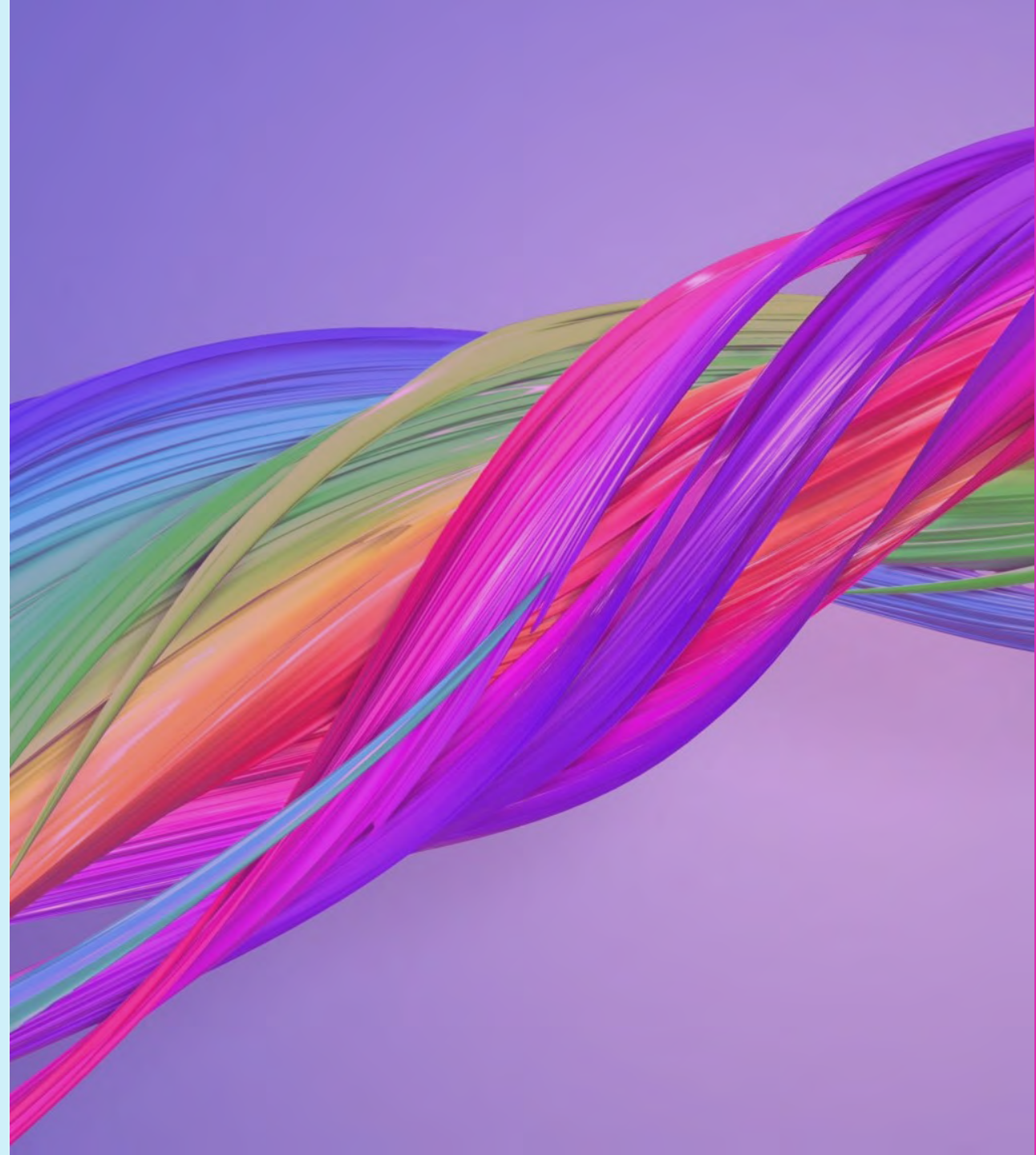


Staff Wellness: Less Stress More Joy

FLAEYC Conference
October 14, 2023

BECKER'S



Who, What, Where and Why?

- Director of Education and Development
- Live in Philadelphia
- Life long Early Childhood Educator
- Years of Experience with Stress and Joy
- Working on Wellness



Leslie
Eslinger

BECKER'S

Goals

- Identify wellness
- Learn strategies to address the stress
- Build a self-care toolbox



Let's Do This

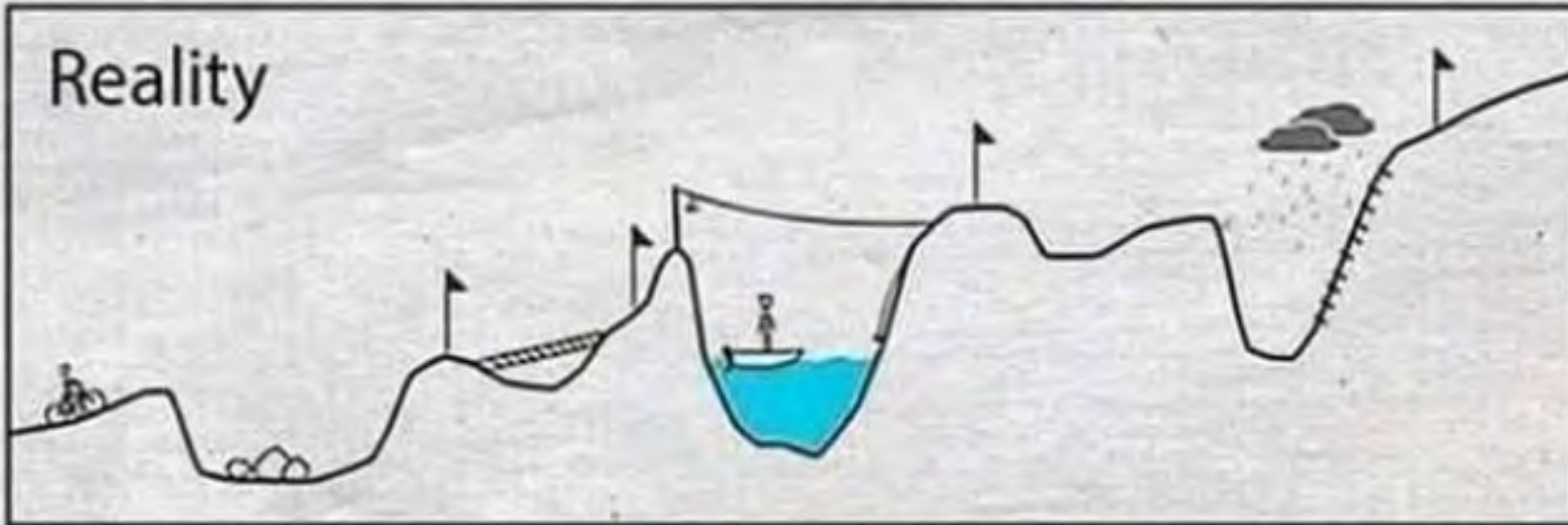
My mission in life is not merely to survive. But to thrive; and to do so with some passion, some humor, and some style.

- Maya Angelou

Your plan



Reality



STRESS*

- Stress is a normal human reaction that happens to everyone.
- We all deal with stress at some point in our lives.
- Not all stress is bad.
- Stress is different for everyone.

* Triggered by something new, unexpected, or out of our control.



Joy

- A feeling.
- More than happiness.
- More than contentment.
- Makes us feel alive.



A feeling of great pleasure and happiness. A feeling of extreme gladness, delight, or exultation of the spirit arising from a sense of well-being or satisfaction.



Finding our stress and joy

Wellness

Practicing healthy habits daily for better physical and mental outcomes.

- Social Connectedness
- Exercise
- Nutrition
- Sleep
- Mindfulness
- Purpose

Start Packing



- My kids, my aging folks
- My car needs service
- What's for dinner
- My bills are due
- My physical appearance
- My health
- Piles of laundry

The act of writing down concerns helps to release them from the conscious mind.

Using Self-Affirmations in Stressful Times



Know Your Why

- Know Your Why | Michael Jr.

Comedian Michael Jr. goes Off the Cuff at live comedy show and uses this completely improv moment as a great illustration for knowing your why and purpose in life.

See video

Increase your Energy and Support Positive Change

- Focus on the Positive
- **Practice Gratitude**
- Smile and Laugh
- Find the Joy
- Practice Random Acts of Kindness
- **Dance and Sing**
- Self-Care
- Find Quiet Moments
- **Connect to Nature**
- **Connect to Your Why**
- Reach Out and Ask for Help
- **Mindfulness Practices**

*When we know our values, we know what drives us, we can find **OUR ACTION STEPS**.*



Nature

Fascination is meditation

<https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing>

Gratefulness

Gratitude is pausing to notice and appreciate the people, things, and opportunities in your life.

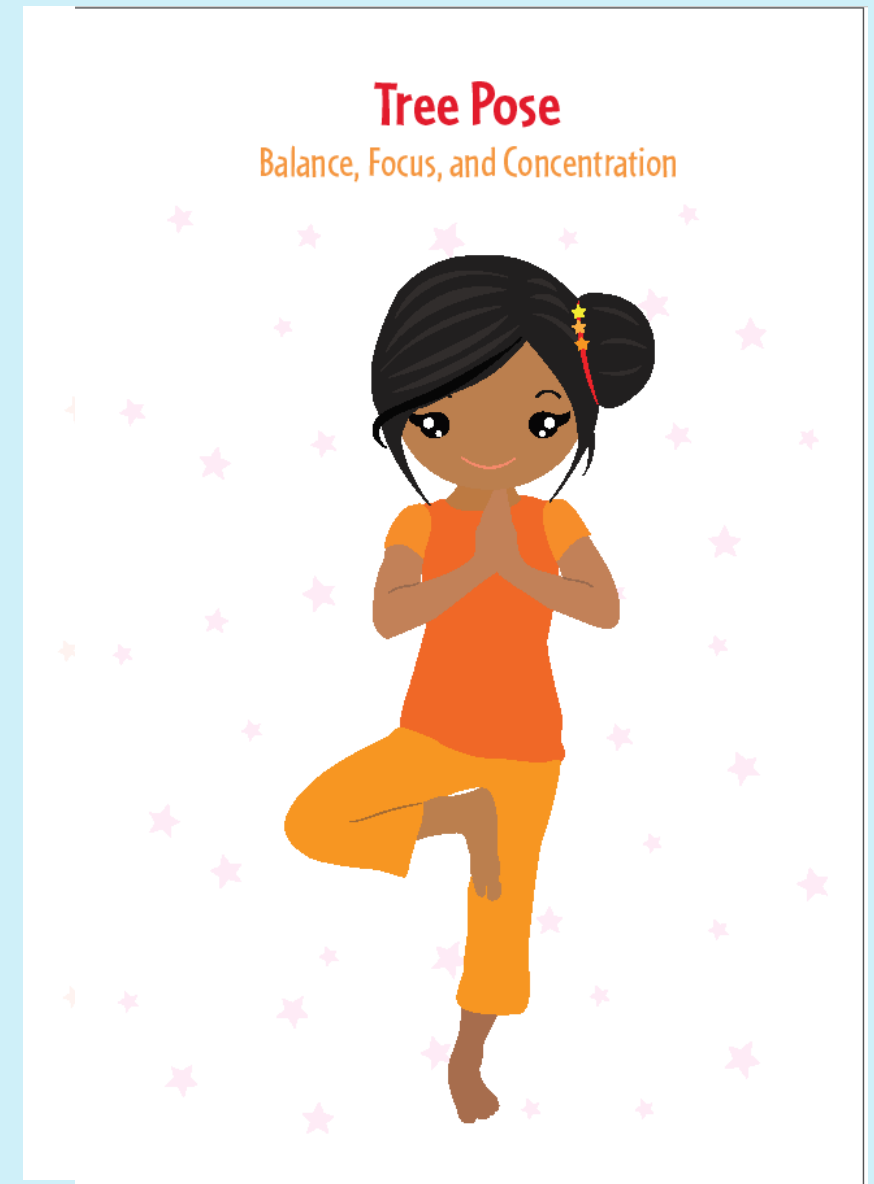
- Say it
- Write it
- Text it
- Email
- Leave a voice mail message

<https://www.edutopia.org/article/small-daily-practices-boost-mental-health>

Movement

- It pumps up your endorphins
- It reduces negative effects of stress
- It's meditation in motion
- It improves your mood

<https://www.mayoclinic.org/healthy-lifestyle/>



Mountain Pose

Grounding and Connecting



Mountain Pose

WORKS ON:

Posture, balance, and focus.

- 1 Stand tall. Press your legs firmly into the ground.
- 1 Put equal pressure on both feet.
- 1 Let your spine be long. Your head reaches up towards the sky.
- 1 Press your arms firmly into prayer hands. Stay rooted into the ground like a strong mountain!
- 1 Stay here for 1-2 minutes.

Lunge

Power and Coordination



Lunge

WORKS ON:

Strengthening muscles in the arms and stretching the leg muscles.

- 1 Stand with your feet together in Mountain Pose.
- 1 Step one foot firmly back.
- 1 Keep that leg strong as you bend your front knee.
- 1 Shoot your arms straight up to the sky.
- 1 Keep your arms and your legs powerful.
- 1 Hold this pose for 3-5 breaths.

Tree Pose

Balance, Focus, and Concentration



Tree Pose

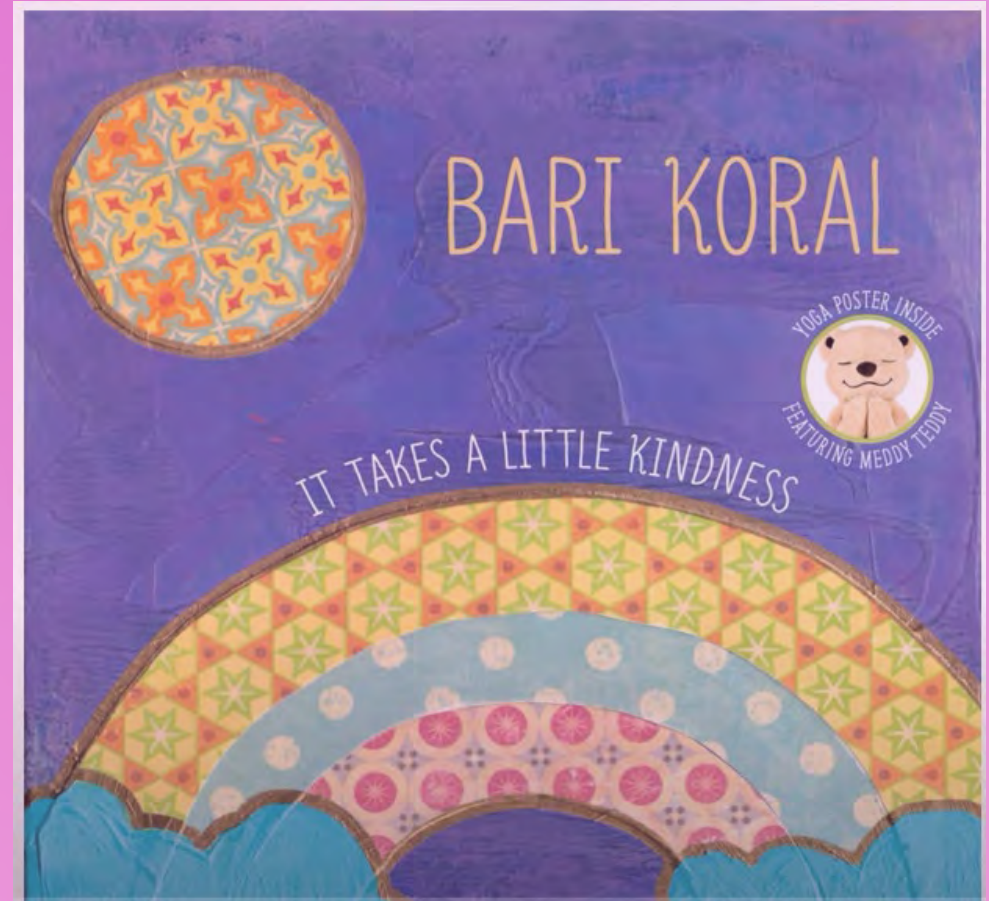
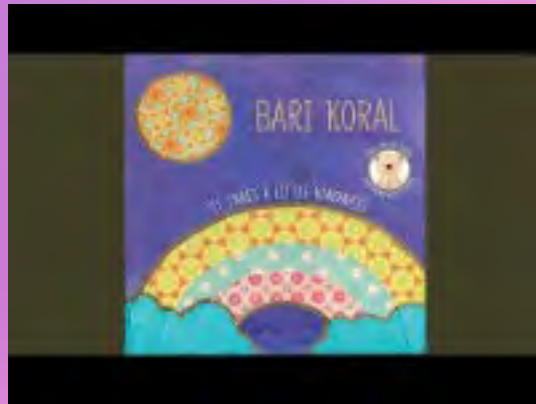
WORKS ON:

Stability, strengthening the standing leg, and engaging the core.

-
- 1 Stand tall and imagine you are a tree rooted firm in the ground.
 - 2 Gently bring your leg up and place the sole of your foot on your calf or inner thigh. Press your foot and leg into each other.
 - 3 Hold a gentle gaze.
 - 4 Balance here for 3-5 breaths.
 - 5 Switch to the other side.

Brain Break

- Mermaid Pose
- Dragon Pose
- Unicorn Pose
- Rainbow Pose



Singing

- ❖ Relieves stress
- ❖ Stimulates the immune response
- ❖ Develops a sense of belonging and connection
- ❖ Improves mental health and mood

<https://www.healthline.com/health/benefits-of-singing#benefits>

Music



I love this. I'm very into classical music so this is just what I needed to make me feel better about myself and knowing that everything is going to be okay. Because music is in my soul and in my heart.

- https://www.youtube.com/watch?v=RcNrQNOLh_4

Practicing Mindfulness

- *When teachers practice mindfulness, they are better able to manage their own stress and create a supportive learning environment for children.**



Mindful Eating: Chocolate Meditation



1. Unwrap the chocolate.
2. Does the unwrapping make any sound?
3. Inhale the aroma.
4. Imagine how it will taste.
5. Place it in your mouth and hold it on your tongue.
6. Notice the flavor as it begins to melt.
7. How's your mood?

Art your way



Be Kind



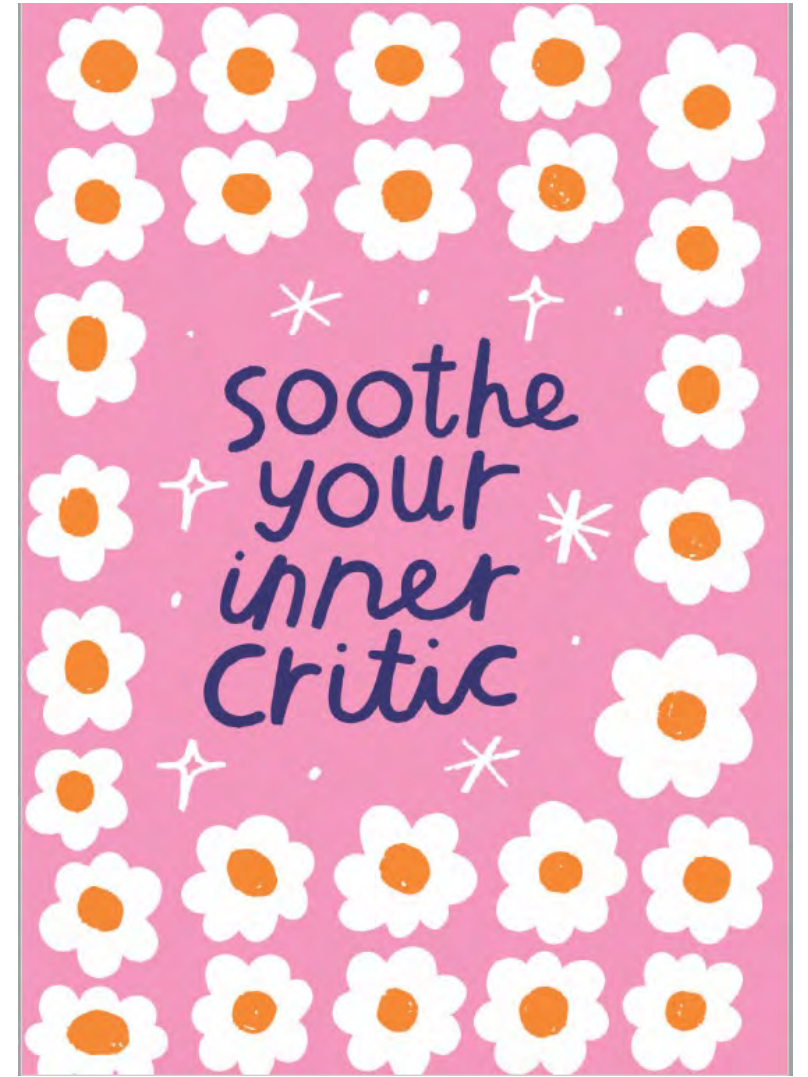
"No act of kindness, no matter how small, is ever wasted."

Aesop

Often what we are most afraid of is not happening at this moment.
It could happen, but most of the time it's not happening.



The #1 way to create more happiness and less stress is to start paying more attention to the conversations you have with yourself.



How many times have
you finished a meal and
not even
realized where your
food went?



Shake it
off and
focus on
solutions.

**BE A GOLDFISH
HAPPIEST ANIMAL**



ON EARTH

Mindfulness Pebbles





Box Breath

Follow my finger as I draw a box in the air. Take a slow breath in as I draw a line for the top of the box. Breathe out when I draw the next line. Breathe in as I draw the line across the bottom of the box. Breathe out as I draw the last line to finish the box.



Butterfly

The butterfly pebble reminds us to inhale and exhale like a butterfly's wings. Sit in a butterfly pose with the soles of your feet together and knees apart to make your butterfly wings. As you move your legs up and down gently, breathe in deeply and breathe out completely. Soon you will feel peaceful like a butterfly.



Candle Breath

Hold one finger in front of your mouth like a candle. Breathe in slowly. Breathe out to blow out the candle flame. Repeat three times, inhaling and exhaling to blow out the flame.



Castle

Close your eyes. Imagine you are taking a magical trip to a beautiful castle. You walk slowly through a forest until you come to a clearing. Soon you see a giant castle made of stone with tall pillars and spires all around the top. Breathe in your courage and breathe out your fear as you walk towards the huge castle door. As you get closer, continue to breathe in your courage and breathe out your fear. When you finally knock on the door, the king and queen come to greet you. They are pleased to see you and invite you in. When you are ready, open your eyes.



Dragon Breath

Imagine you are a fire-breathing dragon. Breathe in deeply through your nose and breathe out a long-whispered breath from the back of your throat to make an Ahhhhh sound out of your open mouth. Take two more dragon breaths.



Garden

Close your eyes. Imagine walking in a beautiful garden filled with flowers. There are flowers of different shapes, sizes and colors. Imagine yellow, pink, red, orange, and blue. Find your favorite and breathe in the smell, deeply. Breathe out fully. Inhale through your nose to smell your flower. Exhale through your mouth. Repeat three times.



Heart

While you hold the heart pebble, think of someone you love. Send that special person good thoughts and warm wishes from your heart. Now think of someone in our class and send that person good thoughts and warm wishes. Next, gently rub the pebble and think about someone who lives in your neighborhood. Send that person good thoughts too. Keep sending good thoughts all around the planet and to the whole universe!



Super Hero

Feel strong like a super hero.

- Scrunch up your toes. Make the muscles in your legs tight and strong. Hold for five seconds and then relax. Breathe in and out.
- Now tighten your arms. Hold them tight for five seconds. Release and breathe in and out.
- Now push your belly out and hold it tight for five seconds. Release and breathe in and out.
- Scrunch up your face for five seconds. Release and breathe in and out using your whole body.



Tree

Stand tall and imagine you are a tree rooted firmly in the ground. Stand on one leg and lift the other leg so that the sole of your foot rests below your knee. Hold steady like a tree and breathe in and out three times. Place your palms together and hold at your heart. Change legs and repeat.



Hot Chocolate

Close your eyes and imagine you are holding a mug of hot chocolate. Can you feel it warming your hands? Breathe in slowly and smell your hot chocolate. Breathe the aroma all the way into your belly. Breathe out slowly. Breathe in the aroma fully and breathe out completely. Repeat three times.



Ocean Breath

Close your eyes. Imagine your belly is like the ocean. Breathe in and let the waves gently rise. Breathe out and let the waves fall. Repeat three times, breathing in fully and breathing out deeply.



Peace

Close your eyes, sit quietly, and repeat these words slowly after me:

- Peace before me ...
- Peace behind me ...
- Peace above me ...
- Peace below me ...
- Peace unto me ...
- Peace to all ...

Repeat three times. When you feel peaceful, open your eyes.



Rainbow Relaxation

Close your eyes. Think of the colors of the rainbow. Breathe in the color green. Breathe out the color blue. Take long, slow breaths. Repeat three times.

Feel free to change the colors to match the seasons.



Shark Fin

Place the tip of your thumb between your eyebrows and hold your fingers up straight to make a shark's fin. Close your eyes. Breathe in and out slowly. Repeat. Your shark is steady, focused, and relaxed.

Emotional Freedom Techniques

- “Emotions are our body’s reactions to our thoughts.” – Eckhart Tolle
- Relieve stress and promote general relaxation
- Increase self-esteem, clear-thinking, positive feelings and a sense of greater peace
- Increase energy and productivity
- Move us beyond self-limiting beliefs and open us towards greater possibilities

The EFT International Free Tapping Manual
A Comprehensive Introductory Guide to EFT (Emotional Freedom Techniques)

The EFT Process

- Identify something that is bothering you (rephrase it)
- Rate it 1 - 10
- Begin tapping SOH
- Say "Even though I have this stress, it's ok for right now. 3x
- 7-10 taps per pressure point
- Deep breath
- Check-in

Crown of head

Eyebrow

Side of eye

Under eye

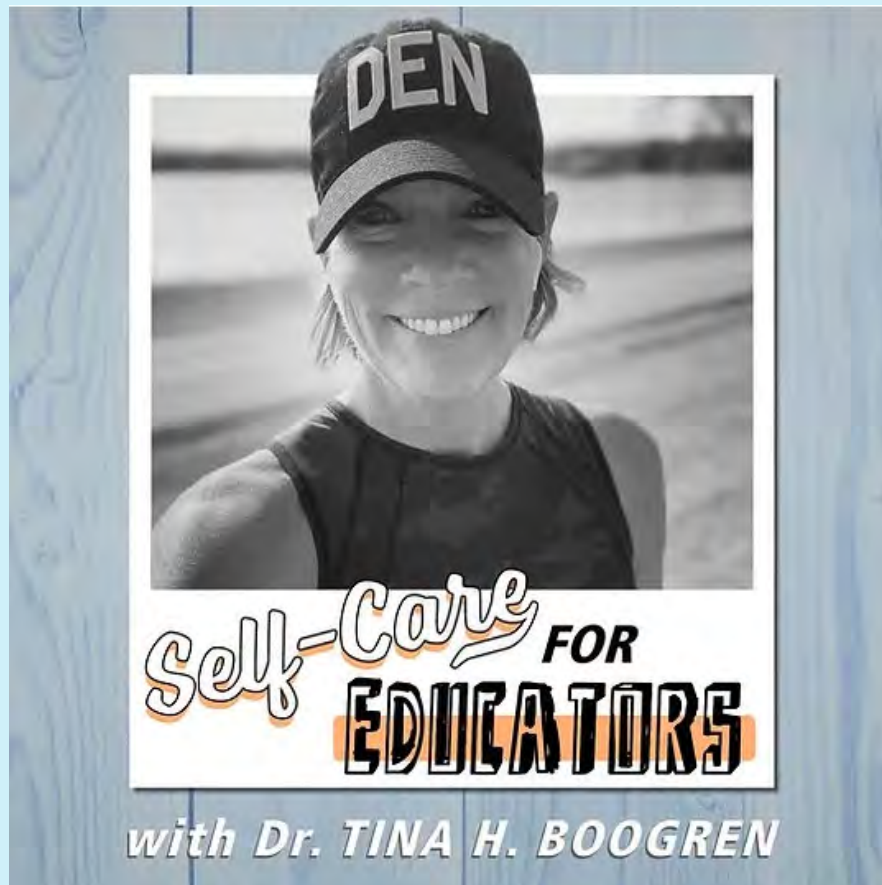
Under nose

Chin point

Collarbone

Under Arm

More resources



Podcast: www.selfcareforeducators.com



Becker's My Self-Care & Wellness Cards

The final word

You rarely have time for everything you want in this life, so you need to make choices. And hopefully your choices can come from a deep sense of who you are.

– Fred Rogers

Replace your worries
with your new tool box



Goals

- Identify wellness
- Learn strategies to address the stress
- Build a self-care toolbox



Thank YOU for
being here today.

Joyfully yours,
Leslie



BECKER'S