

Taking Care of Me, While Taking Care of Them

Your Self Talk, Guides Your Parallel Talk



Documenting Your Story



**I AM AN EARLY CHILDHOOD EDUCATOR.
I was born the first moment that a
QUESTION
leaped from the mouth of a child.**

*Throughout the course of a day I have been called upon to be an actor,
friend, nurse and doctor, coach, finder of lost articles, money lender, taxi
driver, psychologist, substitute parent, salesman, politician and a keeper of
the faith.*

**I have past that is rich in memories
I have a present that is challenging, adventurous and fun because I
am allowed to spend my days
with the future!**

John W. Schlitter (adapted)

We Salute You!

*This day is designed for you and about you!
Our commitment this day is to challenge you to
begin living your best life ever!*

We must all agree that this day is not an accident.
All who are present are right where they need to be at this moment.
Give yourself permission to be. Fully be present to gain the present.

Find the treasure in this day. Seek to find the treasure within yourself.

Allow yourself permission to think, feel and be.

Allow yourself permission to wonder and ponder.

Allow yourself permission to breathe.

Allow yourself permission to stretch your head, heart and hand.

Be kind to yourself. Be kind to other.

Be true to yourself. Be true to others.

Listen to understand. Rather than judge or fix, JUST Listen.

Be fluid, flexible and fair to yourself and those around you.

Be an offering. Be a friend to yourself and be a friend to another

Be still and you will hear that voice saying,

Yes, Beloved YOU ARE ENOUGH!

I AM _____ and I AM ENOUGH!

I Am Smart Enough!

I Am Beautiful Enough!

I AM Good Enough!

I AM Worthy Enough

I AM _____ and I AM ENOUGH!

In order to have what you really want, you must first Identify WHO you are and know have the knowledge, skills and attributes to do the task at hand!

If your life was a T-Shirt what would it say?



Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. Please complete the full assessment. You will choose an item that you would like to improve throughout the year, this will become your Renewal Goal.

Using the scale below, rate the following areas in terms of frequency:

	Frequently	Occasionally	Rarely	Never	It never occurred to me
Physical Self-Care					
Eat regularly (e.g. breakfast, lunch and dinner)					
Eat healthy					
Exercise					
Get regular medical care for prevention					
Get medical care when needed					
Take time off when needed					
Get massages					
Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun					
Take time to be sexual—with yourself, with a partner					
Get enough sleep					
Wear clothes you like					
Take vacations					
Take day trips or mini-vacations					
Make time away from telephones					
Other:					
Psychological Self-Care					
Make time for self-reflection					
Have your own personal psychotherapy					
Write in a journal					
Read literature that is unrelated to work					
Do something at which you are not expert or in charge					
Decrease stress in your life					
Let others know different aspects of you					
Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings					
Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance					
Practice receiving from others					
Be curious					
Say “no” to extra responsibilities sometimes					
Other:					
Emotional Self-Care					

Spend time with others whose company you enjoy					
Stay in contact with important people in your life					
Give yourself affirmations, praise yourself					
Love yourself					
Re-read favorite books, re-view favorite movies					
Identify comforting activities, objects, people, relationships, places and seek them out					
Allow yourself to cry					
Find things that make you laugh					
	Frequently	Occasionally	Rarely	Never	It never occurred to me
Express your outrage in social action, letters and donations, marches, protests					
Play with children					
Other:					
Spiritual Self-Care					
Make time for reflection					
Spend time with nature					
Find a spiritual connection or community					
Be open to inspiration					
Cherish your optimism and hope					
Be aware of nonmaterial aspects of life					
Try at times not to be in charge or the expert					
Be open to not knowing					
Identify what is meaningful to you and notice its place in your life					
Meditate					
Pray					
Sing					
Spend time with children					
Have experiences of awe					
Contribute to causes in which you believe					
Read inspirational literature (talks, music, etc.)					
Other:					
Workplace or Professional Self-Care					
Take a break during the workday (e.g. lunch)					
Take time to chat with co-workers					
Make quiet time to complete tasks					
Identify projects or tasks that are exciting and rewarding					
Set limits with your clients and colleagues					
Balance your caseload so that no one day or part of a day is "too much"					
Arrange your work space so it is comfortable and					

comforting					
Get regular supervision or consultation					
Negotiate for your needs (benefits, pay raise)					
Have a peer support group					
Develop a non-trauma area of professional interest					
Other:					
Balance					
Strive for balance within your work-life and workday					
Strive for balance among work, family, relationships, play and rest					

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

What is self-care?

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others!!!

<https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

- 1. Self-care is not selfish!**
- 2. Self-care is not expensive!**
- 3. Self-care is individualized!**
- 4. Self-care is not a task!!**
- 5. Self-care is worth it!!!**



My Self Talk GUIDES MY Parallel TALK!

Today I am grateful for

Today I am afraid that

Today I'm angry about

Today I need to remember

Today I plan to change

Today I am happy that

If anything were possible, my life would look like

Today I open my heart to

Today I really hope

Today give myself permission to

I would rather

Welcome To Our School Family

Welcome to our School Family.
Guess who I am ?
I'm the Safe keeper. I am, I am.
My job is to keep you safe.
Your job is to help keep it safe.
Oh baby, oh baby we're going to
have a great day.



The School Family builds connections between families and schools, teachers and teachers, teachers and students, and students and students to ensure the optimal development of all



***If I had a little blue box
to put my _____ in
I'd take her/him out and
Kiss, Kiss, Kiss and put him/her in.***

Give Yourself Five.

You are invited to mediate.
BE Still. BE Calm. BE Quiet.
You have the right to begin and end your day in you.

Close your eyes. Take a few breathes.
Come on. Let's try this again.
Take a deep breath from your belly.
Take another deep breath from your belly.
Focus on your breathing.

You are safe. You are Love. You are ENOUGH.

Encourage your mind, heart, body and spirit to move toward one another
You are moving. You are safe. You are Love. You are ENOUGH
Take that deep breath from your belly.
Let your mind wonder it will find its way to your heart, body and spirit

You are safe. You are Love. You are ENOUGH.

Take a deep breath from your belly.
Take another deep breath from your belly.
Focus on your breathing.
Breathe from YOUR belly. Breathe in YOUR truth. Breathe in YOUR peace.
Breathe in YOUR love. BREATHE in your joy.
BREATHE IN YOUR LIFE

You are safe. You are Love. You are ENOUGH
Be calm.

]

Listen. Listen. Listen.
Listen to YOUR Breathing.

You are breathing. You are breathing. You are breathing.
Feel YOUR truth. Feel YOUR peace. Feel YOUR love. Feel YOUR joy.
Reach and Touch your anchor.
You are safe. You are Love. You are ENOUGH.
BE Still. BE Calm. BE Quiet.
Breathe and BE Still. Breathe and Be Still. Breathe and BE Still.
You are safe. You are Love. You are ENOUGH.

ACES Questionnaire

The most important thing to remember is that the ACE score is meant as a guideline: If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences. **You are not defined by your ACE-score.**

Prior to your 18th birthday:

Statements	No	Yes
Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?		
Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?		
Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?		
Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other		
Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
Were your parents ever separated or divorced? Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?		
Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?		
Was a household member depressed or mentally ill, or did a household member attempt suicide?		
Did a household member go to prison?		

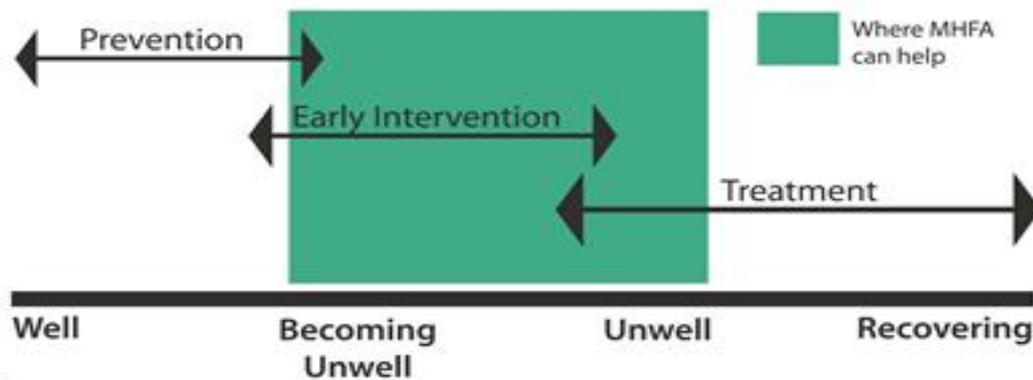
Now add up your "Yes" answers: This is your ACE Score _____



**Sometimes in life YOU
Just gotta tell folk to
KISS YOUR ACES!!!**



Noticing Your Mental Health



Spectrum of mental health interventions from wellness to mental disorders and through to recovery, showing the contribution of MHFA



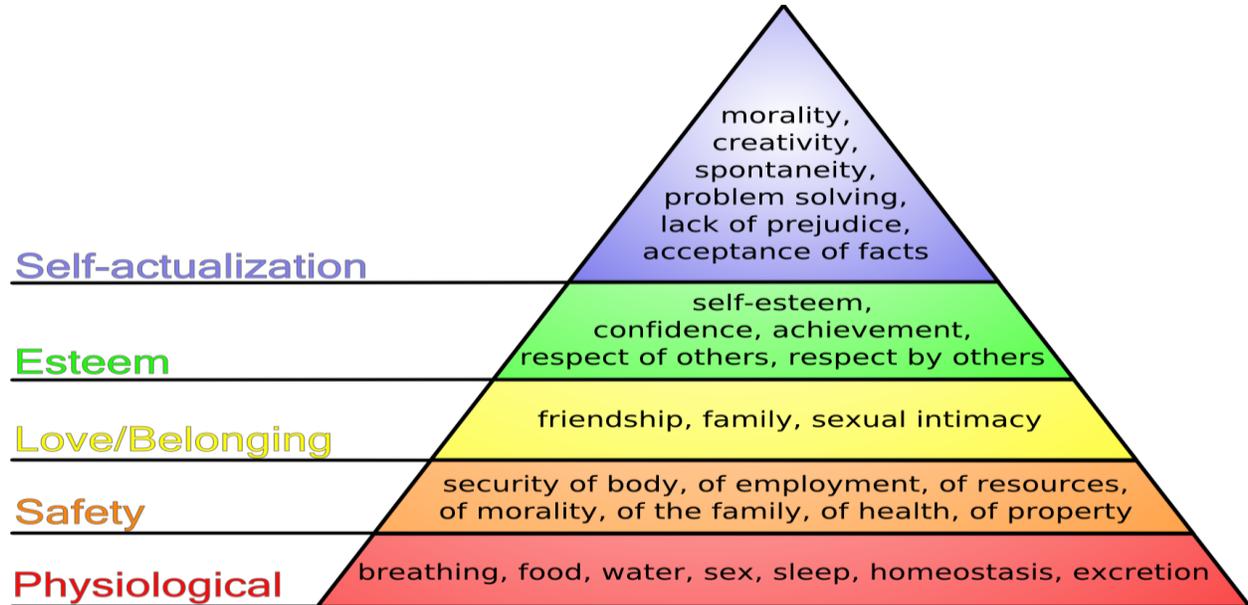
Well	Becoming Unwell	Unwell	Recovering
Personally	Personally	Personally	Personally
Professionally	Professionally	Professionally	Professionally
What do you need to sustain and maintain	What might I need to get back to well	What might I need to get back to well	What might I need to get back to well



ECE CHILD DEVELOPMENT 101

Where are YOU on this pyramid? What are you needing to move up?

Maslow



Check Your Tribe! Who is in your circles?

Bronfenbrenner



EXPLORING YOU

Take a few moments draw an image of you. On the frame write words that best describe you!!



Art You Amazing!!!

What would I do without your smart mouth?

Drawing me in, and you kicking me out

You've got my head spinning, no kidding, I can't pin you down

What's going on in that beautiful mind

I'm on your magical mystery ride

And I'm so dizzy, don't know what hit me, but I'll be alright

My head's under water

But I'm breathing fine

You're crazy and I'm out of my mind

'Cause all of me

Loves all of you

Lore your curves and all your edges

All your perfect imperfections

Give your all to me

I'll give my all to you

You're my end and my beginning

Even when I lose I'm winning

'Cause I give you all of me

And you give me all of you, oh oh

How many times do I have to tell you

Even when you're crying you're beautiful too

-John Legend, All of Me

- ✓ You are the most beautiful, simply-complex, priceless 22 line of poetry ever created!
- ✓ You have a "targeted audience"
- ✓ You are to be sought and found!

Exploring YOU: The Interview

When was the last time YOU experienced a moment of real joy? What were you doing and feeling?	
What would it take for you to experience real happiness?	If I had all the courage I ever hoped for, what would YOU want in your life? What would you be doing?
If it didn't matter what other people thought, what would you try? How would your life be different?	When do you feel the most powerful and at peace?
What would it take to make you feel whole and fulfilled; to know that YOU are being who YOU are meant to be?	Who do YOU want to be that YOU do not feel YOU are , yet?
Describe, in detail, the life of your dreams.. your "best life."	

How Did I Get Here?

Thoughts become Words. Words Become Actions. Actions become Habits. Habits become the way we live our lives!

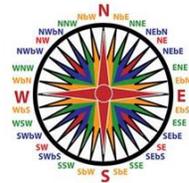


In-Compass

Which best describes you?

In-COMPASS North

Acting —
“Let’s do it”;
likes to act,
try things,
plunge in



In-COMPASS South

Caring —
likes to know that
everyone’s feelings
have been taken into
consideration and
that their voices have
been heard before
acting



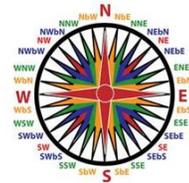
In-COMPASS West

Paying attention to
detail —
likes to know the
who, what, when,
where and why
before acting



In-COMPASS East

Speculating —
likes to look at
the big picture
and the
possibilities
before acting



How accurate is your Compass Point?

West



- You ask the hard questions.
- You live by inquiry.
- You challenge us to identify the details.
- You don’t start a project until you are clear about the details.
- You make our picture more complete.
- You lead by inquiry and engage in thoughtful discourse.
- You make us think and teach detailed concepts to our children.
- You fill in the details of the mosaic

East



- You have the big picture, the frame that needs to be filled in.
- You need to see the final product and will work with the end in mind.
- You believe in working backwards, understanding by design.
- You don’t get a project started until you are clear about the final product.
- You teach our children the big concepts.
- You know what the mosaic looks like in the end

South



- You take in the information, slow us down, and make sure everyone has voice and is heard.
- You include everyone, and make sure the human side is nurtured.
- You take care of us and bring up our affective domain.
- You make sure the emotional side of our work is heard.
- You make sure we are all included.
- You teach our children with strong relationships and care.
- You add beauty to the mosaic, make sure everyone participates in the creation, and keep us all comfortable.

North



- You take charge.
- You run the daily operation.
- You have lists of things to do and you need to get started and get them done.
- You get assignments in early.
- You don’t have to ask questions to begin your work or assignment.
- You drive the work and get it done.
- You teach our children a complete curriculum.
- You will stitch the mosaic together and do the work



In-Compass

My Primary Compass is _____

I tend to

Some perceived strengths about my style are:

Some perceived limitations about my style are

I compass style I might find challenging to work with might be? Why?

Others I work with might need to know about my In-compass style to effectively and efficiently work together

What I find of value in my style and the other styles

North	South	West	East

3rd Law of Motion: Cause and Effect

There are two ways of exerting one's strength: One is pushing down, the other is pulling up."
-Booker T. Washington

Exercise # 1:

Every action, thought, and feeling is motivated by an intention and is a cause that exists as one with an effect. If we participate in the cause, it is not possible for us not to participate in the effect. In this most profound way, we are held responsible for our actions, thoughts and feelings, which are to say, for our every situation. We ourselves shall partake of the fruit of our every intention. It is therefore, wise for us to become aware of the many intentions that inform our experience, to sort out which intentions produce which effects, and to choose our intentions according to the effects that we desire to produce.

INTENTION	THOUGHT	CHOICE/ACTION

What goes around Comes around!!

3rd Law of Motion: Cause and Effect

There are two ways of exerting one's strength: One is pushing down, the other is pulling up.
-Booker T. Washington

Exercise # 2: Responsibility

The **POWER** of intention multiples when YOU realize YOU are responsible for your choices.

1. Am I **taking responsibility** for my intentions, thoughts, actions and choices?
2. I **accept I can't control everything in my life**, but I can take responsibility and I can respond rather than react to what is happening in my life.
3. I am right where I am supposed to be. I am **ENOUGH**.

<p>Where in your life are you blaming others? Whom?</p>	<p>When do you feel powerless?</p>
<p>Where in your life are you waiting for someone else to do something that will change your life? What?</p>	<p>What will it take to create the life you really want? Are you will to do what it takes?</p>

What goes around Comes around!!

3rd Law of Motion: Cause and Effect

There are two ways of exerting one's strength: One is pushing down, the other is pulling up."
-Booker T. Washington

Exercise # 3: Choice

To create a new life, you must make new choices. What areas do you want to bring about change in your life? What are the real intentions you bring into this process?

Circumstances	NEW Intention

1. Math.
2. Safety.
3. Courtesy.
4. Honesty.
5. Grammar.
6. Reliability.
7. Flexibility.
8. Team skills.
9. Eye contact.
10. Cooperation.
11. Adaptability.
12. Follow rules.
13. Self-directed.
14. Good attitudes.
15. Writing skills.
16. Driver's license.
17. Dependability.
18. Advanced math.
19. Self-supervising.
20. Good references.
21. Being drug free.
22. Good attendance.
23. Personal energy.
24. Work experience.
25. Ability to measure.
26. Personal integrity.
27. Good work history.
28. Positive work ethic.
29. Interpersonal skills.
30. Motivational
31. Valuing education.
32. Personal chemistry.
33. Willingness to learn.
34. Common sense.
35. Critical thinking skills.
36. Knowledge of fractions.
37. Reporting to work on time.
38. Use of rulers and calculators.
39. Good personal appearance.
40. Wanting to do a good job.
41. Basic spelling and grammar.
42. Reading and comprehension.
43. Ability to follow regulations.
44. Willingness to be accountable.
45. Ability to fill out a job application.
46. Ability to make production quotas.
47. Basic manufacturing skills training.
48. Awareness of how business works.
49. Staying on the job until it is finished.
50. Ability to read and follow instructions.
51. Willingness to work second and third shifts.
52. Caring about seeing the company succeed.
53. Understanding what the world is all about.
54. Ability to listen and document what you have heard.
55. Commitment to continued training and learning.
56. Willingness to take instruction and responsibility.
57. Ability to relate to coworkers in a close environment.
58. Not expecting to become a supervisor in the first six months.
59. Willingness to be a good worker and go beyond the traditional eight-hour day.
60. Communication skills with public, fellow employees, supervisors, and customers

Soft Skills Are Real!



Exercise One: What Do You Believe About Yourself?

Define 20 positive beliefs that have defined you.	Define 20 negative beliefs that have defined you.
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____
11. _____	11. _____
12. _____	12. _____
13. _____	13. _____
14. _____	14. _____
15. _____	15. _____
16. _____	16. _____
17. _____	17. _____
18. _____	18. _____
19. _____	19. _____
20. _____	20. _____

Exercise Two: What Do You Believe About Your World ?

RELATIONSHIP

The beliefs I have about my relationships with others are (For example: I am open-hearted: I am afraid; I am trusting; I am skeptical; etc.)

FINANCES

The beliefs I have about money are (For example : Money don't grow on trees: I believe I have everything I need;; I will not be happy until I have more money; Money is the means to an end; etc.

WORK/CAREER

The beliefs I have about work are (For example: There's no limit to what I can accomplish. Work is a paycheck; There is a glass ceiling; Work is fulfilling, etc.

CONTRIBUTION/COMMUNITY

The belief I have about contributing to others are (For example: I feel a sense of belonging; I get something back by being of service; I feel obligated to participate, to support my family, etc.)

"You can't connect the dots looking forward, you can only connect them looking backwards. So you must trust that the dots will somehow connect in your future. " Steve Jobs

Exercise Three: Rethink, Redefine and Rejuvenate Me!

<i>What does my head desire for me</i>	<i>What does my heart desire for me</i>

“It’s not too late to be what you might have been”

Who are the 21st Century Early Childhood Professionals?

Authentic	Facilitators	Doers	Historians	Conscious
Leaders	Advocates	Team Players	Observers	Assessors
Learners	Designers	Tone Setters	Resources	Vessels
Winners	Nurturers	Investors	Truth Seekers	Storytellers

Excuse Me; Your Life Is Speaking To You!

“You must be willing to toss out the life plans you made for yourself to have the amazing life awaiting you!”

What are the goals and plans that you currently hold for yourself

“I showed up for this course called life and I am supposed to learn from the triumph, joy, trials, and barriers, big and small. What da? So can I inquire about a refund and the drop date?”

Exercise One: You Didn't Just Get Right Here!!

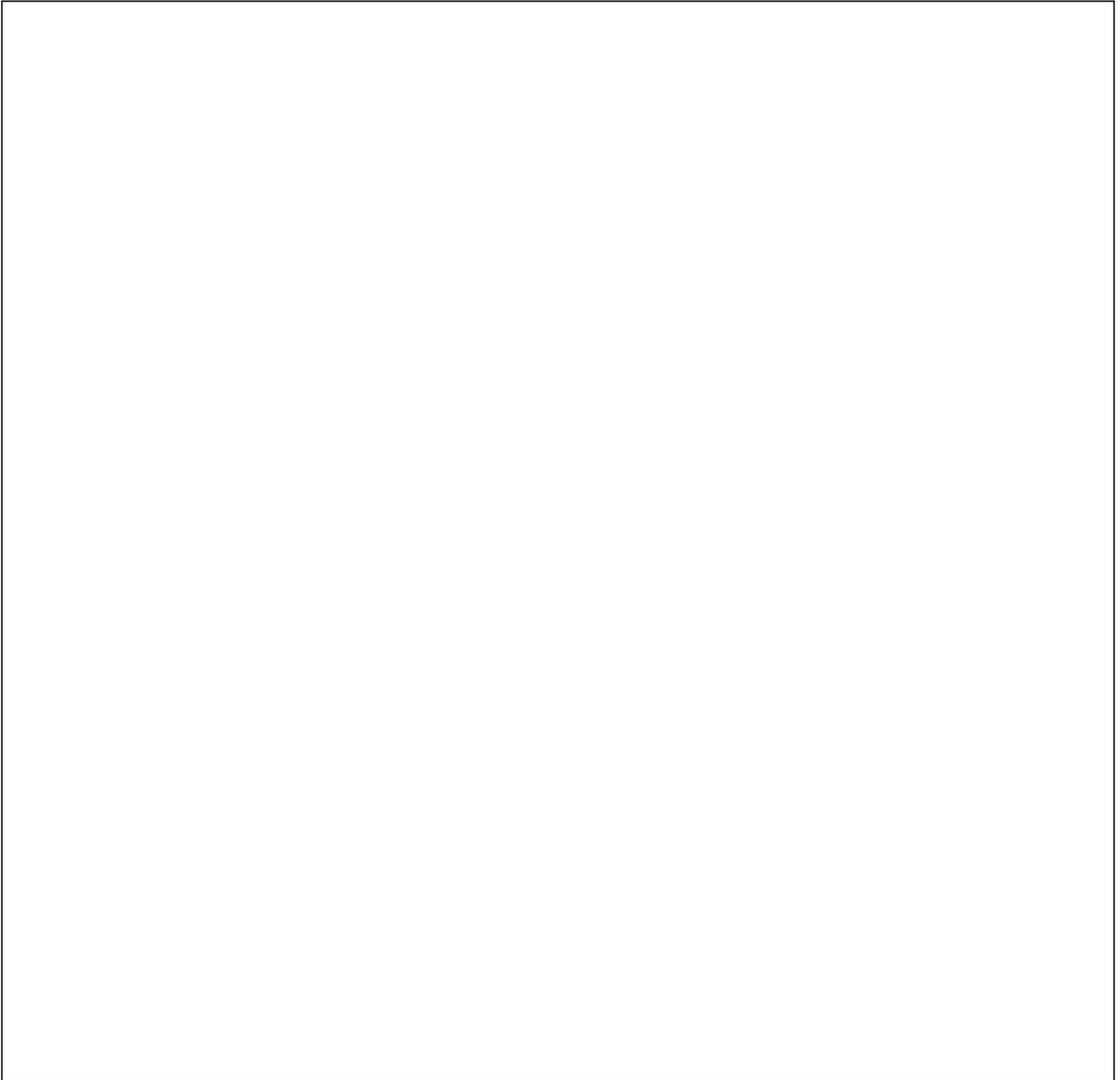
Crisis	Problem	Lesson	Message	Whispers
Divorce Leaving Job Addictions Finances Relationships Health	No or lack of Communication	I denied my truth about my feelings and perspective	I felt resentment building up	I was not at ease or was frustrated

What are the whispers and signs I need to notice TODAY!!!



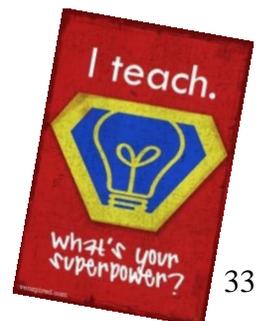
“You’ve always had the power, my dear. You’ve had it all along. “

-Glinda, The Good Witch, The Wizard of Oz



Trace your hand in this box. Draw, write, scribe, design all the beautiful and powerful things your hands have experienced in this world!!

A Letter of Love



Dear Self _____,

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us. We ask ourselves, who and I to be brilliant, gorgeous, talented and fabulous. You are a child of God. You playing small doesn’t serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We are born to make and manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light show, we unconsciously give others people permission to do the same. As we liberated from our own fear, our presence automatically liberates others. “

The Top Six Lies We Believe About Ourselves

<i>Lies</i>	<i>Truth</i>	<i>Your Response</i>
<i>I'm not worth anything</i>	<i>You are valuable, priceless. My value is determined by how others view me or the standards set by externals.</i>	
<i>I need to learn to love myself</i>	<i>You are ENOUGH. You are designed, desired and demonstrate love. What if you allowed the love to move and work through you?</i>	
<i>I can't help the way I am</i>	<i>When you know who's you are you will present in that manner. I am responsible for every one of my choices regardless of the outcome I am love and I am ENOUGH!</i>	
<i>I have my rights</i>	<i>Yield to your right and recognize that you are a present of promise, potential, privilege, power, promise and possibility</i>	
<i>Physical beauty matters more than inner beauty</i>	<i>Physical beauty will flee. But character and spirit say way more than we will ever know. Check your beauty, order, excellence and grace.</i>	
<i>I should not have to live with these unfulfilled longings</i>	<i>What is the root of your yearning and unfulfilled longing? Is it from the heart or from the head? s it conscious or unconscious?</i>	

"The beauty of the awakening is that the walls come down from around your heart to allow you to be more fully engaged and connected to the person. "

Kristine Carson

Exercise Two: See Your Awesomeness!!

Name five moments in your life when you really felt you were at your best!

1.	2.	3.	4.	5.
----	----	----	----	----

Name 10 qualities you cherish about yourself!!!

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.



Lift up your head princess,
if not the crown falls..

Exercise Three: The Filling Of Your Cup!!

If you owned the fullness of your awesomeness in every day- in every way- what would that life look like?

What might be 5 intentions will you commit to move you toward your most full awesome life?

1. _____
2. _____
3. _____
4. _____
5. _____

I am _____ . I am ENOUGH! I am Beautiful ENOUGH. I am Brilliant ENOUGH! I am Healthy ENOUGH. I am Wealthy ENOUGH. I AM WHOLE ENOUGH because am connected to my anchor. My anchor is secure, strong and sound ENOUGH to lead me, guide me, protect me and love me. MY I AM Tells me I AM ENOUGH so no longer will I doubt my truth, peace, joy and love. I am _____ . I am ENOUGH!

Wisdom from My Lips 2 Your Heart

1. Everything I need to live my life.
2. Honey, you were designed for the struggle. That is why you have a big head, wide shoulders and hips, bold breast, the ability to strut!!
3. Move in the Will and get off the wheel!!
4. Your Real is YOUR Reel!
5. PR 101: Let people talk! Child, weather it is good or bad PR it is FREE! PR good or bad lets me know I am getting NOTICED!!
6. People are all an outrageous about the dark, evil, unwell things that are happening in the world. One, these acts are not new. It has always occurred. The difference is it's on the surface- access, opportunity, intensity and audience. Two, the devil has not wavered from his job description -kill, steal and destroy. Maybe, just maybe, WE HAVE!
7. When you go out in the streets remember everyone wasn't raised like you
8. You gotta know when to roll'em, know when to fold'em. Know when to walk away and know when to run like hell.
9. !We speak of our works in Early Childhood Education as a calling. What if we rethought and responded with each person entered the world called!
10. Learn the difference between someone in conflict with you and someone having conflict in what they see within you!

Burnout

"a state of chronic stress that leads to physical and emotional exhaustion, cynicism, detachment, and feelings of ineffectiveness and lack of accomplishment." _ Psychology Today,



- **Fatigue and sleep issues:** A full day of teaching is enough to make anyone feel tired, but if you're experiencing fatigue before you even get to school, you may need a break. However, those experiencing burnout often struggle with insomnia, which can turn into a vicious cycle.
- **Repeated periods of forgetfulness and intense trouble concentrating:** Burned-out teachers may find it hard to complete normal tasks and have trouble concentrating on their work. A lack of sleep can amplify these symptoms even more.
- **Appetite and weight issues:** Any drastic weight loss or gain should be investigated by your doctor, as this is often a sign that you need to focus on your overall health.
- **Depression and anxiety:** If minimized or ignored at the early stages, teacher burnout can intensify into feelings of anxiety and depression. Always speak to your doctor if feelings of sadness or anger are affecting your daily life.

Exhaustion - Extreme Graveness - Anxiety
- Being Overwhelmed - Seeking - Isolation



Secondary Trauma



Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another

Signs

- Decreased energy
- Disconnection
- Numbing
- Hopelessness
- Cynicism
- Anger Nightmares



Contributing factors

- Nature of the work
- Personal History
- Current life events
- Fear of the unknown
- Cumulative exposure



Compassion Fatigue

The natural consequence of stress resulting from caring for and helping traumatized or suffering people or animals.

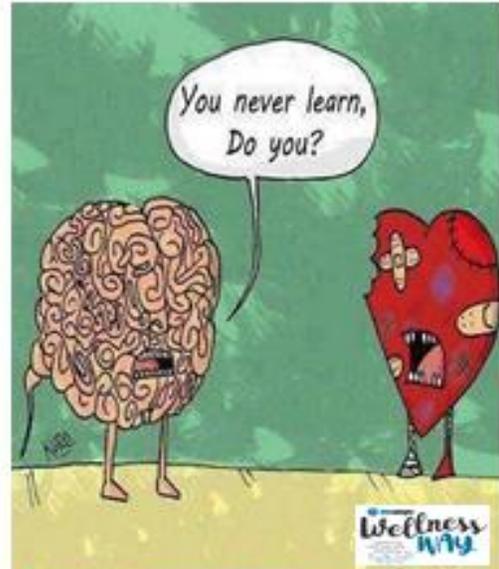
Signs and Symptoms

- Nervousness and anxiety
- Anger and irritability.
- Mood swings
- Flashbacks
- Difficulty concentrating
- Lowered self-esteem
- Feeling less trusting of others
- Withdrawing from others
- Changes in appetite, sleep or other habits
- Physical changes
- Depression
- Self-Medication
- Self-Entitlement

<http://www.compassionfatigue.org/>



<https://www.google.com/search?q=how+to+manage+compassion+fatigue&ie=utf-8&oe=utf-8&client=firefox-b-ab#kpvabx=1>



A mind wants to forget, but a heart always remember!

Jack P. Shonkoff, M.D.

Chair of the National Scientific Council on the Developing Child



Just Breathe.....



My teacher gave me the **BEST** gift of all:

Believing In Me!



If I had a little blue box.

To put my _____ in.

I'd take her/him out and Kiss, Kiss, Kiss and put him/her in.



- Improves the quality of the blood due to its **increased oxygenation** in the lungs. **Eliminating toxins** from the system
- **Increase the digestion** and elimination of food.
- Improves **the health of the nervous system**- brain, spinalcord, nerves and nerves system.
- **Rejuvenates the gland** – pituitary and pineal glands
- **Rejuvenates the skin**- smoother skins and lessfacial wrinkles
- **Stimulate blood flow** as movement of the diaphragm massages the abdominal organs– stomach, small intestines, liver, pancreas and the heart
- **Relaxes the mind and body**- rhythmic breathing

HolisticOnline.com

There is ENOUGH Time in the Day!!



Time hasn't changed people perspective, values and beliefs, standards & attitude have changed

How are you using time?

How much is this gonna cost me in Time, Money or Pain?

Is it a Ritual, Urgency or Nonsense?

Increase your No's & add value to your YES!

Savior moments for yourself!!!

Rid or reduce the clutter in your time?



Take Care of Your Outward Self

- Go for a walk, run or bike ride.
- Sitting on the floor
- Music and Movement
- Go outside!!
- Command, Demand and Stand for breaks!
- Practice good hygiene.
- Sleep is Required.
- Take your vitamin
- Your first and last drink of the day should be water!
- Limit and eliminate caffeine, smoking and alcohol consumption
- De-clutter
- Choose Feel-good fabrics
- Touch a pet or give a hug!
- Use sunscreen and moisturizers

Mental Health America <http://www.mentalhealthamerica.net/taking-good-care-yourself>



"The truth about a fruit is the roots!"
"Fruit don't fall to far from the tree!"



22 Essentials To A Better Physical YOU!!

- ✓ Breathe From Your Belly.
- ✓ LAUGH OUT LOUD!!
- ✓ Eat Breakfast.
- ✓ No only know your sleep number. Know your pattern and cycle
- ✓ Letter of the week! Know "poop life matters" so know the goal is a "Smooth S!"
- ✓ Remember "If you grill is messed up you can't sell rest of the car!!" Brush and floss your teeth.
- ✓ No man or woman is an island! Build you a village of awesome people resources to support you.
- ✓ Take a walk!! 1 hour a day.
- ✓ Add more healthy fat and protein to your diet.
- ✓ Take your vitamins.
- ✓ Add more water and reduce the soda pop , sweet and caffeine drinks.
- ✓ Go dancing and karaoke. Strengthens your motor and language skills.
- ✓ Take a nap daily.
- ✓ Go to the libraries and museums, Shhh it quiet!
- ✓ Chew sugarless gum.
- ✓ Get a hobby.
- ✓ Volunteer.
- ✓ Get unplugged. Relax your phone, internet, television and social media
- ✓ Revisit your faith
- ✓ Rid the clutter.
- ✓ Celebrate the nuggets in adversity



"Interpersonal relationships can actually shape our brains and affect cells throughout our bodies, with significant effects on study, work, and physical and mental health."

D. Goleman (2006).



- ✓ Create a self-care plan
- ✓ Find your compass- Be a authentic ,sustainable person !
- ✓ Notice More!!
- ✓ Add " Stop", "No", "It's an acquire taste", "preference" in your vocabulary.
- ✓ Ask for help. Delegate.
- ✓ Create spaces and places for others to bloom!
- ✓ Strength your resilience
- ✓ Fill-up empty out
- ✓ Do a Journey Map
- ✓ Establish personal and professional boundaries
- ✓ Connect to you spiritual self
- ✓ Embrace the compliments
- ✓ Be mindful
- ✓ Forgive more
- ✓ Be grateful

What doesn't move through us defines us!!

Relationships are Rooted, Realistic, Responsive, Repetitive

You TEACH others how to TREAT You!



"Gotta know when to roll'em, know when fold'em, know when to walk away and know when to run....." Kenny Rogers

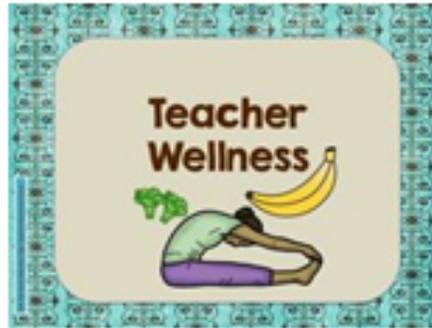
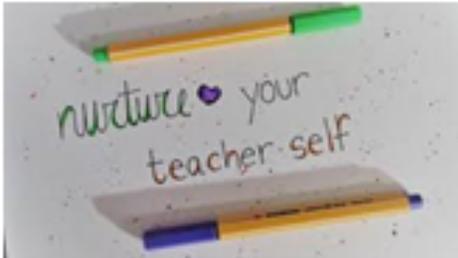
Self-Compassion is not judging yourself or to judge you, not blaming yourself, getting to know and accepting yourself, forgiving yourself, loving yourself, helping yourself, overcome insecurities respecting yourself and protecting yourself.

Safe Spaces to begin practicing compassion

- 1. The full length mirror.**
- 2. In the car.**
- 3. In your work space**
- 4. Notes in your purse or tote**
- 5. Leave notes in your laundry**
- 6. Call your phone and leave yourself and message**
- 7. Go to restaurants and announce it's your birthday.**
- 8. Go places by yourself to really find out if you really enjoy it!**
- 9. Watch your tribe!**
- 10. Raise your standards!**
- 11. Great others with "Hello Awesome" What's Up Rock Star!!
When they ask you how you are doing be over the top " I am groovy!!**
- 12. Work YOUR PR- What messages are you sending"**
- 13. Own your crap!!**
- 14. Perfect your signature laugh!**
- 15. Make that first move!!!**

What Can Employers Do to Promote Wellness?

- Create a space of comfort in your lounge- lamps, pillows rugs and crock pot spa
- Promote Lunch and Learns
- Jazz up the staff meetings and conferences with – Stretch sessions, serve mock tails and veggies, big people chairs, walk and talk meetings
- Create a tobacco/ smoke-free environment
- Promote a H2O Only Zone – Rid soda/snack machines
- Declutter classrooms, playgrounds and workspaces
- Add a “Tell It To The Ear” image to your restroom waste basket- reduce and eliminate gossip
- Add low impact equipment to your lounge
- Bring back the school “Pep Rally”
- Add pets and plants
- Seasonal gardening



- Paid day off for Birthday
- Celebrations and recognitions of staff
- Build in quarterly staff workdays (retreats)
- Rid the microwave for a conventional oven
- Clean your vents
- Add more weather sounds –rain, thunder and fire crackling
- Be mindful of voice tones
- Split a meal with a co-worker
- Add a breastfeeding area for staff and families
- Frame motivational quotes near the time clock, staff lounge, newsletter
- Implement policies and practices- breaks, work attire, wellness resources



Other Great Ideas I can do for myself!!!

Because I am Worth It!!

So Many Books, So Little Time

All I Really Need To Know I Learned in Kindergarten Robert Fughum

What On Earth Am I Here For? Rick Warren

Making It So Robert Von Laarhaven

Lies Women Believe Nancy Leigh DeMoss

How Successful People Think John Maxwell

The Giving Box Fred Rogers

The Happiness Project Gretchen Rubin

Everybody Needs a Rock Byrd Baylor

The Great Silent Grandmother Gathering Sharon Mehdi

Who Will Cry For the Little Boy Antwone Fisher

Attitude 101 John C. Maxwell

Rainbow Roun Mah Shoulder Linda Beatrice Brown

God Can Move Mountains Father Ralph W. Beiting

Prayer of Jabez Bruce Wilkinson

Dear Mr. Rogers, Does It Ever Rain in Your Neighborhood? Fred Rogers

Meditations from Conversations With God Neale Donald Walsh

Take A Closer Look Bryan McAnally

Wisdom for Today Chuck Smith

Who Moved My Cheese? Spencer Johnson, M.D.

Repacking Your Bag Richard J. Leider & David A. Shapiro

The Girl with The Brown Crayon Vivian Paley

The Day the Crayons Quit Drew Daywalt

The Secret to Exceptional Living Joyce Meyers

Returning For Personal Revival –Larry White

If Experience Is Such A Good Teacher Why Do I Keep Repeating The Course? J. Ellsworth Kalas

Where the Side Walk Ends Shel Silverstein

Hillbilly Elegy –J.D. Vance

Early Childhood Resources

North Carolina Foundation for Early Learning
http://ncchildcare.nc.gov/pdf_forms/NC_foundations.pdf

The Physical and Mental Health of Head Start Staff: The Pennsylvania Head Start Staff Wellness Survey, 2012 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3816599/>

Depression, Control, and Climate: An Examination of Factors Impacting Teaching Quality in Preschool Classrooms
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4765382/>

Child Care Services State Wide Fact Sheet <http://www.childcareservices.org/wp-content/uploads/2016/01/statewide-factsheet-2015.pdf>

NC Child Care Subsidy 2015 <https://nwlc.org/wp-content/uploads/2016/04/northcarolina-child-care-subsidy2015.pdf>

Economic Policy Institute Child care workers aren't paid enough to make ends meet Brief #405 <http://www.epi.org/publication/child-care-workers-arent-paid-enough-to-make-ends-meet/#epi-toc?>

Compassion Fatigue http://www.proqol.org/ProQol_Test.html
From Neurons to Neighborhoods: The Science of Early Childhood Development
<http://www.naeyc.org/resources/research/fromNeurons>

The Developing Child
http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/inbrief_neglect/

Quality of Life Survey <http://www.fundacion-salto.org/documentos/QUALITY%20OF%20LIFE%20QUESTIONNAIRE.pdf>

ACES Questionnaire
<https://www.ncfci.org/sites/default/files/Finding%20Your%20ACE%20Score.pdf>



Resources

Videos:

Georgia Pre-K Pinkie Promise
<https://video.search.yahoo.com/search/video?fr=yfp-t&p=georgia+pre-k+pinkie+promise+you+tube#id=1&vid=1e7b007c3c56051c3c25cfd5d404d78e&action=click>

Burke-Harris, Nadine (2014). How Childhood trauma affects health across a lifetime
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Pierson, Rita(2013) Every kid needs a champion
<https://www.youtube.com/watch?v=SFnMTHhKdkw>

Books

- Bailey, B. A., (2011). [Creating the School Family: Bully-Proofing Classrooms Through Emotional Intelligence](#). Oviedo, Florida: Loving Guidance.
- Bailey, B. A., (2000). [Conscious Discipline: 7 Basic Skills for Brain Smart Classroom Management](#). Oviedo, Florida: Loving Guidance
- Bailey, B. A., (1996). [There's Got To Be A Better Way: Discipline that Works](#). Oviedo, Florida: Loving Guidance.
- Copple, C. (2006). [Basics of Developmentally Appropriate Practice: An Introduction for Teachers of Children 3 to 6](#). Washington, DC: National Association for the Education of Young Children. Bredekamp, S., and Copple, C. (1998).

Community Resources



Cardinal Innovations

www.cardinalinnovations.org

Mental Health America

www.mentalhealthamerica.net

National Alliance on Mental Health

www.nami.org

National Council for Behavioral Health

www.TheNationalCouncil.org

National Suicide Prevention Line

1-800-273-TALK (8255)

Postpartum Support International

www.postpartum.net

Suicide Prevention Resource Center

www.sprc.org

Focus Adolescent Services

www.focusas.com

SAFE Alternative

www.selfinjury.com

Center for Disease Control and Prevention

www.smokefree.gov

National Institute on Alcohol Abuse and Alcoholism

www.niaaa.nih.gov

American Self-help Group Clearinghouse

www.mentalhelp.net

Eating Disorder Anonymous

www.eatingdisorderanonymous.org

Al-Anon and Alateen

www.al-anon.org

www.alteen.org



Professional Organizations



Dearest Me,

I Am

Enough!

Now go live your
best life ever!



"For The First Time"

Make a List and GO at IT!!

You say you never danced to a dashboard singin' R.E.M. under
summer stars
Never leaned back on a jet black Chevy, blowing smoke rings in the
dark
You don't want to be a rumor, girl, and I feel just the same
Yeah, I know that you don't know me well but we can make that
change

When was the last time you did something for the first time?
Yeah, let yourself go, follow that feeling
Maybe something new is what you're needing
Like a real life, let your hair down, feel alive
When was the last time you did something for the first time?

Say you never drank from the bottle of some two dollar wine, run
barefoot through the mud
Never had the right kiss stolen from your lips, while you watched the
sun come up
Well, I know your friends are watching and they probably disapprove
But give me just half a chance, girl, I'm daring you

When was the last time you did something for the first time?
Yeah, let yourself go, follow that feeling
Maybe something new is what you're needing
Like a real life, let your hair down, feel alive
When was the last time you did something for the first time?

Now the way you're looking says you're living
I hope I ain't reading wrong
Cause the way you're shining I think you're thinking
It's been way too long

When was the last time you did something for the first time?
Yeah yeah, let yourself go, come on follow that feeling
Maybe something new is what you're needing
Like a real life, let your hair down, feel alive, alive
When was the last time oh you did something for the first time, girl?
Come on, baby
When was the last time yeah you did something for the first time?

Make sure you do it with
a smile and open heart!!!

<https://www.azlyrics.com/lyrics/dariusrucker/forthefirsttime.html>

Set Your Goals

<u>Short Term Goal (What)</u>	<u>How</u>	<u>Who</u>	<u>Where</u>	<u>When</u>

<u>Short Term Goal (What)</u>	<u>How</u>	<u>Who</u>	<u>Where</u>	<u>When</u>

<u>Long Term Goal (What)</u>	<u>How</u>	<u>Who</u>	<u>Where</u>	<u>When</u>

<u>Long Term Goal (What)</u>	<u>How</u>	<u>Who</u>	<u>Where</u>	<u>When</u>

<u>Long Term Goal (What)</u>	<u>How</u>	<u>Who</u>	<u>Where</u>	<u>When</u>

Give Yourself Permission To Just Be! 