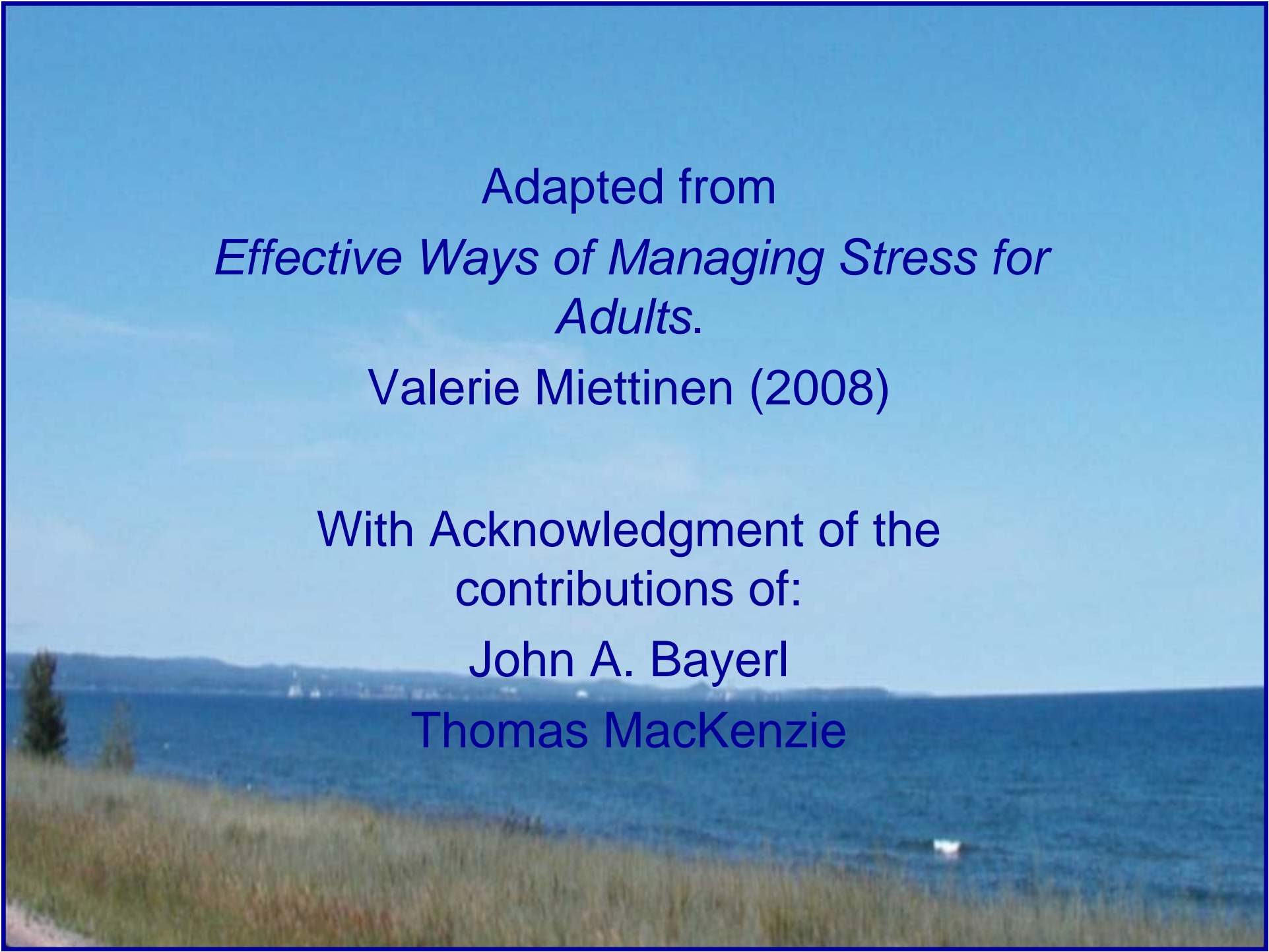


Beyond Stress Management: Surviving & Thriving in the Classroom

John P. Bayerl
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Dearborn Public Schools





Adapted from
*Effective Ways of Managing Stress for
Adults.*

Valerie Miettinen (2008)

With Acknowledgment of the
contributions of:

John A. Bayerl

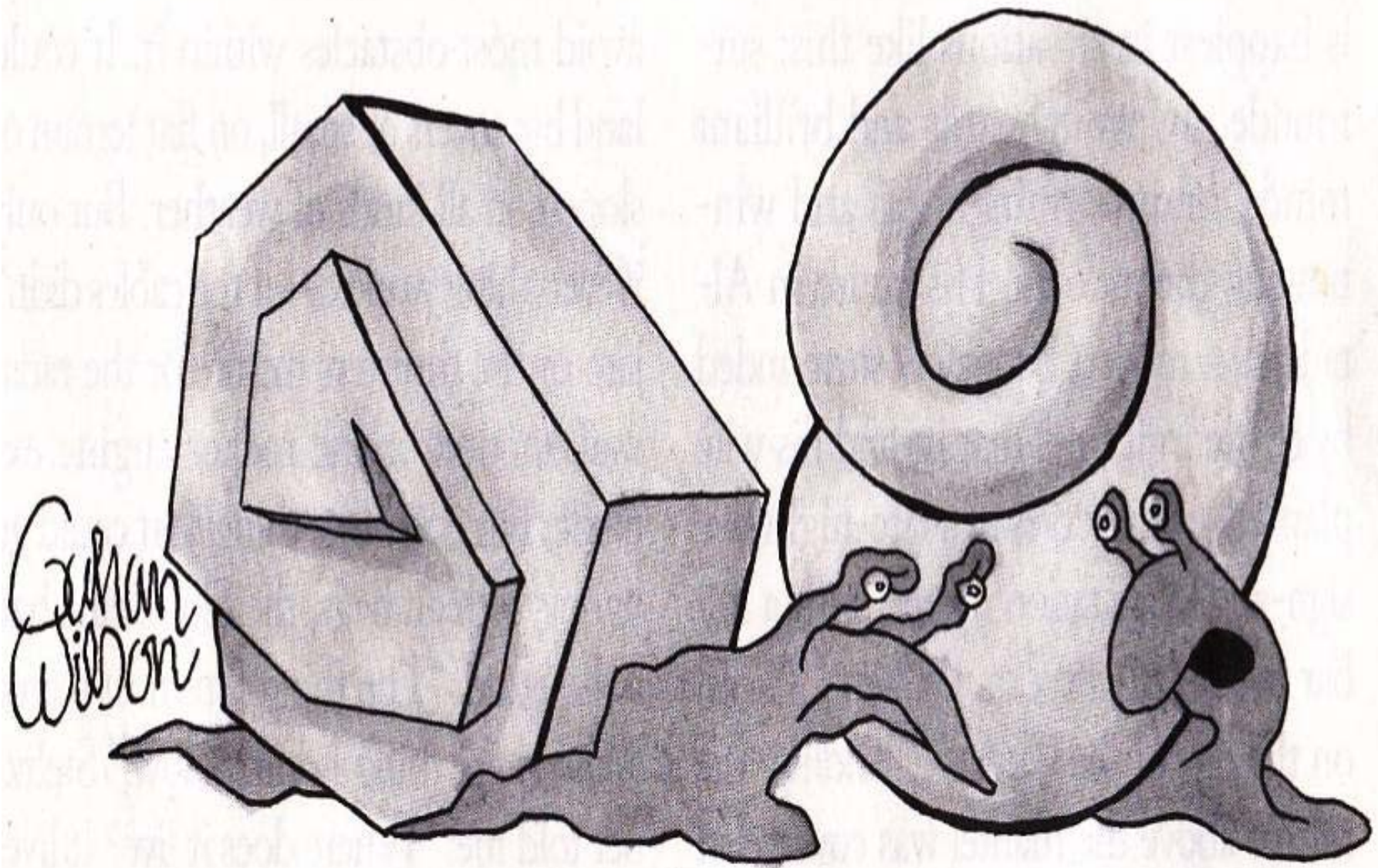
Thomas MacKenzie



Session Goals

- Identify the two types of stress in our lives
- Discuss common stressors in Education
- Gain understanding of the physical and physiological effects of stress on your body
- List some simple ways to minimize stress in our lives and mitigate the effects
- Practice two practical relaxation techniques you can use and even share with your colleagues and students.





Relax already!

What is stress?



- Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences.

Two Causes of Stress are...

- Good experiences
- Bad experiences



A Warm Embrace...



A Slap in the Face...



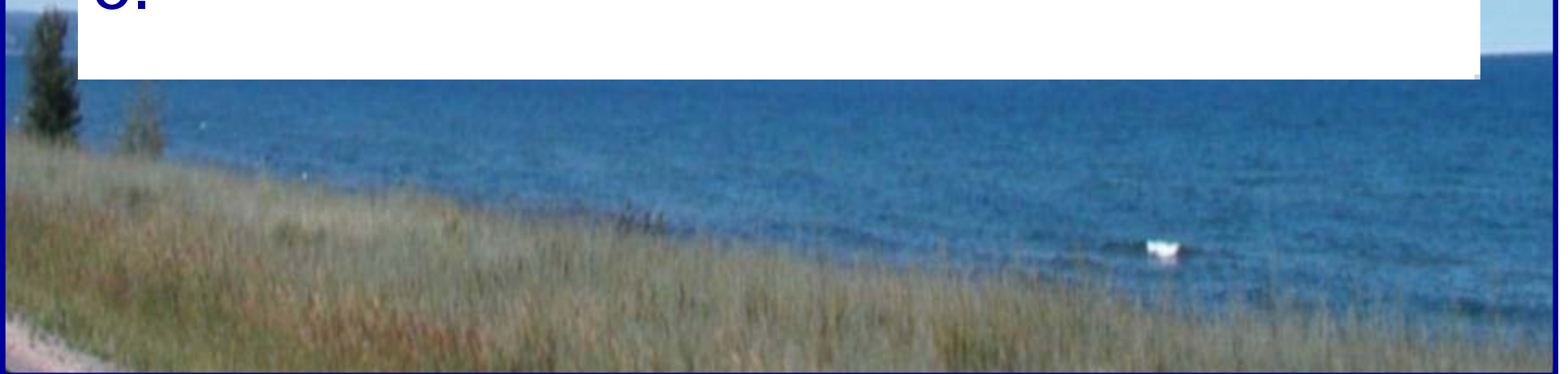
“Stress is that feeling you feel when you are afraid you are about to feel something you would rather not feel.”

-Anonymous



What Causes You Stress?

- 1.
- 2.
- 3.
- 4.
- 5.



Common Stressors



Social



PSYCHOLOGICAL AND EMOTIONAL



Environmental/Work



Family

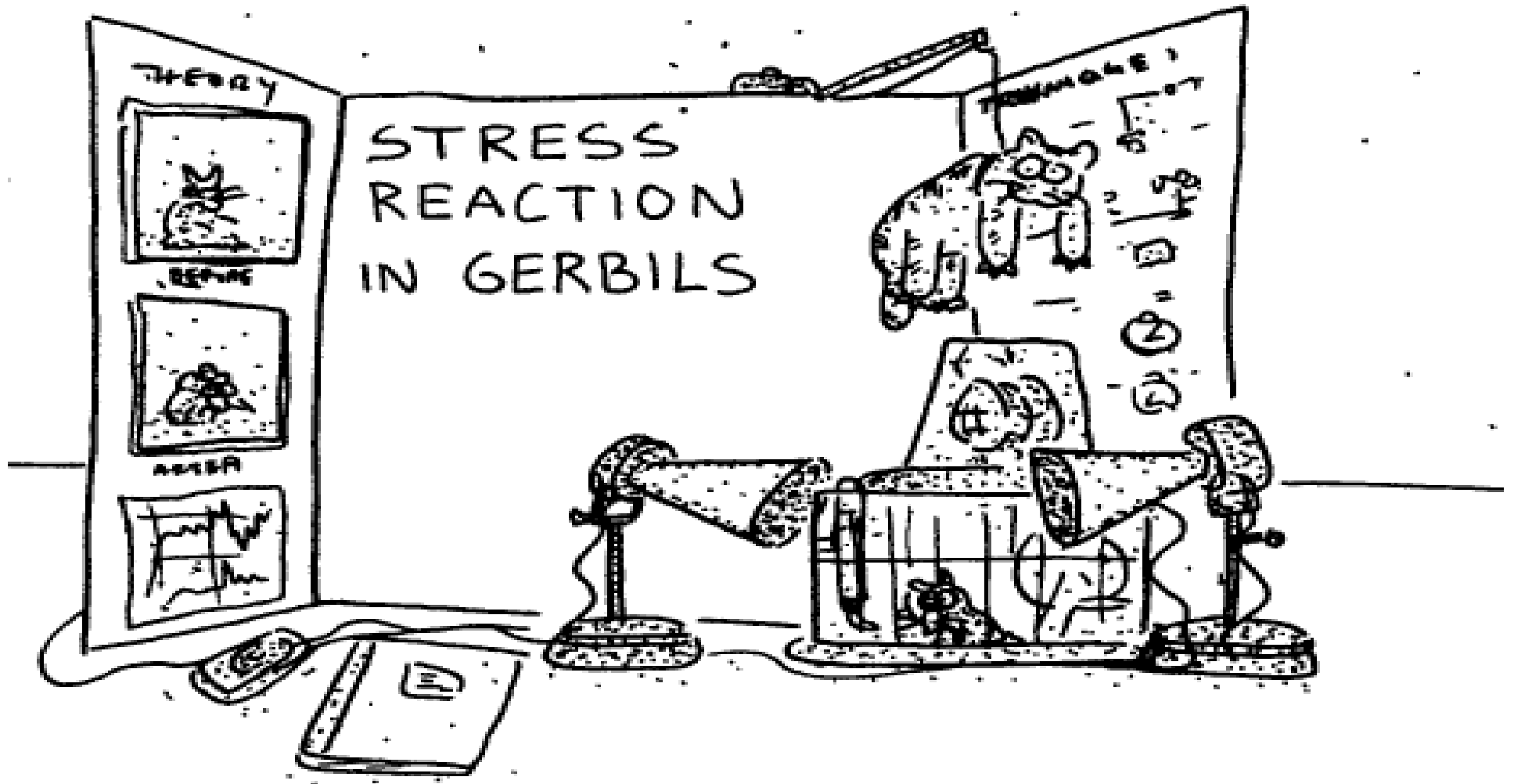


Your Body's Physiological Reaction to Stress



ENCE FAIR

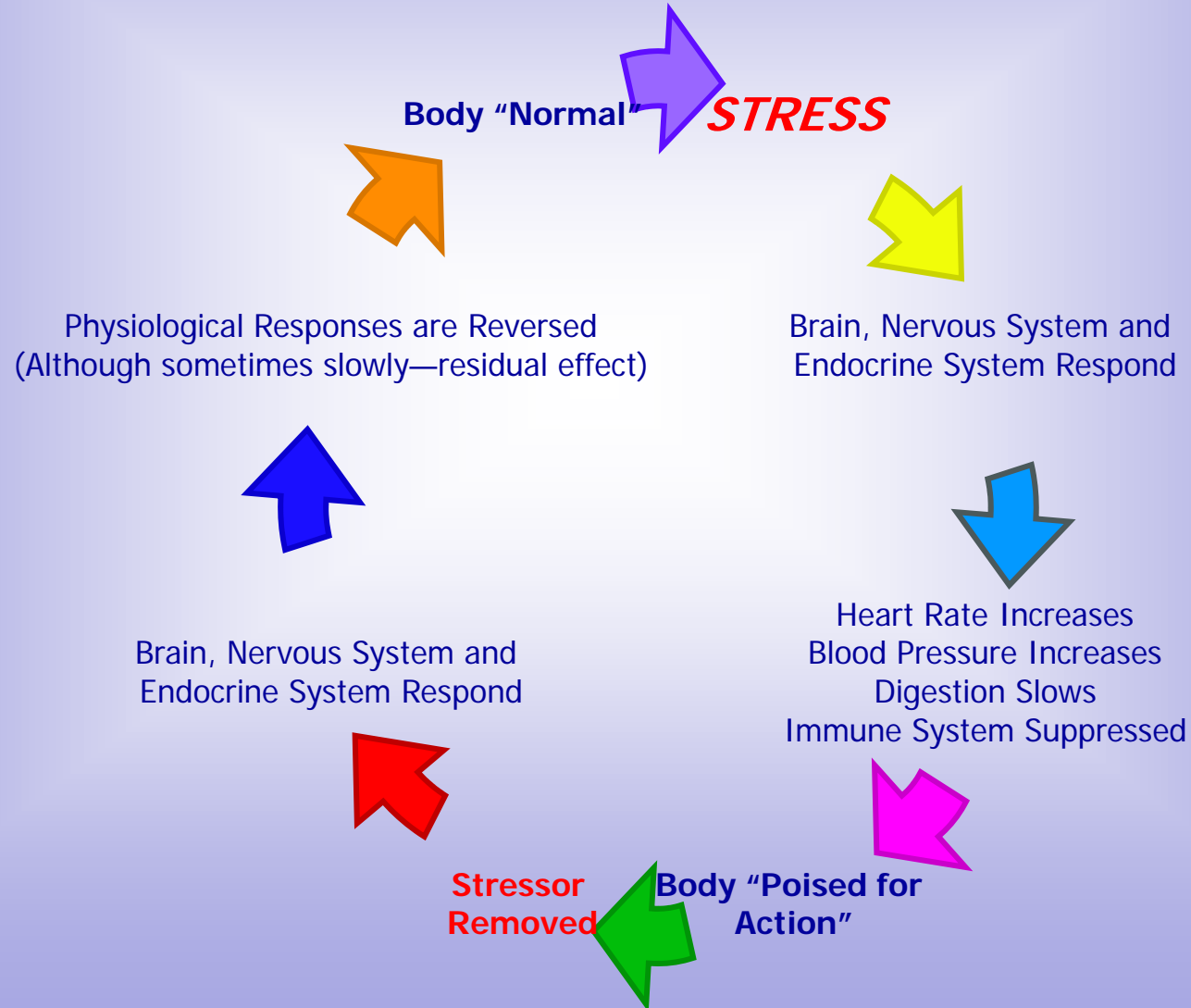
iate Division



Physiology of Stress

- Your body is continually responding to environmental stimuli (Adaptation) in order to maintain a constant internal environment (Homeostasis)
- Sympathetic Nervous System
 - “Fight or Flight”
- Parasympathetic Nervous System
 - “Resting and Digesting”

The Fight or Flight Syndrome



Sympathetic Nervous System

- “Fight of Flight”
- Increases heart rate, respiration, blood pressure, muscle tension (arrector pili).
- Decreases digestion, cognitive function, immune system.



Parasympathetic Nervous System

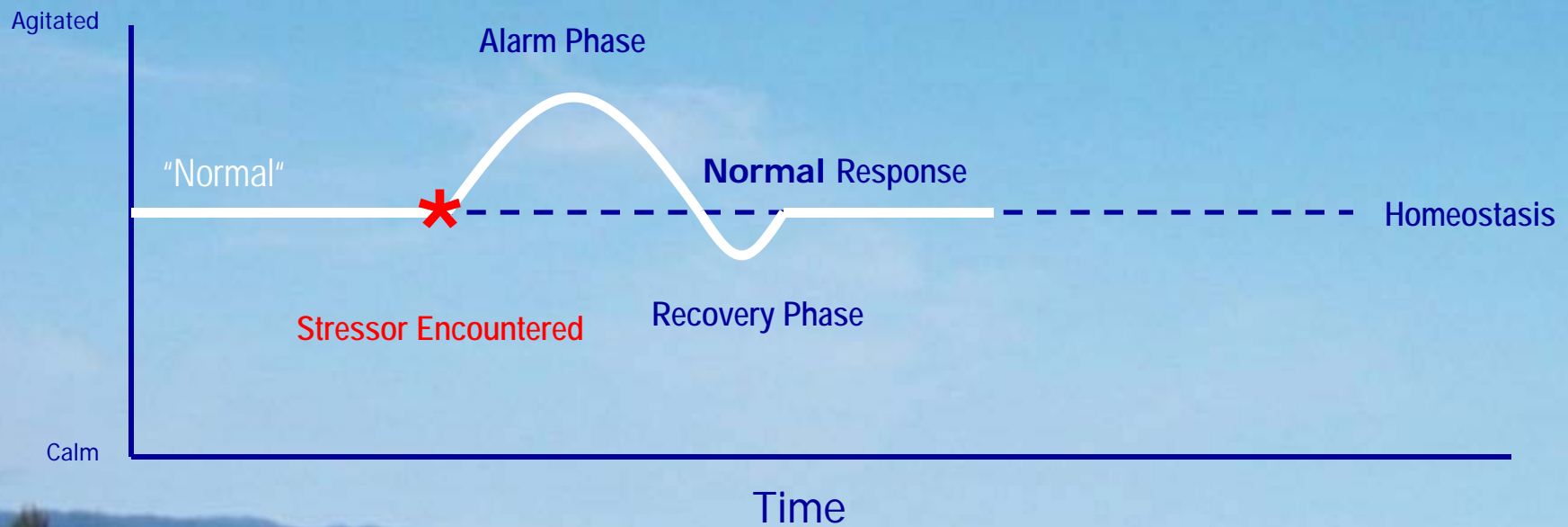
- “Resting and digesting”
- Decreases heart rate, respiration, blood pressure, muscle tension (arrector pili).
- Increases digestion, cognitive function, immune system.

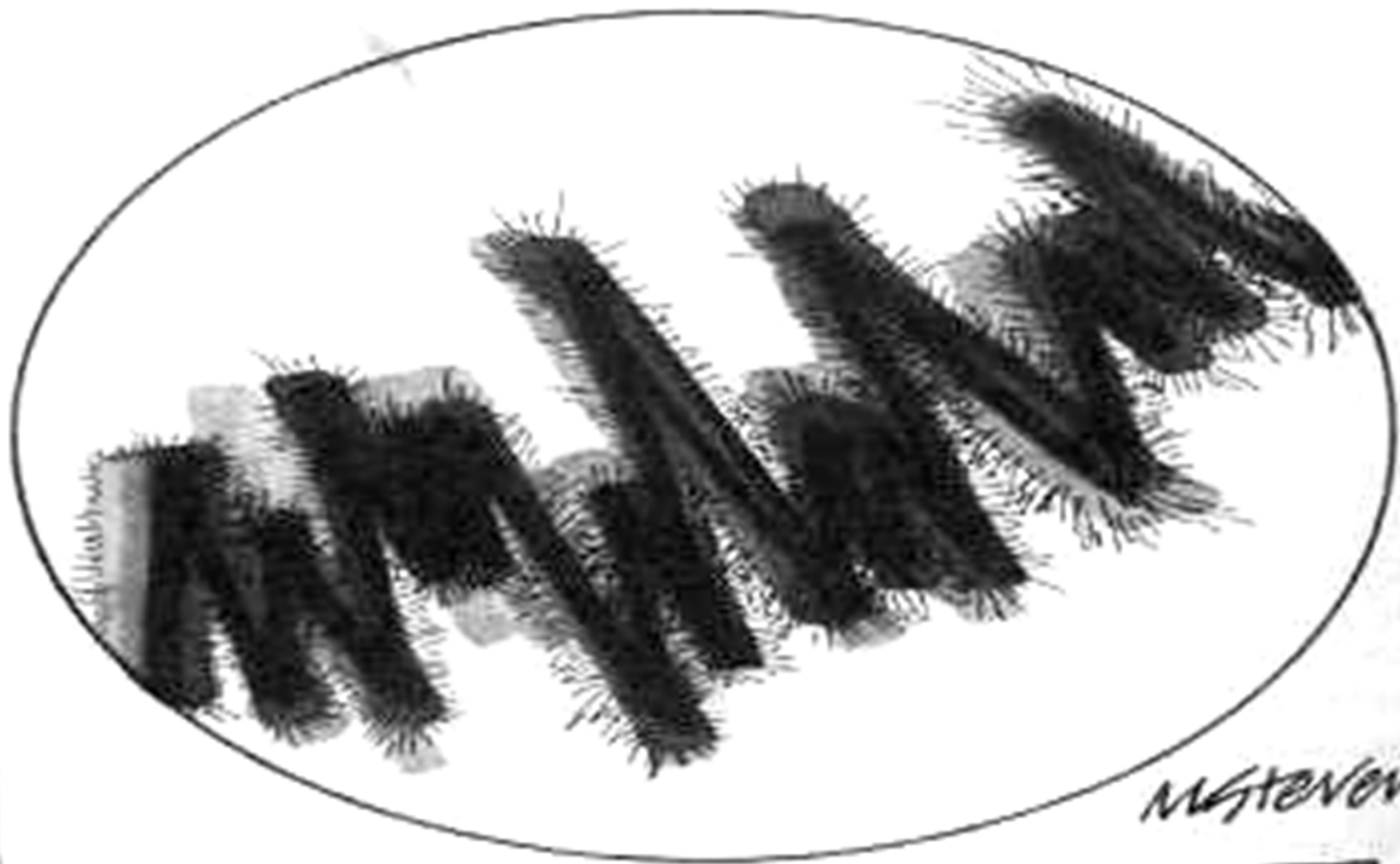




Gutsy move
...for a brain!

How Stress Works

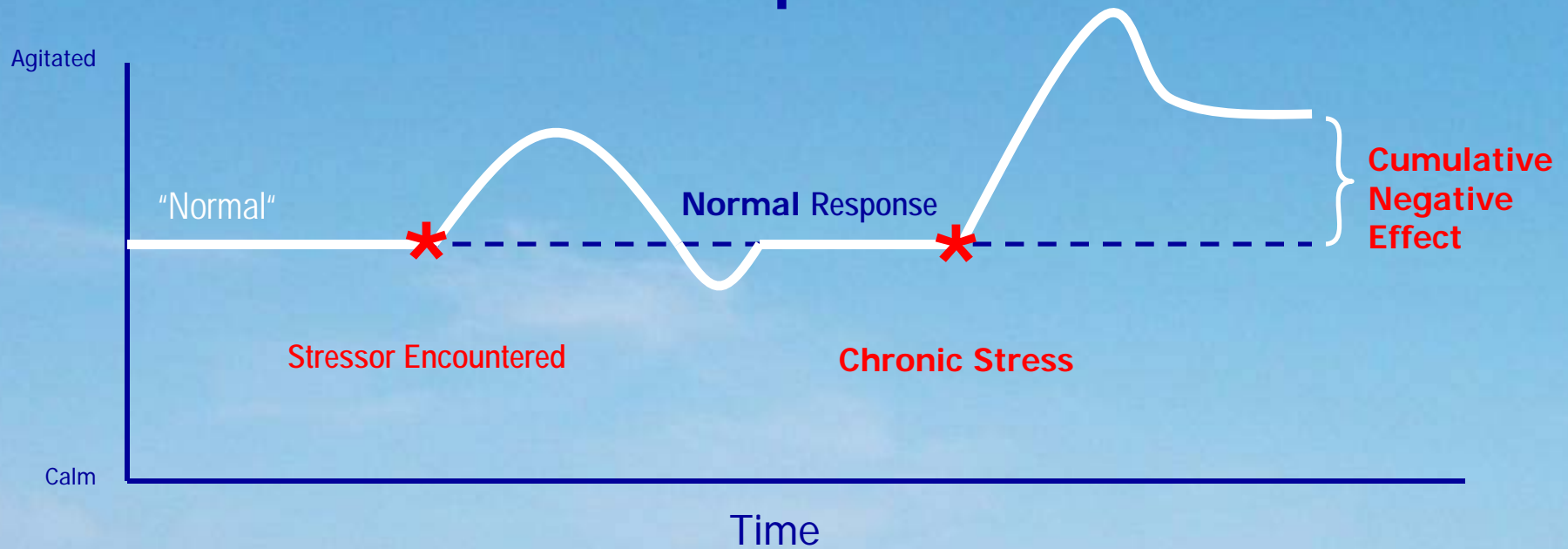




MSTENOVNS

FREE-FLOATING ANXIETY
(MAGNIFIED 200,000,000 TIMES)

So...what's the problem?

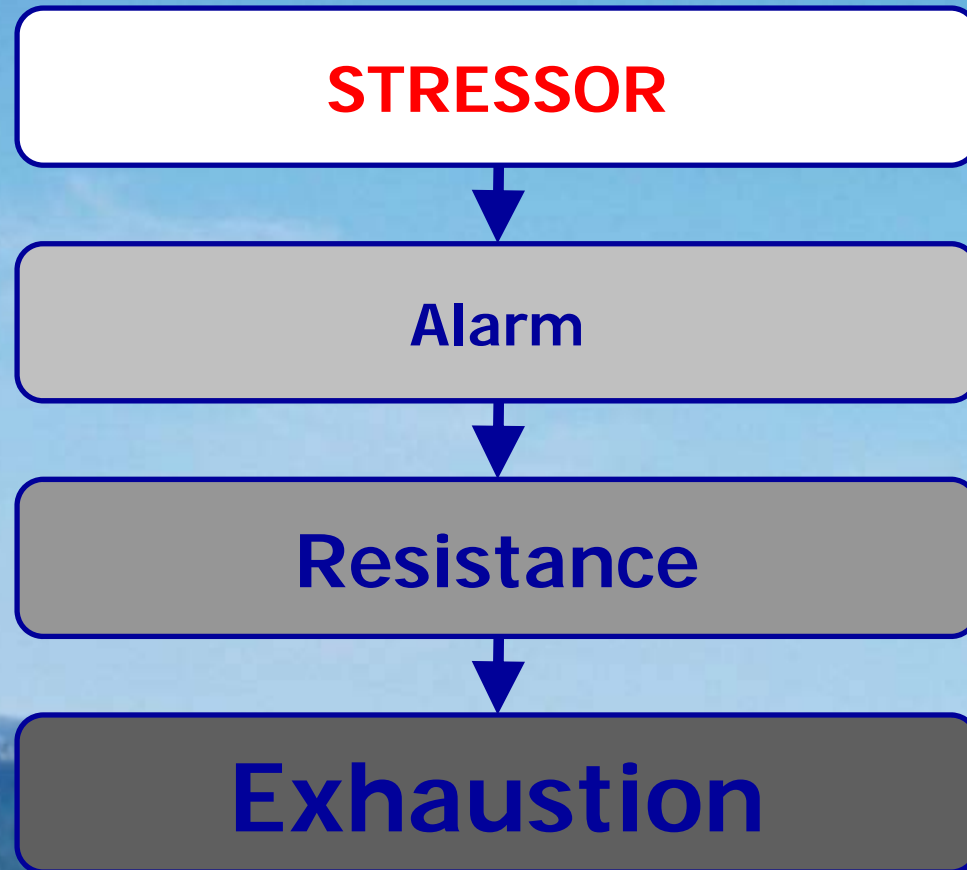


Chronic As Opposed To Acute Stress

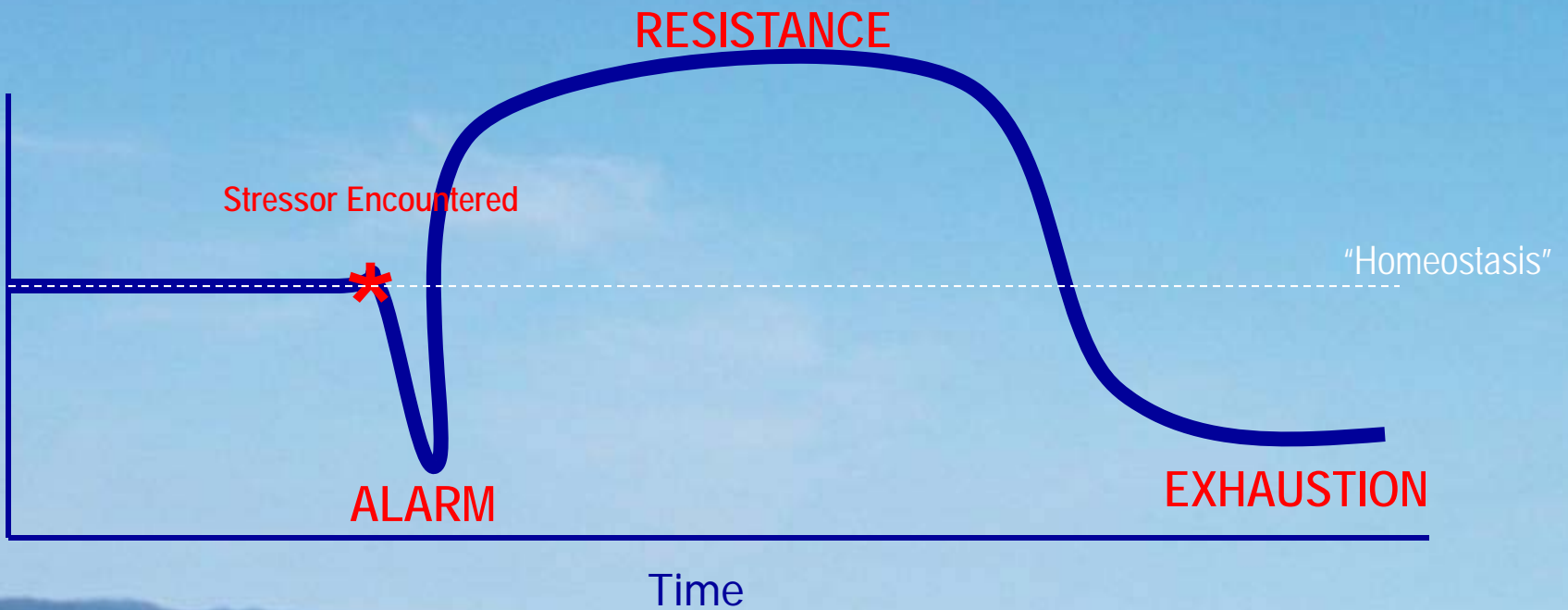
It's not the mountains ahead that wear us out; it's the grains of sand in our shoes.



Selye's General Adaptation Syndrome



General Adaptation Syndrome



When stress forces your body out of whack, it can lead three very negative effects.

1. **Exhaustion**: your body uses all it's energy to fight stress leaving you sleepy, tired and without energy. This can lead to...
2. **Depression**: your body can be so worn down that you begin to believe that this is “normal”. This, in turn, can lead to ...
3. **Burnout**: exhausted and depressed...you just stop caring what happens to you.





Techniques for Reducing Stress in Your Life

1. Get your “80/20s” straight
2. See “RED” (Rest-Exercise-Diet)
3. Improve Self Esteem
4. Cognitive Restructuring
5. Personality and Communication
6. Learn a Relaxation Technique (PMR or Mental Imagery)

The Fundamental Attribution Error

- Scientists polled thousands of Americans and asked:
 - “what things cause you stress?” and
 - “how many of them can you control?”
- Respondents said that they could control **80% of their stressors** (**20% were out of their control**)

The Fundamental Attribution Error

- Scientists then asked experts to evaluate which things could actually be controlled.
- They also found an 80% to 20% split, but:
- The experts said that you can only control **20% of your stressors** (80% are out of your control)

REMORSE CONTROL



Riemann

Practical Tip #1

- Keep it simple— **See RED**
 - Rest
 - Exercise
 - Diet

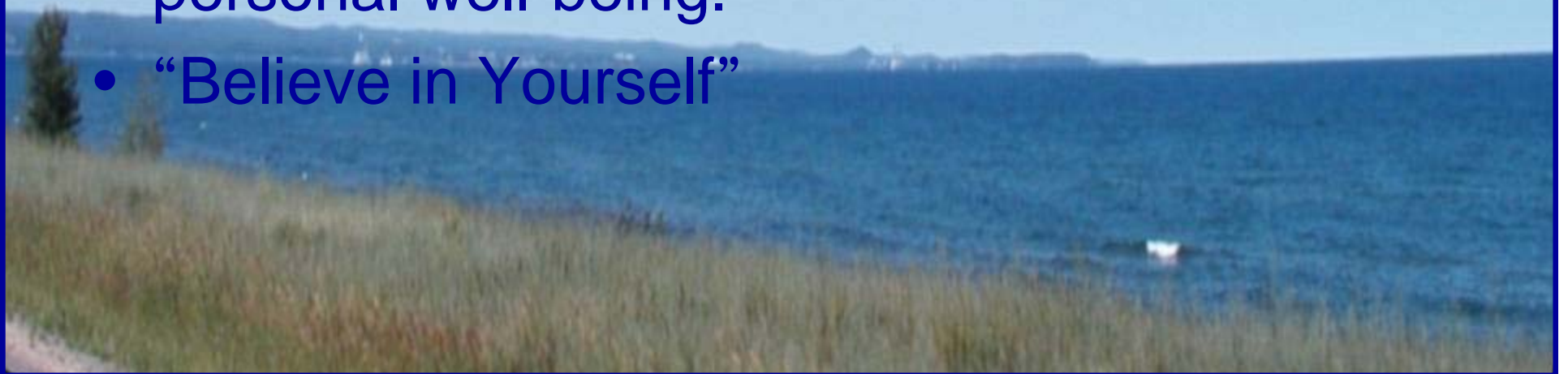
The irony of our present eating habits is that while your fear missing a meal, you aren't fully aware of the meals you do eat.

- Dan Millman



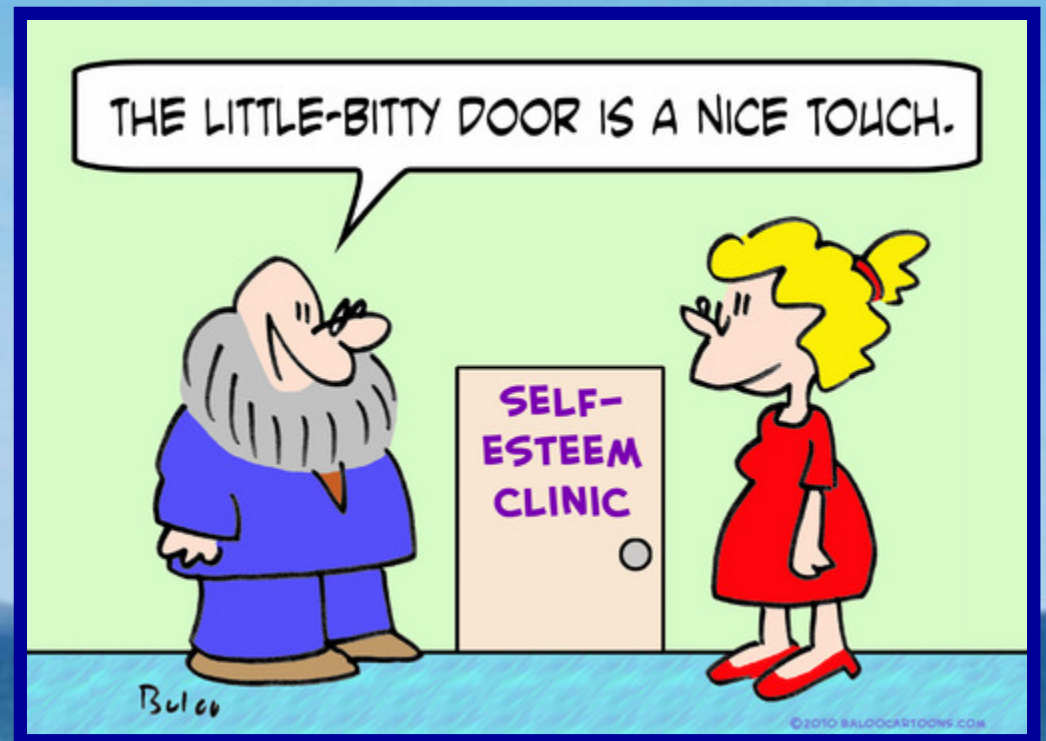
Self-Esteem: The Bottom-Line Defense

- People with low self-esteem and low emotional support have increased stress levels, physical symptoms and a worse mood than those with high psychosocial assets
- Self-esteem and social support moderate personal well-being.
- “Believe in Yourself”

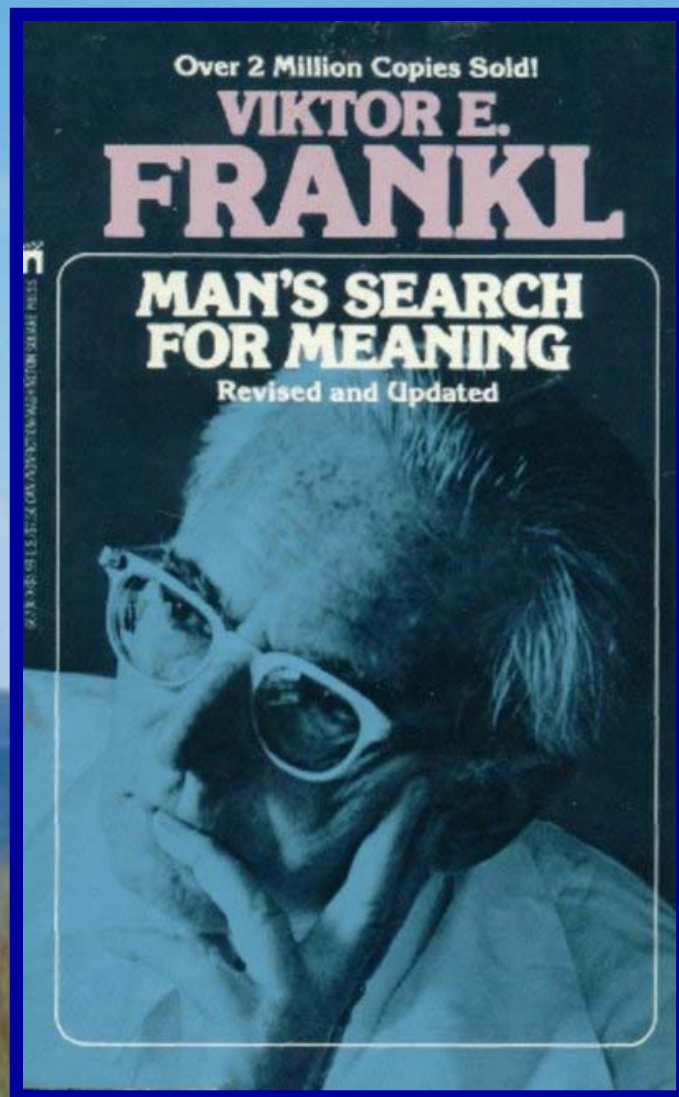


Characteristics of High Self-Esteem

- connectedness
- individuality
- empowerment
- model for others



Cognitive Restructuring



- Everything can be taken away from man but one thing - the last human freedom, to choose one's attitude in any given set of circumstances

-Viktor Frankl

Cognitive Restructuring

- changing a perception from a negative interpretation to a neutral or positive one, making it less stressful
- also called reappraisal, relabeling, reframing, and attitude adjustment





Personality

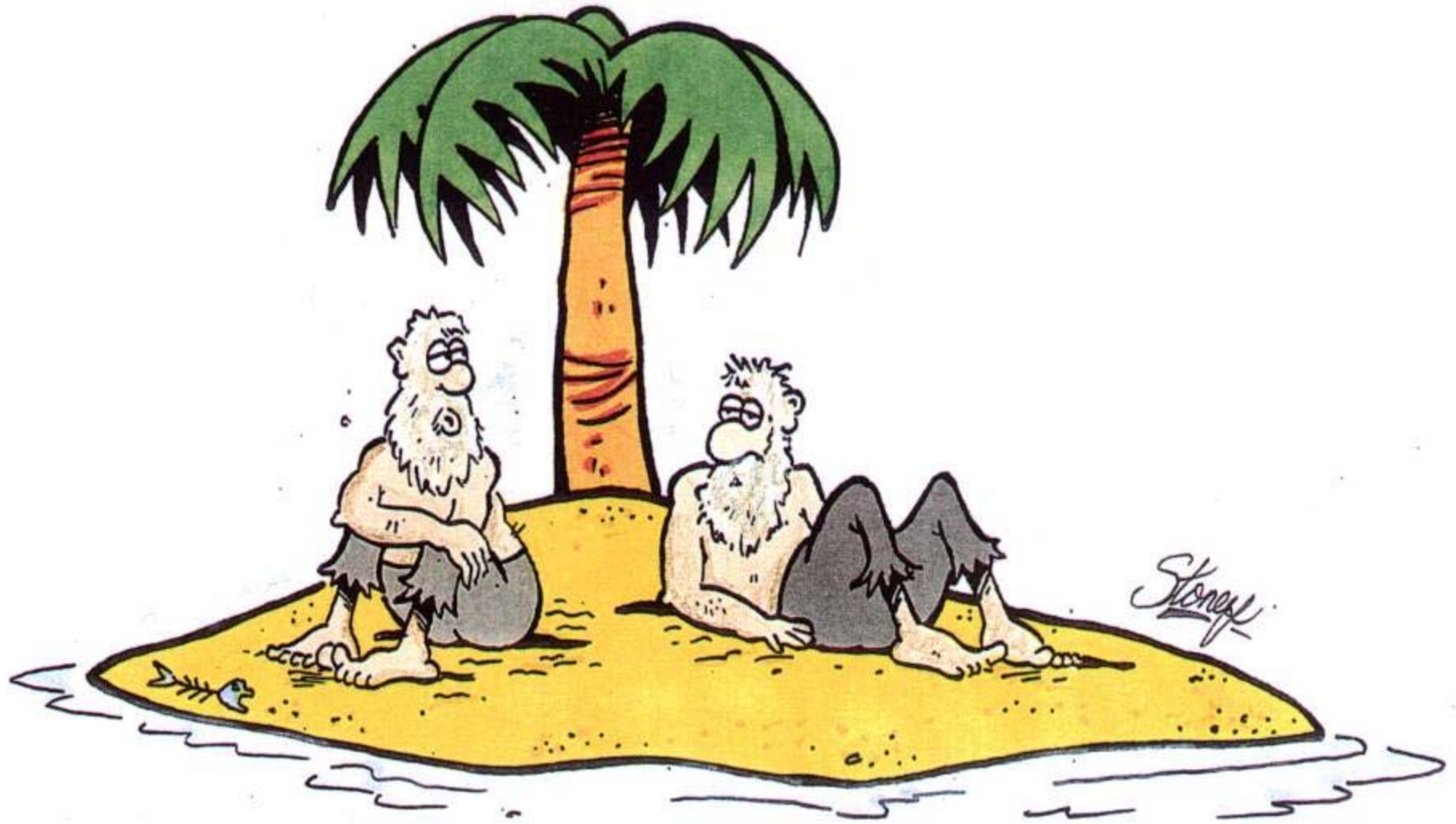
- The complexity of one's personality is thought to be shaped by:
 - genetic factors
 - family dynamics
 - social influences
 - personal experiences
- Learn to accept who you are



Communication Skills



- Average person spends approximately 3/4 of his or her day communicating with others. Typically, stressors involving other people are due to miscommunication.
- Strong relationships require good communications skills, both verbally and nonverbally
- Process of communication is like two sides of a coin. The first side represents self-expression; the second, listening.



"I'M SORRY, WERE YOU TALKING TO ME?"

The Four Agreements: Don Miguel Ruiz's Code for Life





The Four Agreements

- **BE IMPECCABLE WITH YOUR WORD**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

- **DON'T TAKE ANYTHING PERSONALLY**

Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

- **DON'T MAKE ASSUMPTIONS**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

- **ALWAYS DO YOUR BEST**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

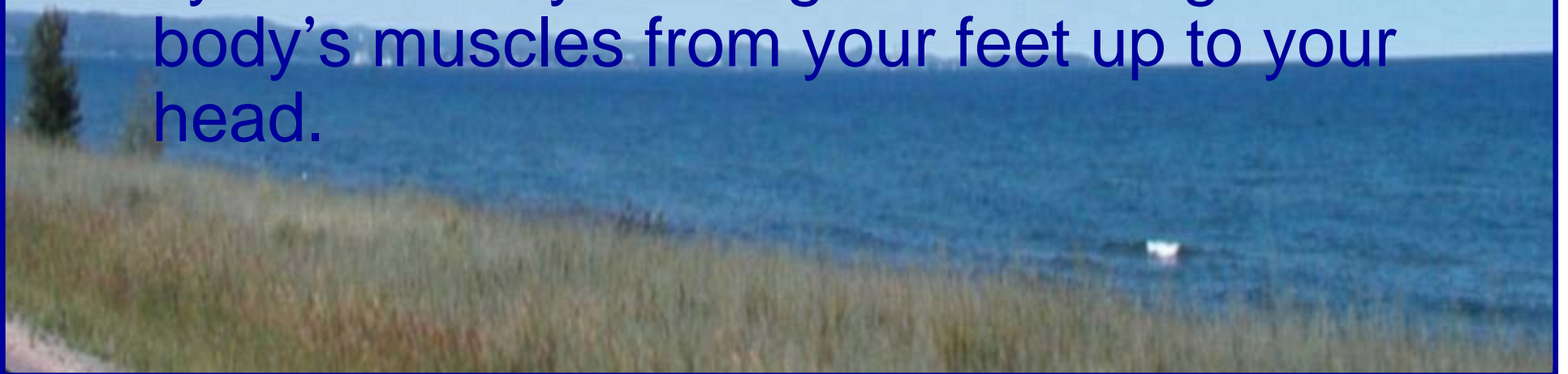
Two Simple Techniques:





Progressive Muscular Relaxation (PMR)?

- is a systematic approach to relieving muscle tension.
- Based on the work of Edmund Jacobson: PMR is a simple technique used to promote rest and relaxation by systematically tensing and relaxing the body's muscles from your feet up to your head.





Mental Imagery & Visualization

- Mental imagery involves unconscious thoughts that become conscious in the effort to heal or make whole.
- Guided mental imagery is a variation wherein images are suggested by an other person.
- Visualization is a conscious thought process directed toward self-improvement.





A CHECKLIST FOR STAYING PROFESSIONALLY ALIVE AND WELL

Thomas E. Mackenzie, Ph. D.

- **1.0 Check your mission.** Is it in order? Remember, schools are to help students learn and grow. Remember why you became an educator. Is your passion for achieving success constant?
- **2.0 Have you and your colleagues built anything new lately?** The FUN is in the building! What can you and your colleagues build next year that will help students learn? Dig in and build it!
- **3.0 Build your life on your successes.** Celebrate your successes. Face problems squarely, but don't obsess over them. *"I have been through some terrible things in my life, some of which actually happened."*—Mark Twain.
- **4.0 Leave room for disappointment.** Things don't always go as planned. *"If you want to make God laugh, tell him what you plan to do tomorrow."* When disappointments happen—look at them, learn from them, let them go.
- **5.0 Assume responsibility for your own happiness.** Have your students assumed responsibility for their happiness? Never let others make you responsible for their happiness—you can't do it. Each person must be responsible for his/her own happiness.
- **6.0 Believe in your potential.** Humility is 100% accurate self assessment. Examine all of your qualities; the good, the bad and the ugly. You are always in pretty good shape for the shape you're in.

Final Thoughts

- It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves.

--Helen Keller



Final Thoughts

“There are three things of which we can be certain—God, death and human folly; the first two are beyond our comprehension, so we must do what we can with the third.”

John F. Kennedy



Final Thoughts

- Adopting the right attitude can convert a negative stress into a positive one.
 - Hans Selye



“A ship is safe in the harbor, but that’s not what ships are for. William Shedd

The greatest danger
in times of turbulence
is not the turbulence
itself, but
trying to solve today’s
problems
with yesterday’s
solutions.





Stress Management is a Journey

Take the First Step