



Secrets to Being a Child Care Professional

Secret #4

***Stress is when your gut says "NO WAY"
and your mouth says "Sure, I'd be glad to!"***

Reflect on your present personal and professional life, and answer each question below. I know you may be tempted to want to answer "sometimes", but that's too wishy-washy!

- Are you thinking/dreaming about your job at night when you should be sleeping?
- Do your friends/relatives say that you seem more irritable and crabby than usual?
- Have you forgotten the meaning of the word fun?
- Are you experiencing physical symptoms of stress (tightness in shoulders, knot in your stomach, or headaches?)
- Are you seeing close friends and relatives less frequently?
- Are you working more and accomplishing less?
- Do you tire more easily than you use to or do you feel more fatigued than energetic?
- Are you more cynical and disenchanted in both your personal and professional lives?
- Are you noticing a difference in your level of tolerance of others?
- Do you feel that you have given 150% of yourself to others and you're exhausted at the end of the day?

If you answered yes to 3 or more of these questions, move on to the tips below. If you answered yes to all of these questions, call your travel agent and book a vacation!!

Tips for your personal life

- Take a deep breath. Then, take 3 more deep breaths.
- Close your eyes and picture yourself somewhere safe and relaxed.
- Develop a professional support network.
- Go out to lunch with a friend, and don't talk about work.
- Decide if this stress is time-limited and will be gone after the crises you're experiencing.



- Take action now and make positive changes. Don't be a victim.
- Take a bubble bath.
- Laugh out loud at a funny joke.
- Take an aerobics class.
- Go try on funny clothes with a friend.
- Find releases for your feelings of stress: dance, listen to music, walk, swim or plant a garden.
- If shopping is your thing, then go spend time at the mall.
- If you hate shopping, then stay away from the mall.
- Buy a jar of bubbles; keep them in your desk. Throughout the day start blowing bubbles in your office. Keep a jar of bubbles in your car. When sitting in a traffic jam, roll down your window and blow bubbles.
- Make a to-do list of things you have already done.

Tips for your professional life

- Have peaceful and relaxing music playing in your program.
- Schedule a floater at all times. Use this person when people call in sick or are off. This will keep you from scrambling each day to cover classrooms. If no one calls in or is off, ask for volunteers to take time off.
- Develop a room for staff to use during break times that is away from the children. Have resources available in this room to help reduce stress, such as adult stress toys, herbal tea, decaffeinated soda or juice, poster depicting nature scenes, and relaxing tapes for listening.
- Encourage staff to share funny things they heard the children say, through a newsletter or a staff log book.
- Don't forget how to play. You're working in an environment that encourages play for children, so use it to your advantage.

Would you like to receive one clock hour of training for reading

"Secrets to being a Child Care Professional #4"?

If so, complete the worksheets at

www.tymthetrainer.com/onlinetraining.html

and follow the instructions.

A one-hour training certificate will be provided.