

Understanding and Embracing Your Stress through Self-Care

Kit QT:

Stress is bad, stress is the enemy! What if that wasn't entirely true? Science tells us that it is our perception of an event, and not the event itself, that causes stress. Positive and/or tolerable stress is an inevitable part of life, but the harmful effects of these types of stress don't have to be. Identifying, implementing, and maintaining effective self-care practices can help change your perception of and thoughts about everyday stress, helping you to be happier and healthier.

It is important to note, the types of stress identified above and throughout this virtual kit are not the same as the chronic, toxic stress experience by many children and adults. Click [here](#) to learn more about toxic stress and the effects it has on learning, behavior, and health across the lifespan.

Within this virtual kit you will find information, resources, and strategies that aid you in identifying and implementing self-care practices to better understand, embrace, and utilize the everyday stresses in your life.

Show Me Now – I Need It Tomorrow:

[How to make stress your friend - video](#)

[Self-care for professionals](#)

[4 Ways You can Replace Self-Blame with Self-Care](#)

[Building Resilience, Preventing Burnout](#)

What Does This Look Like In Practice? (I Have A Little More Time To Read About This):

[Building Your Bounce Journal](#)

[Mindful Teachers - Self-Care Resources](#)

[Staff Wellness - Managing Stress](#)

[Let's Go! Health Workplaces toolkit](#)

What Does the ECRC Have On This Topic?

Brown, B. (2015). Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead. Avery.

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Dweck, C. (2007). *Mindset: The New Psychology of Success*. Ballantine Books.

Johnson, Spencer. (1998). *Who moved my cheese?: an amazing way to deal with change in your work and in your life*. New York, NY : G.P. Putnam's Sons.

Mackrain, M. & Bruce, N. (2013). *Building Your Bounce: Simple Strategies for a Resilient You*, 2nd Edition. Lewisville, NC: Kaplan Press.

McGonigal, K. (2016). *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It*. Avery.

Moser, Adolph. (1988). *Don't Pop Your Cork on Mondays!* Landmark Editions.

Peale, N.V. (2003). *The Power of Positive Thinking*. Touchstone.

Seligman, M. (2006). *Learned Optimism: How to Change Your Mind and Your Life*. Vintage.

Sterling Honig, A. (2010). *Little Kids, Big Worries: Stress-Busting Tips for Early Childhood Classrooms*. Baltimore, MD: Paul H. Brookes Pub. Co.

How Can I Find Training Materials on This Topic?

[Devereux Center for Resilient Children free webinar listings](#)

[Power of Positive Communication - KCCTO online](#)

(KCCTO classes are offered online. To inquire about a specific class, contact the KCCTO office 785-532-7197 or visit KCCTO.org)

[Stress and Day Care](#)

If You Thought This Kit Was Helpful, You Might Also Like...

[Virtual Kit: Building Resiliency in Children and Families](#)

[Virtual Kit: Temperament](#)

What If I Still Need Help?

You may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578.

Evaluation

Please take a minute to complete a brief survey to let us know what you think about this virtual kit, and what other topics you would like to see addressed in future. <https://www.surveymonkey.com/r/RDLYPC2>

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References

Center on the Developing Child. (2017a). Key Concepts: Toxic Stress. Retrieved from <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>.

McEwen, B. (2017). When is stress good for you? Retrieved from <https://aeon.co/essays/how-stress-works-in-the-human-body-to-make-or-break-us>.

McGonigal, K. (2013, June). Kelly McGonigal: How to make stress your friend [Video file]. Retrieved from https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?referrer=playlist-the_importance_of_self_care&utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare.