



# **Resilient Educators**

## **Fundamentals of Stress & Resilience**



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# Private Performance Coaching for *all* TUSD Staff & Admin

Melinda's [Bio](#)



Jenn's [Bio](#)



# Reflect

If you had more energy, who or what would get it?



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In this program, including our Digital Course, we'll learn to **understand and manage stress**, identify strategies to improve our **health and well-being**, and create a plan to become more **agile, resilient educators and leaders**.



# Reflect

Write down one thing that is bringing you stress right now. (could be a worry, a deadline, a fear, kids, work/life balance, health, something on the to-do list, loneliness, finances, a pervasive thought, etc.)

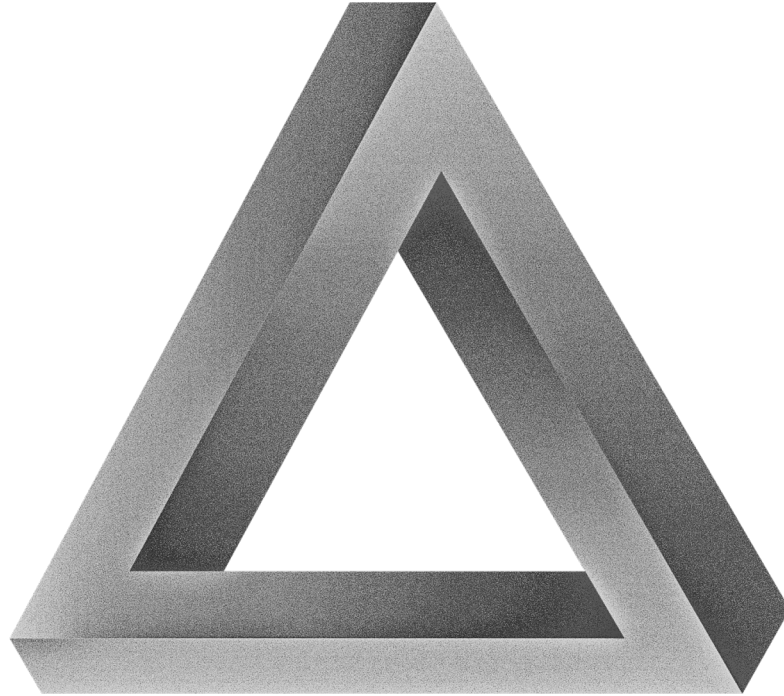
# Fundamental One:

We draw our energy and  
performance from  
multiple pathways.



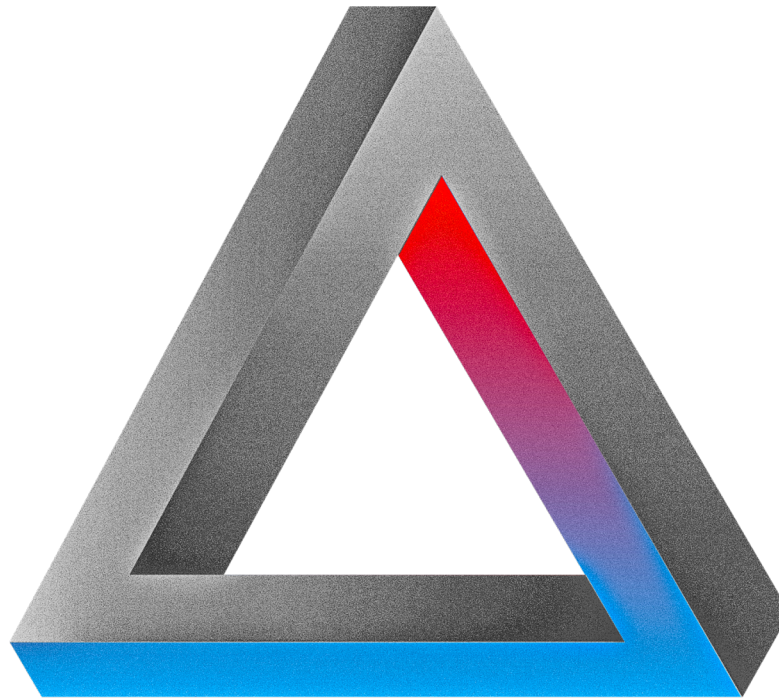
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# Performance Pathways



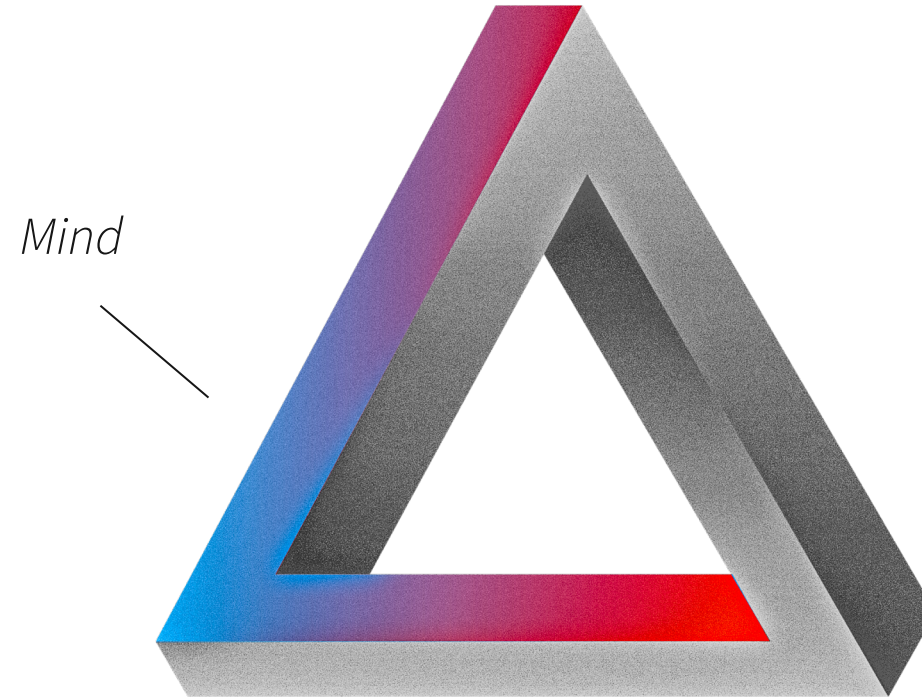


# Performance Pathways

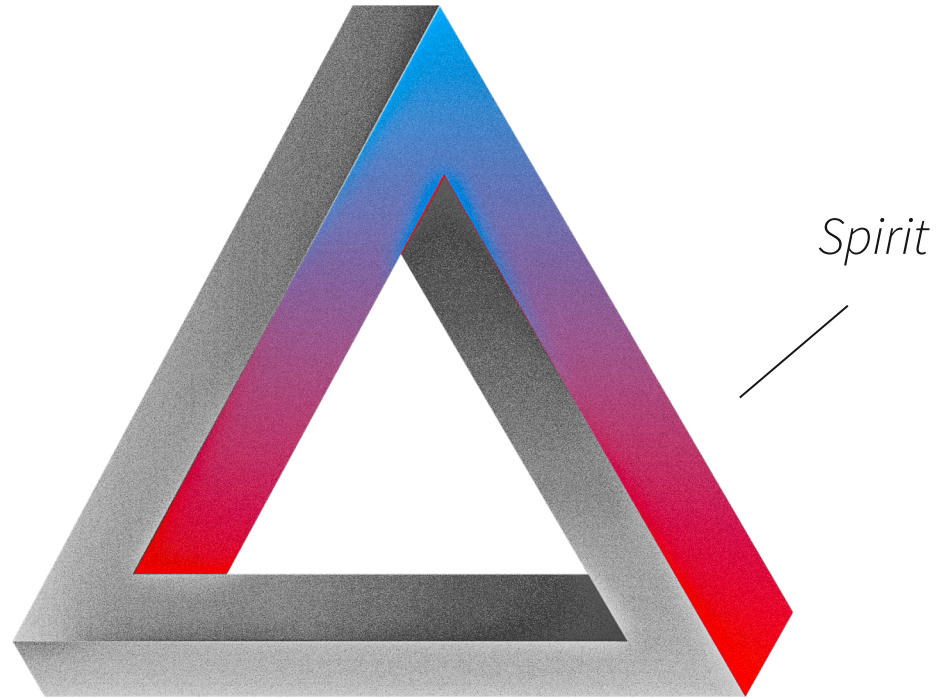


|  
*Body*

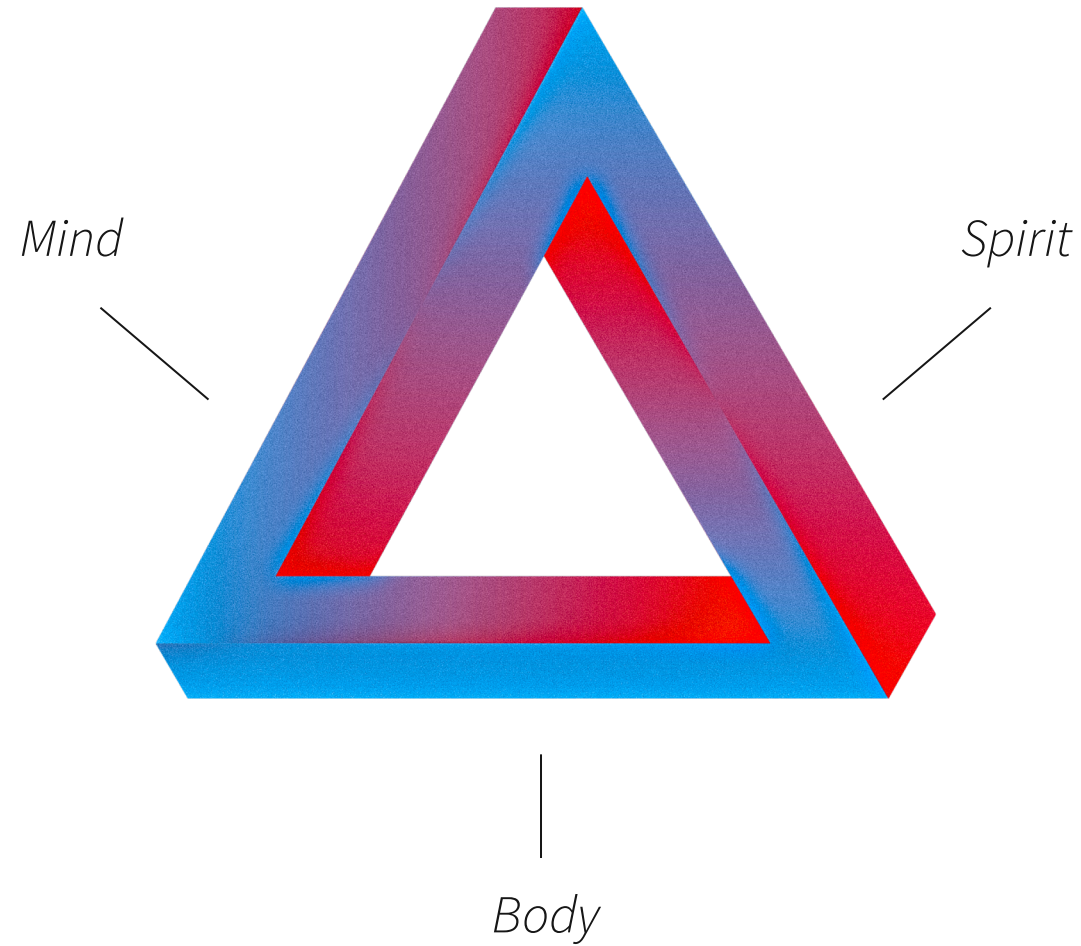
# Performance Pathways



# Performance Pathways



# Performance Pathways





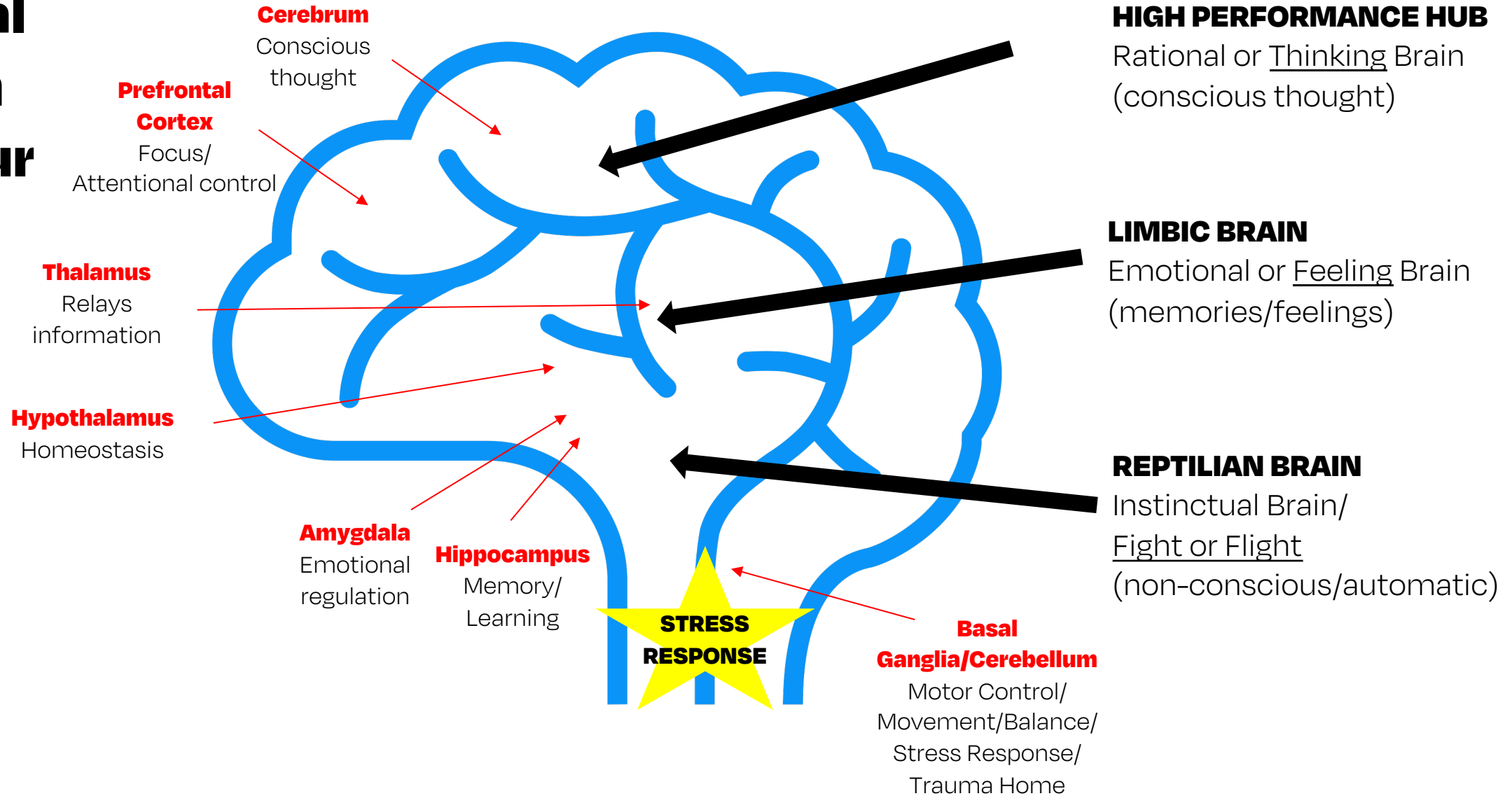
## Fundamental Two:

Stress is a biological reaction out of our control. How we respond to stress is within our control.

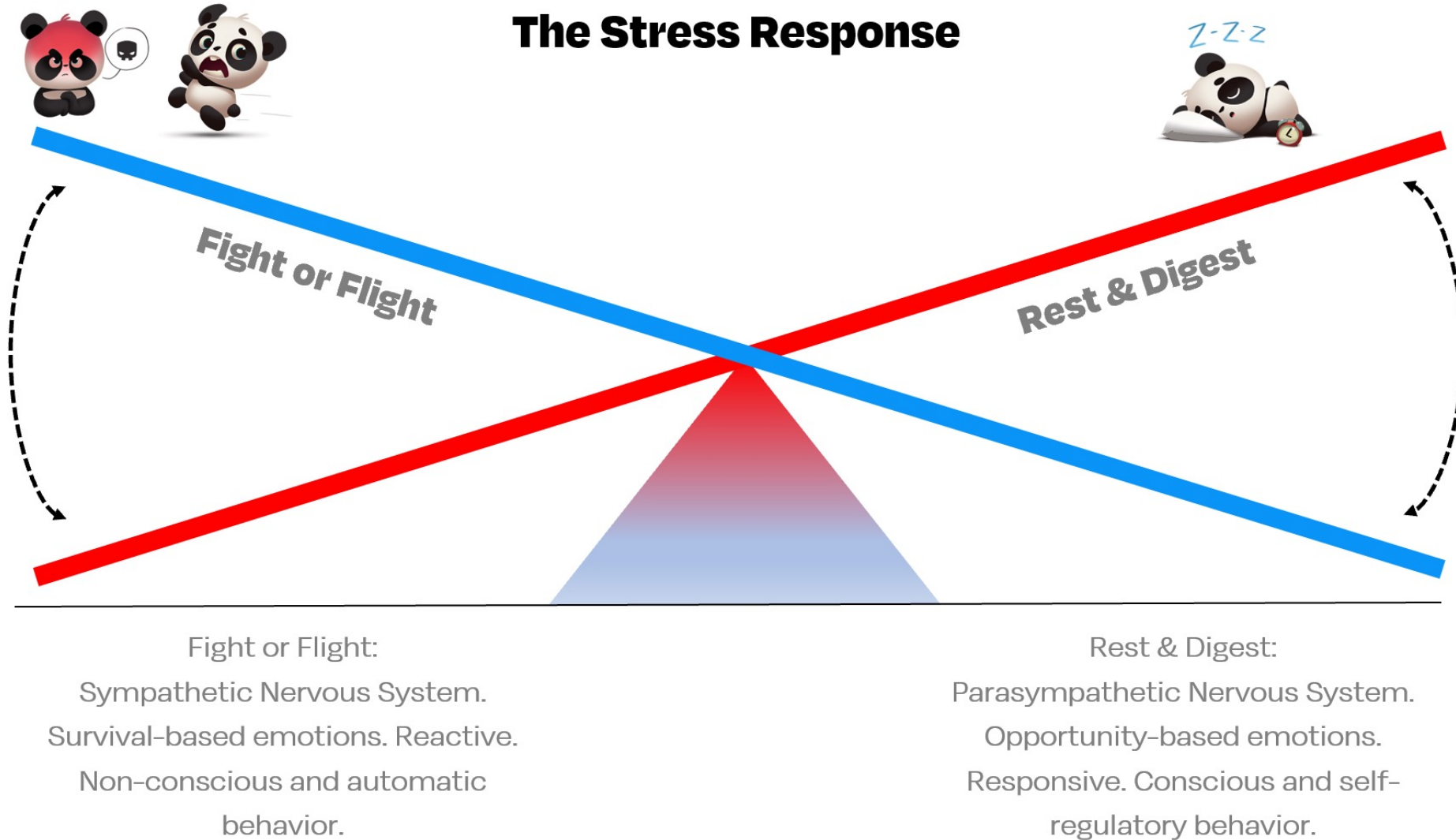


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# Acute Stress Is a Biological Reaction Out of Our Control



# Acute Stress Is a Biological Reaction Out of Our Control

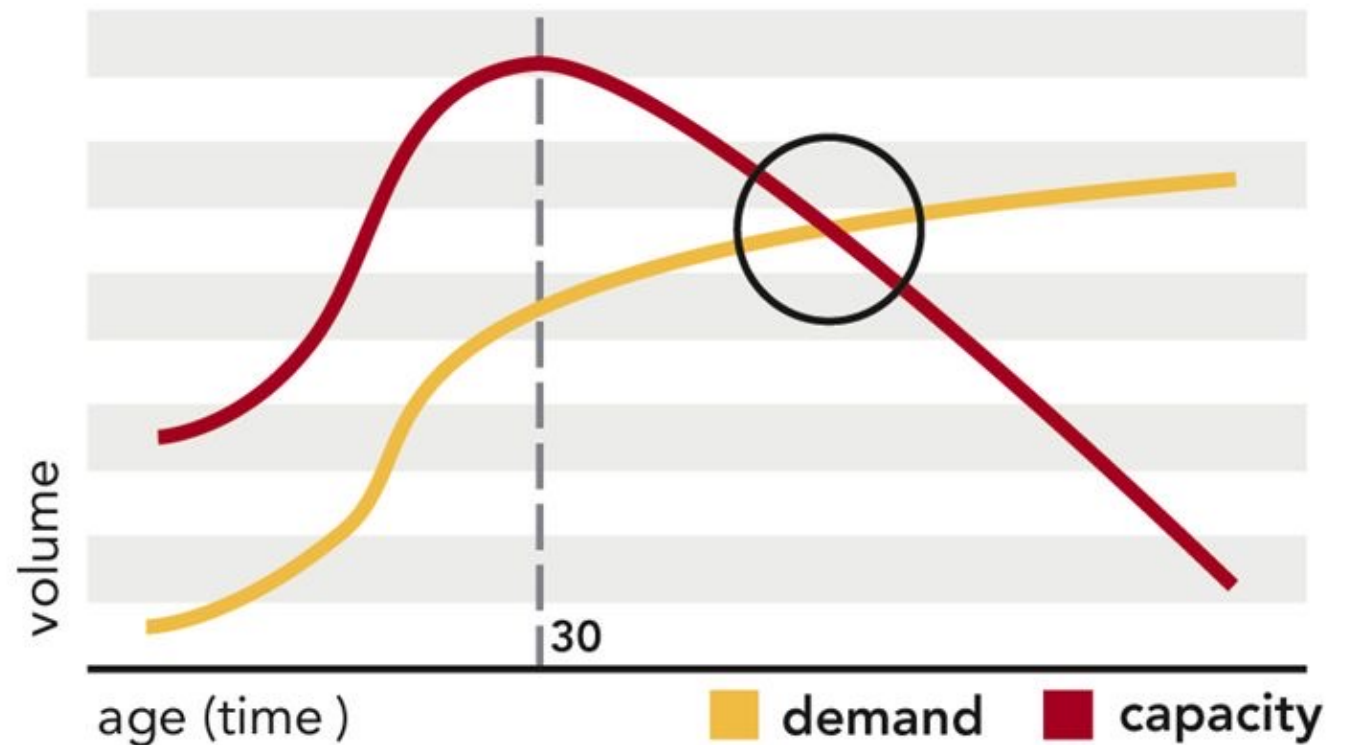


# HOW DOES EVERYDAY STRESS BECOME CHRONIC STRESS?

**AWARENESS**

When demand  
exceeds energy  
capacity, stress  
becomes cumulative  
and unmanaged,  
which may lead to  
burnout.

## DEMAND VS. CAPACITY CURVE







# Reflect

How do you show up when demand exceeds capacity? (Emotions, thoughts, behaviors)

What do you give up? (Sleep, exercise, time with loved ones, etc.)

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# Fundamental Three:

We were designed to oscillate between work and recovery. We recover by leveraging our body, mind, and spirit pathways.



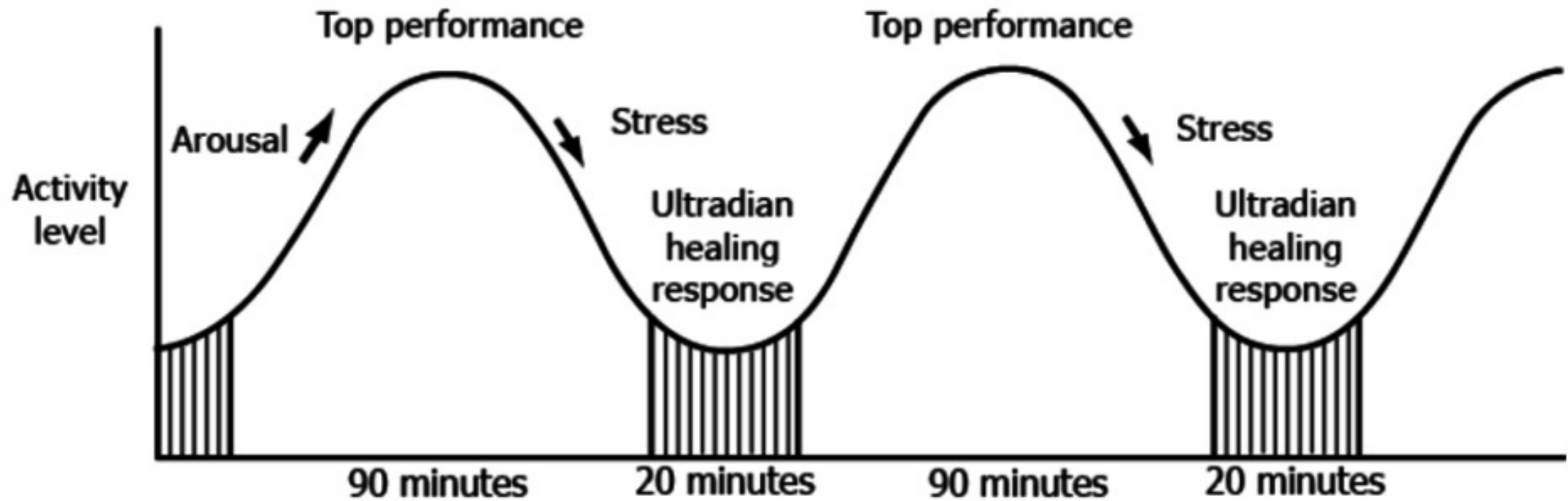
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# FUNDAMENTAL THREE



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## BASIC REST ACTIVITY CYCLE



Adapted from: Rossi, EL: *The 20 Minute Break*. Tarcher Putnam, New York, 1991 p. 12





**STRESS - RECOVERY = OVERTRAINING**

**STRESS + RECOVERY = GROWTH**

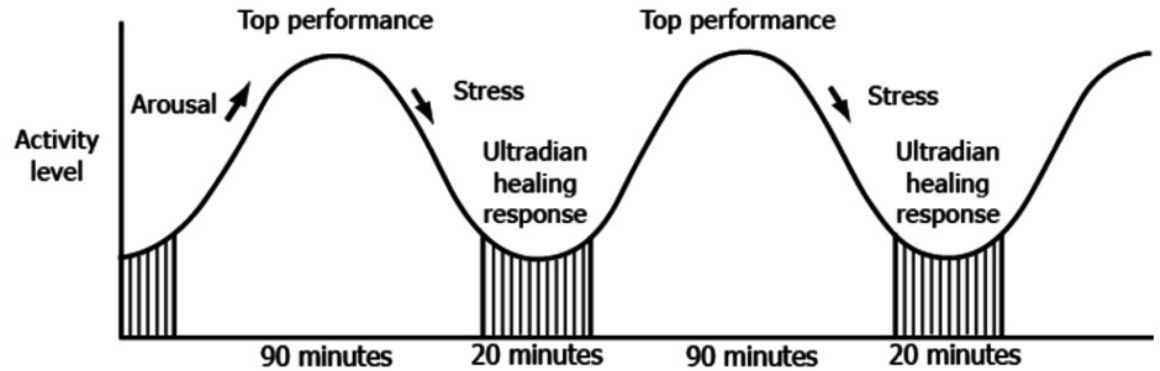
# Reflect

*What is your greatest barrier to oscillation?*

- Schedule is just too busy
- Negative habits that prevent/deplete energy
- Lack of support (personally or professionally)
- Lack of knowledge (I don't know how)
- Lack of consistency
- Lack of belief in myself or that it matters
- Other

FIGURE 2

## THE ULTRADIAN PERFORMANCE RHYTHM



Adapted from: Rossi, EL: *The 20 Minute Break*. Tarcher Putnam, New York, 1991 p. 12



## **Body:**

- Take a short walk outside.
- Calendar in a minute to stretch once per day.
- Pack a healthy snack daily.
- Set your bedtime for 30 minutes earlier.
- Protect time for exercise once per week.
- Take a lunch break.



## **Mind:**

- Reframe/mindset shift – opportunity-based/positive/growth-focused mindset.
- Focus on what can be controlled.
- Focused breathing or box breathing.
- Watch a funny video.
- Block time in your schedule for no meetings or calls.
- Protect 5-10 minutes of your lunch hour to be screen-free.



## **Spirit:**

- Purpose-pause “zoom out to the big picture”
- List 3 things you’re grateful for to redirect negative thinking.
- Connection is key – send a text to a friend/loved one/trusted co-worker when you’re feeling overwhelmed.
- Practice a hobby or talent.
- Play with a pet.
- Uplifting readings, prayer, etc.

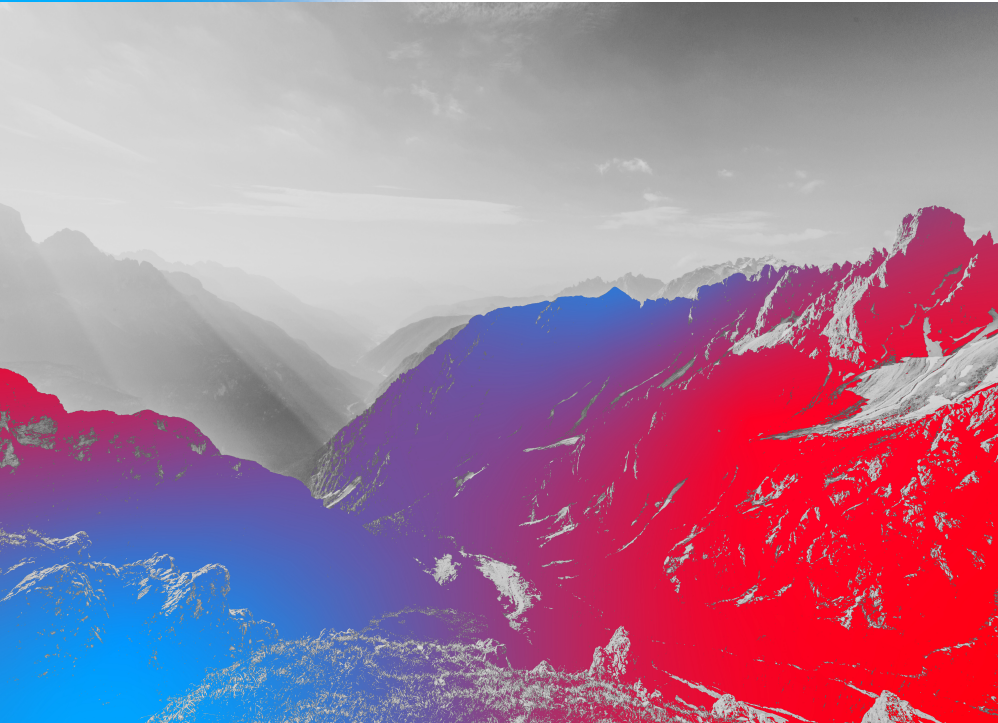


# **AWARENESS: RECOVERY STRATEGIES**



Activity: Send a gratitude text to someone you're grateful for.

# AWARENESS: RECOVERY STRATEGIES



Activity: You have :30  
to stop and find:

- 3 things you can see
- 2 things you can hear
- 1 thing you can touch





# Reflect

Where are there opportunities in your schedule to insert moments of oscillation?

What could you do with 1 minute; 5 minutes; 10-15 minutes; 30 minutes?

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# Fundamental Four:

Our beliefs drive our behaviors.

Study participants who simply visualized playing the piano saw changes in their motor cortex, an area of the brain responsible for fine motor skills  
(Pascual-Leone, 2007)



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# What are your beliefs around the stressor you identified before?

- *This can't help me grow.*
- *I'm not sure how to solve this or figure it out.*
- *I have to handle this alone.*
- *I don't want to ask for help.*
- *No one can do this better than me.*
- *I can't handle this.*
- *There's not enough of me to go around.*
- *In a time like this, I don't have time to self-care/exercise/sleep/take weekends off.*
- *My family understands why I'm distracted & tired.*
- *Rest is unproductive use of my time.*
- *My brain can relax when I'm scrolling social media.*
- *My team/my students expect me to show up the same way I did before this crisis. So,*





## FUNDAMENTAL FOUR

# Reflection

- Recall the one thing bringing you stress.
- What is one positive that has come out of this situation? How have you grown?



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# Fundamental Five

We are all guided by a deeper sense of Purpose, which drives our values, decisions, stories, behaviors, and experiences.

Purpose is your North Star. It anchors you through challenge, storm, or change.



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# Reflection

Who or what do you live for?  
What brings you joy?



What is *one small change* (too small to fail) you plan to implement right away given this conversation?

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# Private Performance Coaching for *all* TUSD Staff & Admin

Melinda's [Bio](#)





Jenn's [Bio](#)



# Private Performance Coaching for *all* TUSD Staff & Admin

Click [here](#) to schedule  
with Melinda



Melinda Dransfield

**Tracy Unified School District Coaching Session**

🕒 30 min

📺 Web conferencing details provided upon confirmation.

**Select a Date & Time**


November 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

🌐 Eastern Time - US & Canada (6:51pm) ▼

POWERED BY  
Calendly

Click [here](#) to  
schedule with Jenn



Jenn George

**Tracey Unified District**

🕒 30 min

📺 Web conferencing details provided upon confirmation.

**Select a Date & Time**

November 2021

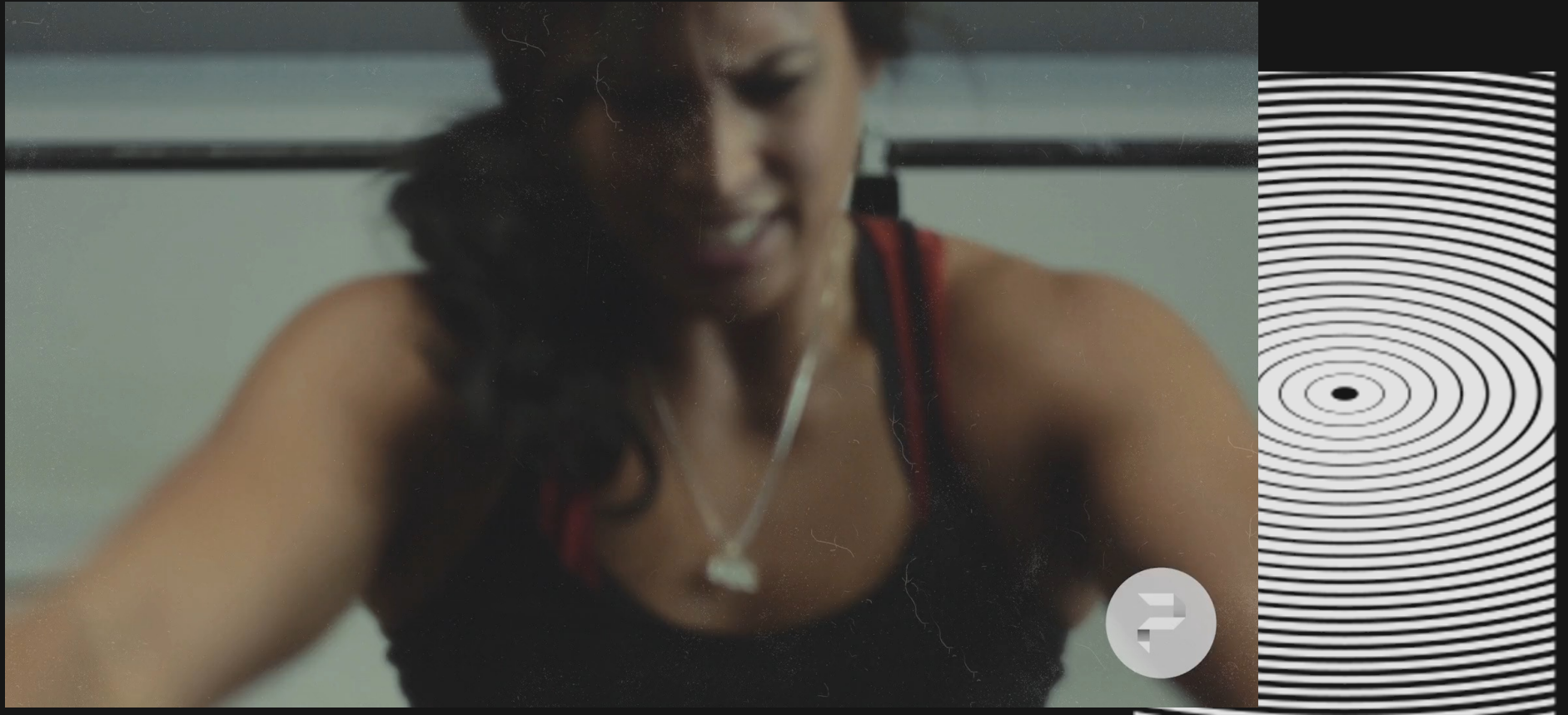
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# Thank You!

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