Stress and Allostatic Load
Welcoming Activity

Share which of the following images on the next slide most accurately reflects your feelings right now.
How are you feeling today?

Engaging Activity: Mindful Minute
Learning Objectives

- Understand how stress impact us physically and mentally.
- Explain Allostatic Load.
Series Learning Objectives

- Illustrate the interconnectedness of SEL and self-care.
- Practice and implement Breathe, Move, and Rest strategies for Self-Awareness and Self-Management.
- Identify CASEL competencies.
- Acquire skills to train colleagues in SEL, evidence-based curricula.
Guiding Question

What is stress?
(Grades 6-12, Unit 3.9)
Engaging Activity: Think-Ink-Share

Where do you feel stress in your body?

Where do you feel joy in your body?
What is stress?

A physiological reaction that prepares an individual to respond to a stressor.

What is a stressor?

The stressor is usually something that threatens the well-being or homeostasis (stable equilibrium) of the individual.
Engaging Activity: Starfish Breathing or Take Five
Benefits

- Positive challenge
- Motivates us to take action
- Promotes well-being
- Enhances performance

Detriments

- No relief in sight
- Makes us physically sick
- Weakens immune system
- Impairs performance
Stress Response

“Gas Pedal”
Sympathetic Nervous System: Fight or Flight

“Brake”
Parasympathetic Nervous System: Rest and Digest

https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response
Engaging Activity: Chair Cat/Cow

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Allostatic load is "the wear and tear on the body," which accumulates as an individual is exposed to repeated or chronic stress.
Impact of Stress & Trauma on the Heart

After his death, Dr. Martin Luther King Jr's autopsy found that while he was just 39 years old, he had the heart of a 60-year-old.
Secondary Trauma

Compassion Fatigue

The cumulative, detrimental effect of working with survivors of traumatic life events

https://lesley.edu/article/six-ways-for-educators-to-avoid-compassion-fatigue
Stress Is Contagious

Higher cortisol levels were found in students whose teachers reported high levels of stress and burnout.

Researcher Kimberly Schonert-Reichl urges educators to be aware of their own mindsets and to practice mental wellness exercises to reduce their stress levels.

Engaging Activity: Chair Twist
It is essential for adults working with young children to be well physically and emotionally.

Better health enables better relationships with children, and research has long demonstrated that good relationships are crucial for children’s learning and social-emotional development.

Dr. Kate Gallagher
Director of Research and Evaluation,
Buffett Early Childhood Institute, University of Nebraska

Neurochemicals

Neurotransmitters

Endorphins

Improved mood

Improved memory

Engaging Activity: Guided Rest
Today’s Reflection

Self-Care:

- Schedule a Mindful Minute for each morning
- Choose 1 other Breathe, Move, and/or Rest Brain Break to practice independently.
- Register for your free SEL curriculum account at pureedgeinc.org
Optimistic Closure: Think – Ink

Reflection

Notice what is on your mind and write that down.

or

Write about how you are feeling right now.
Success Through Focus

Strategies for educators and learners to support social, emotional, and academic development through mindful movement and rest.
What does tension feel like in your body?
When do you feel tension in your body?
Why is relaxation important?
What is stress?

When do you feel exhilarated by stress?
When do you feel depleted by stress?
Can you name some wellness practices that help build resilience?