


HEAD START
 Regional T/TA Network

Taking Care of Ourselves

These materials were developed for OHS/Region XI under Contract No HHSP233201500016c by ICF International

Objectives for Today

Goals:

- Participants will be able to identify six components of staff wellness
- Participants will be able to articulate why staff wellness is important
- Participants will leave with practical tips to improve their OWN wellness
- Participants should leave with practical tips to improve wellness IN programs.

Key Focus areas

- Understanding and Learning to Manage Stressn

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Wellness...

- What does it mean to you?



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Wellness...

Growth

Absence of Illness

Balance

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What is wellness?

- A conscious, self-directed and evolving process of achieving full potential.
- Multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.
- Positive and affirming

Wellness is an active process. It requires awareness and directed, thoughtful attention to the choices we make.

The National Wellness Institute. http://www.nationalwellness.org/index.php?id_tier=2&id_c=26 Retrieved December 14, 2012.

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Today's workplace is impacted by

- A larger number of workers with sedentary lifestyles and fast food habits potentially resulting in increased use of health services at an earlier age
- The Baby Boomers coming of age, experiencing more health needs and increasing use of health care services
- The Graying of America—people are living longer, utilizing more health care
- Workplace stress is at its highest level and getting higher; stress is a contributing factor/cause of many life illnesses
- Hospital and pharmaceutical costs are rising
- The Obesity Epidemic is at a national all time high; obesity often results from poor nutrition and inactivity

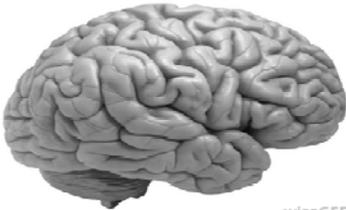
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Stress



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Living with Stress



wiseGEEK

We all have stress. Yet, too much stress can take a toll on your health.

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Common Sources of Stress

- Financial stress
- Parenting
- Meeting basic needs
- Exposure to violence
- Loss or separation from a loved one
- Illness
- Demands of work or school
- Discrimination/ Prejudice
- Conflict with family or friends
- Childhood trauma

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Common Symptoms

- Thinking (Cognitive)
 - a. Memory problems
 - b. Inability to concentrate
 - c. Continuous worry
 - d. Racing thoughts
- Feeling (Emotional)
 - a. Feeling down
 - b. Feeling overwhelmed
 - c. Irritability (short temper)
 - d. Inability to relax

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Common Symptoms

- How Your Body Feels (Physical)
 - a. Excessive perspiration /sweating
 - b. Chest pains/ heart rate racing or rapid
 - c. Frequent colds/illness
 - d. Nausea, dizziness or headaches
- Doing (Behavior)
 - a. Increase /decrease appetite
 - b. Nervous habits
 - c. Difficulty/irregular sleeping
 - d. Excessive use of alcohol, cigarettes or drugs
 - e. Often loosing your temper

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Pair and Share



- What causes you stress?
- How do you know when you are experiencing stress?

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My role in Stress

- Recognize the link between thoughts, behavior, and emotion
- Recognize your role in stress creation and reduction

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The link between thoughts, behavior and emotion

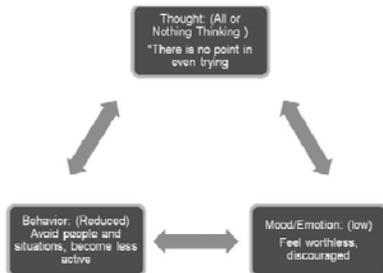
Your thoughts impact your behavior:

- Stress comes from the way we see or think about a situation

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Thought-Behavior-Emotion Cycle



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Unhelpful Patterns of Thinking

- **All or nothing thinking**
 - “I am a total failure”
- **Should Statements**
 - “I should exercise. I shouldn’t be so lazy.”
- **Predicting the Future/ Catastrophizing**
 - “I’m going to get fired and then my whole life will be ruined forever.”

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Thought Stopping





“There is no point in trying”
(negative)

STOP!

“This situation could be easier if I ...”
(positive)

GO!

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Strategies

- **Focus on what is in your control**
 - Your reactions to events and people
 - Your thoughts
- ~~Put aside what is out of your control~~
 - How people respond to you
 - Other people’s feelings
 - Substance use of others

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It Is All About Balance



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To Reduce Stress



Notice your thoughts and feelings

Avoid judging your thoughts and feelings

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Every Day Strategies to Reduce Stress

- Eat well
- Drink plenty of water
- Sleep well
- Exercise
- Create time each day to relax
- Play with your children

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Relaxation Techniques
Controlled or Deep Breathing

- Focus on your breath
- Imagine your other thoughts floating away in a balloon or cloud



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Relaxation Techniques
Progressive Muscle Relaxation

- Tensing a group of muscles
- Hold in a state of extreme tension for a few seconds
- Relax the muscles

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Relaxation Techniques
Positive Self-Statements

- I work hard
- I am smart
- I try my best
- I am a good parent

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Activity: What are Your Tools?



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Remember

- Your thoughts impact your behavior and emotions
- You can "Talk Back" to your unhelpful thoughts
- Focus on what is in your control
- Try different activities to reduce stress

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Dr. Alma R. Sandoval,
Health Specialist
Region XI
Office of Head Start
ICF
915-373-5484
Alma.Sandoval@icfi.com

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