

## Day 4 Breakout 1 Captions

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>> JACKIE BROCK: So, welcome, everyone, to day 4, our final day of our second Infant Early Childhood Mental Health training. Reflective practices. Day 4 is self-reflection as a practitioner. My name is Jackie Brock and I'm Infant Early Childhood Mental Health collaboration director. With me, I have Tracy Walters, Virginia's Infant Early Childhood Mental Health coordinator. Can you say hi?

>> TRACY WALTERS: Good afternoon, everyone. So glad you're here with us.

>> JACKIE BROCK: Thanks, Tracy. I also have Kristen Stahr, Virginia's endorsement coordinator. Can you say hi?

>> KRISTEN STAHR: Hi, thank you so much for taking time out of your day to be here H.

>> JACKIE BROCK: Thanks, Kristen. Funding is made possible by the support of our largest partner, the Virginia Department of Behavioral health and developmental services and head start collaboration office within the Virginia Department of Education.

All of our sessions are being recorded and the recordings are posted to our event website, we'll drop the link to in the chat. Recordings are available for 90 days after the conference and

certificates are available and should be sent to you automatically. So the link will be put in the chat and if you're watching the recordings, you can get the evaluation link on the conference website after you watch the recordings.

So, I'd now like to go through some technical features of Zoom webinar. So, as you have questions, please use the question and answer feature in the Zoom webinar panel. You can also raise your hand if you have a question, and we can unmute you so you can ask your question. You also can use the chat to interact with us. And I see many of you are already doing that so to test this, if you haven't done so already, please put your name, organization, and the state that you're joining us from in the chat.

When you do that, make sure you select everyone so the message goes to everyone and if you need to chat with us as hosts and panelists, you can select that button as well. So we will be monitoring the chat as we move throughout our session today. If you have any technical questions or issues, all participants are on mute to redoubt background noise and we cannot see your videos. We have captions that are being provided and we'll drop the link to that in the chat. Please keep an eye on your mailbox. We've sent swag bags out to all of our registered attendees and 50 lucky door prize winners will get a copy of Dr. Ferguson's newest book. Head over to our Facebook page. We'll drop the link to that in the chat over there. Use our hashtag, #rootedinrelationships to share thoughts on that about the conference. Please also visit our

conference website. There, you can get everything you need you related to the conference. You'll see each day has its own separate link. When you click on that day, you can get the recordings, evaluation links, and session descriptions.

We have information about CEUs posted on our first page of our website. And we also have the opportunity for you to do some daily reflections. So, when you click on this, it is a fillable PDF. So, we encourage you to take some time to fill it out or print it and write down your thoughts and take home points from the sessions.

So, with that, I'd like to hand it over to Tracy who is going to welcome our speaker.

>> TRACY WALTERS: Thank you, Jackie, and thanks everybody for being here.

I could not be more excited to dig into this breakout session with you guys. Today, we're really going to be talking about how we entered that global pandemic three years ago and the concept of self-care started to be emphasized. Now, many of us have abandoned those initial self-care strategies that we were all joining into. So, join us today. We've got two great speakers that him auto going to introduce that's going to leave you with some simple strategies to incorporate into your team as well as early intervention specialists, classroom teachers and mental health specialists. The first speakers, we have a due owe for you guys today. Patty Eitemiller is currently a trainer for Los Angeles' early childhood division. Prior to entrepreneuring this role four plus years ago she spent over 15

years as a developmental therapist for infant and childhood specialists of Alexandra. Participated in several teams, worked with childrens and families, provided developmental services, conducted initial intake interviews and screenings and provided service coordination. She is passionate about early intervention, learning the stories about the families and children she's worked with over the span of

her career that allowed her to continually expand her knowledge through many. Patty is also a certify trainer in the zero to three curriculum, ages and stages emotional ASQT questionnaires and the children's trust alliance protective factors. Most recently she also completed train the trainer. In her spare time, Patty enjoys traveling the world, particularly the joy of meeting new people along the way, practicing Yoga and has a side job working at a winery in northern Virginia on the weekends, all of which provide a balance for her professional life.

And we may hear a sneak peek of where Patty is today later in thing is presentation.

With her, we have Corey Cassidy. She is a professor in science and disorders and holds a position as a professor of implementation science at the Virginia Tech school of medicine. She has provided services to young children and families for more than 35 years as a licensed speech language pathologist. Over the past decade, she has served in multiple leadership positions at Radford University, including associate Dean of Waldren college of health and human services, director of the center of interprofessional

education and practice, Executive Director of academic success center and most recently the Executive Director of student engage.

She teaches in the areas of early speech, language, and early communication disorder. The relationship between music therapy and speech language pathology with children and families and interprofessional education, collaboration and leadership across healthcare, human services and higher education arenas.

Dr. Cassidy has published in her areas of interest, including the three most recent chapters addressing service delivery and early intervention in professional areas in speech language pathology and audiology.

She is also the author of a textbook, early intervention and the speech language pathologist, best practices in assessment and intervention for infants and toddlers with an anticipated publication in November of 2023.

I say all this to say that we are in great hands for this session. We are going to learn a lot today and I am definitely going to turn it over to the experts. Thank you so much, Patty and Corey for being with us today. I can't wait for you guys to deliver your messaging.

>> COREY CASSIDY: Thanks, Tracy.

>> PATRICIA EITEMILLER: Thank you, Tracy. All right. Let me go ahead and make sure I can get this shared and we'll get started. All right. Hey, everyone. Well, welcome to everybody who is here today. Thank you for the lovely introduction, Tracy. I love your positive energy. It's so wonderful to have someone so positive and so just grateful

for what we're being able to do today so I know I speak on behalf of Corey as well, we are very honored to be asked to do this session.

We are going to be talking about self-care today.

Corey and I like to just jump right in. Let me make sure I have my video sound, there we go, shared. So you guys can hear. Yep. All right. And we're going to start off with a little video once I move the video to where I want it to be. Give me a second, y'all. I'm dealing with a computer I'm not used to.

All right. We're going to shoot it up to right there.

The cabin crew and I certainly wouldn't have shown up for work today if we had anticipated a decompression, but in the event of a decompression for saffron yellow butter top mesh designed by gucci and Stuart, open up that compartment over head. To stop the flow of oxygen, you have to first stop screaming, you let go of the person next to you, you reach up, grab that mask, extend it over the plastic tube and place it over your big nose and mouth. Continue wearing that until nose fied by one of your four fabulous flight attendants. The flight attendants you'll see running around your cabin absolutely naked tonight, folks, those cannot be trusted.

Ladies, for those of you traveling with someone who is going to need your assistance this evening.

Ladies, you know exactly who I'm talking B yes, ma'am, those very dear husband of yours. When those masks fall. You may want to sit back, think about it a bit. Diamonds. Diamonds. For those of you traveling with your children, why?

(laughter)

And for those of you traveling with two of your children, what in the world were you thinking tonight?

But, when those masks fall, put the mask on the bright one, that one is going to contribute to your retirement most successfully. Ladies and gentlemen, do us a favor this evening. Thanks for coming out and joining us on the holiday weekend, saint Patrick's day. Of sit back.

>> PATRICIA EITEMILLER: All right. So, Corey and I like to start with that video because it kind of exemplifies what we're trying to share with you guys today and that's the whole purpose of taking yourself and thinking about yourself first when we think about self-care.

There's actually research out there, studies out there that talk about how those of us in care taking professions are not particularly good at taking care of ourselves first because we're so good at taking care of oth.

So, to introduce myself a little bit more, we'd like to kind of share a few things about self-care. I would like to allude to the fact that the had reason I do not have the same background as you guys is because I was traveling for the last day or so. I landed in Corfu, which is a Greek island off the coast of Ablania a few islands ago and am grateful that I was able to work through the connections and the connections are working and we're here. Coincidentally, when I log off today, I will be attending a Yoga retreat so that is a part of my personal self-care. It seemed quite fitting when Corey and I were offered that the timing was

going to coincide with this.

So, some of the ways that I participate in self-care, obviously, practicing Yoga regularly. I'll be getting a lot of that this week. Really excited about that.

reading for pleasure, not things that are related to work, but things I can just let my mind escape to. And then during the pandemic, even before that, I like to walk, but I think even during the pandemic, that became more heightened when it became one of the few things that I could do in the beginning just to be able to see other people in the get outside my home and that hopefully has stuck a little bit. Not as much as I'd like.

So, Corey, I'm going to pass it over to you so you can share how you like to participate in self-care.

>> COREY CASSIDY: Great. Well, thank you, Patty and thank you everybody for being here. Thank you for joining us literally from across the country. I was watching the chat come through and I'm just so excited to see people from Hawaii and Idaho and Tennessee and Texas.

And many of you were actually, I think, at the keynote this morning so that was exciting to see some folks return to join us for some of the information that we're going to share today.

So, Tracy did a fantastic job. I was even impressed with myself listening to my bio but I do have a lovely husband, Jim, who is a registered nurse. Two young now school aged children, Oggie and olive and they are all amazing. As many of you can relate they're also pretty exhausting at times. To be honest, I've not always been and am still not the best at practicing



self-care. But I do have some strategies in place, you can see them on the slide and those have been working for me and I'm excited to share those with you.

One of the things that Dr. Allison Jackson this morning had in her keynote said, or invited us to do, was to ground in and check in.

And then, to ground out, and check in.

And so, I think that was a really important opportunity for me this morning to recognize, just to be in the moment, to appreciate the opportunity, to engage with those of you who have joined us. Let's see if we can relax and learn how to check in with ourselves over the next hour or so. With that, I'm going to hand it over to Patty and she's going to tell us what self-care really is.

>> PATRICIA EITEMILLER: All right. Excellent. Thank you, Corey. I, unfortunately, obviously couldn't make it to the keynote this morning because I was still traveling. Hoping and praying that my flights would be on time and the connections would work and everything did so everything fell into place.

So, what is self-care? And I think a lot of times for a lot of us, we think self-care is being selfish. And is it being selfish? It's not.

Self-care is not about being a self-indulgence. It's not about being selfish. It is what the World Health Organization defines as, the ability of individuals and families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.

Sounds like a bit of a mouthful, right?

The important thing to remember is, again, it's not had about being self-indulgent. It's not about being selfish. Sure, I'm sure many of us think that taking time to go for a walk or read a book or practice Yoga or get a massage is maybe an indulgence that takes away from the demand of our life but as I've told parents I've worked with for years particularly in early intervention which I know a lot of you are in that field, taking those moments to take care of one's self makes us happier to be able to support those we need to care for, whether they be our children, family members, grandparents, whomever, our friends, neighbors, whomever it might be, it puts us in a place where we can be healthier to do that.

Which pleads me into why self-care is important. All right. So, when we talk about why self-care is important, as I just mentioned, practicing regular self-care activities not only benefits ourselves, but it also helps us to maintain healthier lifestyles. It impacts our ability to interact with those around us, to care for our loved ones, and as additionally is noted on the screen, it helps support fostering resilience, it helps us to live longer, and it helps us to become better equipped to manage stress.

We're going to talk about stress a little bit later in this presentation because stress often is one of those triggers that tells us we need to participate in some more self-care.

So, common examples of what self-care looks like. They can be maintaining a regular sleeping routine. Eating more healthy. Spending some time in nature. Doing a hobby you enjoy. Or just

simply expressing gratitude.

I don't think there's anybody that could ever say that when you hear, oh, I really appreciated you doing that, that is a way of like you saying, hey, I really recognize what that person just did for me or whomever it might be.

It's important to remember that self-care can look different for everyone. It also can look different for yourself from day-to-day. We all have days, weeks, even months that might be more stressful than others and the need for self-care can become even greater during th times.

Think about the last -- it says two years but it's actually been three and a half years. Thinking about the last three and a half years when we think about the changes and everything that transpired around the pandemic, we all felt a lot of stress in different ways than we had ever felt before. Our worlds got rocked that sense that we needed to ensure we were participating in those activities that never really became as important to us before.

In light of all the changes from the last few years, Corey is going to share a little bit about the history of self-care and how it's evolved.

>> COREY CASSIDY: Thank you, Patty. Yeah. So, when we started putting together this presentation, I thought it would be interesting to see where the term self-care came from. How long it's been around. We were kind of throwing it out there, especially as the pandemic began. How are we taking care of ourselves? What does that mean? What is self-care?

So, I did a little bit of research and realized that

the history of self-care goes way back and it's really quite fascinating so if you'll just bear with me, I'm going to go through this with you. But, I think it's worth knowing where the origins of this term, concept, and movement have come from.

So, the history of self-care began in the 1950s and grew in power and popularity through the civil rights movement, initially. Today, of course, it's a well-known term and means taking care of yourself and doing what's holistically health haddiest for yourself on any given day but it has not always meant that and I do think knowing its history helps frame its concept. The ideology began in the medical condition on individual practices that would improve the health of patients. This introduction of patient autonomy of healthcare gave birth to the first ever self-care movement. The term self-care was integrated into medical teaching and was used first in mental health hospitals for institutionalized patients. The concept about encouraging patients to practice self-care in order to regain self-worth. Tasks like personal grooming or learning to eat well actually came from this medical world.

So, self-care soon became a widely adopted idea in medicine, although only embraced in specific psychiatric settings. It was an idea, however, that became a core part of community care. Of transitioned over into community care during the civil rights movement thanks to the Black Panther party. Known for promoting social justice and change, the black panther party used the radical idea of self-care to fight against systemic racism.

They had an understanding of the important role self-care played for the rights of women, black people and marginalized communities at large. In order for the black panthers to keep up their momentum, they realized and recognized the need to take care of their own group.

By encouraging acts of self-care among their own members, the movement could stay energized to fight for justice and that's exactly what they did. Entering into the 1970s, then, the history of self-care overlaps with the increasing awareness of equitable healthcare and medical racism. The black panther party helped pivot towards justice based medical access and community access to equitable healthcare. So, this was a pivotal time in the self-care movement. It's fascinating to me that it began with the black civil rights movement but would soon become holistic and would help frame as a health and wellness term in the future.

Caring for the idea started in the black community, Audre Lore was a prominent voice. In many ways, they brought a seat to the table for black and LGBTQ parties. She wrote in 1988, caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare.

Their contribution on the act of self-care however was really only recognized by smaller, marginalized communities though their work was Prophetic and hugely influential in the decades after they died following a lengthy battle with cancer.

It wouldn't be until the 2000s, until the 21st

century that the idea of self-care would get the attention it deserved.

So, the decade of the 90s is remembered as a time of economic boom and political peace after the decades long cold war ended. While it wasn't all roses and butter flies, however, it also wasn't a time of revolutionizing or significant social change. However, at the start of the 2000s, specifically after the events of 9/11, our nation was thrust into -- as a nation, our collective understanding of post-traumatic stress disorder changed. The attack sparked a new movement of trauma therapy for veterans, victims, and first responders and in the years following nine/11, the term self-care rose to new prominence.

Psychiatrists began using the word with trauma victims, versions of this therapy-centered approach were shared with the larger American public as a way to regain or gain resiliency after a nation-wide earth shattering event. This was all followed just a few years later by economic recession in 2008.

These events are key plots on the historical timeline of self-care and its integration into the American health and wellness dialogue so something that is face Nateing to me is that the hashtag self-care was first shared on. It exploded in 2016 and for six days post election in November of that year, the term self-care saw a spike in search engines in Google. Since then, self-care has gone viral and come at a time when mental health awareness is certainly on the rise. The 2010s in response to much of the 9/11 trauma and economic recession are responsible for main

streaming the concept of self-care and it's grown out of its beginning days of reenergizing activists to become a widely adopted and wide spread term.

And to think that this was all before the pandemic even hit. And so here we are now attempting to hold on to the level importance and how important self-care is for us. With that, I'm going to turn it over to Patty to talk a little about the research and how it affects us.

>> PATRICIA EITEMILLER: You know I've heard you read that research and I've read through it so many times now. I think this is the third time we've done this presentation and I still walk away with something new we might not have heard the first time. Like, would you, that is had really cool. But it is really interesting to know that self-care has been around for a really long time but really we're becoming more focused on it now because we've had more awareness.

Ironically as we were digging into some of the research on self-care and its benefits, we notice that there's not a ton of research, per se. There are several articles as it relates to childhood professionals and teaching and they're noted in your handouts so hopefully you guys did get the handout. I haven't looked to see if you guys were sent that. But one statement I want to make is one that I kind of alluded to before but those that take care of others often take care of their own needs last. Does that sound familiar to any of you.

I'm going to read it again. Those that take care of others often put their own needs last. I can

totally relate to that. I can think of myself in different situations. I can think of myself as an early interventionist and learning the hard way that I couldn't come home at night caring all the family's baggage of every family that I had worked with that day and still be able to take care of myself at the end of the day and not be emotionally, physically, mentally drained at the end of the day.

Right?

You learn how to manage that because you need to so you can take care of yourself and be a better practitioner.

So, some of the points that I publish or put on the screen here are from an article that's referenced here at the bottom and also referenced in your handout. It's published by Macy back in 2020. And there were some teaching related stress triggers such as burnout, absorbing secondary trauma, compassion fatigue. I'm wondering how many of you can relate to those.

In early intervention and early childhood special education, we all enter encounter stressful situations with the families and children we work with. It can be very challenging to not allow those stressors of children and families and become our own as well and also, I don't know how many therapists or teachers out there get this kind of work without being passionate about it.

It's not the kind of job where you can show up every day. You have to want to be there and you usually care for your families and your children you're working with.

We also talk about secondary trauma and that can



happen to anyone. Corey is going to talk a little bit about why self-care matters next.

>> COREY CASSIDY: Thank you, Patty. So, yeah, what I want you all to do. We've got this slide up here. Oh, she's about to turn -- there is it is --

>> PATRICIA EITEMILLER: We might have lost that slide. No, this is it.

>> COREY CASSIDY: No, you're good. This is the one, Patty. Why does self-care matter? What I would like y'all to do, we have some answers up on the screen. But, what I want y'all to do is take about 30 seconds and if you are open, go ahead and type into chat why self-care matters. Why does it matter to you? Why does it matter to the families and kids and either folks with whom you work. I can do the job well. We can take care of ourselves. We can't take care of others without taking care of ourselves first. Emotional well-being for your own family. Absolutely. It's challenging to help. Thank you, Christine. It's challenging to help fill other's cups when you're running on empty. Yep. Okay Gates says also, you can't pour from an empty cup.

Joanna is right. You can come up every morning and come to work. Sometimes it's hard to do that.

So, keep on putting those in the chat but yeah, everyone feels stressed from time to time as we can see on the slide. Some people, though, actually say that they feel stressed most of the time.

I don't know how many of you feel that way. That it's just sort of one stressful situation to another but why stress isn't always bad and can

sometimes be helpful, too much stress can affect our well-being negatively. When we work too much. When we feel the demands of a situation. It could be every day situations. Managing relationships. Managing finances. Dealing with unfair treatment. Long-term health problems or specific situations. Changes in a relationship. The death of a family member or friend and we saw a lot of that during the COVID pandemic. Changes in our job. It could be a positive situation that could also cause a lot of difficult stressful times. Stresses based on the way we see and react to a situation or event, the events or situations that cause stress are different for different people so how we feel when these issues come up with also affect the way we experience it.

We need to feel well in our ability to manage challenges and this is a problem that may not seem stressful but if we're already stressed or overwhelmed, it can add to those feelings so Patty is going to talk about stress but really managing life and not in the only negative stressful situations but also the positive ones so let's talk a little bit about those types of stress and why they come back to that need for us to engage in self-care.

>> COREY CASSIDY: All right so we have three different types of stress and you may have seen this in a a different presentation early in another conference or training but when we talk about stress there's three different types. They're all listed on your screen.

Positive stress, tolerable stress and toxic stress. Let's talk about each of these further.

So, positive stress refers to those normal life

experiences. They're not dangerous. Something that occurs for nearly all children. A necessary aspect of healthy development that occurs volts of learning something new or coping with every day events. It's often in the short-term, within the child's ability to cope. Adult's ability to cope. The child might need to cope with the support of an adult that cares about them and for an adult, it's the ability to cope independently with little or no support from others so positive stressors are happening every day in our life. They're things that are happening that we have to go through as I call them learning experiences as well.

So, then when we look at next one, which is had tolerable stress. It's longer lasting, it's more intense, but it's relived by supportive relationships that help the individual cope.

So, examples of toll early stress could include moving to a new home, getting a new job, the loss of a family member or a pet, this stress has the potential to disrupt the brain architecture for children if it were prolonged and if we can experience toll early stress that is had time limited without long-term harm if we're able to be supported by nurturing responsive care giving relationships whether it's a parent for a child or those that we look to for support that are around us.

Without these relationships, toll early stress could then turn into the last type of stress, which is toxic stress. Serious problems arise for both children and adults when we experience what is known as toxic stress. It involves a strong, prolonged activation of the body's stress response

system and the absence of buffering protection of adult support. Stressors typical to toxic stress include current use and neglect, severe depression, substance abuse, family violence, the ongoing effects, these effects are continuing to activate are the stress response system with no comfort to help the individual feel safe, secure and calm.

We may need a lot more comfortable and soothing to calm down and are often more easily provoked and tend to fall apart when emotionally disciplined.

We also may have more difficulty paying attention because we are more focused on potential threats and danger. Can any of you relate to that? Can you ever think when you've been really, really, really stressed and somebody just says the one wrong word to you and you just blow up because you haven't participated in a way to help that decrease that stress. I know that's happened to me. It probably would have happened if all the travel didn't go as seamlessly as it did to get here for me today so definitely was a little bit stressful but fortunately toll early in that regard.

So, I just stressed to the next screen which talks a little bit about some long-term effects and I don't want to dwell on this too much because it is a heavy slide. Looking at that triangle going all the way from if we have a lot of toxic stress in our live it can go from adverse childhood experiences all the way up to early death which is quite scary when you think about it.

But it really can impair the brain architecture, our immune status. We could have poor medical,

okay, this is the jet lag starting to talk now. I'm not going to be able to get out these words and poor cardiovascular function.

So, combined, these factors contribute to poor life long developmental educational health outcomes, and adverse childhood experiences can be found to be a cause of health risk behaviors such as social malfunction, disease, disability, and, unfortunately, death.

So, the good news is I always like to end on a high note when we talk about this, the studies reveal there are protective factors that can buffer children against these adverse experiences. For example, if a child experiences adverse events in their early childhood years, they fare better as adults in terms of employment status, relationship status, high school graduation rates if they had a caring adult in their lives when they were young and I will tell you it only takes one.

One caring adult to provide that supportive relationship for that child, even if there's a lot of toxic stress and adverse childhood experiences happening for that child to still grow into a very functional, successful, healthy adult.

So, some of those social protective factors can include strong social connections for the family within the community, parental knowledge of child rearing and child development. Those of you who work in early intervention, all that education you provide to the families about what their child development looks like, helps alleviate some of that stress. Parental resilience. Family access to concrete supports in times of need. And parents' ability to support the social emotional competence

of children. So, that long-term effects of stress on children, think about how those stressors can compound with adult stressors. The how these outcomes impact an adult's life. Stress has a huge impact on our lives at any age. As children we might be more resilient, as adults we might need to learn how to respond to stress which is what we'll talk about next and I'm going to pass that back to Corey.

>> COREY CASSIDY: Okay. So as we can see and I think everybody knows, stress can impact us physically, behaviorally, emotionally, and mentally. Ariel actually shared, thank you so much, I hope I'm saying your name right on chat, physical and mental health are interconnected and that is absolutely true, right?

One of these is going to trigger another outcome or another or another feeling so I want y'all to take a minute or 30 seconds to 60 seconds to think about how stress impacts you.

Is it physically? Behaviorally? Emotionally? Mentally, is there a combination? And go ahead and share that. And Tracy is right, it's important to balance those ACEs with the positive childhood experience to make sure we recognize those not only in the children and family whom we serve but also our own experiences. So, Suzanne says all of them. If you're so inclined, you are welcome to share in the chat how stress impacts you personally and so far, everybody is saying all the ways. Anything in particular quality of sleep. Yeah. Sheena said some issues more than others, I get headaches. Stomach issues. I eat poorly. Behaviorally. I make some bad choices. I love

that photo because I drink more wine than usual and certainly that just has a ripple effect, right, on how I feel physically and emotionally for that matter. Yeah so a lot of physical responses but all of those, then, impact how we feel mentally, right? How we feel emotionally.

So, Patty, if you want to go ahead and switch the slide, you are welcome to continue to put those up there because we're going to come back around to that information. There we go. So, we're all impacted by stress in different ways but also similar ways. As Patty shared with us, there are different types of stress and one that's even considered positive. We find ourselves surrounded by these stressful situations, many of which we may not have control over every day. How we respond to stress. We know how we feel but how we spotted to stress is more in control. I'm going to let Patty take it away, identify in talking about what those responses might electronic like.

>> PATRICIA EITEMILLER: All right so identifying stress. I want you to think about your triggers. What are those things that trigger you to become stressful and we all have them. It can be a person. It welcome something that somebody does. It can be a place.

It could be something that you just have had a bad experience with. It could be anything. So, take a minute or two think about those triggers and I'm going to apologize ahead because I pulled the wrong slide show to share. This should actually say individual activity, not partner activity because we are not live and in person and we're

not doing breakout rooms in this webinar so I want you to write down the first few triggers. I want you to write those down those strategies. If you don't have a pen and paper nearby because everything is technology, you're welcome to share in the chat and I'll pull that up so we can see some of the other responses but knowing then identifying your triggers is really important.

Bad drivers. Cathleen, I live in the DMV, I get it. Then you travel outside of another country and you're thinking, wow. What other triggers do you guys have?

This is always the fun part, waiting for people to respond to chat. I work in the DMV. Yeah. So do I. Alexandra is where I work, Cathleen, so, I get it.

Significant others. Certain colleagues. Yeah.

Absolutely. Negative people. Emails. Have you ever been in the middle of something and your email just keeps dinging in the background.

Yeah, that's a trigger for me. Feeling rushed or unprepared. Yeah. Absolutely. Absolutely. So, now that you've thought about that, what kind of strategies do you use to address those triggers when they happen.

Taking a breath and saying a prayer. Yeah.

Absolutely. Self-compassion. Yeah. Absolutely. I was participating in these wellness webinars for work the last few weeks and I'm also, thanks to Corey, participating to try to get my healthy eating under control a little bit more and and giving myself grace when I cheat a little bit a day or two or eat things that may not be the best choices is definitely self-compassion.



Breathing and going for a walk in nature.  
Separating yourself from the situation for a minute.

That is really important. I remember telling parents often in early intervention that when their two year-old was having a melt down in the middle of the floor, I would say as long as they're safe, everybody else is safe around them, there's nothing that can harm them nearby, you can take a walk just to distance yourself for a few seconds just do give yourself a break.

This can be an activity that does trigger people to really think about what triggers them, it can be stressful to think about those triggers so thank you guys for sharing that. I appreciate that.

So, let's move on. There's the slide I wanted. All right. So, let's move on to some strategies because that is why you probably all are here.

You don't want to hear us talk about strategy so we're going to talk about some strategies.

You always need new ideas. I'm not even paying attention to the time. I'm just hoping they're keeping them on track. Mostly because I'm seven hours ahead of you. I need to sit by and calculate what time it actually is so the first what we're going to talk about is the seven types of rest acted when Corey and I presented this last summer, we presented it with one of her colleagues that introduced me to this because I had never really thought about rest in this way. So when we think about rest, when I think about rest, I think about taking a nap, getting a good night's sleep, lounging in the backyard, getting a hammock. I can imagine, right.

I was surprised to learn there were seven different types, obviously, the first one is physical rest.

Which actually contains two components. It can be either active or it can be passive.

Passive rest is what most of us think about when we imagine rest. Active rest is things like Yoga, stretching, massage, activities that allow us, if you walk into the grocery store, if you cannot remember the three things that you went in for, I'm classic for doing that all the time.

Keeping a notepad beside your bed to jot down those nagging thoughts in that to-do list. I know that helps me, so I can knock things off my list. The next thing we talk about is sensory rest. All day, we're taking a ton of sensory input with our sunscreens, florescent lighting. Honking horns, anything we can do to counter that sensory overload even if it's just closing our eyes in the middle of the day to intentionally unplug or devices for 30 minutes before bedtime can help address that sensory need.

I've shared this presentation but I was going through earlier this year. Unplugging, it's amazing how hard it is in the beginning I know a lot of you might really grab your phones more people to be able to reach you so I encourage you to figure out a way to take a break from those sensory things. The next one was creative rest. That was one I hadn't considered. This is really important for those of us that like to problem solve. For those of us that are not artistic, we can engage in literally taking time to smell the roses.

Recognizing this audience is probably full on care takers, emotional rest will be very important to

think about. This is the type of rest where we are in a setting that we think can be real, authentic about how we share our feelings. I'm sure we all can think about people we know that you can be completely honest and share your feelings.

This allows us to be vulnerable and answers the question, how are you doing today or how are you doing right now because how you're doing right now could be very different from how you're doing ten minutes ago or ten minutes in the future so you can answer that question honestly with truth, not just the obligatory I'm fine or great. I don't know how many of you are out there, we haven't talked much about extroverts or introverts. But auto I ride that line. I'm an extrovert but when I hit my wall, I hit it immediately. So those of us that need that rest, we spend so much time and energy on those relationships we have that might exhaust us or revive us.

So engage in this rest, make sure you're taking time to spend with the people in your lives who are genuine and supportive and the ones who leave you with a smile on your face and take the time to make those interactions as fully engaged as possible. Lastly, we have spiritual rest. This rest involves connecting beyond the physical and mental and feel a deep sense of love, belonging, acceptance and purpose.

Spiritual rest is engaging in something greater than yourself. Often through prayer, meditation, taking time to rest daily is an important part of our overall health and well-being, so, let's practice a few of those in the moment self-care techniques that can help you access rest.

So, Corey is going to take it over because I just feel like I talked a lot.

>> COREY CASSIDY: So yeah., we've got two little activities to share with you guys and some of you might have heard of this. Emotional freedom technique which is also known as tapping. And you can take as long as you want to do the tapping or you can do it really quickly so I'm just going to walk you through some of this H. first, it's going to sound a little kooky for those who haven't heard about this. It was developed in the 90s, sometimes referred to as psychological pressure therapy or tapping. Tapping is focused with tapping while thinking about a specific thought. We tune into our body mind, speak a little bit of truth and choose how we would like to feel all while focusing on specific natural comfort points.

Now, I will be honest. I'm going to give you some insight into how we choose our phrases or our truth but I will tell you that there have been times when I've felt really overwhelmed or just extremely stressed or anxious or nervous and I've just started doing it without the phrase and it's actually helped because it just really creates a focus, almost like I'm not really good at meditating. Aracelly, I don't know if I'm saying your name correctly, and I apologize, but you mentioned meditation as a response to stress. I have not been able to get really good at that but what I've found is that if I do this tapping, it's a form of meditation for me because I'm focusing on the action.

So, essentially with two or three fingers of each

hand, we're going to tap. As you tap, you're going to begin a phrase, you'll also begin the phrase with even though. Even though I feel anxious, I deeply and completely accept how I feel. Or we can be really specific. Even though I'm worried about my financial situation, I accept and know I can work toward a solution. Or here's another one. Even though I'm concerned about how to approach my supervisor in regard to a situation, I deeply believe in myself to say the things that need to be said.

So, it can be specific. General, or like I said, I often just do the tapping. So, using the same pressure you would use if you were tapping on a table to make a drumming sound, you want to make contact but not certainly hurt yourself or cause discomfort and we want to tap anywhere between three to seven times in each location. So we always start by tapping on the side of the hand, kind of a little karate chop. I'm going to do it in front of me because with the purple it kind of gets funny. So, you're really doing this, I think, to tune into that body mind emotion connection to sort of set the stage but also make sure that you're doing it with a good pressure point.

Okay. So hopefully, everybody is going along now and tapping on their hand. Next we're going to move to the top of our head and again, two or three fingers. So, it's up to you. Tap, tap, tap, tap, tap. Use the fingertips on one or both hands. Now we're going to work down the body. We're going to do the eyebrow points. Say, right between the two eyebrows so I'm actually just doing one finger there.

Then the sides of the eyes. Under the eyes.

Sinus points.

I often feel like oh, maybe I can help my sinuses in this one. Under the nose. You could do one or two hands. Right, between your upper lip and your nose. The chin and the midway between the bottom of the chin.

This is where I start really feeling it because I think I'm beginning to focus in on the moment. For the collar point, we've got an inch down and inch outward. Use two to four fingers on either hand. Then you're going to cross your arms and the underarm point, about 4 inches below your arm pit. You could reach across. And then usually in the practice, you'll pop back up to the top of your head and tap one more time to feel complete.

So, I just want y'all to think about how that feels, how that felt and consider put together a phrase or something to just accept yourself in that moment so I'm going to have Patty go ahead and go to the next slide.

Quickly. We're going to just talk a little bit about belly breathing. Allison, again, Dr. Jackson noted this morning that we haven't given ourselves the space to breathe. We tend to not give ourselves that space. So, now I want to share with you how important breathing is and not just any kind of breathing but belly breathing in particular.

Cathleen filled us in on the chat, even said, taking a breath. Let's talk for just a minute about that before we wrap up today. Our natural breathing patterns should engage our diaphragm but many of us actually don't breathe properly. Our

breathing is more shallow. We're trying to get the breath in. Get moving. But when we breathe in, our belly should expand and when we breathe out, our belly or stomach should extract.

I use this word because I do it with my own kids.

As Tracy said, I'm an early interventionist so I work a lot with families and young kids but without taking too much time, just remember to take sufficient breath and to have sufficient breath support and coordination is also important for speech, the children we work with, to use our voice more effectively. So we can also put a lot of stress in our throats, vocal chords, the muscles here. Especially when we're yelling, really projecting. My husband says I always talk like I really have a point to make when we're stressed out so remembering to breathe and take that belly breath is a really important part of connecting, again, with our body and recognizing the stress and impact it's having.

So, Patty, I think we might have a double slide so if you see this, oh, no we're good.

So, Patty is actually going to wrap up and take some questions.

>> PATRICIA EITEMILLER: Yeah, so we are running out of time and Corey and I like to talk if you guys haven't figured that out. But we were getting the ten minute mark flashing in the background so we had time for questions.

I don't know, Tracy, do we have any questions in the Q&A? We were going to run through real quickly here I think we have four more minutes, it looks like.

But do you want us to go ahead and do questions

now or wrap up?

>> TRACY WALTERS: Yeah, why don't you wrap up? We have a couple more minutes and then we'll see what folks have to say.

>> PATRICIA EITEMILLER: All right so one of the things we talked about is self-care at work. I know a lot of times we don't think about while we're rest of what we're supposed to be doing. In our jobs. We don't think about how self-care works. So if you want to share in the chat how you do that, I put some examples here on the screen but taking time to connect. I shared in one of the other trainings that I lead that we just moved new offices, but in my old office, I used to have a candy jar in my office and everybody knew it was there so they would come in when they needed a little Hershey kiss or piece of candy and that was the opportunity to say, hey, Patty, how you doing, whatever it was, came in and we had those few minutes just to connect in the midst of all of our crazy days. That's really important part of self-care, debriefing after meetings, laughing, laughter is just the best form of self-care because it's easy. Going for a walk.

I was very good for a while taking a walk in the middle of the day if I was in the office a lot so those kinds of things. Let me see what you guys shared in the chat.

Needing to actually eat a healthy lunch. That can make a world of difference. Really eating that healthy food so that you can feel like you've actually nourished your body in a good way. So, outside of work, some of the things also connecting the family and friends, getting outside,



snuggling with your fur babies. I'm missing my cats already even though it's only been like a day and a half. They're great little helpers.

Exercising. Smelling babies. Who doesn't love smelling babies but any other ideas you're welcome to share in the chat as well and I'll pull that up and see.

Setting boundaries and actually taking your lunch.

Thank you, April, for sharing that. That is huge.

It really is important for us to set those boundaries. I remember years ago I used to answer emails well into the evening and all of a sudden, I realized it was taking over my life so I've stopped. My hours were 8:30 to 5:30. I might read the emails but I was not allowed to respond to them outside of those hours because I was setting a boundary so people didn't have that expectation that they would hear from me no matter what time of day.

>> COREY CASSIDY: Patty, if I could jump in. I love what Joanna said, the copier. In my host recent office we had a big copier, work room, and I would go in and be running the copies and I do a little Yoga in the morning and people would find me in very compromising positions but I was doing my Yoga stretches and pigeon pose was my favorite and there I would be by the copy machine so I can completely relate to that. We've done a lot the last few years with our Zoom meetings and emails and all of the things that we're connected to and tethered to I think with our computer and technology now.

>> PATRICIA EITEMILLER: I now have a vision of you doing pigeon in front of the copy machine so

it's going to be forever ingrained in my head.  
Guided meditation on YouTube. That's another one that's a great one, Angela. I think meditation really got kicked into high gear in the last few years.

We're going to leave you with one quote. I think, Corey, I just took your slide.

>> COREY CASSIDY: It's okay.Ful

>> PATRICIA EITEMILLER: We just rolled with it so one self-care activity per day is your goal. That's what we want you to think about. A quote we pulled was almost everything will work again if you unplug for a few minutes, including yourself. If you want to take my goal which was to unplug my phone, turn it off. You can start with five minutes. Thirty minutes. Whatever works. Really making that commitment to do one thing again to focus on the body, your mind and your spirit.

so, I am going to pass it back to Tracy so she can feed us any questions.

>> TRACY WALTERS: Yeah. Thank you guys so much. There's lots of folks giving love on the screen and they are putting things in the chat. There's nothing in the questions. I think for wrap up, one of the things I really wanted to just highlight is, this quote that you guys are saying that it's not self-indulgence but it's self-preservation.

If we take nothing else away from today, I mean, I think that's something like everybody write it on your notebook, that is something that we should be taking away today.

Because you're so right, and how we are

regulating really impacts how the children and families are going to be feeling when they're in our presence and we are being with them and the course of the work that we're all doing so I think that is a huge takeaway for us and Corey, this deep dive into this context and how you walked us through that timeline, I think so many of us in early intervention, all this space we show up for children and families, right? It also helps us understand how long it takes change to really make things evident for us in our practices. Right? For our children and families, and for ourselves.

Really just kind of digging into that piece, this is not going to happen over a day. Not see the results right away. Of working through that but also then passing that to the families that you're working with.

I think that's so extremely important, right? Because we are the messenger a lot of times and holding that space for families to be able to also recognize. This is a stressful situation. Just being a parent is a stressful situation but when we're caring for children with complex needs, it's even that much more stressful. And a lot of us do it in our eight-hour day, our six-hour day, these families are doing this 24/7 and I think that's important for us to recognize.

What kind of support we can be in delivering the message you've delivered for us today with that. And I just think that that is something really, really important for us to note and just a question for you guys, just very curious. First, I think you guys should have your own podcast.

(laughter)

I'm just going to drop it there. But, I think you should have a podcast because I think these kind of things are really wonderful to be discussing among the field. But, you know, I'm wondering if based on your lived experiences and your professional spaces, would you guys see or do you see it showing up in the research that it's harder for people who work in a field of servitude to practice this self-help skills other than, maybe folks in other fields. That kind of comes up for me when I'm thinking about it because we get so ingrained in that, put your cape on. You know, pull your boots up. Get out there. We're saving the world, right? And then you realize it gets Padre Island on to you after a while and you start feeling the effects. Ful

>> COREY CASSIDY: Yeah, trace yourself I think definitely in the research that's starting to come up now. It is 75 years in the making that self-care, it legitimizes it, right? Self-care is important and somebody said, I wish I could remember who it was, said, in order for me to be grounded for these families, I need to take care of myself. I need to let go of some of the stress, the ways that work for me. That's what it is. It's so individualized but I think it's important to realize that it comes from all these movements because we don't know how to take care of ourselves. We forget to take care of ourselves. We're not trying to be martyrs. Hate when people say that. Oh, you're a martyr. No, I just ran out of time or I'd rather sit and have that glass of wine and take a walk even though I know which one is a better

choice. Not to say glass of wine isn't a good choice, too.

But, you know, instead of third glass of wine, I could have taken a little walk. So, I think that balance for ourselves is important and we forget about that. How often do you, my husband is a nurse at the local medical center, and how often do you walk to, you know, go into a hospital or medical center and all the doctors and nurses are standing outside the door smoking?

And I used to think, what hypocrites. But, really, it's because they don't take care of themselves. They're the last people they take care of, are themselves, and that's their coping mechanism so we tend to dig ourselves deeper and deeper instead of pulling ourselves up and helping ourselves out. I don't know Patty, if you want to follow up that.

>> PATRICIA EITEMILLER: Said beautifully, Corey. Thanks. I would agree. I think we're so, I can think back to so many moms, new moms, that were so focused on taking care of their kids, which, of course you are. That's what society says you should do but society doesn't say, hey, mom, we need to take a break. For five minutes. I tell this story all the time in trainings but I had a mom I worked with in early intervention with a child that was very involved and when it came time to transition her to preschool, Special Ed, I realized that first two and a half years of her life, that mom had never ever been away from her child.

When I looked at her, she just broke down in tears. She was so stressed, so overwhelmed, so

exhausted because she had put so much of herself. I looked at her. I said, how about you taking, I don't know, People magazine and going down the street to Starbucks for 30 minutes. She looked at me with a look that said I just told her to jump off a bridge. It was that terrifying for her. She had a very supportive husband and father but it was a very eye opening experience for me as a young, early interventionist to go, okay, we really have to teach our parents of these kids we work with to take care of themselves.

>> TRACY WALTERS: Sure. Sure, and I think that perspective taking, too, about what that family has been through. Especially the families in our early intervention systems, right? Because they may have already been in the NICU, may have already had a difficult pregnancy. We just keep backing the ball up with what we need to consider with these families.

They're not just showing up in early intervention, they've already had a history so when they get to us just really thinking about helping had them take that perspective and that breath that you guys have like really offered us today and I think, the other big message that I'm thinking about that's had really shining through here is just that permission giving.

>> COREY CASSIDY: Yeah, Tracy, I was going to say that, I was thinking about that, too. I think those of us that have chosen different fields thrive when we're in control. We can give everybody else, tell other people how to take care of themselves, share in the other knowledge and the confidence of what they're doing.

I didn't have my kids until I was 40 but I was in early intervention for 15 years before that and I could tell every parent exactly what to do. Every caregiver, child care provider, this is how you do it, this is how it's going to go. And then I became a parent and realized, I do not have a lot of control. So we dig so deeply to get the control and I think somehow self-care has been connected to loss or lack of control. Like, if I let down my guard but by not letting down our guard and giving back to ourselves, we're not holding on to the control in a way that's productive or protective and it's certainly not going to be something I can maintain long-term

>> TRACY WALTERS: And I think that circles long-term to a lot of those infant and early childhood mental health practitioners. Really holding space out for that family so they have time to work through these things and that we can help them. Navigating these areas of thinking about what their life is like. All of this comes together beautifully with the message for us. What we can take back. What our hope is is that the thing that's we're getting from you today, it's not to go on a shelf, right? But pick a couple things like you guys said, like even if you choose one thing that you can take back and start to practice, even if it's that one cup of coffee. Close your office door for five minutes. Whatever it is. And for the parents, too. Because we can get lock minded in the professional practitioner piece of this but really thinking about how this also translates to those families every is really important.

So, yeah. Thank you for like kind of helping us navigate what the perspective is like in the research about how we're holding up. But, I think that like your positive message about highway important it is to pause and think about it is really going to sustain us, and I think you're right. We haven't had a lot of time to grieve and I think that goes back to our keynote this morning, we haven't had a lot of time to grieve in our perspective fields. We've had to pivot to try to figure out how to do things during the pandemic and now we've pivoted back but pivoting back feels different and as you guys say, it's a new space, right?

It's a new space. And so, I think some of us have spent a lot of energy trying to pivot into the new normal and it's not a new normal. It's a new space.

I think the skills and strategies you've given us today is really going to help maybe clarify that for ourselves a little bit more which I know will be in my personal and professional life, extremely helpful, right?

And then hopefully we're there for that trickle down effect. The people who are there both in our work lives, our home lives.

I just thank you so much. I'm going to check the chat one more time and make sure I haven't left, everybody has been very active and engage had had with what you guys are -- yeah. Folks commenting on, delegating is such a health haddie thing to do. So important and it can be challenging, Jackie, you're exactly right about that.

But, that is another one of those spaces, right?



That we can practice skills. The take those baby steps. Take those baby steps.

But, well, guys, thank you so much. I just feel like a notch down, a little more relaxed after the conversation.

>> COREY CASSIDY: We've done our job.

>> TRACY WALTERS: I did the tapping. The tapping works for me.

>> COREY CASSIDY: Like I said, take the pressure off. Right? If you have a phrase, if you have something you're focused on, great. Or just do it. Just take a moment. It's my meditation. That's how I do it.

>> TRACY WALTERS: Yeah and get back like the awkward of trying something new. I think sometimes we get stuck in that space of like, am I really going to do this? Just get past the awkward of trying that and do it.

I did put in the chat, too. Some of Gabore Mate's work. He does a lot of work on the body mind experience and it goes back to a lot of things you guys are talking about. If you're not using all of the strategies that you guys have given us, so where does this go? It's held at a cellular level, we know that. Trauma. Stress. All of it. It goes somewhere.

So, I think pairing it with some of his work may give people even a deeper dive into the strategies that you're recommending.

So, thank you guys so much. It was a real gift. And Patty, I mean, world traveler. And still getting in here. Time change and everything.

>> COREY CASSIDY: Impressive.

>> PATRICIA EITEMILLER: It all worked and it's

an acceptable time for me to go have a glass of wine because it's 8:42 over here.

>> TRACY WALTERS: And you should. You should celebrate your success here today. So, really take a breath, guys. It was a beautiful presentation. We thank you -- so grateful. So grateful.

>> COREY CASSIDY: Thanks for having us. It was an honor for us.

>> TRACY WALTERS: Thank you so much, guys. Take care, be well E. We have one more session. If you can join us, we'd love to have you. Be well.  
(break until 1:00 PM CT)