



Stress Management for Youth Development Professionals

Kansas Enrichment Network

May 6, 2020



Today's Facilitators



Jason Geering

Healthy Schools
Program Manager

Healthier Generation



Megan Gildin

Social-Emotional Health
Content Manager

Healthier Generation

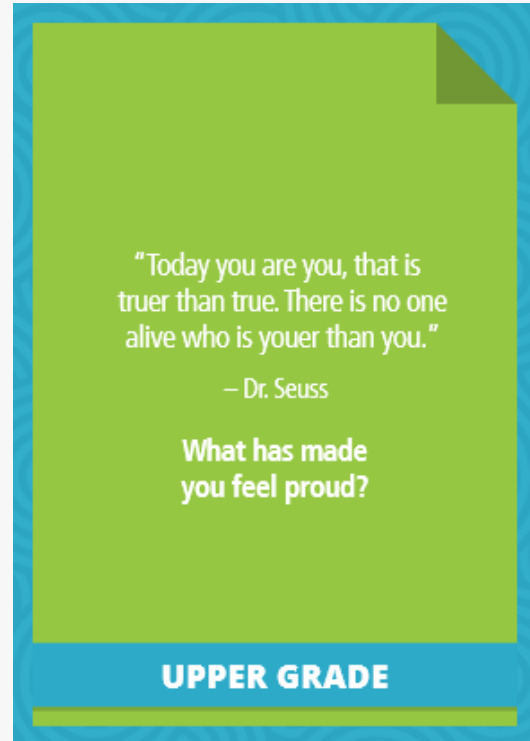
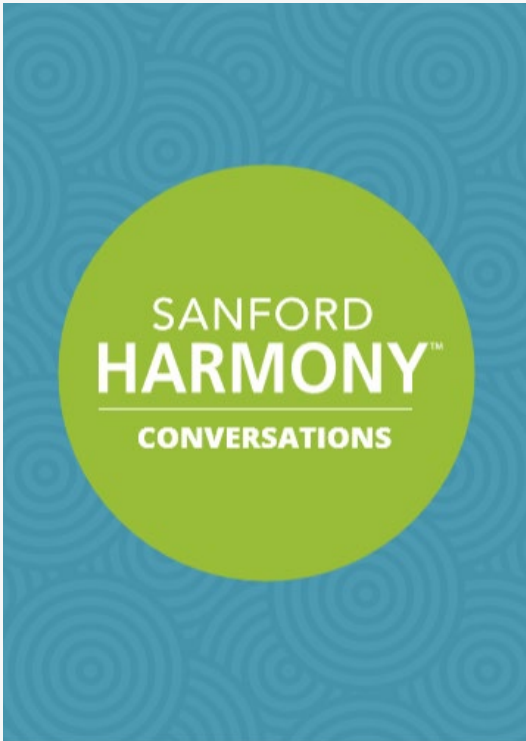


Daniel Hatcher

Director of
Community Partnerships

Healthier Generation





Think & Share







What has made you feel proud in the last month?


Participation Prompt: Use the chat box to respond.


Healthier Generation



 <https://www.healthiergeneration.org/campaigns/covid-19>









For Parents & Caregivers

GO TO RESOURCES



For Educators & Out-of-School Time Staff

GO TO RESOURCES



For Employers & Employees

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

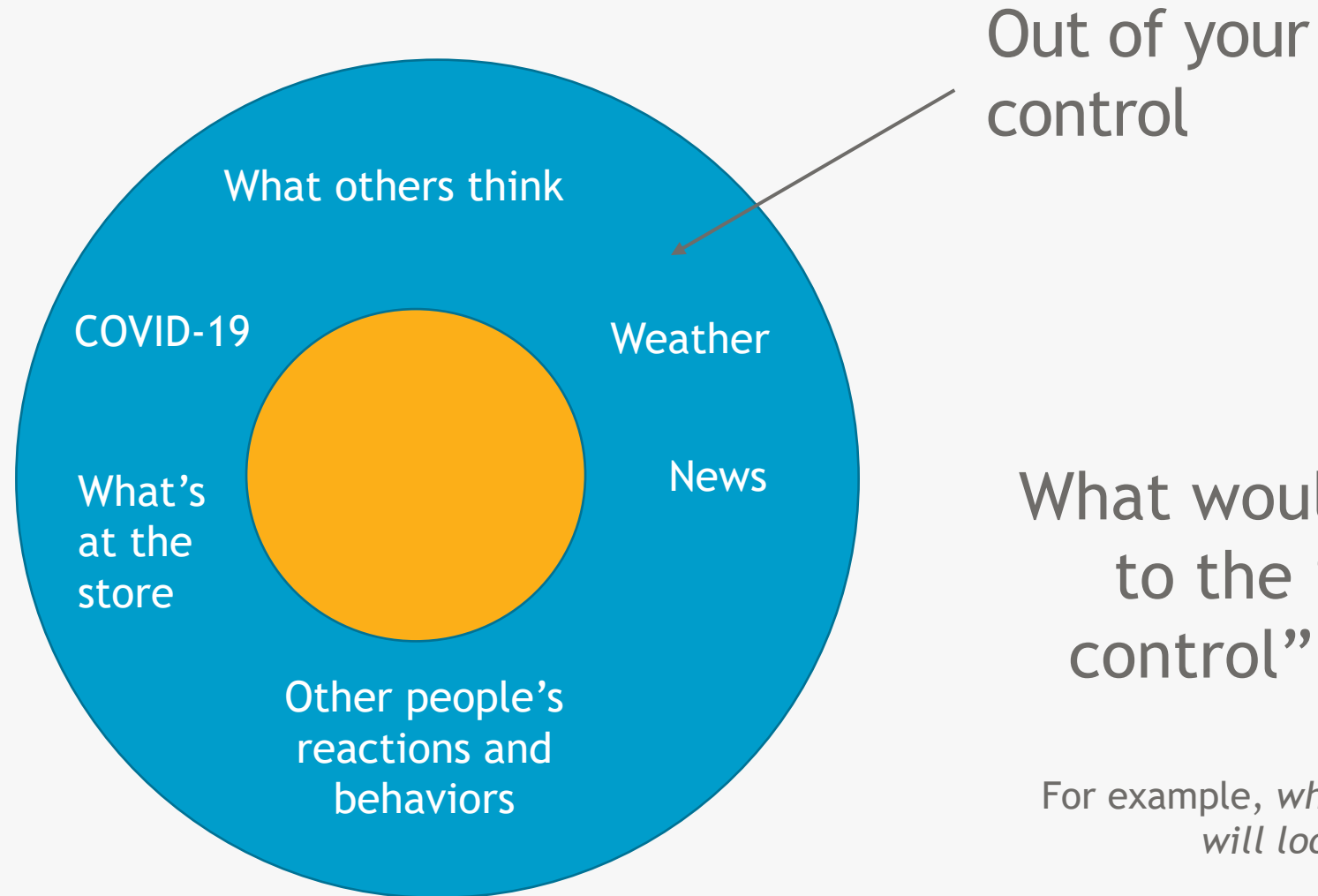
THE SCIENCE OF STRESS

Unjumble the Word

Answer: AMYGDALA

When the amygdala takes over, it makes it hard to critically think and respond.

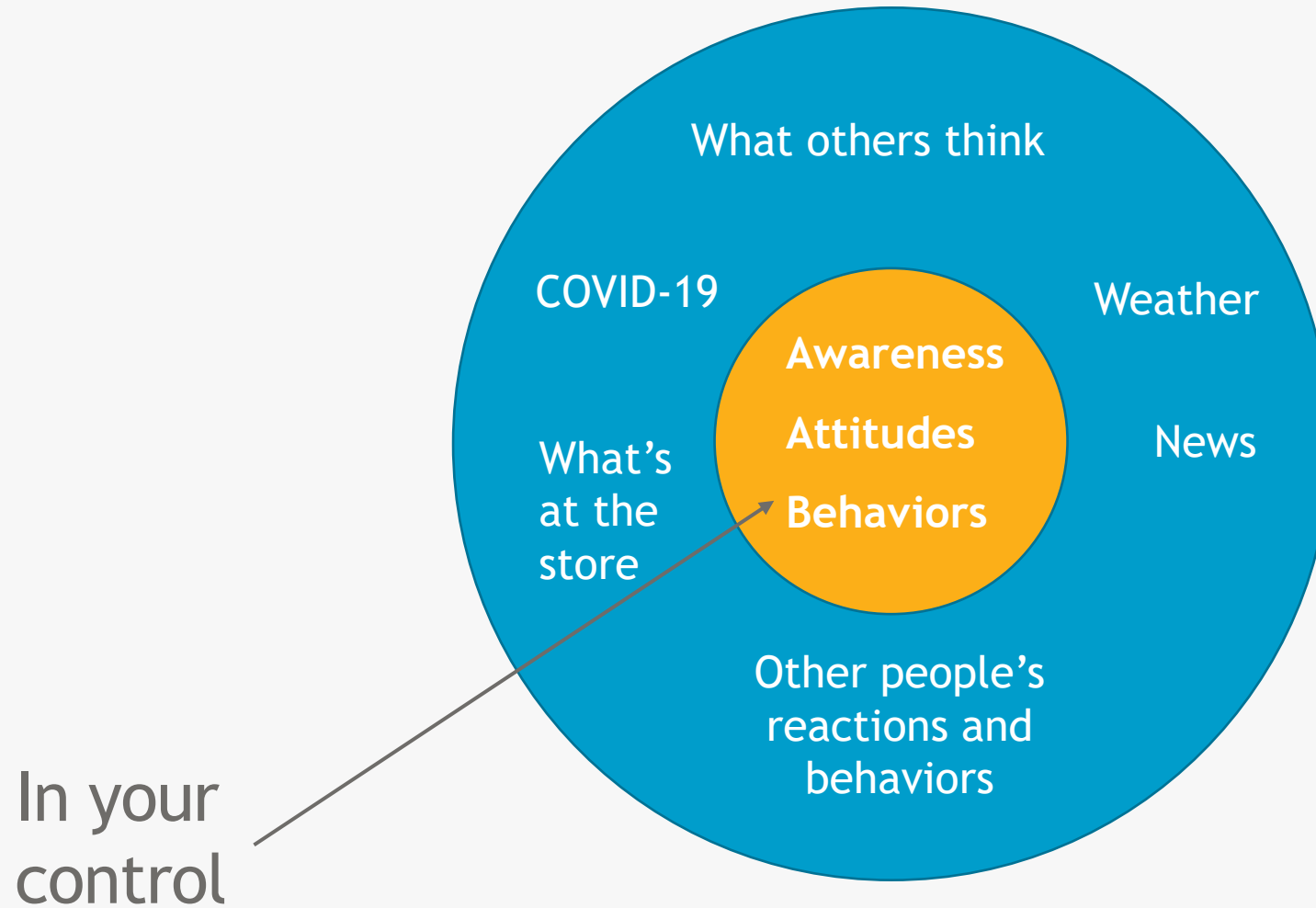
The Circle of No Control



What would you add to the “out of control” section?

For example, *what summer camp will look like.*

The Circle of Control



Acceptance & Awareness of Self





“

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.***

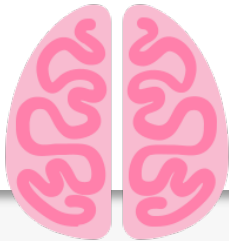
*I **deserve** it.*

HOW DOES STRESS SHOW UP?

Check Your Bs

Beliefs

What am I thinking?
What story am I telling?



Body

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

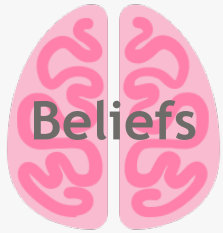


Behavior

What am I doing?
What am I avoiding?



How Does Stress Show Up for You?



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



- Sleep disruptions
- Changes in eating habits
- Physical symptoms



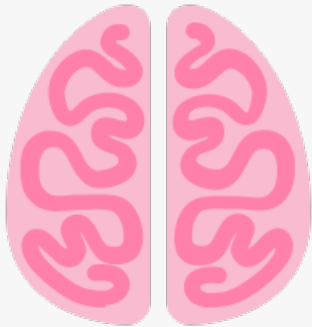
- Endlessly scrolling through social media
- Avoiding certain people

Participation Prompt: Use the chat box to respond.

EXAMPLES

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.

EXAMPLES

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.

EXAMPLES

Tips for Managing 3 Bs

Change Direction

If you find yourself: endlessly scrolling and in resource overload



Try:

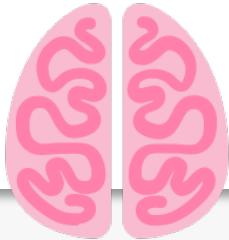
Pause. Put your phone down. Take 2 minutes to brainstorm using your youth development professional instincts.

PAUSE AND CONSIDER

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

ACCEPTANCE STRATEGY



Loving Kindness Meditation

JUST LIKE ME

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

Loving Kindness Meditation

Just like me, this person is trying to meet basic needs with things like toilet paper and pasta.

JUST LIKE ME

Loving Kindness Meditation

Just like me, this person is making mistakes and learning.

JUST LIKE ME

Loving Kindness Meditation

Just like me, this person wants to do the best they can.

ACCEPTANCE STRATEGY



Loving Kindness Meditation

AWARENESS STRATEGY



KOHL'S
Healthy
at Home

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.

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

Think & Share

Which activity are you interesting 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.



AWARENESS STRATEGY

BUTTON TREE ACTIVITY



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.

COMMONALITIES GAME

SANFORD
HARMONY™

INSTRUCTIONS

- Mark the circle below each question if you and your buddy have the same answers.
- After completing all questions, ask your buddy more questions about the things you did not have in common.

What month were you born? <input type="radio"/>	In what country were you born? <input type="radio"/>	What languages do you speak? <input type="radio"/>	What is your favorite flavor of ice cream? <input type="radio"/>	What job do you want to have when you're an adult? <input type="radio"/>
Do you have a pet? <input type="radio"/>	Have you ever broken a bone? <input type="radio"/>	What is your favorite hobby? <input type="radio"/>	What is your favorite movie? <input type="radio"/>	What is your favorite restaurant? <input type="radio"/>
Do you have any brothers or sisters? <input type="radio"/>	What is your favorite food? <input type="radio"/>	Do you play any sports? <input type="radio"/>	Have you ever been nervous before? <input type="radio"/>	Have you ever gotten in trouble? <input type="radio"/>
Have you ever been to a concert? <input type="radio"/>	What TV character would you like to meet? <input type="radio"/>	What scares you? <input type="radio"/>	What is your favorite school subject? <input type="radio"/>	Who is your favorite musician, artist, or band? <input type="radio"/>

Think & Share

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

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

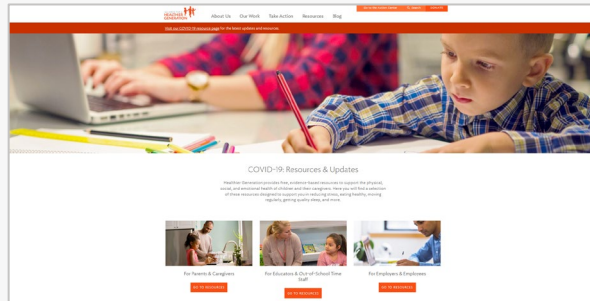
Just Like Me

Nature
Well-Being

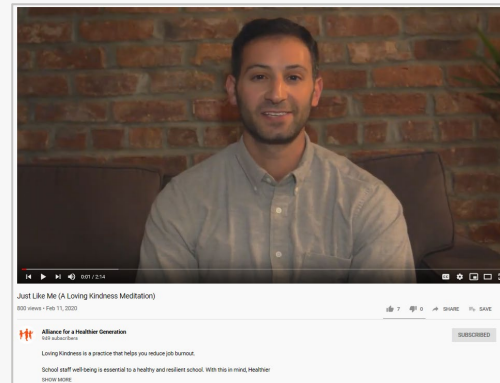
Participation Prompt: Use the chat box to answer.

Resources

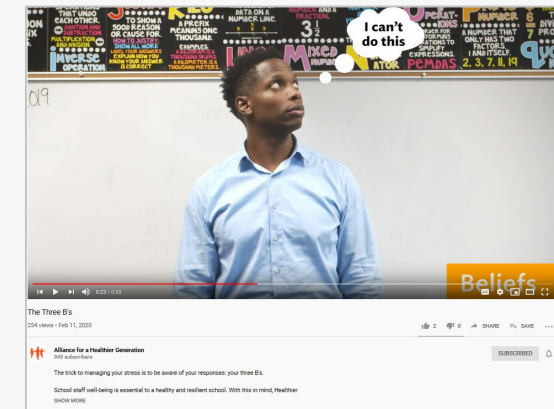
Resource links will be shared via email along with the session recording and slide deck.



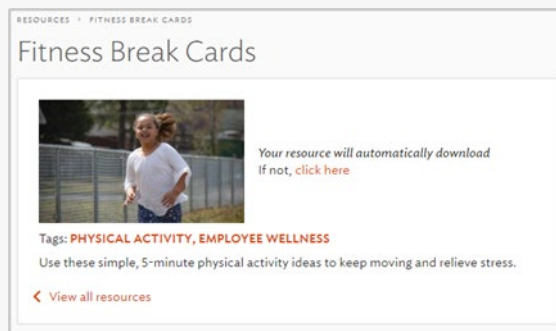
Healthier Generation COVID-19 Response



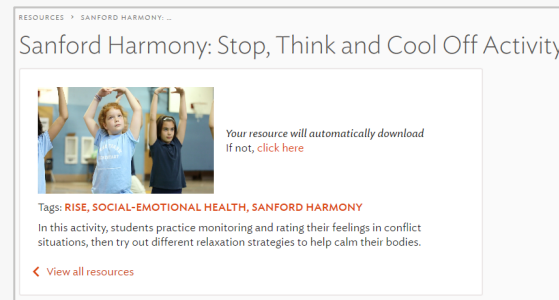
Loving Kindness Meditation



The Three B's Video



Fitness Break Cards



Sanford Harmony Stop, Think & Cool Off Activity



Nature-Based Bingo



SCAN ME



Session:
Staff Well-Being

Presenter:
Megan Gildin

Thank you!

