



# STRESS: WHAT DO WE DO WITH IT?

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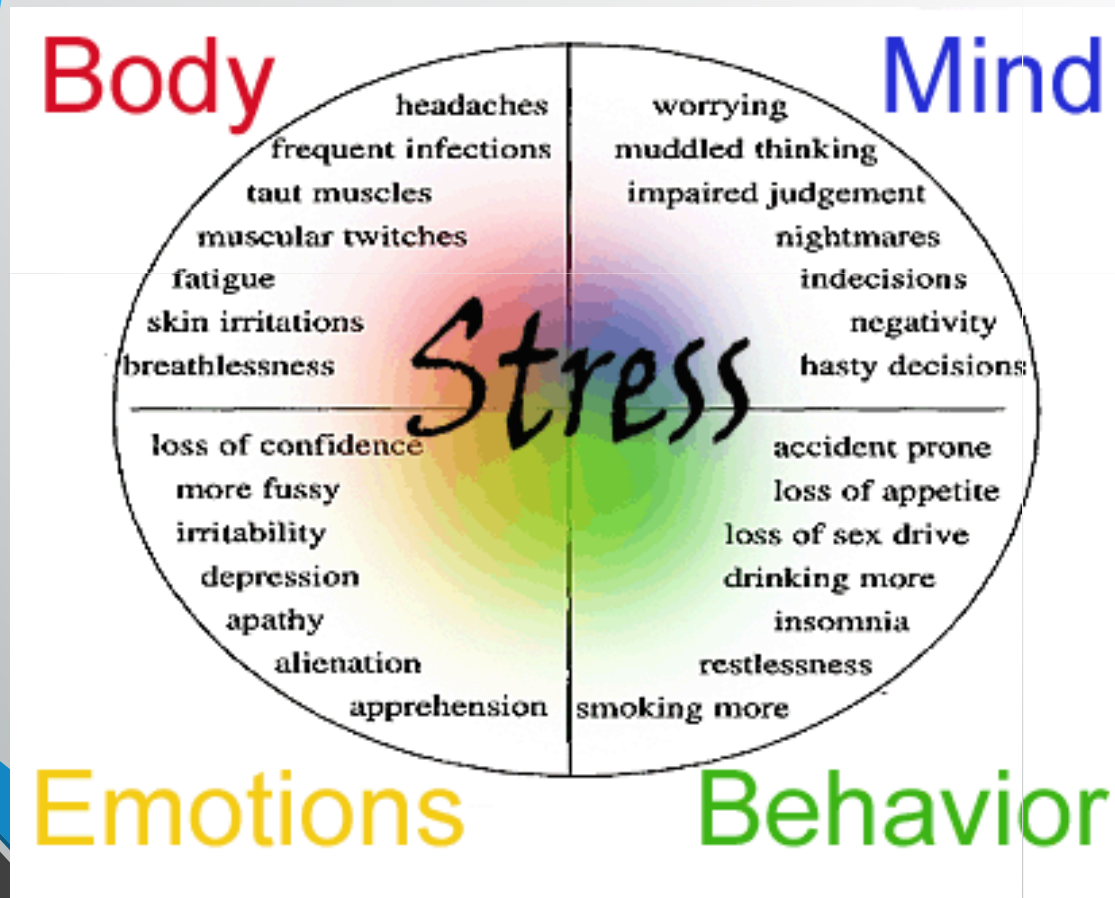
# Abstract

The presentation and ultimate paper will explore effective ways for educators to effectively manage stress. The goal of the presentation/paper is to present specific techniques, i.e. cognitive psychology, meditation, release/removal of toxic substances in the body, positive outlook and organizational tactic.

## Abstract (continued)

Theories toward alleviating stress with the above technique will be based on the work of Andrew Weil, Deepak Chopra, Carol Dweck, Steven Covey and Albert Ellis. The presentation will conclude with an exercise of guided imagery inspired by Iyanla Vanzant.

# INTRODUCTION



- Stress affects the mind, body and spirit (emotions/behavior having deleterious effects!)

# PURPOSE OF PRESENTATION/PAPER

- Evidenced based strategies will be provided to alleviate stress and become more productive in one's field of endeavor



# Experience of Stress as Special Education Teacher: Leading to Shortage of teachers

- Why Do Teachers Leave?

- Challenging Working Conditions
- Inadequate Preparation
- Lack Of Support For New Teachers
- Dissatisfaction With Compensation



- Complete source information available in: Podolsky, A., Kini, T., Bishop, J., & Darling-Hammond, L. (2016). Solving the Teacher Shortage: How to Attract and Retain Excellent Educators. Palo Alto, CA: Learning Policy Institute.

# Strategies To Alleviate Stress

## Learn to relax

Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow deep breaths.

## Exercise

Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk will do the trick.

## Time

Recognise that you can only do so much in a given time. Try to pace, not race.

## Make a list

Make a list of the things that are worrying you and the possible things that could happen then your brain will stop bringing them forward all the time.

## Sleep

Don't become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night.

## Stress Management

## Get organised

Have a realistic daily schedule including revision, sleep, eating, relationships and recreation.

## Be positive

Talk positively to yourself! Don't pay attention to that internal voice saying you can't do it; tell yourself you can do it and you will do it.

## Talk

Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

## Stay calm

Make sure you are in a calm, positive mood before you start studying.

## Be healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives. Drink lots of water.

# Psychologists: Cognitive and Behavioral

- Albert Ellis: remove “stikin thinkin”: turn off those mind numbing tapes that play over and over leading to depression and anxiety!  
Find an activity you enjoy!
- Aaron Beck: Purpose: “to correct maladaptive behaviors”<sup>1</sup>  
Similar to Ellis, cognition plays a role in how one interprets thoughts
- B.F. Skinner: Every action has a reaction: think before you act!!



# Mindfulness and Visualization

- Carol Dweck (2006), emphasizes staying positive! A negative mindset creates learned helplessness, avoids risk taking, and ultimately dissuades one from even trying a new task.
- Iyanla Vanzant (1998) promotes new thought by visualizing what can be possible. If we thinking it, it will be!
- Marcia Emery, proports negative images create only more of the same! Again, positivity relieves stress!

# Release! Past hurts, negative, thoughts, injustices to your soul!

- One day, my soul just opened up
  - There were revelations, annihilations, and resolutions
  - feelings of doubt and betrayal, vengeance and forgiveness
  - memories of things I'd seen and done before
  - of places I'd been, although I didn't know when
  - there were lives I'd lived
  - people I'd fought
  - victories I'd won
  - and wars I'd lost. (Vanzant, G., 1998)



# A Healthy Lifestyle

- Andrew Weil (1995): do what you can to rid the body of toxins: antioxidant rich food such as fruits and vegetables promote good health. Yes, your mother was right – eat your vegetables!
- Chopra, D (1995), advocates “going within” to find peace.
- Calming teas: Chinese herb teas sooth stress and anxiety: examples:  
Black tea, oolong, green tea, Pu-erh, and white tea.



# Conclusion

- Stress, if not managed can cause deleterious effect on the mind, body, and spirit
- Ways to manage stress are through cognitive thought, such as removal of “stinkin thinkin”, positivity, visualization, imagery, release, and leading a healthy lifestyle.
- According to Stephen Covey (2004): to manage stress, “we must think anew” (p. 34).



# References

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