

Child Care Resource and Training Kit

Stress and Burnout:

What they are and how to avoid them!



Stress

- Any event that places a demand on your body, either mentally or physically.



Positive and Negative Stress



- However, regardless of whether the stress is positive or negative, your initial physiological reaction is much the same.

Stress Reduction Strategy



- Your stress reduction strategy should be to minimize your negative stress factors and maximize the positive ones.

Myths of Stress



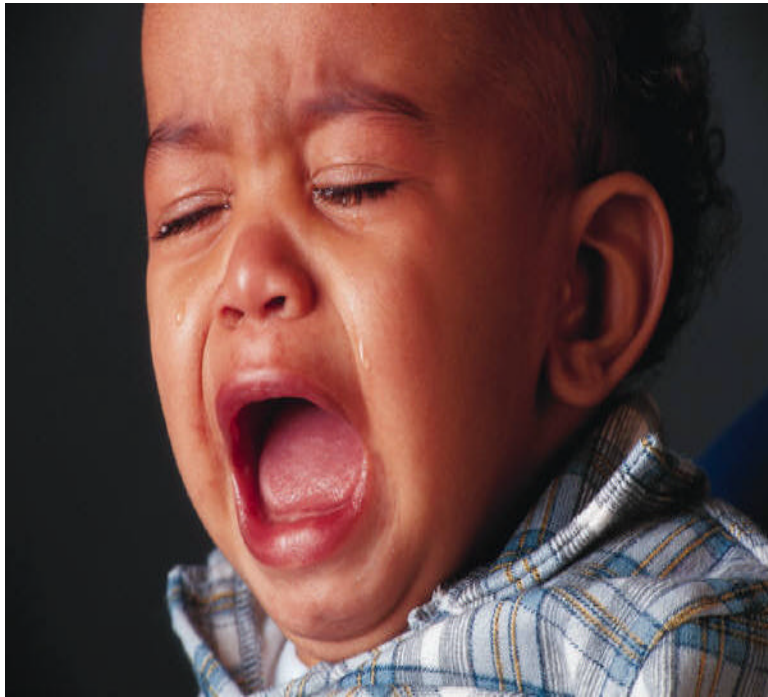
- Stress is harmful.
- Stress should be avoided.
- The more responsibility, the greater the stress.
- Stress is male-dominated.
- There is only one right way to cope with stress.

Sources of Stress



- Personal Stressors

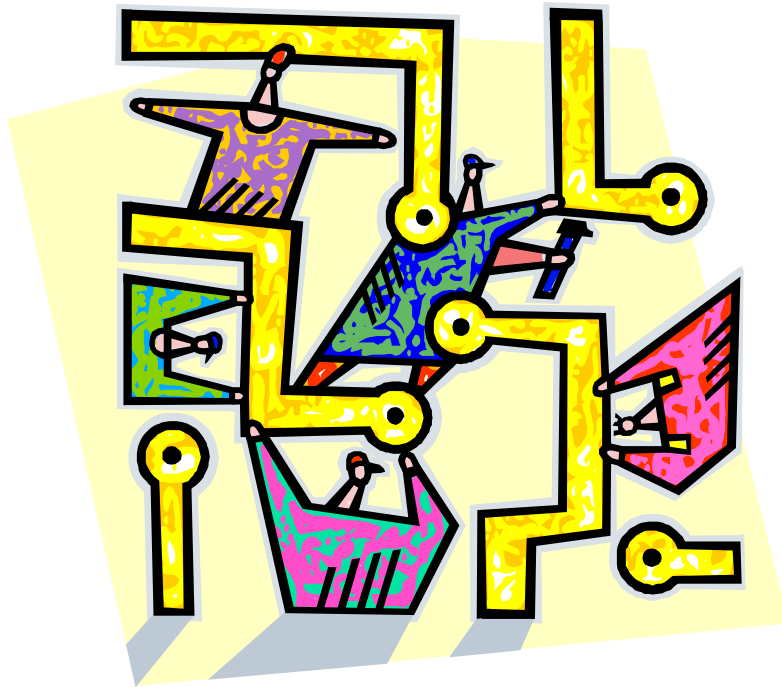
Sources of Stress



- Interpersonal Stressors

Sources of Stress

- Work Stressors



Sources of Stress

- Environmental Stressors



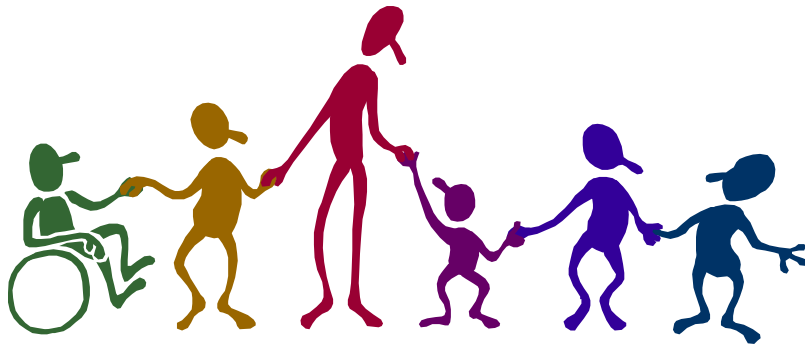
Sources of Stress

- Private Life Stressors



Job Burnout and Early Childhood Education

- The Burnout Profile
- Harmful Effects of Burnout
- Program Consequences

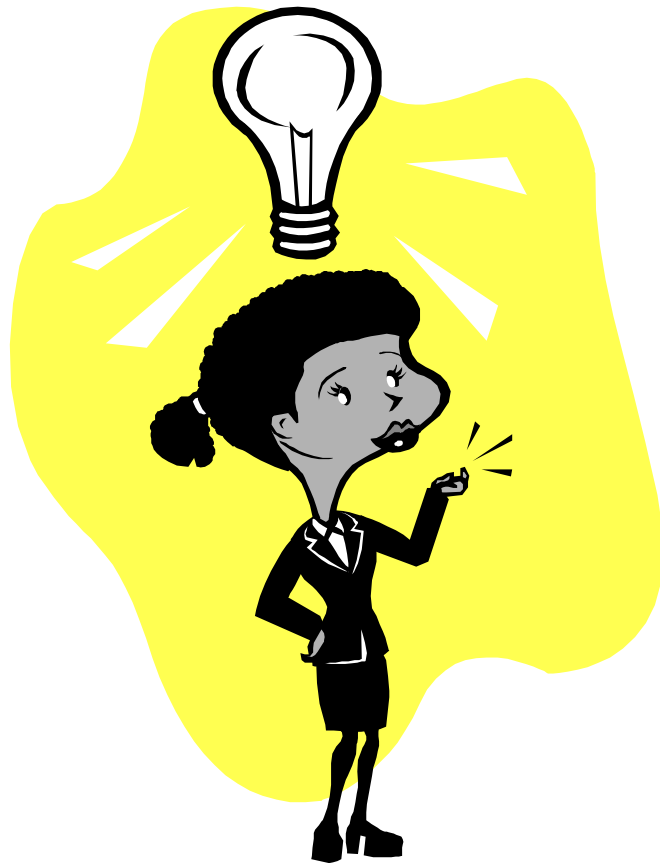


Steps to Success



- Selection
- Causes
- Solutions
- Plan of Action
- Implementation

Stress Survivor



- Ask Questions.
- Find Creative Solutions.

Stress Survivor



- Find some humor
- Find a relaxing hobby
- Plan ahead
- Schedule
- Set priorities

Stress Survivor



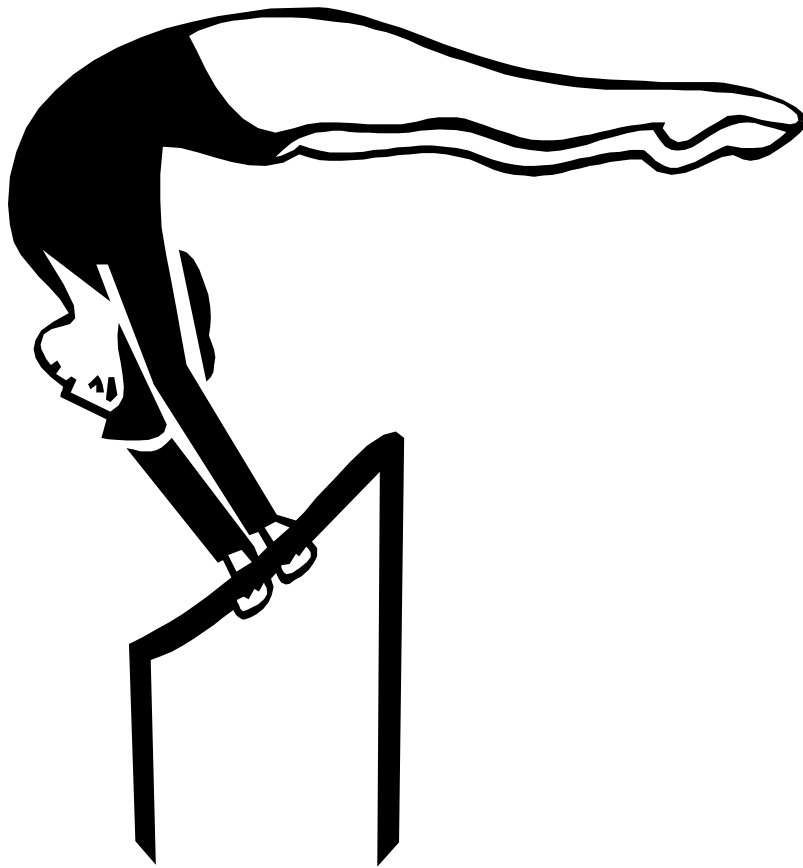
- Engage in physical exercise.
- Avoid caffeine.
- Avoid alcohol and drugs.

Stress Survivor



- Relax and put the crisis in perspective.
- Assess life expectations.
- Examine significant life areas.

Stress Survivor



- Stay flexible.
- Practice relaxation exercises.
- Have some quiet, reflective time each day.

Stress Survivor



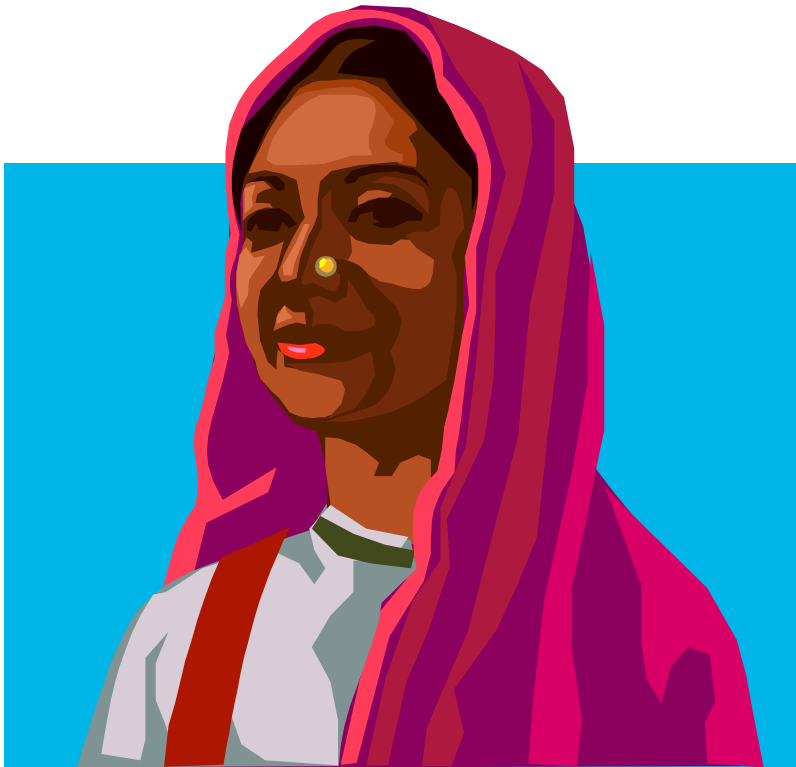
- See the crisis as a challenge.
- Do not give up.

Stress Survivor



- Assess your resources and social support.
- Find someone to talk to.

Attitude



- Attitude is more important than facts.