Building STRESS RESILIENCE

TEACHER SUPPORT

Strategies for building stress resilience
to improve teacher personal health and wellness to avoid burnout

Incorporating stress resilience methods into your daily life:

- To improve classroom instructional efficacy
- To raise student achievement and outcomes
- To reduce educational financial costs

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STRESS is:

A **threat** to an organism's **homeostasis**.

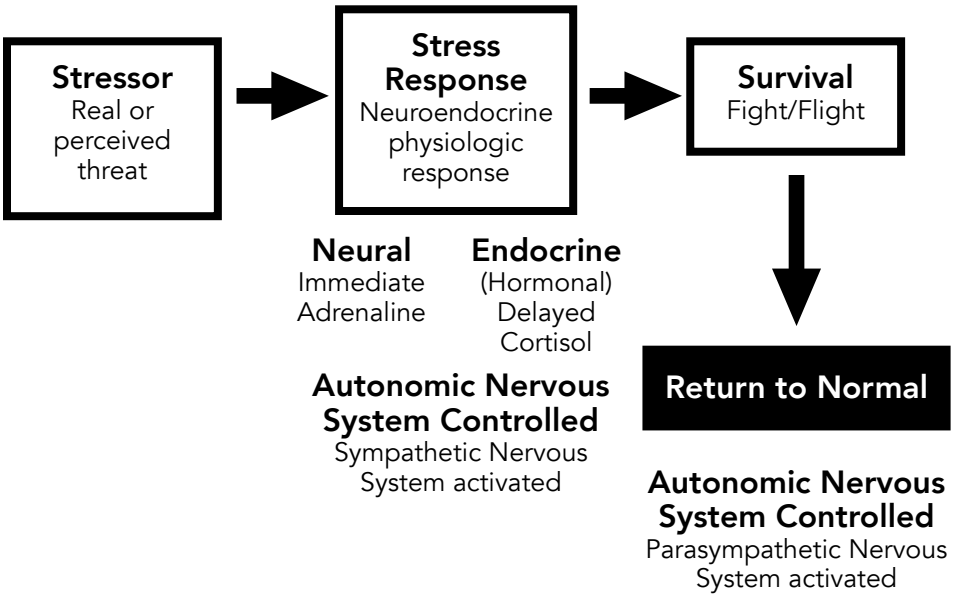
Or… a **PERCEIVED threat** to an organism's **homeostasis**.

~ being out of **BALANCE** ~

Stress RESILIENCE is:

The capacity to **RECOVER quickly**

Stress Response



Autonomic Nervous System
Part of the nervous system that regulates involuntary body functions.

Sympathetic Nervous System
Fight/Flight

Parasympathetic Nervous System
Rest/Digest

RESTORES BALANCE

The PURPOSE of STRESS → SURVIVAL

Stress is your friend. It's an alarm system.
Stress can increase performance.

Notes

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The PROBLEM of STRESS

Acute
Temporary
Returns to BALANCE

Chronic
Long term
Remains UNBALANCED

if unchecked

BURNOUT
Exhaustion
Reduced performance
Inability to cope

DISEASE
Exhaustion
Reduced performance
Inability to cope

Good when you need to fight or flee

Effects of Adrenaline/Cortisol
Increased heart rate
Increased blood pressure
Increased respiratory rate
Increased glucose production
Increased alert system
Increased arousal
Suppresses insulin production
Suppresses digestion
Suppresses reproduction
Suppresses immune system
Lowers serotonin ("happy" neurotransmitter)
Depletes dopamine ("motivation/pleasure" neurotransmitter)

There will always be exposure to stressors

Notes

Building Stress Resilience

1. Get adequate support (be resourced properly)

Self Support | Social Support | Peer Support | Administrative Support | Professional Support

2. Take Action: Employ Evidence-Based Balance Strategies

Change Perception with Reframing
Create Control Using Routines/Rituals
Use Parasympathetic Nervous System Activating Techniques

3. Review, Revise, Repeat

★ Always strive to make it as easy as possible

PARASYMPATHETIC NERVOUS SYSTEM ACTIVATING TECHNIQUES

- RF breathing
- Demands vs Resources Balance Visualization
- Heart-Mind Coherence Technique
- Affect Meditation
- Cold water immersion
- Looking at nature/being in nature
- Humming/singing

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Notes

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SELF SUPPORT (To reduce your stress)

MAKE IT EASY

**Your stress level directly affects those you are training*

1. Be properly resourced
2. Enact daily strategies to lower your stress baseline (If traveling, do your best to maintain these on the road)
3. Have and follow a "Training Day Routine" that includes a pre-training breathing ritual
4. Be prepared for contingencies

TEACHER SUPPORT (To reduce teacher stress)

MAKE IT EASY

1. Verify those involved have what they need to be prepared
2. Have and stick to a schedule
3. If able, have your audience join you in a breathing exercise
4. Train them on what RH resources are available once the training is over
5. Uncover potential threats
   - What perceived threats may exist?
   - Any potential barriers to effective implementation?
6. Check-in with the trainees frequently for signs of stress
7. Use additional parasympathetic activating strategies throughout the training session

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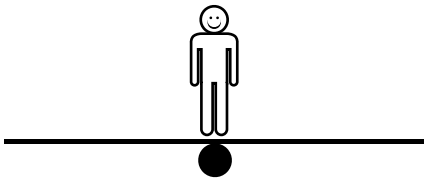
Exercise

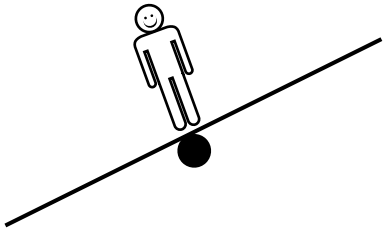
1. Draw yourself and your level of balance.
2. Write down the threats to your balance. (Label "P" for a perceived threat.)

EXAMPLE:

Balanced



Poorly balanced



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A Routine Should:

1. Be practical.
2. Have symbolic meaning.
3. Serve a specific function.
4. Include a physical action.
5. Include breath work.
6. Include visualization.
7. Include vocalization (Trigger word/phrase or mantra)
8. Be well practiced. (Even when in low stress situations)

Include as many senses as possible.

Activate both sides of the brain.

Example Routines To Incorporate:

1. Morning
2. Work Related:
    1. Starting the day
    2. After lunch
    3. Changing focus
    4. Before a quiz/test
    5. When the mood is tense
    6. Ending the day
3. Special "event"
4. Disconnect from work
5. End of day
6. Evening
7. Before Sleep
8. Urgent/Contingency

Notes

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PARASYMPATHETIC NERVOUS SYSTEM ACTIVATING TECHNIQUES

EXAMPLES:

1. Resonant Frequency Breathing
2. Demands vs Resources Balance Visualization
3. Heart-Mind Coherence Technique
4. Affect Meditation
5. Cold Water Immersion
6. Looking at/or Being in Nature
7. Humming/Singing/Chanting

Notes

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