

Helpful Resources to Reduce Child Care Burnout

Center for Early Childhood Mental Health Consultation - <http://ecmhc.org/relaxation.html>

The Center for Early Childhood Mental Health Consultation has a variety of resources related to stress management and relaxation including the “Taking Care of Ourselves” booklet (which is one of the featured handouts for this training), posters, a stress reduction workshop outline, and recorded relaxation exercises.

“How to Reduce Stress and Beat Burnout” -

[https://www.naeyc.org/files/tyc/file/How to Reduce Stress and Beat Burnout.pdf](https://www.naeyc.org/files/tyc/file/How%20to%20Reduce%20Stress%20and%20Beat%20Burnout.pdf)

This National Association for the Education of Young Children (NAEYC) article lists ten strategies for early childhood professionals to incorporate to help them manage stress and hopefully avoid burnout.

Building Your Bounce: Simple Strategies for a Resilient You

by Mary Mackrain and Nefertiti Bruce; published 2009 by KPress

The strategies suggested in the book *Building your Bounce: Simple Strategies for a Resilient You* correspond to the reflective statements that comprise the Devereux Adult Resilience Survey (DARS). This resource can be used by educators, teachers, parents, and any adult looking to support their own resilience. It is a personal journal which is designed to meet adults where they are and take them to a place of greater strength and determination. Through reflective readings, activities, journaling, and written responses, this book will uncover strategies for strengthening four areas related to resilience.

Finding Your Smile Again: A Child Care Professionals Guide to Reducing Stress and Avoiding Burnout

by Jeff A. Johnson; published 2007 by Redleaf Press

In this book, an experienced care provider and former center director, Jeff Johnson, addresses the common stressors and challenges, providing proven techniques for coping with stressful situations, and diagnosing and preventing burnout.