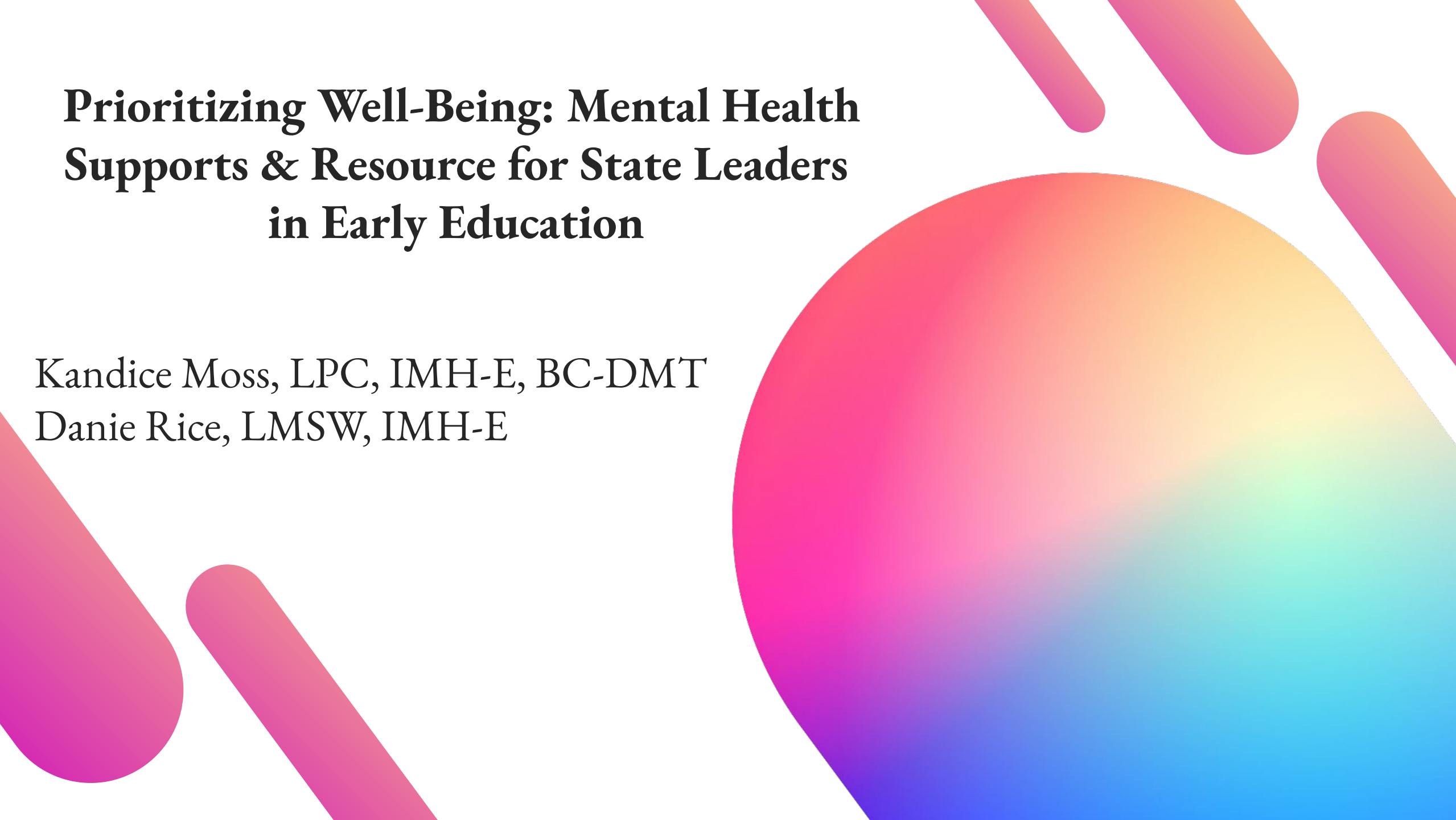


Prioritizing Well-Being: Mental Health Supports & Resource for State Leaders in Early Education

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Our Approach



Kandice

As leaders we believe we have to model for colleagues, staff, organizations, served, communities, families, parents, children and generations to come.



Danie

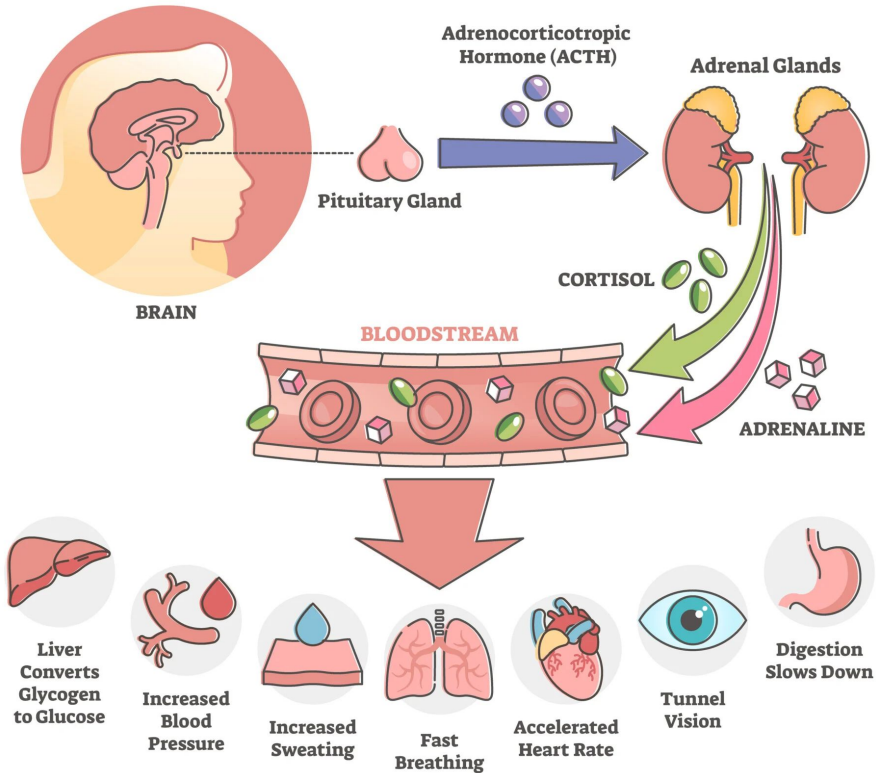
Feelings & Stress

Feelings and stress are closely connected, as emotions often play a significant role in how stress is experienced, managed, and perceived. Here's the relationship between the two:

1. Emotions can trigger stress
2. Stress amplifies emotions
3. Unprocessed feelings can lead to chronic stress
4. Managing feelings reduces stress
5. Feelings as feedback mechanism

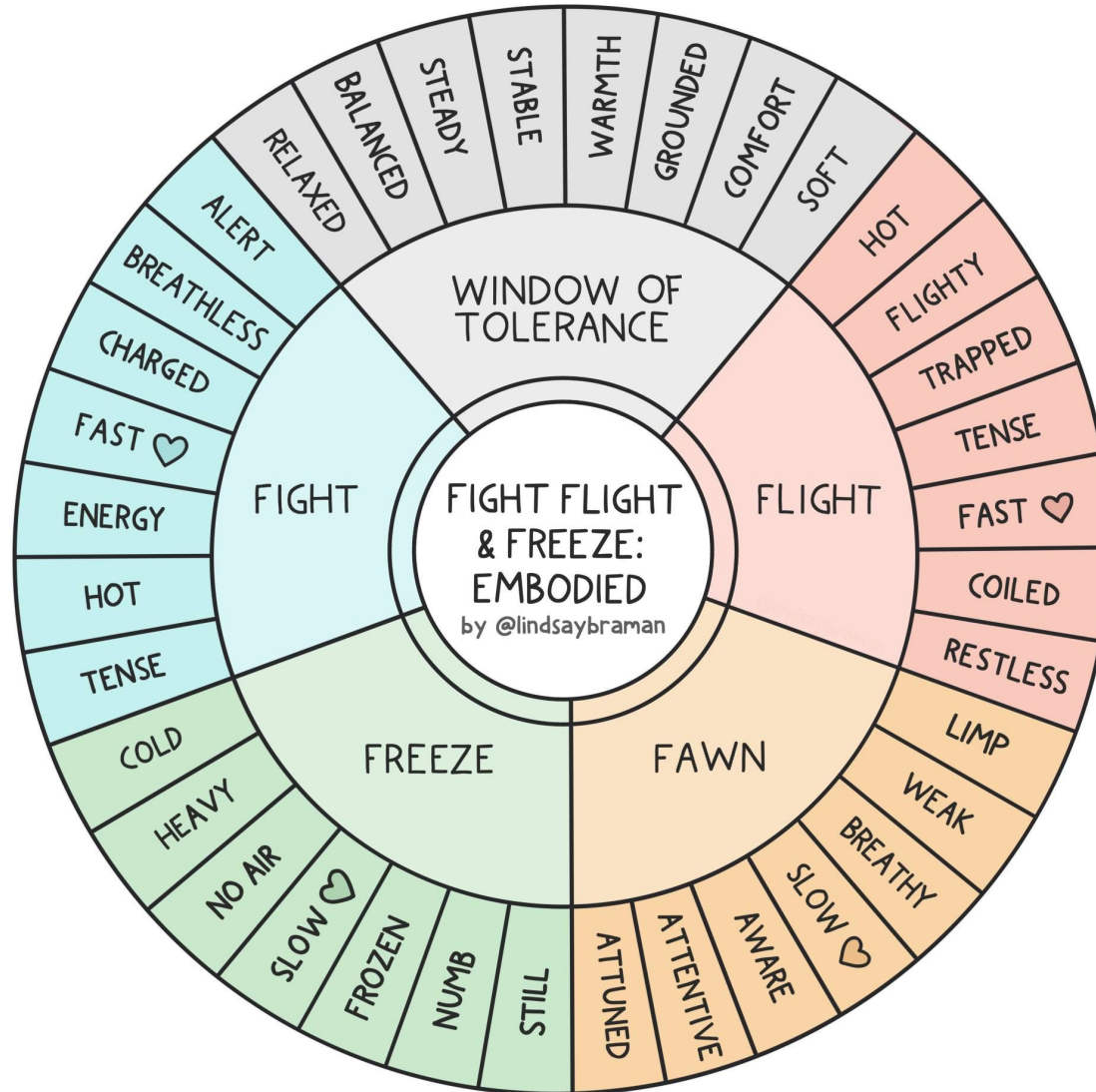
Stress Response System

STRESS RESPONSE



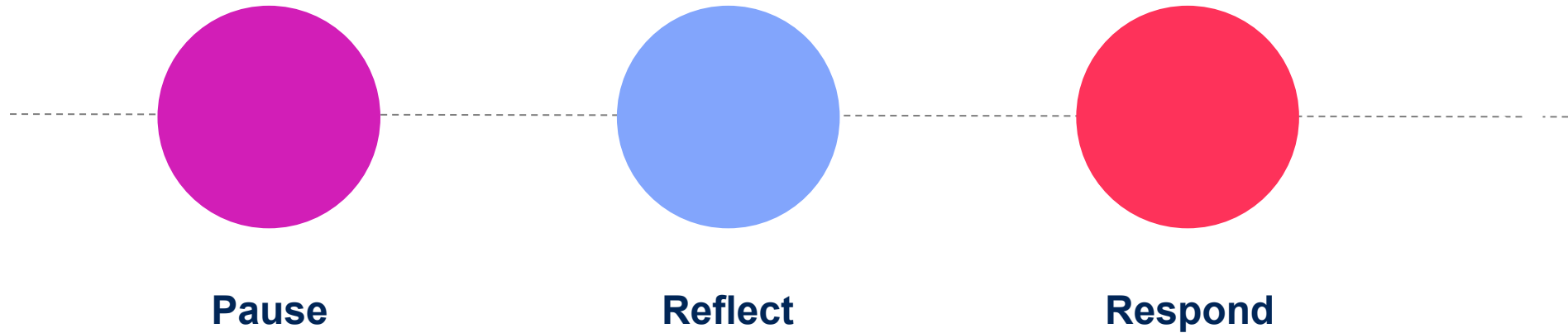
The stress response system, often referred to as the "fight-or-flight" response, is the body's natural reaction to perceived threats or challenges. It involves a series of physiological and psychological processes that help prepare the body to either face the threat or escape from it. This system is crucial for survival, but when activated too often or for prolonged periods, it can lead to health problems.

Stress Response System



Pause, Reflect, Respond

Embodied Activity



Pause

Reflect

Respond

Embodied Activity

Sad- stay seated

Happy - stand

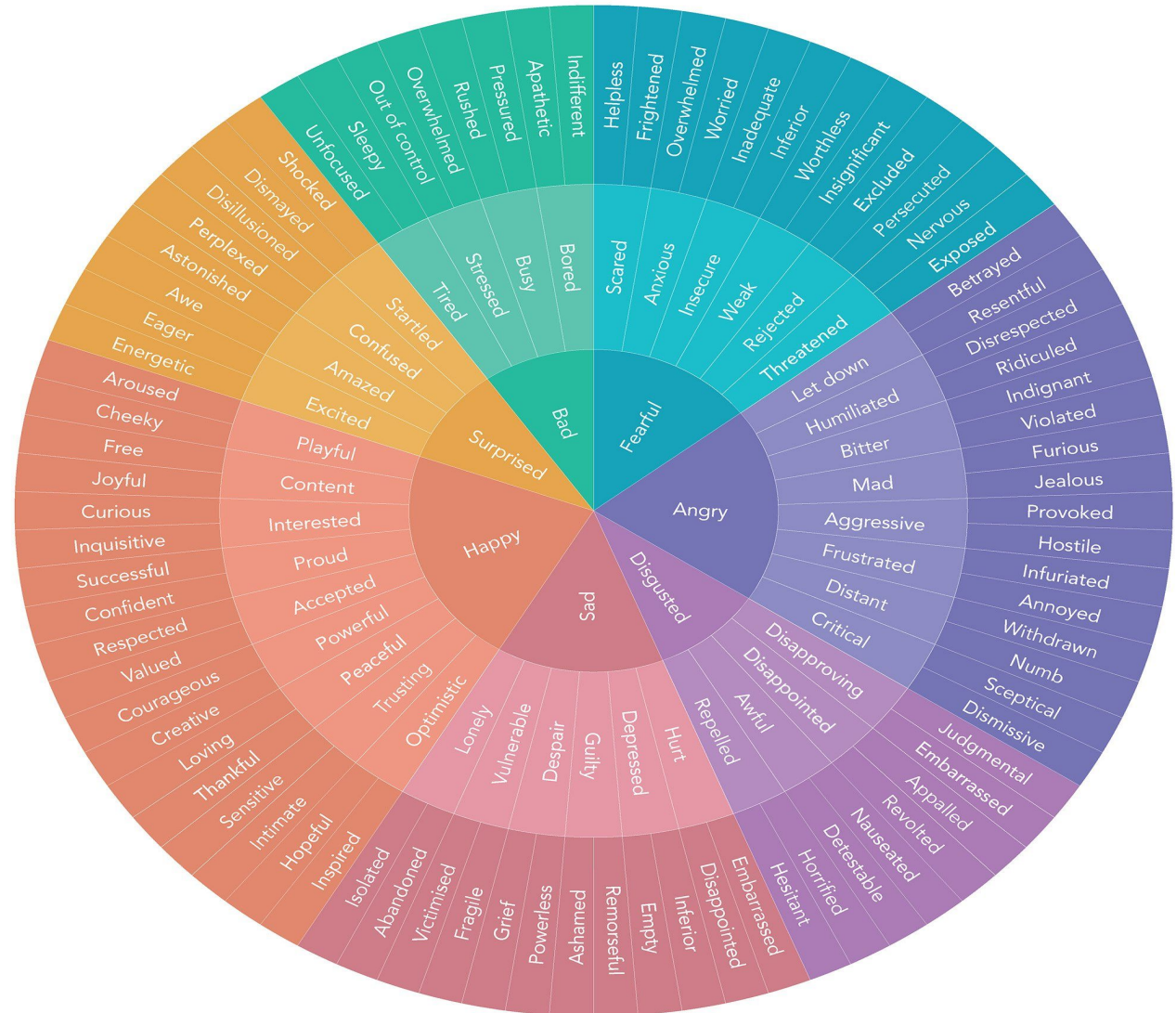
Surprised -pat lap

Bad- rock your body

Fearful- tap your feet

Angry - tap fingers

Disgusted - bounce legs



Stress and Decision Making



Impaired cognitive function



Heightened emotional reactivity



Fight or Flight Response



Decision Fatigue

Decision Fatigue

refers to the deteriorating quality of decisions after an individual has made many decisions over a period of time. It is a psychological phenomenon where the ability to make effective, thoughtful decisions declines due to the mental exhaustion caused by the cumulative demands of decision-making.

1. Procrastination: Postponing decisions or tasks because they feel overwhelming.
2. Impulsive Decisions: Opting for quick, easy, or immediate solutions rather than carefully thought-out choices.
3. Avoidance: Choosing to avoid decision-making altogether, sometimes leading to inaction or missed opportunities.
4. Decreased Focus: Struggling to concentrate or think through problems due to mental exhaustion.
5. Poor Judgment Making careless or risky choices due to reduced mental clarity.



Why does decision fatigue happen?

1. You make a lot of decisions every day.
2. Your decisions impact other people.
3. You're in the midst of a difficult life situation.
4. You're faced with uncertainty.
5. You have perfectionist tendencies

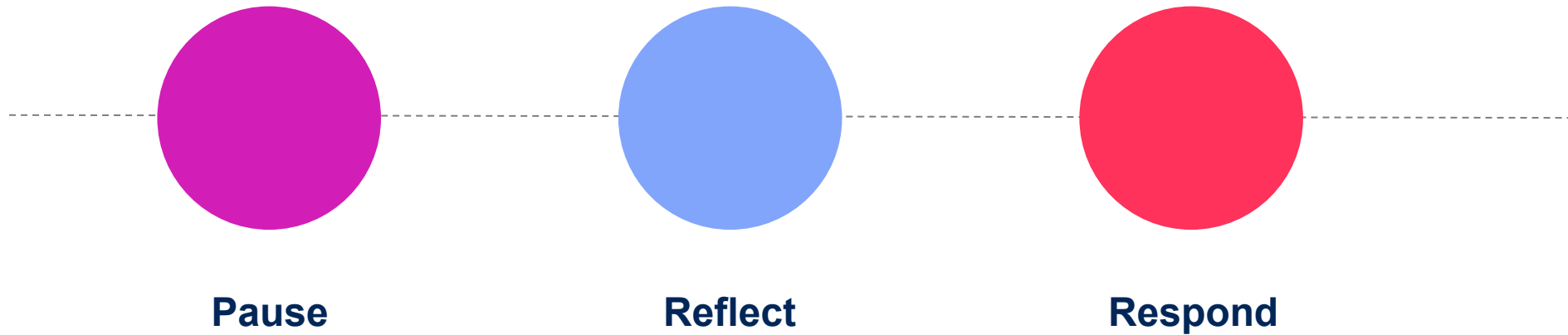


Reflective Conversation

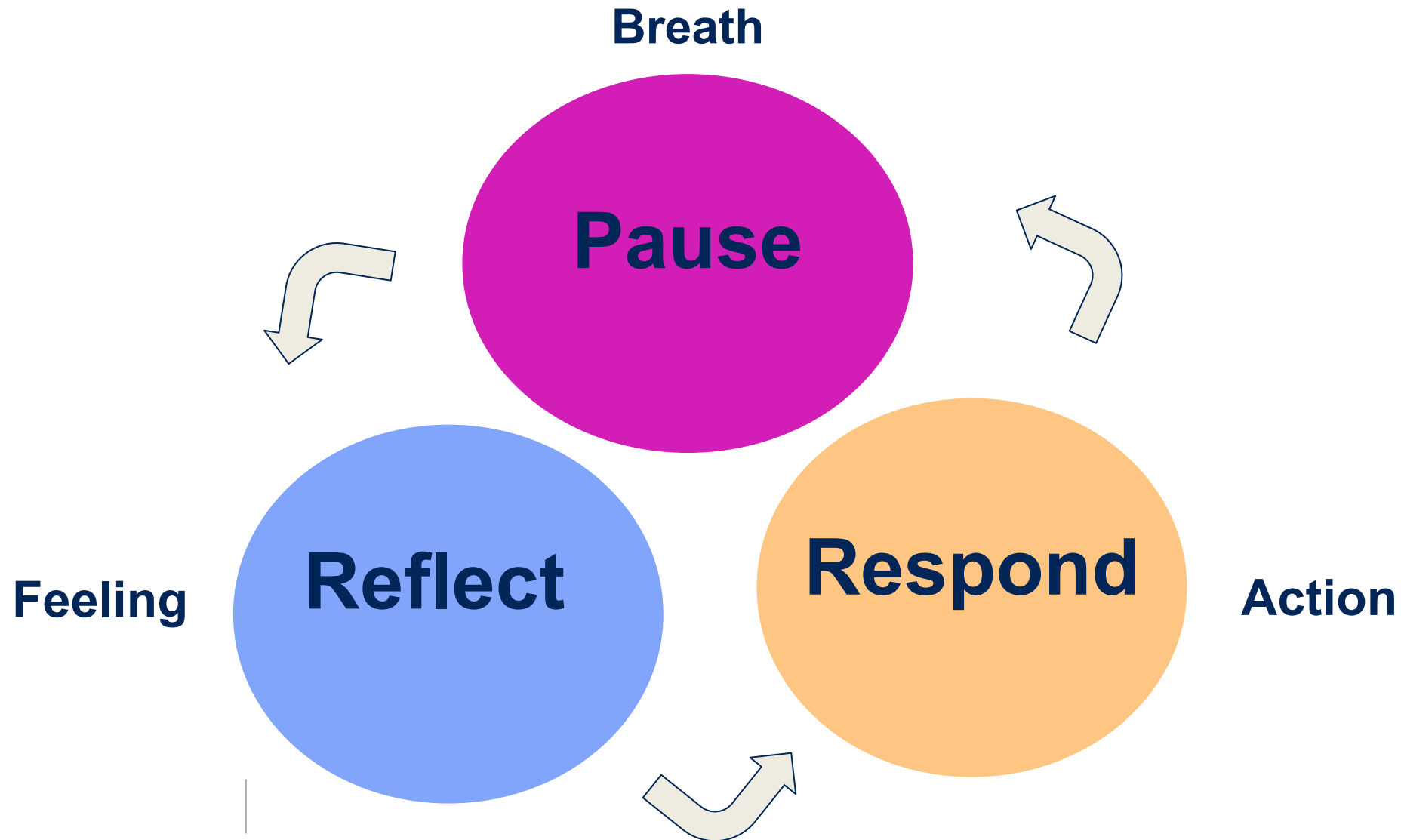
Should we talk as a large group or a small group?



Embodied Activity



Deconstructing Decision Making



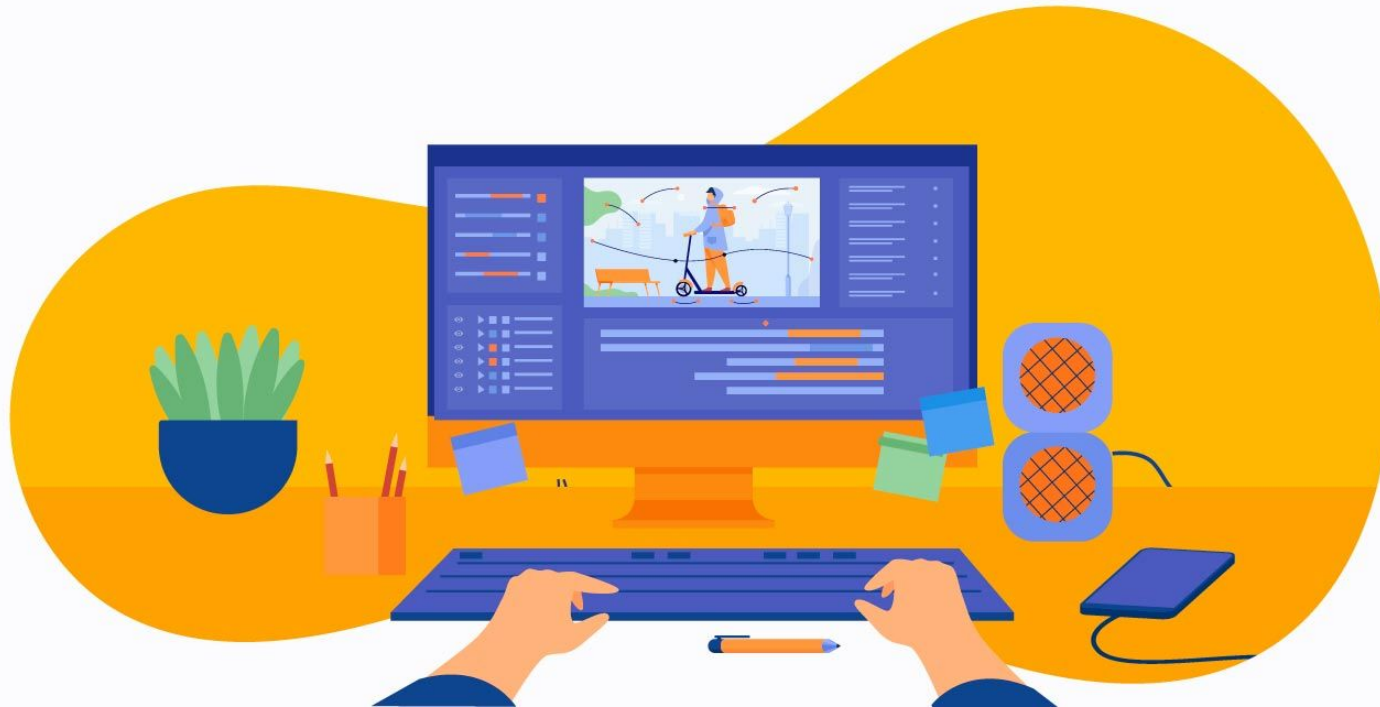
Experiential Decision Making/Guided Meditation



Coping Wheel



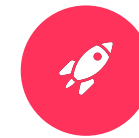
Additional Resources & Strategies



Reflective Supervision



Learning Communities / Infant
Mental Health Associations



Somatic Therapy

THOUGHTS | QUESTIONS | COMMENTS

THANK YOU

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