



"Before helping children to successfully deal with their stress and anxiety, educators need to have the skills to be able to effectively manage their own stress, and the feelings that accompany it."

-Dr. Donna Housman

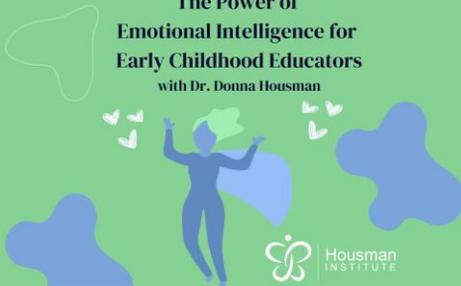


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Even Superheroes Need Support:

The Power of Emotional Intelligence for Early Childhood Educators

with Dr. Donna Housman



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What Early Childhood Educators are Saying Now

“Teaching through the pandemic has left me feeling more than just “burnt out” – I am gutted, empty, and wondering how I can continue to be the joyful, engaged teacher that my students need.”



*Megan Hillegoss-Early Childhood Educator, Education Post, October 18, 2021



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EC Educators are Feeling Anxious Overwhelmed, Depressed & Burned Out

60% of early childcare educators and caregivers felt the pandemic negatively impacted their mental health & 70% said they felt anxious and negative about the future (Education Policy Initiative)

Burnout rose from 25% to 57% (RAND Corporation)



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"When feelings are not managed or regulated well, thinking can be impaired; when the brain is dealing with unregulated emotion, it cannot learn."

—National Scientific Council on the Developing Child

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Defining Stress vs. Burnout

Stress

- Body's response to overwhelming circumstance
- Negative OR positive changes
- Temporary or prolonged
- Long-term impact when unmanaged

Burnout

- Emotional, physical & mental exhaustion
- Work-related
- Feeling of loss of control
- Hopeless and empty



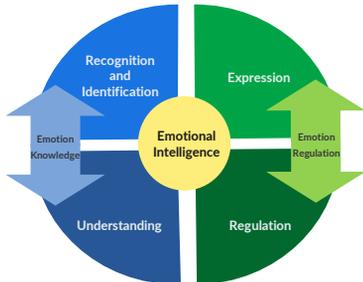
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Why Your Emotions Matter

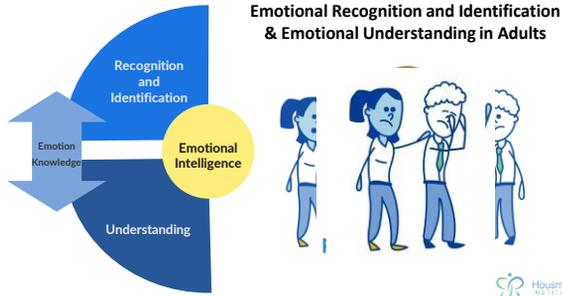


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Four Quadrants of Emotional Intelligence

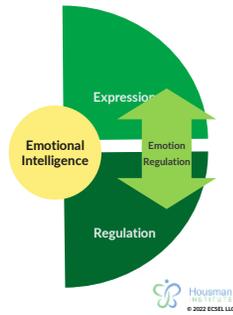


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Emotional Expression & Emotional Regulation in Adults



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**Connecting the Dots...
Emotional Intelligence & Emotional Awareness**



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Six Levels of Emotional Awareness

6. Forecasting



- ✓ Predict Emotions
- ✓ Choose the Best Course of Action

- Level 1: Awareness
- Level 2: Acknowledgement
- Level 3: Identification
- Level 4: Acceptance
- Level 5: Reflection
- Level 6: Forecasting



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How Does This Relate to Your Professional Career?



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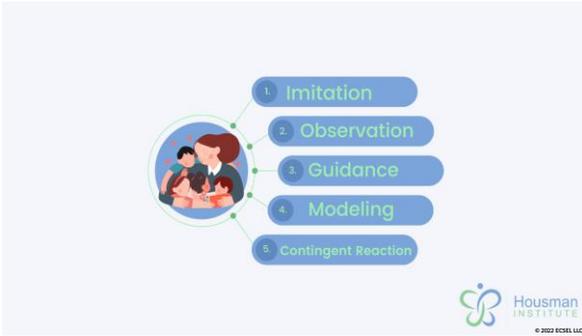
Stress-Management Techniques



- Self-Reflection
- Reflective Journaling
- Physiological Regulation
- Mindfulness
- Prioritize Self-Care



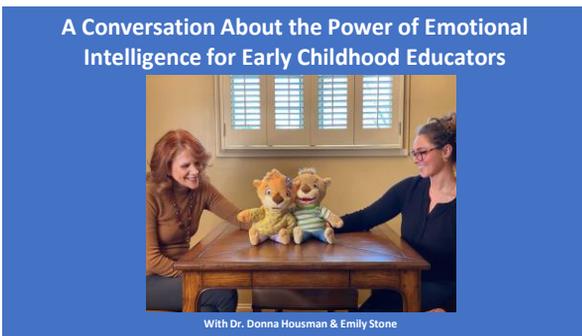
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At Housman Institute, we work to educate educators, parents, and the young children they nurture, teach and support, in order to promote the growth of emotional intelligence through the development of its underlying competencies and associated skills.

For More Information - Please Visit us at
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