



## PROF100: Stress Management for Child Care Providers Handout

### Welcome to PROF100

This course aims to help participants learn about the causes of stress, recognize the symptoms and effects of stress, and provide effective stress management strategies.

### Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Define *stress*
- Identify four sources of stress
- Identify the difference between Type One and Type Two stress
- Identify symptoms of stress
- Identify physical, cognitive, emotional, and behavioral techniques for stress management

### References:

1. American Psychological Association. (2022). "Stress Relief is Within Reach." Retrieved from <https://www.apa.org/topics/stress/>
2. Childcare Extension. (2019). "Helping Children Cope with Stress in Child Care." Retrieved from <https://childcare.extension.org/helping-children-cope-with-stress-in-child-care/>
3. Davis, Martha. Eshelman, E.R. & McKay M. (2019). *The Relaxation & Stress Reduction Workbook, 7th edition*. New Harbinger Publications.
4. Georgetown University Center for Child and Human Development. (2014). "Taking Care of Ourselves: Stress Reduction Workshop." Center for Early Childhood Mental Health Consultation. Retrieved from [www.ecmhc.org/documents/tcostresswkshp.ppt](http://www.ecmhc.org/documents/tcostresswkshp.ppt)
5. Haigh, C. (2022). "Not Enough Time? 10 Tips of Time Management to Make Every Minute Count." Retrieved from <https://www.lifehack.org/articles/productivity/24-hours-not-enough-10-tips-time-management-make-every-day-count.html>
6. Harper, A. (2020). *Hacking Teacher Burnout: 8 Steps to Go from Isolated to Empowered So You Can Overcome Any Challenge*. Times 10 Publications.
7. Mayo Clinic Staff. (2021). "Coping with stress: Workplace tips." Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/coping-with-stress/art-20048369>
8. Storey, S. (2020). "Strategies for Preventing Child Care Center Director Stress and Burnout." Retrieved from <https://www.childcareexchange.com/article/strategies-for-preventing-child-care-center-director-stress-and-burnout/5025676/>

### Additional Resources:

1. Baldwin, S. (1996). *Lifesavers: Tips for Success and Sanity for Early Childhood Managers*. Insights Training and Consulting.
2. Boogren, T. (2019). *180 Days of Self-Care for Busy Educators*. Solution Tree Press.
3. Butler, Pamela. (2008). *Talking to Yourself: How Cognitive Behavior Therapy Can Change Your Life*. BookSurge Publishing.
4. Herman, K. & Reinke, W. (2014). *Stress Management for Teachers: A Proactive Guide*. The Guilford Press.
5. Jennings, P. (2015). *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*. W.W. Norton and Company.

6. Luskin, F. & Pelletier, K. (2005). *Stress Free for Good: 10 Scientifically Proven Life Skills for Health and Happiness*. Harper.
7. Mitchell, M. M.D. (2013). "Dr. Herbert Benson's Relaxation Response." Retrieved from <https://www.psychologytoday.com/us/blog/heart-and-soul-healing/201303/dr-herbert-benson-s-relaxation-response>
8. Sockolov, M. (2018). *Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday*. Althea Press.

### **Course Notes:**

#### **What is Stress?**

Define Stress:

2 types of stress:

#### **Sources of Stress**

4 basic sources of stress:

**What are the symptoms and effects of stress?**

**Managing Stress**

**Physical Techniques**

## **Cognitive Strategies**

## **Emotional Techniques to Manage Stress**

## **Behavioral Strategies to Manage Stress**