

Facts About Stress



Three Ways to Classify Stress

- Response
- Stage
- Frequency

Three Stress Responses

- Positive
- Tolerable
- Toxic



Three Stages of Stress

- Alarm Reaction
- Resistance
- Exhaustion

Three Frequency Levels of Stress

- Acute
- Episodic Acute
- Chronic



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Stress Reduction Ideas

- Eat Healthy
- Exercise
- Drink Water
- Proper Rest
- Prayer / Meditation
- Time Management
- Healthy Boundaries
- Saying "NO"
- Declutter
- Social Connections
- Coaching
- Therapy

Executive Functioning

- Planning
- Focus
- Flexibility

Self-Regulation

- Self-Control
- Self-Awareness

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Strategies for Leadership



PREDICTABLE ENVIRONMENTS

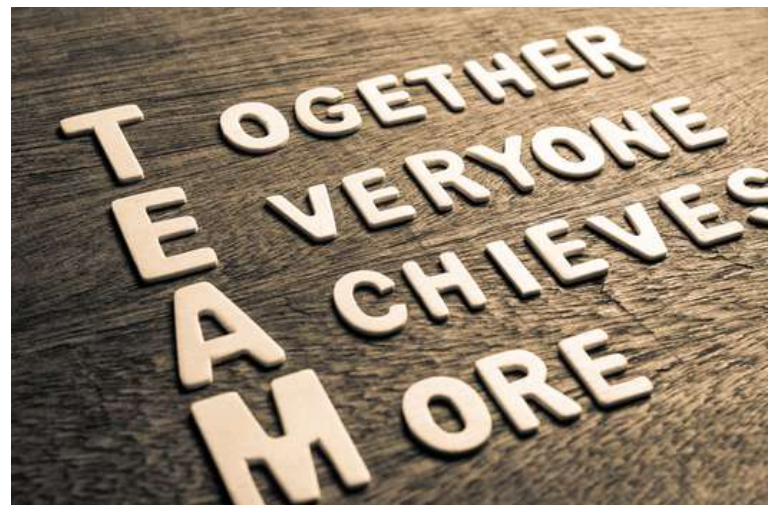
- Physical Space
- Schedules
- Responsiveness
- Communication
- Availability & Confidentiality
- Scheduled Meetings
- Evaluations & Feedback
- Contingency Plans
- Professional Development
- Team Building & Culture
- Self-Care

RESPOND PROMPTLY TO STRESS WITH

- Emotional Language
- Flexibility
- Resources
- Professional Development

RELATIONSHIP-BUILDING

- Personal and Professional Growth
- Help Coping with Challenges
- Regular, Scheduled Classroom Time
- Build in Collaboration
- Consider Your Own Relationships



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