

# Social and Emotional Foundations for Learning

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## The Importance of Self-Care



**PARTICIPANT WORKBOOK**



Funding provided by Emerson, Centene Foundation & Ameren Charitable Foundations

**2019**

## **Learning Session 6: The Importance of Self Care**

Caring and educating young children is very rewarding, yet very hard work. Most days you are exhausted at the end of the day when it is time to take on the responsibilities of your personal life. For all the support and care you give each day to the children and families, you need to care for yourself. You cannot pour into others from an empty cup. During this session, we will look the importance of self care and why resilience in adults is key to caring for young children. We will discuss strategies to build your resiliency and keep your cup full to pour into others.

### Learning Objectives:

1. Describe the importance of self care for child care educators.
2. Identify three reasons why being resilient is important in adults.
3. List three strategies to build adult resilience.

This training is funded by the Missouri Department of Social Services, Children's Division, Early Childhood and Prevention Services Section.

# Agenda

## Importance of Self Care

Welcome.....10 minutes

- Shared Agreements
- Review Objectives
- The Big Question

*Self-Care and Stress*.....20 minutes

- What Causes You Stress?

*Building Resilience*.....20 minutes

- Relationships
- Internal Beliefs

Break.....10 minutes

- *Show Me Child Care Resources*

*Building Resilience*.....20 minutes

- *Optimism*
- *Other Pieces of the Puzzle*

*Wrap Up* .....10 minutes

- The Big Question
- Review Objectives
- Action Steps
- Exit Assessment
- Session Satisfaction Surveys
- MOPD Systems Key Functions
- CDA Scholarship Project
- T.E.A.C.H. MISSOURI Scholarship
- Online On Demand Training—MO Workshop Calendar
- *Show Me Child Care Resources*

# *the* **BIG** **QUESTION**

*How do I take care  
of myself as an  
educator?*

Why is self care important to a child care educator?

What are three reasons why being resilient is important to adults?

What are three strategies you can use to build adult resilience?

1.

2.

3.



“I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you...we are in charge of our attitudes.

Dr. Charles Swindoll

**Write two ideas you would like implement when you return to your classroom.**

#1—Idea to implement:

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Strategies to use for success:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

#2—Idea to implement:

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Strategies to use for success:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Stress Management and Self-Care Plan

## STRESSOR #1



WHAT IS THE ROOT CAUSE OF THE STRESS?



NEW IDEAS TO ALLEVIATE THE STRESS



## STRESSOR #2



WHAT IS THE ROOT CAUSE OF THE STRESS?



NEW IDEAS TO ALLEVIATE THE STRESS



## STRESSOR #3



WHAT IS THE ROOT CAUSE OF THE STRESS?



NEW IDEAS TO ALLEVIATE THE STRESS



## STRESSOR #4



WHAT IS THE ROOT CAUSE OF THE STRESS?



NEW IDEAS TO ALLEVIATE THE STRESS



# Simple Ideas to Relieve Stress



Watch a sunrise

Sing a song

Hike in the woods

Give a hug

Listen to music

Dance

Have a cup of tea

Take a break

Throw a ball

Keep a journal

Get up early

Stroke a pet

Lend a hand

Plant a flower

Get a massage

Play a sport

Walk in the rain

Take a bubble bath

Ask for what you need

Watch a fire or candle burn

Give a compliment

Take some photos

Make a list

Say a prayer

Tell a story

Focus on your senses

OTHER IDEAS:

Listen to a cat purring

Go to the beach

Blow bubbles

Ask for help

Take a walk

Meditate

Complete something

Play with a child

Hum a tune

Play a drum

Prioritize

Read a book

Have an idle chat

Indulge a "guilty pleasure"

Watch fish swim

Say "No"

Take a country drive

Go to bed on time

Stretch

Smile

Sleep in

Clean something

Arrange flowers

Do a puzzle

Laugh out loud

Practice kindness

Go barefoot

Whistle

Focus on the positive

Tell a joke

Paddle a canoe

Play with a dog

Lie in the sunshine

Talk to a friend

Take a deep breath

Write a poem

Do Tai Chi

Sit still

See a movie

Set limits

Paint a picture

Enjoy a reverie

Walk a labyrinth

Write a letter

Take a nap

Feed birds and squirrels

Pull some weeds

Run in the park

Eat some chocolate

Watch a sunset

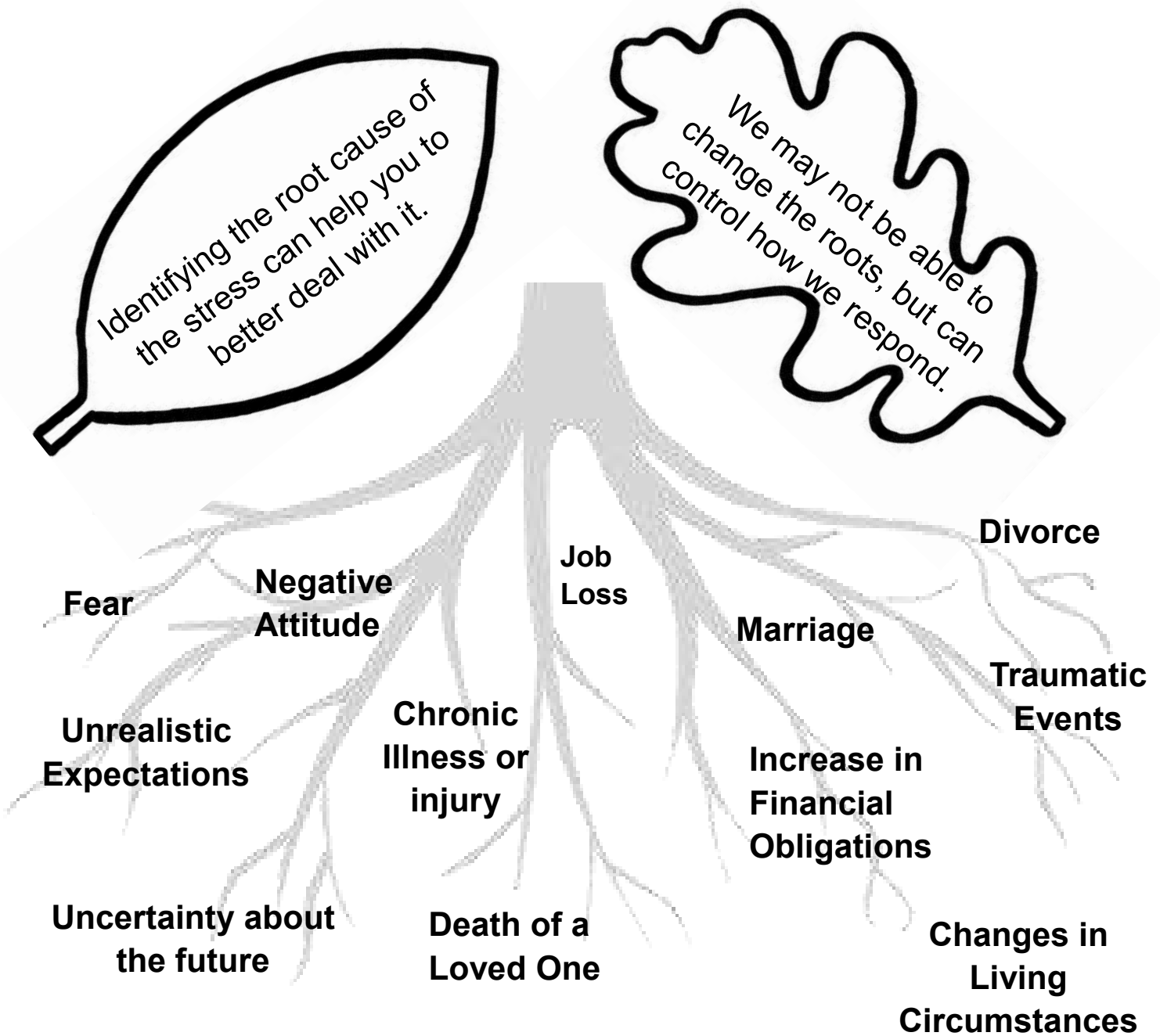


Adapted by Lisa D. Butler, Ph.D. from materials retrieved 6/22/10 from <http://www.lessons4living.com/stresscat.htm>)

SEFL: Importance of Self-Care (2019)

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# Root Causes of Stress

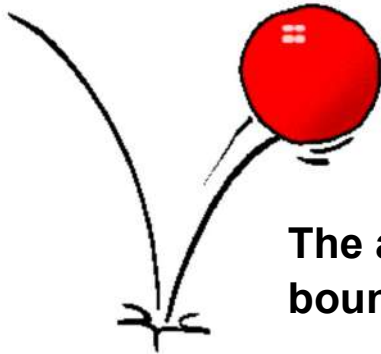


## NOTES and IDEAS:





# Resilience



**The ability to bounce back**

**The ability to overcome misfortune or change**

Resilience is:

- Associated with longevity of life
- Lower rates of depression
- Greater satisfaction and positive feeling towards life
- Sense of control over one's life
- Must have resilience to teach it to children



## Why do adults need resilience?

- Just as children need resiliency, so do adults
- Without adults having resilience, children have no one to teach them

## Resilience prevents us from:

- Turning to unhealthy alternatives to cope with change or misfortune
- Giving up during difficult times

## NOTES and IDEAS:





## Building Resilience: Relationships

The mutual, long-lasting, back-and-forth bond we have with another person in our lives.

Devereux Adult Resilience Survey

### Positive Relationships Support Us:

- Laughing more
- Feeling healthy and supported
- Nurturing hope
- Having fun
- Sharing our emotions
- Being honest



## Strategies to Build Connections with Others

- Find a hobby where you will meet others
- Volunteer
- Join a club with a specific focus
- Start a neighborhood group
- Join a civic organization
- Go to areas/events with other families and children
- Other ideas??

# Who Are Your Relationships?

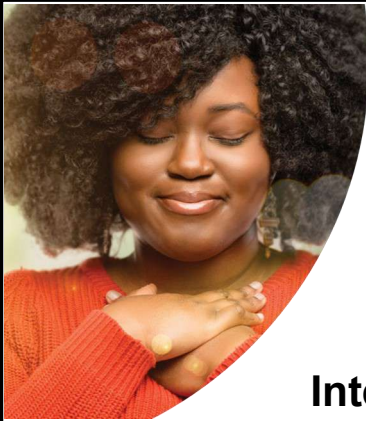


Think about the people in your life who surround you with comfort and support.

*Who are those that provide you with support and comfort?*

*What are you looking for when building a friendship?*

*How can you build a friendship?*



## Internal or Core Beliefs

*The feelings and thoughts we have about ourselves and our lives, and how effective we think we are at taking action in life.*

Devereux Adult Resilience Survey

**Internal beliefs are important because they shape our perception of ourselves, others and the world**

People with Health Internal Beliefs are:

- Confident to make good decisions
- Able to form secure and honest relationships
- Less likely to stay in unhealthy relationships
- Less likely to be overcritical of yourself and others
- More resilient and better able to weather stress and setbacks



## Strategies to Strengthen Internal Beliefs

- Make a list of your strengths and one of your achievements. Refer to them often.
- Eat a healthy diet
- Exercise regularly
- Get artistic
- Seek new knowledge or learn a new skill
- Other ideas?

# My Strengths and Achievements



**My Strengths:**

**My Achievements:**

**What I'm proud of in my work with the children?**

**What I'm proud of in my work with the families?**

**What I'm proud of in my work with co-workers?**



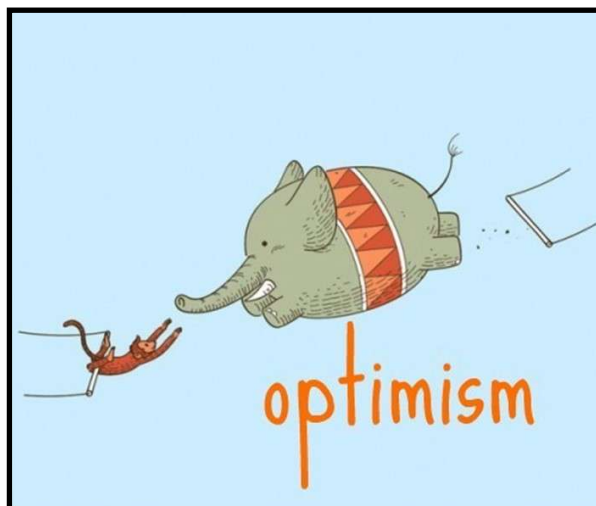
## Optimism

Being full of hope and emphasizing the good parts of a situation, or a belief that something good will happen.

<https://dictionary.cambridge.org>

### Optimistic People:

- Think each day represents an opportunity to take on new challenges and risks
- Excited about what today holds and has great anticipation and hope for tomorrow
- Able to think through life's ups and down and adjust accordingly
- See failure as growth opportunities



### Benefits of Optimism:

- Better physical and emotional health
- More persistent
- Less stress
- Less anxiety



**“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”**

Thomas Edison  
American Inventor and Businessman

**“Pessimism leads to weakness. Optimism to power.”**

William James  
American philosopher and psychologist



## Reframing Your Situation

*Is the glass half full or half empty?*

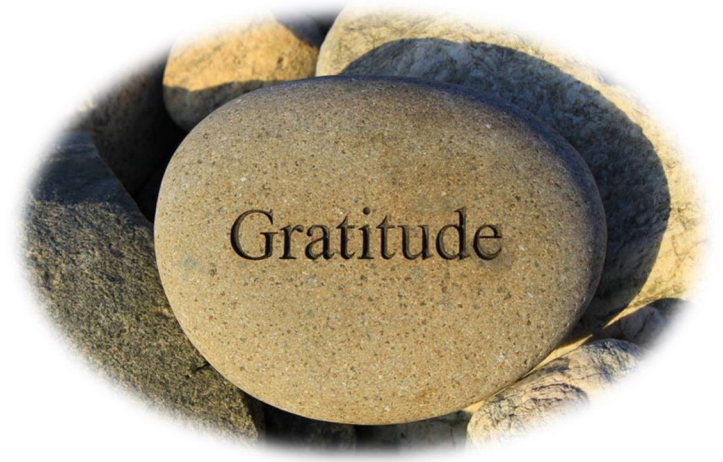
*Is there a situation with a child or family that you need to reframe and practice optimism? Write some thoughts on how you could reframe that situation to be more optimistic.*

### NOTES and IDEAS:



## Gratitude helps people:

- Feel more positive emotions
- Enjoy good experiences
- Improves their mental and physical health
- Deal with adversity
- Builds strong relationships



I am grateful for:

NOTES and IDEAS:





# Laughter Is the Best Medicine

## Benefits of Laughter and Humor

- Lowers stress hormones
- Boosts immunity
- Eases anxiety and tension
- Strengthens resilience
- Enhances teamwork
- Helps defuse conflict
- Strengthens relationships

Laughter gives us a distance. It allows us to step back from an event, deal with it, and then move on.

-Bob Newhart



## IDEAS

- Find humor with the children
  - Laugh WITH them, not AT them
- Post family friendly, appropriate jokes, funny images or stories in a common area

## Feel Good Fridays

- Serve spaghetti for lunch and use a spoon to eat it.
- Wear funny socks or hat.
- Children come with a joke to tell.
- Other ideas?



# Taking Care of Yourself

**You are an important person in the lives of the family and children you care for.** When you take time for self care, you are better able to care for your them. Stress causes wear and tear on a person, inside and out. Keep these tips in mind next time you're feeling overwhelmed.

## Terms to Remember

**Compassion Satisfaction:** the positive feelings derived from helping others through traumatic situations

**Compassion Fatigue:** the psychological distress caused by exposure to the challenges faced with children and their families

**Burnout:** a cumulative state of frustration with a person's work environment that develops over a long time



## Signs & Symptoms of Stress

- Headaches
- Grinding teeth
- Frequent colds or infections
- Heartburn, stomach pain, or nausea
- Changes in normal appetite
- A constant sense of worry
- Trouble sleeping
- Feeling down or moody
- Feelings of loneliness or hopelessness
- Difficulty making decisions
- Fatigue
- Irritability
- Withdrawal from friends and family
- Not finding pleasure in usual activities or lack of fulfillment in work

*Finding a balance between compassion satisfaction and compassion fatigue is important to being the best provider you can be.*

For more resources, go to [SesameStreetInCommunities.org](http://SesameStreetInCommunities.org) ©/TM 2018 Sesame Workshop. All Rights Reserved.



## Self Care Strategies to Try

Even though we may not be able to change the root causes of our stress, we do have some control over the impact of stress. We can help mitigate it by practicing any number of self-care strategies.

Use the strategies from today's webinar in your own life.

### Grounding in the Present Moment

- Breathe deeply
- Use your senses
- Make a gratitude list
- Remember your "why"
- Give yourself an affirmation
- Meditate or pray
- Set a calendar reminder to remind yourself daily to "just be"

### Movement

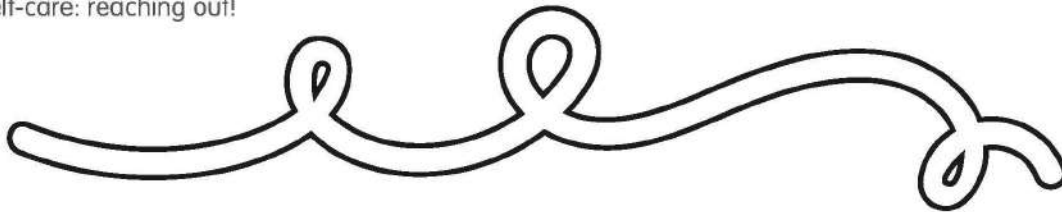
- Take a walk - set a "steps" goal each day
- Take a stretch break
- Play a game
- Draw or color
- Sway or dance to music
- Sing a song or play an instrument
- Exercise

### Reaching Out

- Make plans with a friend
- Introduce yourself to someone new
- Laugh with a coworker
- Ask for help/support in specific ways
- Talk about your feelings
- Talk with a counselor or spiritual guide
- Volunteer or serve in your community

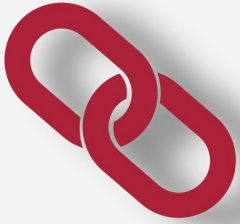
## Self Care String

Take a length of string, about 12 inches long. Then choose two strategies – one each from the "Grounding in the Present Moment" and the "Movement" categories – that you want to be reminded of. As you think about each strategy and how/where you may do them, tie a knot in the string. The last step is to ask someone (a co-worker, someone you trust and whose company enjoy!) to tie it on you. Having another person tie it on you reminds you of a key strategy of self-care: reaching out!



### Make it work for you.

If you don't have a string handy, simply write some self-care strategies you'd like to try next to the first two loops. Near the last loop, write the name of a friend, family member, or colleague you plan to connect with.



## Resources & Links



<https://sesamestreetincommunities.org/>

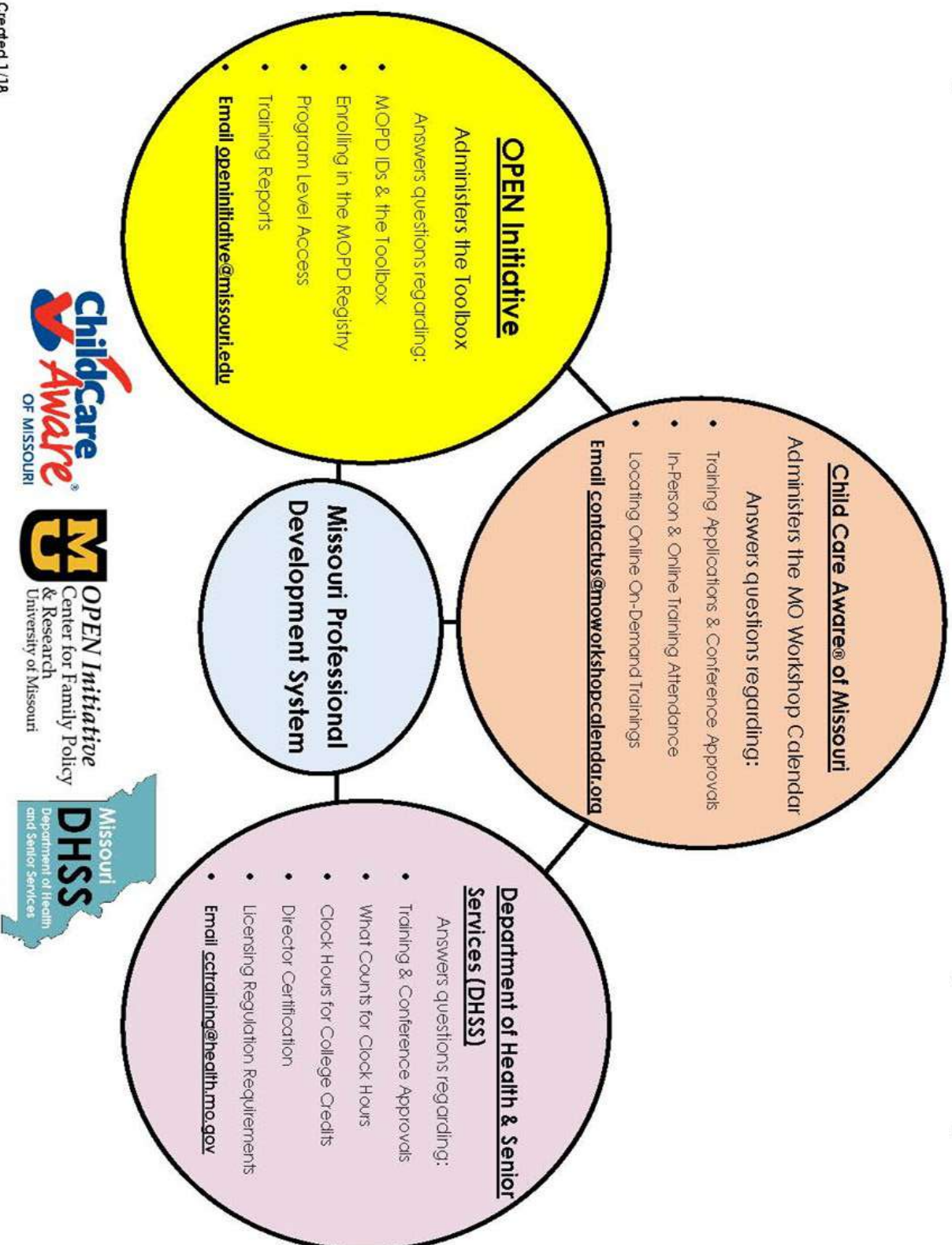


## NOTES and IDEAS



# Resources

## Key Functions of the Missouri Professional Development System



Credited 1/18



*Questions?*

Dori Martin, Resource Specialist  
 Child Care Aware® of Missouri  
[dori@mo.childcareaware.org](mailto:dori@mo.childcareaware.org)  
 or 314-535-1458 x611

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- [Executive Function Resources \(41 New resources\)](#)

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Reference Sheets: [Center](#) [Family](#)  
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# Resources

## T.E.A.C.H. MISSOURI Scholarship

**Want to continue your education?**



- Support college credits towards early childhood AA/AAS or BA/BS
- Statewide scholarship available to directors, teachers and assistants in **licensed** child care programs
- Partnership between the scholarship recipient, sponsoring employer and T.E.A.C.H. MISSOURI with each paying a portion of tuition and books
- Applications accepted year round
- Visit our website [www.teach-missouri.org](http://www.teach-missouri.org) to learn more and access an application



1-866-892-3228

[mo.childcareaware.org](http://mo.childcareaware.org)

- Our referral service uses a database containing Missouri child care programs.
- Families are able to access the database and search for programs near them or contact a resource specialist to assist them in their search.
- All information in the database is self-reported by programs.
- We encourage families to ask questions about the child care programs in order to find a program that best suits the needs of their children.
- Update your Program Information Form (PIF) at least



CDA SCHOLARSHIP  
PROJECT



# GET YOUR CDA CREDENTIAL!

Get Paid \$380 | No Assessment Fee | Advance Your Career



Do you work in a licensed or  
license-exempt child care program?



Do you work in a child care program  
that accepts DSS subsidy?



Do you work a minimum of  
20 hours per week?



Have you worked in the same child  
care program for at least 3 months?

If you answered **YES** to these questions, enroll in the CDA Scholarship Project at [www.cdасcholarshipmo.org](http://www.cdасcholarshipmo.org). Space is limited.

Don't delay...sign up **TODAY!**

Funded by the State of Missouri - Children's Division

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**Ideas to Use from Success Board Presentations  
(Include who the idea came from)**



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