

Decrease Stress, Enhance Joy, and Increase Success, Today!

Workshop Participant Takeaways

- It is so important to reflect on what is going on and how to combat stress
- Have a plan so you can deal with the stressors that inevitably come up
- Take time to breathe!
- Find a routine that works well for you
- It's okay to say "No".
- Be grateful for even the smallest blessing in each day and try to find at least one positive thing that happened during the day!
- You can train your brain—you get more joy when you find a task meaningful. Focus on the positive meaning.
- Rethink how you look at stress and strategies to deal with stress. Often times I take on more responsibilities and tasks but do not change or plan for how I will fit it in to what I am currently doing. Shift your mindset in how to handle new tasks to avoid feeling overwhelmed.
- There's good stress and then there is bad stress. It is important to know the difference between the two and work to reduce the "bad" stress.
- Focus in on the what is most important and to go with it in a positive way will be beneficial
- We should not wear stress like a badge of honor
- Notice how you are feeling and accept (don't fight) your thoughts. When helpful, shift your focus to what you are grateful for!
- Pay attention to the right limit on how many kids I am comfortable watching. I have ranged from 12-8 and 8 is ideal for my stress level and my ability to feel like I am giving all my kids the attention they deserve.
- I want to remember to evaluate what I am feeling before reacting and trying to think positive, or put a positive spin on it. Like the example with the little boy in class, rather than him stressing you out, stopping to think what it must be like to be him and how his moving around might be a useful trait in his life as an adult.
- I want to remember to be present in the moment, and learn to look for the positive in the hard situations. Look for the positive in every child, no matter how much trouble they can give.
- Provide compassion for the child experiencing difficulty, "It must be hard to control your body for that amount of time".
- Seek to Understand - the kids and other adults



- I know I can't change anybody. So accept the things you cannot change and change the things you can change. And know the difference between the two.
- Realize that you can stop and shift the way you think to turn negative thoughts into more productive ones.
- Remember that you can't get time back so be conscious about how you are spending it!
- I like the idea of calling stress, "strain". It is a good visual and makes sense to me. I also like to think of bad stress as a lack of balance of resources.
- Learn how to ask for help.
- Unplug and try to be mindful of the things you can control vs. things outside of your control.
- Understand that even if it may not feel like it, you're doing important things.
- Find ways to balance life. Separate work and home, exercise, think positive, practice deep breathing throughout the day. Take a step back every so often.
- Pay attention to when you are in the Default versus Focus mode. Make time for the focused mode.
- Make a conscious effort to honor yourself frequently
- Balance demands and resources
- Be in the moment and avoid losing time now when by focusing on the "what ifs" for the future
- I choose how I'm going to react. Be in a positive and be present. You only have this moment.
- Be present in the moment and take each situation or opportunity to use it as a learning tool and finds ways to appreciate where we are at in life.
- Take things in 5 minutes intervals. What is most useful for you in this five minutes?
- Embrace people as they are, give kind attention
- Reduce the amount of media/social media consumed
- Others deserve to have me in the present when I am interacting with them. We will both benefit!
- No matter how large or small the issue or challenge, there will be a memory to smile about. So every moment is valuable just be happy we have them.

