



**Robin Rose
Training & Consulting, Inc.**

Presents:

Managing Stress & Preventing Burnout

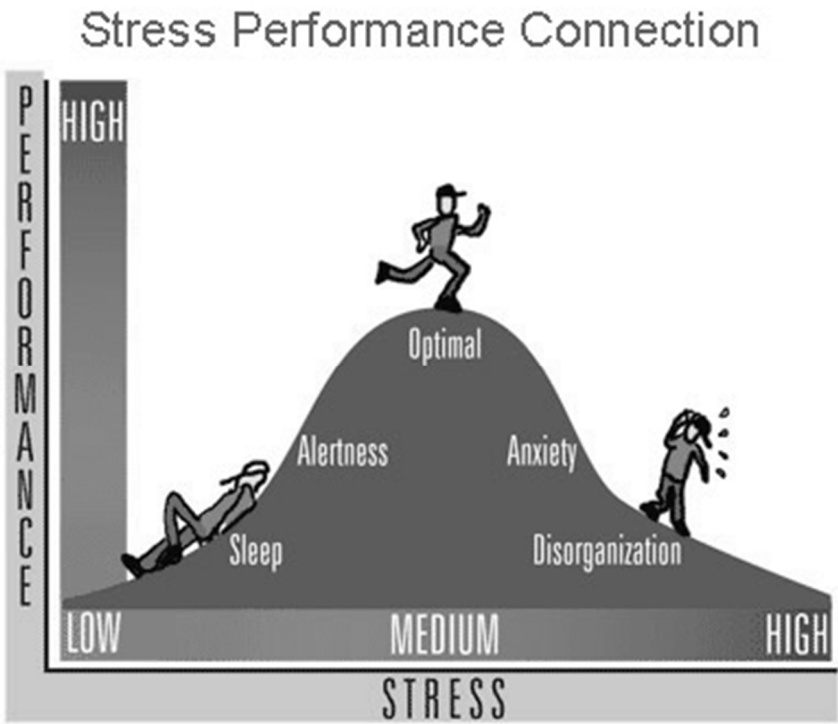
Evidence-Based Practices That Work (Parts 1 & 2)

DID YOU KNOW THERE ARE TWO TYPES OF STRESS?

EUSTRESS: Stress that is healthy and gives one a feeling of fulfillment or other positive feelings.

DISTRESS: Any interference that disturbs a person’s mental or physical well-being.

The key is having the right amount of each



**What are your indicators when you are relaxed and completely at ease;
what are you like when you are stressed and tense?**

1 _____ **10**

Relaxed, calm, content

Tense, uptight, hurried

	W	H
Relax Right Now Tools		
1. Gain control of your breathing		
2. Watch what you say to yourself		
3. Imagine feeling completely relaxed, gratified, content		
4. Take a 5 minute break		
5. Gratitude		
6. Laugh		
7. Cry when you need to cry		
8. Debrief with a colleague or friend (problem solve – don't complain)		
Stress Prevention Tools – <i>Small Changes Change Everything</i>		
1. Aerobic Exercise		
2. Get your sleep		
3. Eat an anti-inflammatory diet		
4. Eat breakfast (protein, complex carbs, good fats)		
5. Hydrate		
6. Give up excess caffeine and alcohol		
7. Force yourself to take breaks – move every hour		
8. Leave the office during lunch hour		
9. Take time-out: a short walk or a long vacation		
10. Go on an occasional news fast		
11. Get slow, quiet and calm once everyday		
12. Listen to music that lifts your spirits or soothes you		
13. Spend time in nature every day		
14. Respect yourself		
15. Surround yourself with positive people		
16. Ask clearly for what you want		
17. Learn to say 'No'.		
18. Set boundaries (know your limits)		
19. Use your Q-TIP		

20. Leave work at work		
21. Remember to use the 10 Second Rule		
22. Do something daily that feels timeless (eustress activity)		

Which tools would you like to fit in to your life?

Home	Work

Robin's Ideas for Having a Great Day

1. Before you get out of bed in the morning:
 - a. Take three deep, slow belly breaths. Start your day with fresh oxygen.
 - b. Think of something you love or are grateful for (influence your biochemistry).
 - c. Focus your mind upon what you would like for the day.
2. Remember your Q-TIP: Quit Taking It Personally. What other people say and do is about *their* wants and needs, it's not about you.
3. Connect with at least one person that day in a meaningful, uplifting manner.
4. Notice and celebrate your accomplishments. Congratulate yourself any time you remember to calm down instead of snapping at your child, coworker, or spouse.
5. Drink plenty of water. Hydration supports your thinking, energy level and flushes toxins.
6. Get up and move. Take a five-minute walk. Stretch. Moving your body frequently during the day will help you maintain a better cognitive, emotional and physical balance.
7. Listen to music that inspires you. Choose songs that move you to laughter, smiles, tears, or any emotion that is *real* for you.
8. Fill your days with gratitude. Make a list of what you are grateful for, and put that list where you can see it easily. Make it a regular habit to be grateful.
9. Stop engaging in conversations that trigger your survival brain. Steer clear of shaming, blaming, and complaining. Reroute or disengage from conversations that include criticizing, comparing, or recycling disappointments. Stop initiating or participating in put-downs or snide remarks, gossip, whining, or angry outbursts. Don't energize the drama.
10. Focus on what you *do* want rather than what you *don't* want. Remember, your brain does not process negatives. Replace what you don't want with a request for what you do want – in your own mind and in your conversations with others.
11. Laugh! Who makes you laugh, chuckle and grin? You can't produce stress hormones while laughing.
12. If your children are upset, use *your* breathing to calm their difficult moments. When you are breathing fully and easily, you can parent consistently and calmly.
13. Feel your feelings - but act from your values. Remember, you can have strong and uncomfortable feelings and still choose behaviors that are in alignment with your values.
14. At the end of each day, right before you go to sleep, think of things you appreciated that day, and repeat affirming statements to yourself. What you feed your mind as you fall asleep influences how well, or disturbed, your sleep will be. "I am happy", "I am healthy", "I am capable", or, "I expect happiness", "I expect health", "I expect goodness". As you sleep your brain integrates deeply. Integrate what you desire!

Help Your Child and/or Teen Be a More Successful Student

There are some simple yet highly effective actions you can take to help children have a more successful day at school.

Hydrate. Encourage your child to drink at least 8 oz of water every morning before leaving for school. Hydration significantly increases learning retention. Send them to school with a fresh bottle of water each and every day.

Feed their brains. After fasting all night long, the brain needs fuel to get going again. Students with low glucose have difficulty understanding new information, have problems with visual and spatial understanding, and they don't remember things as well. Find breakfast foods they will eat that contain lean proteins and complex carbohydrates. Try low-sugar yogurts, lean meats, eggs, whole grain toast with low-sugar jam, nuts, and old-fashioned, whole-grain oatmeal (not instant). Avoid sugared cereals and refined, white or processed foods, which actually diminish thinking brain functions and lower immune systems.

Set the tone. Create an upbeat, enthusiastic atmosphere in the morning. Be their role model – engage a great attitude towards your own day! Tell your child what you are looking forward to today. Try to steer clear of expressing your stress, anger or anxiety with kids – it negatively impacts their breathing and brain function. Remember, children downshift to their survival brain under duress – it's how they create a sense of safety - and that downshifting inhibits their learning.

Say it's so. Teach your children how to empower themselves using their internal dialogue. Help them practice by saying it out loud – I'm a great learner, I'm really good at math, I know I'll figure out the answer, etc. You can play with muscle- testing to show them how their body is strengthened through I can learn self-talk and weakened when they engage I'm stupid or I'm no good negative self-talk.

Breathe. If you're hurried, worried or tense, chances are huge that you're not breathing deeply enough. Children model your patterns – so if you hold your breath or have shallow breathing (upper chest only), your child follows suit. Shallow breathing turns off the thinking and learning functions in the brain. Shift yourself (and your kids) with a few good breaths. Practice belly breathing with your kids – send the oxygen deep into the lower lungs (the belly moves way out), then release with a long, slow exhalation. The slower you breathe, the calmer you'll become.

Movement makes them smarter. 15- 30 minutes a day of some type of movement helps the brain form more connections. Fun, familiar exercise assists the brain in wiring what children are already trying to learn, while new, slow and precise movement creates new brain connections. Try some of each – playing kickball (if familiar already) or a fun walk, and something new like playing hopscotch or basketball for the first time. To learn faster, slow down the movement.

No matter what they do, provide unconditional love and safety - the two essential human needs. When these essential needs are met, regardless of the mistakes we make as we are learning and growing, we develop into capable and kind adults.

Skills to Use

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What I want to remember most:

- 1.
- 2.
- 3.

Want more of Robin's information? Here are a few ways to get it:



1. Sign up for the free newsletter. Robin's StayWell messages deliver helpful tips and reminders to your email Inbox. You'll find the sign-up box on the home page of Robin's website: www.robinrose.com.



2. Read the book. *Shifting Gears: A Brain-Based Approach to Engaging Your Best Self* is the first book in Robin's StayWell series. You'll find it on her website, in the Products section.

3. Listen to the CD – Staying Calm & Thinking Clearly Under Pressure.



Workshop Evaluation

Workshop: _____ **Date:** _____

1. What did you find most helpful about this workshop?

2. What would you change about the workshop?

3. What will you take away from this workshop and use?

4. After today's session, if you could ask Robin one question, what would it be? Robin often posts answers to these questions on her Facebook page at www.facebook.com/RobinRoseTraining.

5. How would you rate the effectiveness of the trainer?

1	2	3	4	5
Ineffective		Satisfactory		Highly Effective

6. How would you rate the overall quality of this workshop?

1	2	3	4	5
Ineffective		Satisfactory		Highly Effective

Your comments will contribute to the quality of workshops provided for future participants.

Thank you for taking time to share your feedback.

Robin sends out a free email newsletter entitled Stay Well. To receive, please complete the information below or email Robin at robin@robinrose.com.

Name: _____

Email (*please print clearly – thank you!*): _____