Stress Management for Youth Development Professionals

Kansas Enrichment Network
May 6, 2020
Today’s Facilitators

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Healthier Generation

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Healthier Generation

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Director of Community Partnerships
Healthier Generation
Think & Share

What has made you feel proud in the last month?

“What today you are you, that is truer than true. There is no one alive who is yourer than you.”
– Dr. Seuss

What has made you feel proud?

Participation Prompt: Use the chat box to respond.
Healthier Generation

For Parents & Caregivers

For Educators & Out-of-School Time Staff

For Employers & Employees

GO TO RESOURCES

GO TO RESOURCES

GO TO RESOURCES

Latest News

Connecting with Students in a Virtual Space

5 Immune-Boosting Foods to Feed Your Family Now

Register: Finding Balance in Disorienting Times
Today's Intentions

1. Understand how stress impacts how we think, feel and act
2. Learn how to become aware of stress response patterns
3. Identify & apply a strategy to build empathy for others
4. Resources
Uncertainty and Stress
Think & Share

How is uncertainty around COVID-19 making you feel physically and mentally?

Participation Prompt: Use the chat box to respond.
THE SCIENCE OF STRESS

Unjumble the Word

M A Y D G A A L

Hint: the part of our brain that governs our survival instincts

Hint: the part of our brain that takes over when we are in an emotionally taxing situation
The Science of Stress

Unjumble the Word

Answer: AMYGDALA

When the amygdala takes over, it makes it hard to critically think and respond.
The Circle of No Control

What others think
COVID-19
What’s at the store
Other people’s reactions and behaviors
Weather
News

Out of your control

What would you add to the “out of control” section?
For example, what summer camp will look like.
The Circle of Control

- What others think
- COVID-19
- What’s at the store
- Other people’s reactions and behaviors
- Awareness
- Attitudes
- Behaviors

In your control

- Weather
- News
Acceptance & Awareness of Self
Uncertainty

Health

Concern

Home Expectations

Work Expectations
“Every time we honor our own struggle and the struggles of others by responding with empathy, the healing that results affects all of us.”

BRENE BROWN
Acceptance: Positive Self-Talk

I accept myself as I am.
I give myself some grace, love, and kindness.
I give myself the gift of time and restoration.
I deserve it.
Check Your Bs

**Beliefs**
What am I thinking?
What story am I telling?

**Body**
How do I physically feel?
What feeling am I having?

**Behavior**
What am I doing?
What am I avoiding?
How Does Stress Show Up for You?

Beliefs
• “I can’t possibly manage all of this!”
• “I’m not there for my students.”

Body
• Sleep disruptions
• Changes in eating habits
• Physical symptoms

Behavior
• Endlessly scrolling through social media
• Avoiding certain people

Participation Prompt: Use the chat box to respond.
Tips for Managing 3 Bs

Reframe

If you're thinking: I am terrible at doing virtual learning.

Try:
I am working hard on figuring out some new skills and getting better everyday.
Tips for Managing 3 Bs

Get Moving

If you're feeling: lethargic, engaging virtually rather than being up and moving during program

Try:
Build in physical activity and dance breaks into your sessions and into your day.
Tips for Managing 3 Bs

**Change Direction**

*If you find yourself:* endlessly scrolling and in resource overload

**Try:**
Pause. Put your phone down. Take 2 minutes to brainstorm using your youth development professional instincts.
What To Do When Stress Shows Up

Beliefs
Reframe

Body
Get Moving

Behavior
Change Direction
Awareness & Acceptance of Others
Every time we honor our own struggle and the struggles of others by responding with empathy, the healing that results affects all of us.

BRENE BROWN
Loving Kindness Meditation
Loving Kindness Meditation

Just like me, this person has feelings, emotions and thoughts.
JUST LIKE ME

Loving Kindness Meditation

Just like me, this person is facing a great deal of change and uncertainty.
Just like me, this person is trying to meet basic needs with things like toilet paper and pasta.
Just like me, this person is making mistakes and learning.
Just like me, this person wants to do the best they can.
Loving Kindness Meditation
Nature-Based BINGO

Experiencing nature, even close to home, offers a lot of benefits. Being near animals, plants, and natural land can relieve stress, improve our mental health, motivate us to eat healthy and be physically active, and make us feel more connected to others.

Celebrate the natural world around us this Earth Day and every day using this handy BINGO card filled with nature-friendly activities.
Think & Share

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<td>Count how many shapes you see in the clouds</td>
<td>Dance to your favorite Earth Day song or playlist</td>
<td>Make a do-it-yourself bird feeder</td>
<td>Listen to the wind or thunder outside; share how you feel as a family</td>
<td>Write a poem about the Earth and share with an elder over the phone</td>
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<td>Go on a virtual national park tour</td>
<td>Use modeling clay (or make your own) and sculpt an imaginary animal</td>
<td>Write 3 reasons you are grateful for nature</td>
<td>Read a book in your backyard or next to your window</td>
<td>Practice some yoga poses in your favorite outdoor spot</td>
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<td>Create a sidewalk chalk obstacle course</td>
<td>Share a picture of you and your family in nature on social media (tag @HealthierGen)</td>
<td>Walk barefoot in the grass with a family member</td>
<td>Find 3 different types of birds or insects</td>
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<td>Plant an indoor herb to use in the kitchen</td>
<td>Play a game of wildlife charades</td>
<td>Smell a flower, breathe deep and practice mindfulness</td>
<td>Design a nature journal</td>
<td>Draw or paint a picture of something near you outside</td>
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<td>Mail a “Happy Earth Day” postcard to a family member</td>
<td>Find natural objects in each color of the rainbow</td>
<td>Pick up 3 pieces of litter in your environment</td>
<td>Count the number of star constellations you can identify in the night sky</td>
<td>Create a family plan to reduce, reuse and recycle</td>
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Which activity are you interested in trying?

*Participation Prompt: Use the chat box to respond.*
MATERIALS NEEDED:

- Assorted buttons
- Black or brown paint
- Glue
- Cardstock paper

STEPS TO CREATE YOUR BUTTON TREE:

- On your canvas board or paper sketch out your tree trunk and branches. Your tree can have as many branches as you would like. Get creative!
- Paint your tree trunk and branches with brown or black paint.
- Glue the buttons onto your branches and wait for it to dry.
- Take a picture and tag @woodcraftrangers and #woodcraftrangers.

We would love to see what you created! Don’t forget to tag us @woodcraftrangers and #woodcraftrangers. Have fun creating!

Button Trees
Think & Share

How can art activities help us “cool down” during stressful times?

Participation Prompt: Use the chat box to respond.
Think & Share

How might you use this game to create a sense of community?

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<tr>
<td>What month were you born?</td>
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<td>In what country were you born?</td>
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<td>What language do you speak?</td>
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<td>What is your favorite flavor of ice cream?</td>
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<td>What job do you want to have when you’re an adult?</td>
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<td>Do you have a pet?</td>
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<td>Have you ever broken a bone?</td>
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<td>What is your favorite hobby?</td>
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<td>What is your favorite movie?</td>
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<td>What is your favorite restaurant?</td>
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<td>Do you have any brothers or sisters?</td>
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<td>What is your favorite food?</td>
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<td>Do you play any sports?</td>
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<td>Have you ever been nervous before?</td>
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<td>Have you ever gotten in trouble?</td>
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<td>Have you ever been to a concert?</td>
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<td>What TV character would you like to meet?</td>
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<td>What scares you?</td>
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<td>What is your favorite school subject?</td>
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<td>Who is your favorite musician, artist, or band?</td>
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Participation Prompt: Use the chat box to respond.
Make a Plan
Take Action

Which aspect of well-being can you work on tomorrow? Who will be your success buddy?

Positive Self-Talk  My 3B’s  Just Like Me  Nature Well-Being

Participation Prompt: Use the chat box to answer.
Resources

Resource links will be shared via email along with the session recording and slide deck.

Healthier Generation
COVID-19 Response

Loving Kindness
Meditation

The Three B’s Video

Fitness Break Cards

Sanford Harmony: Stop, Think and Cool Off Activity

Nature-Based Bingo
Session:
Staff Well-Being

Presenter:
Megan Gildin
Thank you!