

Staff

WELLNESS & SELF-CARE

RESOURCES TO HELP MANAGE STRESS

6 Strategies to Stress Less

Individuals interpret what is stressful in their own unique ways. They also manage their responses to stress in different ways. While many people think that stress is always negative, let's take a look at different stress factors and how to manage them or reframe them into something positive. Understanding how to manage stress leads to decreased likelihood of burnout, better health, and improved life satisfaction.

Most people relate stress to a negative concept such as a time crunch, uncomfortable encounter or situation, also known as distress. However, most stress is that which we desire, called eustress, which is often necessary to accomplish goals and experiences. Engaging in hobbies, planning vacations, self-improvement activities are stressful, but they are planned and expected. Stress is a necessary part of our lives, how we manage it is what keeps us healthy.

- 1 Regular Physical Activity**
The oldest tool in the box. Physical activity increases positive chemicals in the brain and the body while managing and metabolizing the adrenaline produced during the day.
- 2 Nutrition**
Meal planning and maintaining healthy snacks (yogurt, nuts, fruit, even the pre-packaged energy snacks) regulates stress by taking the guesswork out of a hectic workday and giving your body fuel to manage the unexpected. Just having your food/fuel for the day planned eliminates stress around a necessity for survival.

3 Non-work Related Activities
Life is a balance, you are not only your job title. Embrace your meaning as a spouse, a gardener, parent, athlete, artist, and what you love outside of your work.

4 Sleep Hygiene
Unhealthy habits related to sleep are easy to form and some of the most difficult to break. Like food, sleep is necessary for survival. Create a bedtime plan and schedule; create a calm and relaxing environment where you sleep. Limit electronics, alcohol, stimulants, and excessive activity 1-2 hours before bed.

5 Mindfulness
Practicing methods to focus on the here and now is an effective and evidence based way to decrease stress. There are endless resources in your library and on the internet to guide you through mindfulness practices. Look up some mindfulness videos on YouTube, and prepare to increase your cortical thickness, regulate your blood pressure, and expand your compassion.

6 Therapy
Fortunately, the idea of engaging in therapy has become less stigmatized, so much so that it is difficult to find a therapist who is taking new referrals. Most people think the time to seek therapy is at the time of a crisis. The time to seek therapy is when other interventions aren't working, when you are curious to find out how to manage your behaviors or emotions, or when you are concerned that you need family or interpersonal help.

*Interested in more? check out our **Staff Wellness & Self-Care Training** Recorded training offering relaxed guidance and strategies to incorporate self-care and wellness strategies into your everyday life to mitigate the effects of exposure to daily stressors to increase resiliency.*
Jennifer Goetz Rego, Psy.D., LMFT



Including any one or all of these strategies will increase your sense of control over your life and feelings of wellness. Practicing stress reducing activities can improve your mood and reduce symptoms of anxiety and depression. You don't have to be perfect, you just have to start somewhere and know you are doing your best.

For more resources and information, check out our website at www.stocktonusd.net/mhbss

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read, watch, click: wellness support for SUSD Staff



Staff Wellness Resources

Check out our webpage for links to resources available through the state of California. Information about district resources for SUSD staff including Employee Assistance Program (EAP), supports available through insurance benefits, and local agency contact information.
www.stocktonusd.net/staffwellness

Healthy Mind, Healthy Life

Mindful.org has many articles to support your mindfulness journey.
<https://www.mindful.org>

Educator Exhaustion & Burnout

A quick and easy guide from the National Association of School Psychologists - Tackle educator exhaustion and burnout by building a supportive culture that combats exhaustion and chronic stress.
https://drive.google.com/file/d/1dtNGNj8B4UFLMzGhgKHS3vAsUwRfRlrk/view?usp=share_link



SUSD Mindful Mondays

A little mindfulness goes a long way! Become a little more mindful with our on demand mindfulness videos.
<https://padlet.com/mhbss/p5f6exllxcjmhiwk>

10 Ways to Beat Burnout

10 considerations that can effectively help people deal with burnout and its underlying stress.
<https://www.psychologytoday.com/us/blog/beyond-stress-and-burnout/202203/10-ways-beat-burnout>

The 4 A's of Stress Relief

4 steps to help reduce stress and cope with the inevitable stressors of everyday life.
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-4-as-of-stress-relief>



Stress Management for Staff Video

Helpers and Educators need to care for themselves to effectively care for others. Learn ways to help manage your own stress and strategies you can incorporate into your classroom.
<https://youtu.be/X3pz4gaqaOg>



SUSD Virtual Calming Room

Want to get away? Drawing, meditation, yoga, music, even live animal cams! Our virtual calming room has several different ways to help you relax, disconnect, and get back on track.
www.stocktonusd.net/virtualcalm