

**Getting the Biggest Bang for our Buck,**  
How Administrators can prioritize on creating a safe and protected time to focus on wellbeing and self-care of teaching staff

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### Brain Smart Start

- Grounding Activity
- Let's Check-in

 S.T.A.R.	 Brain
 Balloon	 Pretzel



Just  
Breathe  
and Let  
It Go  
crestingthehill.com.au

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### Being a Preschool Teacher



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## Stats

- **Salary \$12.41 PER HOUR/\$11 McDonalds crew member \$22,290 yearly-Median salary-\$28,990**
- **turnover rates** for early childhood professionals far exceed those for other forms of teaching (Bureau of Labor Statistics, 2018)
- This increases the amount of **inexperienced professionals and leaves more susceptible for high levels of occupational stress, depression and emotional burnout** (Becker, Gallagher, & Whitaker, 2017).
- Flood of preschool teachers leaving the field
- **Average of 1-2 Classroom Management classes in most Bachelor level programs (accredited) curriculum for Education + Early Childhood Education**

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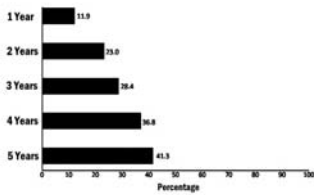
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## Teacher Burn out Statistics



Source: Peritz, D. 2013. Turnover Info and Out of Teaching. A Longitudinal Analysis of Early Career Teacher Turnover. University of Pennsylvania

Thus, it's clear that while a lot of teachers do make teaching a lifelong career, with newer teachers, as many as 41.3% leave the profession within 5 years.

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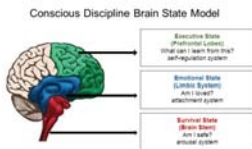
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## Trauma




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### Questions to Consider:



- Are you able to take time for yourself without feeling guilty?
- Do you believe you deserve self-care?
- Do you know the difference between self-care and self-indulgence?
- Do you realize self-care does not equal weakness?
- Are you OK with slowing down sometimes?
- Do you have a go-to list of activities?
- Do you make leisure time a priority?
- Have you made self-care a habit?
- Do you have a basic self-care plan, preferably in writing?

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### The Yerkes-Dodson Stress Arousal Curve

Figure 1: The Yerkes-Dodson Human Performance and Stress Curve



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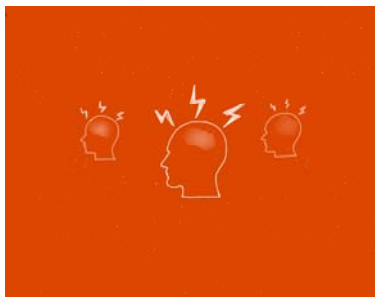
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### Contagious Nature of Stress



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### Brain States to Recharge (Reboot)



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### Feeding All 3 Brain States:

- **Survival State:** Exercise, Movement, boundaries for staff, relaxation activities, food, hydration, "I can handle this" statements
- **Emotional State:** Daily self-regulation check-in, goals groups, Mindfulness, Self-compassion, Gratitude Work, Team building, Emotional Understanding and validation
- **Executive State:** Reframing, Active Problem Solving, Mindfulness, Safety Plans, Working on systems change, Explore values, PD for staff

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### What Did We do at ECEC?



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### Examples-Testimonials:



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### Sample Sessions



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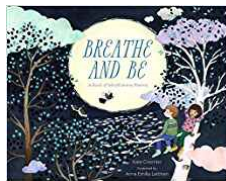
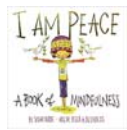
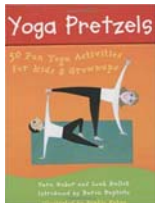
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### Starting a Session



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### Sample Session



- Calming/Grounding/Mindfulness activity
- Checking in
- Current stressors, activities, video, handouts, other content for discussion
- Take away, something you will remember about the this time together, ruminating thought or idea, wrap up

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### Teachers' Goals & Evidence



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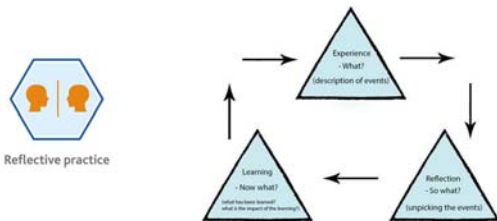
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### Reflective Practices



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### Emotions are Contagious



Emotions are contagious.

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### THIS IS HUGE!

- WE CANNOT PROVIDE WHAT WE DO NOT POSSESS....



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### REFLECTION TIME What will you take away with you?



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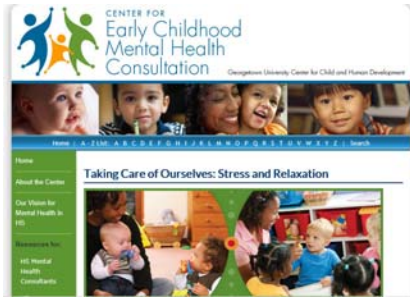
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### Helpful websites



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### Resources

- <http://consciousdiscipline.com>
- <https://www.ecmhc.org/>
- [info@rebootingeducation.com](mailto:info@rebootingeducation.com)

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 Facebook address

[www.srpmic-ed.org](http://www.srpmic-ed.org)

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