

2017-2018 Teacher Time - Time for You! - Viewers Guide

<p>Summary:</p>	<p>This is a special Teacher Time webisode all about supporting you! To be responsive to the interests and needs of very young children each day, you must take care of yourself. This leads to better interactions with children, families, and other staff. Hear from adult health and wellness experts about self-care and mindfulness strategies that support overall well-being. Mindfulness is an awareness of self, others, and surroundings. It can be also used with children to create positive learning environments. Ask questions and share your strategies for self-care with other teachers.</p> <p>Topics for this webisode include:</p> <ul style="list-style-type: none"> <li>• How stress can affect teaching practices</li> <li>• Self-care in and out of the workplace</li> <li>• Contributing to a positive working climate</li> </ul>
<p>Today's Topic</p>	<p>Teacher Wellness</p> <p>We know that the work you do each day is challenging – it takes time, love, patience, and physical and emotional strength to provide consistent, high-quality learning opportunities and meaningful interactions with children each day. So today we want to spend some time talking about how to make sure you are refilling yourself regularly, so that you are fully present each day and ready to keep doing the very important job you do.</p> <p>NOTES: (Write down which type(s) of wellness is most important to you.)</p>
<p>Mindfulness</p>	<p>Neal Horen talks about mindfulness and why it is important, and gives strategies for using mindfulness</p> <ul style="list-style-type: none"> <li>• Mindfulness has a lot of positive benefits for adults.</li> <li>• We know that teachers who can slow themselves down, regulate, and use their executive functioning tend to be more effective.</li> </ul>

	<p>NOTES: (Write down the benefits of mindfulness and how you can use it in your daily life)</p>
<p>Regulating Emotions</p>	<p>Neal talked about managing big emotions when we're feeling stressed. Amy Hunter shared strategies for managing these emotions.</p> <p>NOTES: (Write down some strategies you want to remember and use when you're feeling stressed.)</p>
<p>Supports</p>	<p>Neal and Amy provided supports that are available to help us achieve wellness, both in and out of the workplace.</p> <p>NOTES: (Write down supports you think would benefit you in your workplace and those you'd like to start using.)</p>

<p>Wrap Up &amp; Resources</p>	<p>Training Resources:</p> <ul style="list-style-type: none"> <li>• Short video: Mindfulness: A Resilience Practice <a href="https://eclkc.ohs.acf.hhs.gov/mental-health/video/understanding-stress-resilience-young-children">https://eclkc.ohs.acf.hhs.gov/mental-health/video/understanding-stress-resilience-young-children</a></li> <li>• Early EdU Alliance: Emotional Literacy <a href="https://eclkc.ohs.acf.hhs.gov/professional-development/article/earlyedu-alliance">https://eclkc.ohs.acf.hhs.gov/professional-development/article/earlyedu-alliance</a></li> </ul> <p>Handouts:</p> <ul style="list-style-type: none"> <li>• Mindfulness: A Resilience Practice – Mindfulness Practices <a href="https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-practices-handout.pdf">https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-practices-handout.pdf</a></li> <li>• Mindfulness: a Resilience Practice – Suggested Resources <a href="https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-resources.pdf">https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-resources.pdf</a></li> <li>• SECA journal, Dimensions of Early Childhood – Meditation and Teacher Stress (2015) <a href="http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.828.5928&amp;rep=rep1&amp;type=pdf">http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.828.5928&amp;rep=rep1&amp;type=pdf</a></li> <li>• Giving and Getting Respect <a href="http://www.theeap.com/wp-content/uploads/2017/12/January-2018-EducatorsEAP-Employee-Newsletter.pdf">http://www.theeap.com/wp-content/uploads/2017/12/January-2018-EducatorsEAP-Employee-Newsletter.pdf</a></li> </ul> <p>Resources in English and Spanish</p> <ul style="list-style-type: none"> <li>• Taking Care of Ourselves: Stress and Relaxation <a href="https://www.ecmhc.org/relaxation.html">https://www.ecmhc.org/relaxation.html</a></li> </ul> <p>Find Support Online!</p> <ul style="list-style-type: none"> <li>• Staff Wellness MyPeers Community <a href="https://mypeers.mangoapps.com/ce/pulse/user/teams/group/all_projects">https://mypeers.mangoapps.com/ce/pulse/user/teams/group/all_projects</a></li> </ul>
<p>Head Start Program Performance Standards</p>	<p>Information in this episode reflects the following Head Start Program Performance Standard:</p> <p>§1302.93 Staff health and wellness</p> <p>(b) A program must make mental health and wellness information available to staff regarding health issues that may affect their job performance, and must provide regularly scheduled opportunities to learn about mental health, wellness, and health education.</p>