

Relax, Recharge, Revive: Self-care for the Heart of ECE

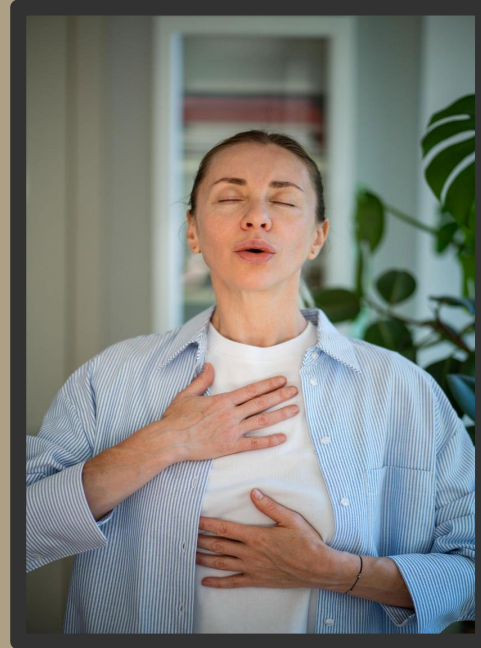
**Presented By : Sandra Hernandez
Sweet Home Family Daycare, LLC
(414) 324-7968**

Managing stress



How stress can show up?

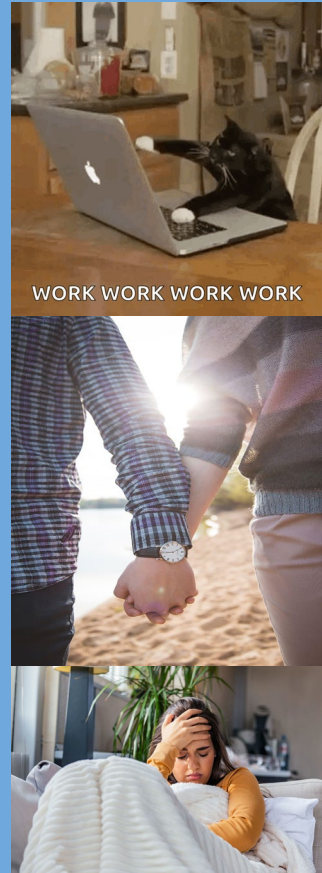
Imagine your heart racing, your stomach in knots and your thoughts out of control just because you opened your email or you get an unexpected call.



It's important to identify what's causing your stress

- Work
- Relationship
- Health
- Something else

Understanding the roots of the problem will help us addressing it properly.



Stress in Early Childhood Education

- Finances and resources
- Collaboration with parents
- Behaviors of children
- Communication
- Licensing and regulations
- What else?

When was the last time you think you were stress about a certain situation and couldn't explain it ?

Stress can become constant that it starts to feel normal. It's like carrying a heavy backpack every day, after a while you forget how heavy it is until you finally put it down and feel the relief.

- Overwhelmed
- Stuck and don't know what to do
- Tough situation (Family, Work)
- Financial circumstances
- Society
- Many more...



What is Compassion Fatigue?



Compassion Fatigue

Is the emotional and physical exhaustion that can develop in professionals who are exposed to the suffering, trauma, or emotional needs of others.

It may result from a single intense incident or accumulative exposure overtime, especially when emotional labor is high and recovery time is limited.

Burnout?

Is a state of physical, emotional and mental exhaustion caused by prolonged and unmanaged workplace stress. It can result from chronic exposure to stressors such as:

1. long hours
2. lack of control
3. excessive workload
4. unclear expectations
5. inadequate support
6. persistent pressure to perform without time to recovery.



Signs & Symptoms of Burnout and Compassion Fatigue

Burnout and compassion fatigue can develop in their effects particularly in high stress, emotionally, demanding professions. It's important to recognize early warning signs is essential for preventing long term consequences to health and job performance.

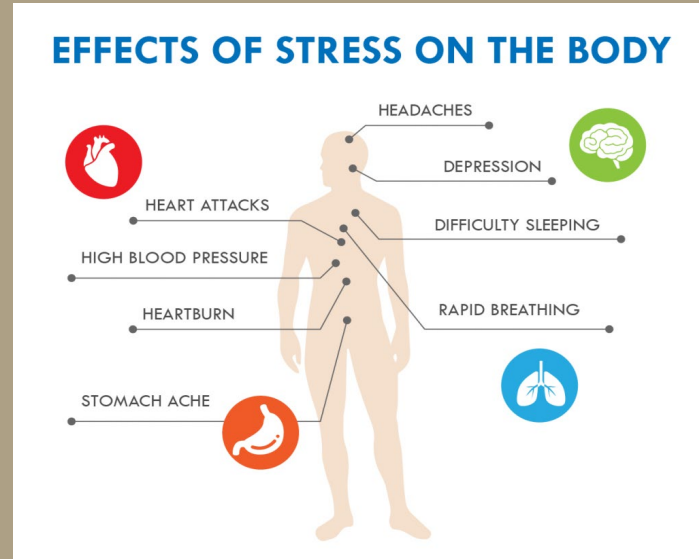
Common Emotional & Physical Symptoms:

- Persistent physical and emotional exhaustion
- Feelings of being drained and overwhelmed
- Reduced ability to feel empathy or compassion for others
- Difficulty coping with everyday responsibilities

Take action today, Don't wait until Tomorrow !!!

Stress can affect all systems of the body, when muscles are tense for a long period of time this may trigger other reactions of the body and it promotes related disorders.

- Headaches
- Upset Stomach
- Elevated Blood Pressure
- Chest Pain Problem
- Problems Sleeping
- Stroke



Transition from work to home activities:

- Close work related application, power down tools.
- Relaxing reset: a warm shower, brief break.
- Write down your achievements to acknowledge your efforts and shift focus toward personal time.
- Change clothes after work, wear your favorite clothes or get comfortable.
- Take a short walk to create a clear boundary between work and personal life.
- Set limits on checking messages or task after work hours to give yourself dedicated down time.
- Do one personal activity: read, write a note to someone special or stretching before engaging with family.

Setting boundaries with compassion

Policy review

Resetting expectations

Work hours vs off time

Schedule breaks intentionally

Clarify your role

Identify triggers and plan accordingly



Policy Review

Parents Handbook

A comprehensive handbook clarifies expectations.

- Drop-off / Pick up times
 - Health & safety procedures
 - Discipline and behavior guidelines
 - Communication methods and updates
- * Understanding your role limits and ensure families know what to expect.
- * Define where friendly behavior ends and being a friend begins.
- * Handbooks should be updated annually and/or if any changes occur make it available to all parents.



Work Hours vs Off Time

Schedule & contact boundaries

- Set clear communication and office hours to manage availability.
(Example : verval, phone call, tx message, email, meeting.)
- Define communication office hours (Example: 6:00am to 6:00pm
Monday - Friday.)
- Be respectful to after work hours and weekends unless there's an emergency.
- Engage families, staff and community through surveys and meetings.

Techniques to help relieve stress !!!

We all suffer the daily pressure of juggling family, work, social engagements and extracurricular activities.

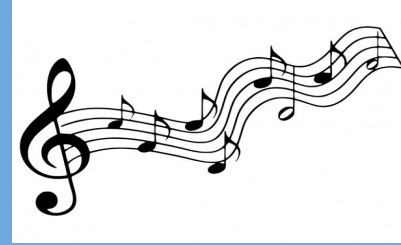
It seems that we never have enough time during the day to get everything done that needs to be accomplished.

- Learn to prioritize
- Organize
- Follow Routine



Take care of your self starting today.

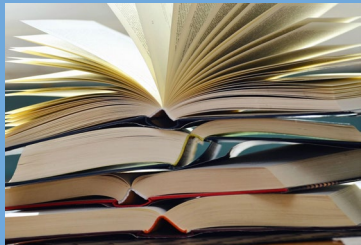
Exercise



Meditation

Walking

Reading



Breathing

Music



Dance

Resources

Ask for Help !!

Stress: Understanding its Impact on Your Body and Mind

<https://youtu.be/3UmLIkckZqg?feature=shared>

Stress and Anxiety Support | Calming Stress Relief Support

- [CDC](#)
- [American Institute of Stress](#)
- [Mayo Clinic](#),
- [BetterHelp](#)
- [MDLIVE](#)
- [Sixteenth Street](#)



Conclusion

In conclusion stress is always our companion and sometimes it can be challenging to control it and find the way out, but it's important to always remember that we can take control of the situation by just finding what works best for you. Be positive, confident, have faith and believe in yourself. Today is the best day to find the way out of stress. Thank you

Resources:

Meditation resources to relieve stress

Box breathing relaxation technique: how to calm feelings of stress or anxiety:

<https://www.bing.com/videos/riverview/relatedvideo?q=box+breathing+relaxation+techniquehow+to+calm+anxiety&qpv=box+breat+ing+relaxation+techniquehow+to+calm+anxiety&view=riverview&mmscn=mtsc&mid=239E803326A1B5468D96239E803326A1B54>

Rainbow Relaxation:

<https://www.bing.com/videos/riverview/relatedvideo?&q=rainbow+relaxation&&mid=C3AC7BDABF8227E4F44AC3AC7BDABF8227E4F44A&&FORM=VRD GAR#:~:text=3%3A47-,Rainbow%20Relaxation%3A%20Mindfulness%20for%20Children,-YouTube>

5 Minute Meditation for Relaxation & Positive Energy | 30 Day Meditation Challenge

15 Minute Deep Meditation Music for Positive Energy • Relax Mind Body, Inner Peace



