



Indiana Head Start Association

Newsletter April 2020

Welcome our New Executive Director Rhett Cecil!!







Rhett brings several years of non-profit management experience and an excitement for this new journey! We are all very excited to have him join our IHSA Team!! Even with the stay at home orders he is already learning all about Head Start. Hopefully he will be able to start visiting all of you soon!!

C.H.A.N.G.E (CHOOSE HAVING A NEW GROWTH EXPERIENCE)

When things change, we are often terrified and feel uncomfortable. Change is inevitable and necessary in order for things to survive and thrive. With the recent shift of the economy across the world, we are forced to overcome our fears and embrace the changes ahead. As we go through current world-wide changes together, keep in mind these approaches to change.

1. Identify what you can and cannot control change happens on both macro and micro scales. Some things you're just not going to be able to control such as the COVID-19 pandemic.
2. Be flexible and embracing of change approach change with an open attitude of learning, anticipation, and excitement even if you don't like it or it seems too tough to handle. See change as an opportunity.
3. Communication, communication, and more communication we all know communication is key; part of the fear of change is the unknown and with that being said, if there something you don't know or understand, be proactive in reaching out to those who can provide you with a better insight.

SIGNS OF STRESS

 PHYSICAL	<ul style="list-style-type: none"> • Palpitations • Lump in throat • Low energy • Insomnia 	<ul style="list-style-type: none"> • Unexplained pains • Dry mouth • Difficulty in swallowing • Nervousness & shivering
 EMOTIONAL	<ul style="list-style-type: none"> • Agitation • Irritability • Depression • Loneliness 	<ul style="list-style-type: none"> • Low Self Esteem • Mood Swings • Difficulty to relax
 BEHAVIOURAL	<ul style="list-style-type: none"> • Constant anxiety • Racing thoughts • Forgetfulness • Dis-organization 	<ul style="list-style-type: none"> • Inability to focus • Poor judgement • Increased pessimism
 PSYCHOLOGICAL	<ul style="list-style-type: none"> • Fidgeting, pacing • Procrastination • Substance abuse • Nail Biting 	<ul style="list-style-type: none"> • Increased isolation • Relationship issues • Avoiding responsibilities • Unbalanced appetite



Stress relief activities

There are only 2 times when I feel stress: Night and Day

Engage one or more of your senses to relieve stress

- Sit outside and enjoy the sounds
- Listen to a favourite piece of music
- Listen to some sounds, lapping water
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio programme with your eyes closed
- Read a good book
- Watch a your favourite film
- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualisation techniques
- Evolve good memories from look at memory or story board
- Burn some aromatherapy oils
- Enjoy the aroma of scented candles
- Do some baking - the mixture of aromas and soothing movements
- Enjoy outdoor smells from walks in the country or near the sea.
- Freshly brewed tea or coffee
- Sing
- Laugh
- Have a chat with someone who listens
- Chew a piece of sugarless gum
- Use deep breathing exercises
- Eat a piece of dark chocolate
- Use deep breathing exercises
- Repeat affirmations out loud
- Exercise
- Squeeze a stress ball
- Stroke a pet - particularly cats, dogs, rabbits
- Wear soft warm clothing
- Bake - enjoy the soothing, repetitive movements
- Play a musical instrument
- Have a massage
- Yoga or pilates

Designed by B. Ireland-Symonds