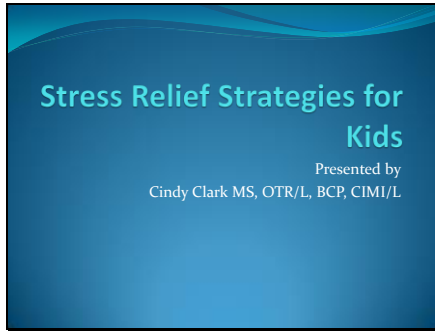


Slide 1



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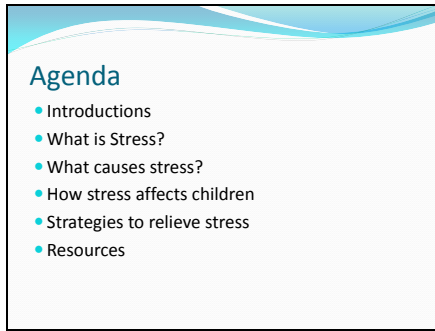
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Slide 2



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Slide 3

**Introductions**

- All about you
- All about me
- What do you want to know?

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Slide 4

**What is Stress?**

Stress is a state of mental tension and worry caused by problems in your life, work, etc.

Stress is a specific response by the body to a stimulus, such as fear or pain, that interferes with the normal physiological balance of an organism.

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Slide 5

**Causes of Stress**

- Biological or medical
- Developmental
- Personal or social factors
- Family Circumstances
- Sociodemographic factors

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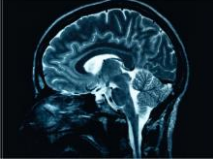
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Slide 6

**Brain Structures**

- Brainstem
- Limbic system
  - Amygdala
  - Hypothalamus
- Cortex
- Autonomic nervous system



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Slide 9

**Stress Relief Strategies for Teachers**

- Every teacher needs a personal supply of strategies that work most of the time to calm kids.
- No one stress relief technique works every time with every child in every situation
- Use your observation skills
- Developing a child's self-esteem is the key to helping children develop resiliency

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Slide 10

**Stress Relief Strategies for Teachers**

- Developing a child's self-esteem is the key to helping children develop resiliency towards dealing with stress
  - Show genuine pleasure in a child's source of interest and pleasure
  - Provide unobtrusive help when a task is a little too hard
  - Accept a child's self-comforting needs

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Slide 11

**Prevent Stressors for Kids**

- Reduce clutter and over-stimulation
- Alternate space for children stressed by group play in the gym
- Tell children exactly what will happen ahead of time
- Redirect rather than reprimand
  - Create a diversion
  - Gentle magic
- Understanding a child's misbehavior

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Slide 12

**Stress Relief Strategies for Individual Children**

- Provide soothing physical contact
  - massage
  - Lowered tone of voice
  - Use child's name frequently and lovingly
- Create a cozy corner
- Put a personal photo book in each child's cubby

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Slide 13

**Stress Relief Strategies for Groups of Children**

- Circle Time
  - Movement based learning activities
  - Breathing
  - Jell-O eyeballs
- Accept the awesome physicality of young children
- Provide safe space for vigorous movement
- Bake "Get-Out-the-Mad" cookies
- Peace Rose

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Slide 14

**Stress Relief Strategies for yourself**

- Breathe
- Mindfulness – guided visualization, prayer, put your phone away!
- Physical Activity
- Movement Based Learning Activities

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Slide 15

**Stress Relief Strategies for yourself**

- Sleep
- Experience flashes of beauty
- Do an activity that makes you feel personally competent
- Practice forgiveness – including yourself

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Slide 16

**Resources**

- Link to 16 minute guided relaxation by Cathy Holway DPT <http://bit.ly/1e6ZXZp>
- [www.zerotothree.org](http://www.zerotothree.org)
- [www.ChildTrauma.org](http://www.ChildTrauma.org)
- [www.creativetherapystore.com](http://www.creativetherapystore.com)

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Slide 17

**Resources**

- Hong, A. (2010) little kids, BIG WORRIES. Baltimore: Paul H. Brookes Publishing.
- Stamm, J. (2007). Bright From the Start. New York: Gotham Books.
- Medina, J. ( 2010 ) brain rules for baby.

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Slide 18

**Thank You!**

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