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Welcome!

While You Are Waiting

Download the **Participant's Guide** found in the **Teal** "Resource List" Widget.
Use the **Guide** to take notes during the webinar.



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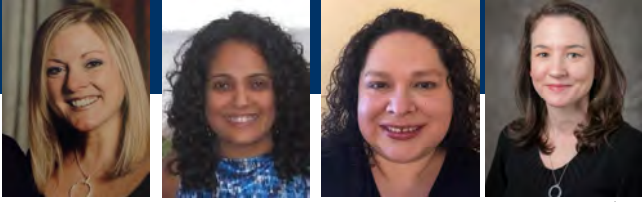
April 26, 2022

**Prioritizing Staff Wellness in Unprecedented Times:
Practical Strategies for Improving Staff Wellness**

Host
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Joyce Escorcía, NCECDTL
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Hosts



Jamie Sheehan Sangeeta Parikshak Joyce Escorcia Ragan McLeod

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Learning Objectives

- Describe how the Wellness Wheel can be used as a tool to promote staff well-being
- Implement ideas and strategies for supporting staff wellness

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Supporting the Wellness of All Staff in the Head Start Workforce
ACF-IM-HS-21-05

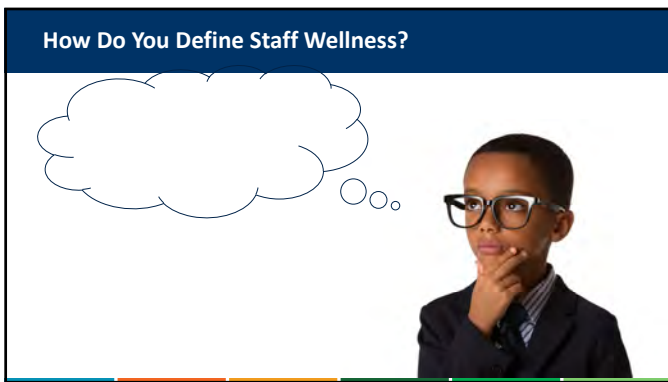
- 3. Programs are encouraged to foster a working environment of mutual respect, trust and teamwork where staff feel empowered to make decisions and know that program leadership are there to support them.
- 5. Programs must make mental health and wellness information available to staff regarding health issues that may affect their job performance, and must provide staff with regularly scheduled opportunities to learn about mental health, wellness, and health education.
- 6. Programs are encouraged to consider ways to improve work spaces and incorporate more physical activity, safety practices, and healthy options into daily work routines.

Supporting the Wellness of All Staff in the Head Start Workforce | ECLKC (hhs.gov) NCECDTL

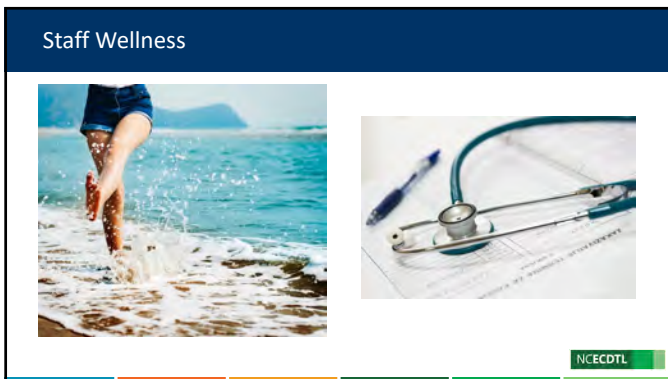
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Mental and Physical Health of Head Start Staff

Higher rates of stress-related health indicators

Higher prevalence of moderate and serious mental health concerns

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Stress During the Pandemic: Early Childhood Educators

Experienced moderate to serious mental health concerns almost doubled

1 in 10 reported difficulty controlling temper before the pandemic

Symptoms of stress were 2-3 times higher

Almost 1 in 4 reported difficulty controlling temper during the pandemic

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8237542/>

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Why Focus on Staff Wellness?

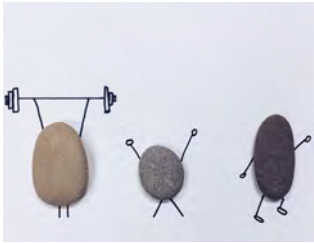
"Stress is related to feeling less confident in working with children and negative relationships with children"

"Staff who are happier, healthier, less stressed, and experience less depression are able to engage in higher quality interactions with children"

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Supporting Staff Wellness



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Poll

Which of the following occurs when you have a flat tire...


1. Difficulty steering
2. Ride is bumpy and shaky
3. Lose control of the vehicle
4. Increases my stress

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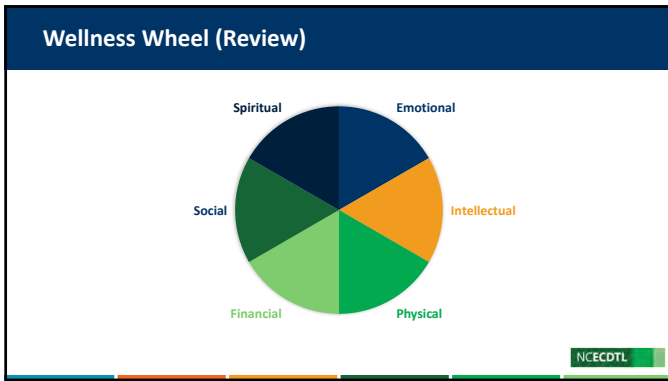
Think of Your Experience With...

FLAT TIRES

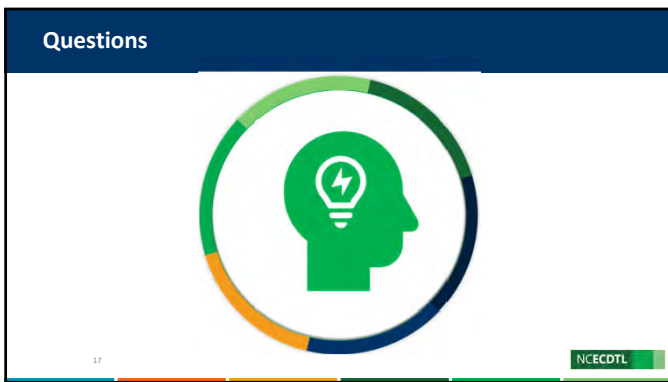


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Physical Health: Practical Strategies

Create healthy snack guidelines

Provide water bottles for everyone

Incorporate movement into PD events

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Social Health

Having positive interactions with friends, family, and colleagues

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Social Health: Practical Strategies

Begin staff meetings with social activities


Start a Padlet

Plan community-building activities


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Financial Health



Managing your money and debt to support you in the present and the future



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Financial Health: Practical Strategies




- Provide financial literacy seminars
- Find local discounts to share with staff
- Explore loan forgiveness opportunities



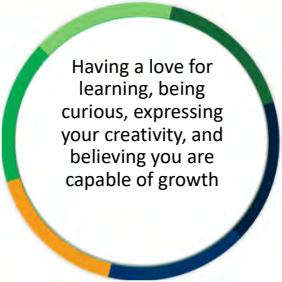
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Intellectual Health



Having a love for learning, being curious, expressing your creativity, and believing you are capable of growth



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Intellectual Health: Practical Strategies

Include creative activities during professional development

Have guest speakers from outside early childhood education

Organize article or book clubs

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Spiritual Health

Living with passion and purpose, in accordance with your core values, and with a moral compass

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Spiritual Health: Practical Strategies

Provide opportunities for guided meditation

Have staff consider "What is your why?"

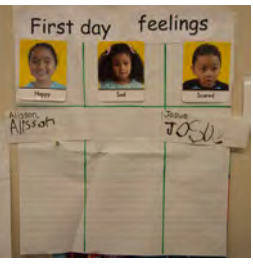
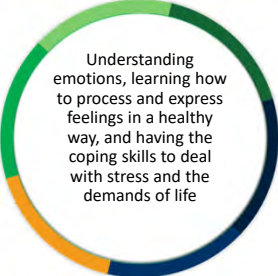
Provide opportunities for yoga breaks or classes

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Emotional Health


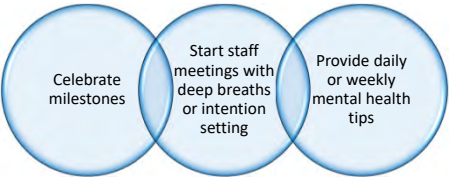
Understanding emotions, learning how to process and express feelings in a healthy way, and having the coping skills to deal with stress and the demands of life



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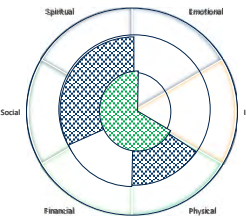
Emotional Health: Practical Strategies



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Wellness Wheel Check



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Develop Personal Wellness Plan

What can you do to support and protect the wellbeing of staff?

- Changes to the physical environment?
- Changes to the schedule?

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Staff Wellness Activity Matrix – Example 1

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Before Arrival						
Arrival						
Teaching day/classroom						
Class Meeting (circle time)						
Centers						
Outside						
Meals						
Break						
Break						
After Dismissal						

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Staff Wellness Activity Matrix – Example 2


Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Before work						
Mid-morning						
Lunch						
Mid afternoon						
After work						

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Goals to Support Wellness


- Develop individual goals with education staff to support wellness:
 - I will complete my Wellness Activity matrix for the week.
 - I will complete one mindfulness activity each day.
 - I will choose three strategies to improve my wellness each week.



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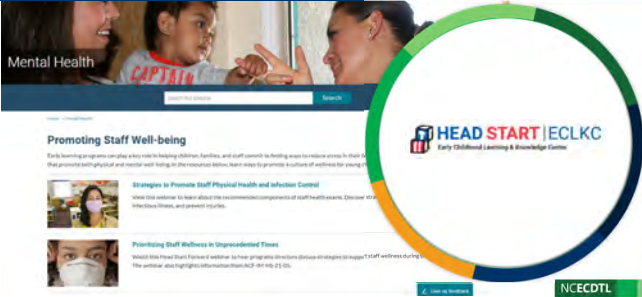
Questions



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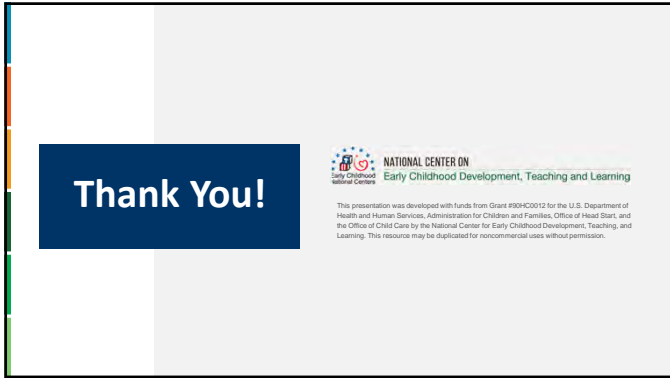
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Questions




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Thank You!

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