**Relax, Recharge, Revive**

**Self-Care for the Heart of ECE**

# 1. **Bubble Video**

**#2. Tittle**

**Relax, Recharge, Revive**

**Presented by : Sandra Hernandez**

**Sweet Home Family Daycare**

#3. **Stress isn’t always harmful, it's a natural response designed to help us focus, react and adapt. The key is to recognize between productive stress which can motivate and help us improve a skill and chronic stress which can wear us down.**

#4. **It’s hard to think about this happening but it’s part of our daily life.**

**(Ask teachers) Any one would like to share any unexpected situations or experiences?**

#5. ( **Read from the slide** )

It’s important to identify what’s causing you to stress.

* Work
* Relationship
* Health
* Something else

**Understanding the roots of the problem will help us address it properly.**

**( Raise you hand if any body can relate)**

#6. ( **Read from the slide**)  **Ask the teachers if they want to share what causes them to stress in early childhood education??**  (after reading slide show )

#7. ( **Read from the slide ) (** Ask teachers **) Any ideas of who can experience this?**

**Answer: Health care, social services, helping profession, educators, emergency response, HR, coaching, leadership roles.**

#8. **I am going to talk about two different types of fatigue. “Compassion Fatigue”**

**(Read slide)**

* **Always have a smile on your face even if you're having a bad day.**

#9. **“Burn Out” ( Read from screen)**

* **How many of you have experienced this before? ( if you can raise your hand )**

#10. **( Read from slide )**

**#11. Stress relieve tips : 7 ways on how to lower stress**

* **Video ( after video ) \* It’s important to practice stress techniques like the ones we saw on the video.**

**#12. Take action today, don't wait until tomorrow. (Read from the slide )**

**#13. Transitions from work to home activities ( Read from the slide)**

**(Ask if anyone would like to share an activity that works for them. )**

**#14.Setting boundaries with compassion ( Read from the slide)**

* **Policy review with parents**
* **Resetting expectations**
* **Work hours vs off time**
* **Schedule breaks intentionally**
* **Clarify your role**
* **Identify triggers and plan accordingly**

**#15. Policy review ( Read from the slide )**

**Ask : Have you found anything difficult to explain to parents from the handbook?**

**Anybody want to share?**

**#16. Work hours vs off time (Read from slide )**

**#17. Techniques to help relieve stress (Read the slide )**

**#18. Take care of yourself starting today ( Read the slide )**

**#19. Resources ( Read the resources from the slide)**

**#20. 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 us. Be positive, confident, have faith and believe in yourself. Today is the best day to find the way out of stress. Thank you**

**#21. Resources: Meditation resources to relieve stress.**

**#22. Thank You**