

# **Child Care Training and Resource Kit**

## **Stress and Burnout**

# **Lesson Plan**

# STRESS AND BURNOUT TRAINING OUTLINE

**Submitted by:** Grant County Public Health Department

**Course Length:** 1½ hours

**Objectives:** Participants will:

- Understand the definition of stress and how it affects their performance.
- Examine the myths and sources of stress.
- Assess the stressors in their life.
- Discuss ways to survive stress.

**Public health staff in Washington State has provided all of the materials in the Child Care Training and Resource Kit. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.**

**How to use the Child Care Training and Resource Kits:** Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

**Handouts:**

- Some Harmful Effects of Burnout: Bureau of Evaluation & Research Services, Tennessee State University, SSCBT Instructional Modules APPENDICES: Handout
- Ways to Reduce and Deal with Stress: Bureau of Evaluation & Research Services, Tennessee State University, SSCBT Instructional Modules APPENDICES: Handout
- Attitude: Bureau of Evaluation & Research Services, Tennessee State University, SSCBT Instructional Modules APPENDICES: Handout
- Stress and Burnout Outline: See Handout file
- What is Stress? Activity sheet: See Handout file
- Assessing Stressors: See Handout file
- Are You a Candidate for Burnout? See Handout file
- Job Burnout in Early Childhood Education: See Handout file
- Overhead Outline: See Handout file
- Keeping Child Care Providers and Staff Safe and Healthy: See Handout file
- Stress Survivor II: See Handout file
- Doze and Don'ts: See Handout file
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**Materials Needed:**

- Overheads and teacher notes+ (Two overheads are available \* only.)
- Flip chart and markers

<p>Activity: <b>Welcome and Introductions:</b></p> <p><b>Interactive Discussion and Lecture:</b></p> <p><b>Evaluation</b></p>	<p>Process: <b>Welcome and Introductions:</b> Briefly introduce yourself and have participants introduce themselves. Some type of warm-up activity would be helpful.</p> <p><b>Interactive Discussion and Lecture:</b> Using the overheads and teacher notes to guide the discussion, and the participant activity sheets in the handouts, discuss stress and burnout.</p>	<p>Time: 10 minutes.</p> <p>70 minutes</p> <p>10 minutes</p>	<p>Materials: <b>Welcome and Introductions:</b> Materials for a warm-up activity; handout packets.</p> <p><b>Interactive Discussion and Lecture:</b> Overheads, teacher notes, flip chart and markers.</p>
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