Refueling your Mind, Body and Spirit

“Pull up to the pump!”
Objectives

Participants will:

- Review external vs. internal stressors
- Explore the 4 types of personal energy
- Recognize the importance of taking care of their own needs in relationship to providing quality care and education for children
- Develop a plan of action to care for themselves
Our Time Together...

- Introductions
- External vs. Internal Stressors
- Four Types of Personal Energy
- Refueling and Finding Balance
- Action Plan
- Final Thoughts
Pull up to the Pump
A little stress here...a little stress there

External Stress

Internal Stress
What’s stressing you?
Cup of Water
Four Types of Personal Energy

- Physical
- Emotional
- Mental
- Spiritual
Physical Energy:
How HEALTHY are you?
Physical Energy Family Feud

- Draw and label the MyPyramid Plate
- How many hours of physical activity is recommended for an adult per week?
- How many hours of sleep per night is the “rule of thumb” for adults?
- Bonus: Name a healthy dessert.
Let’s Get Physical!

Physical activity refuels your

PHYSICAL ENERGY!
Emotional Energy: How HAPPY are you?
Defusing Negative Emotions

Juan’s mother comes into the classroom visibly upset. She states in a loud voice, “Juan came home yesterday with a bruise on his arm and I know it happened here! You must not be watching the kids right!”
Defusing Negative Emotions

Your co-teacher is not feeling confident about her skills and continually puts herself down. She defers to you for guidance on even the most simple tasks.
Your supervisor has required you to attend a mandatory meeting on the day you have set aside to input data into GOLD and prepare your lessons plans for the next 2 weeks.
Using a reverse lens

- **Reverse lens:** “What would the other person in this situation say and how might they be right?”

- **Long Lens:** “How will I likely view this situation in 6 months?”

- **Wide Lens:** “How can I grow and learn from this situation?”
Expressing Appreciation

To others

To self

Note To Self:
Know that what you think of yourself is far more important than what others may think of you.
You are Amazing, you are loved, and You ARE Enough!
Mental Energy: How FOCUSED are you?
Steps to Prioritizing

1. Confirm your goal
2. Make a list
3. Be realistic
4. Plan and prepare
5. Organize
6. Be flexible
7. Ask for help
8. Say “no”
Creativity is...

How do you define creativity?
Active Brains
Spiritual Energy: What is your PURPOSE?
Let’s Meditate!

Meditation refuels your SPIRITUAL ENERGY!
Lessons from the pump....
Refueling Action Plan
Final Thought

“When you take time out and re-fuel you can change your perspective on your situation.”

~Tony Schwartz

(The Energy Project)
Resources

- The Energy Project
- Harvard Business Review
- Wayne University
- Jay Leno Pump Cast News
- Patty Shukla: CDs and DVDs for children
- ChooseMyPlate.gov
Questions, Comments, Concerns?

Thank you!
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