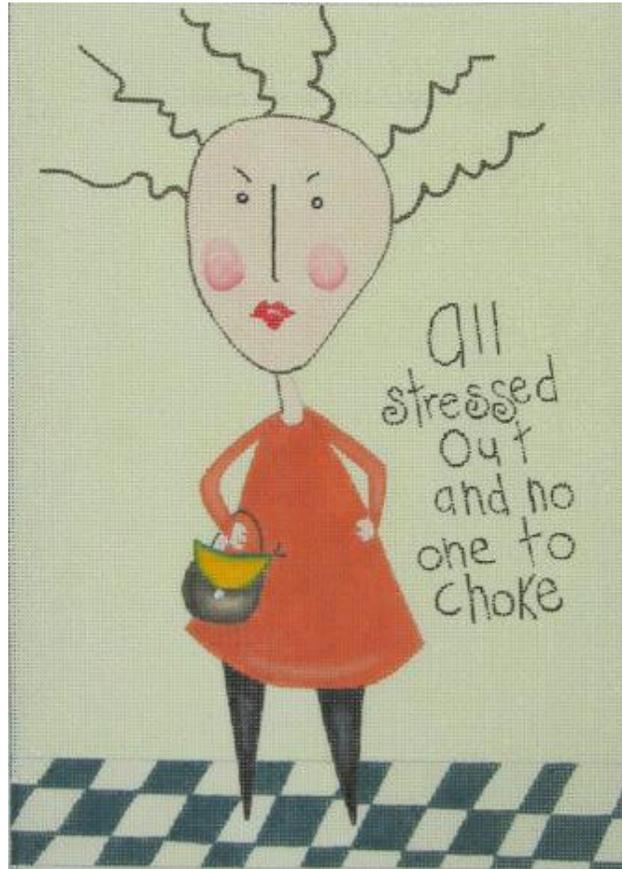




National Association
of Federally Impacted Schools



Practicing “Safe Stress”

Website: www.debbiesilver.com

FB: www.facebook.com/drdebbiesilver

Twitter: @DrDebbieSilver

e-mail: debbie@debbiesilver.com


debbie silver
speaker • author • humorist

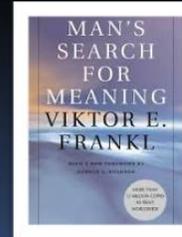
The Power to Choose

Between stimulus and response
there is a space.

In that space is our power to choose our
response.

In our response lies our growth
and our freedom.

-paraphrased from Victor Frankl's *Man's Search for Meaning*



**Before the other person talks,
clarify the purpose they are seeking.**

- 1. Do you want me to listen so that you can be heard and/or I can understand your point of view?**
- 2. Do you want me to listen to make suggestions or help you solve a problem?**
- 3. Do you want me to listen in order that I might take action?**

An infographic with a blue, wavy background. At the top left, there is an illustration of a water bottle and a glass. At the top right, the word 'Water' is written in a cursive font inside a white cloud, with a blue water drop character next to it. Below this, there is a list of ten benefits of water, each preceded by a blue water drop icon.

- helps breathing
- helps the body absorb nutrients
- makes up 83% of your blood
- removes waste
- compose 75% of your brain
- regulates your temperature
- makes up 75% of your muscles
- helps convert food to energy
- composes 22% of your bones
- cushions your joints
- helps carry oxygen to your cells
- protects your vital organ



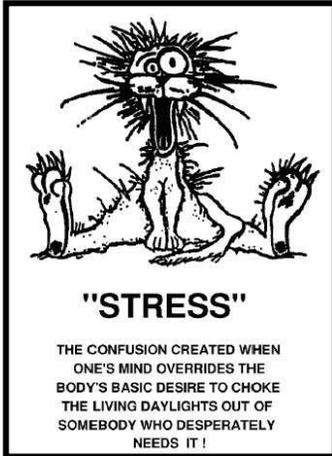
It's Not About the Nail
<https://vimeo.com/66753575>

Practicing "Safe Stress"

Signs That You're "Stressed Out" Checklist:

- Headaches
- Irritability
- Fatigue
- Feelings of hopelessness
- Depression
- Anxiety
- Boredom
- Ulcers
- Frequent Colds
- Sleeplessness or too sleepy
- Pain in neck and back
- Pain in joints and muscles
- Weight gain/ loss
- Cardiovascular problems
- Gastrointestinal problems
- Absenteeism
- Apathy
- Disregard for appearance
- Lack of energy
- Mood swings
- Paranoia





___ Increased use of drugs or alcohol

___ Loss of sense of humor

How To Tell If You Are a Stress-Prone Personality?

Rate yourself as to how you typically react in each of the situations listed below. There are no right or wrong answers.

4-always **3-frequently** **2-sometimes** **1-**
never

- ___ 1. Do you try to do as much as possible in the least amount of time?
- ___ 2. Do you always have to win at games to enjoy yourself?
- ___ 3. Do you find yourself speeding up in the car to get through yellow lights?
- ___ 4. Are you unlikely to indicate you need help with a problem?
- ___ 5. Do you constantly seek the respect and admiration of others?
- ___ 6. Do you have the habit of looking at your watch or clock often?
- ___ 7. Do you spread yourself "too thin" in terms of your time?
- ___ 8. Do you have little time for hobbies or time by yourself?
- ___ 9. Do you have a tendency to talk quickly or hasten the conversation?

___ 10. Do you feel vaguely guilty if you relax and do nothing during leisure?

How Vulnerable Are You to Stress?

(Adapted from the work of Dr. Lyle H. Miller and Alma Dell Smith, reprinted with permission)

Score each item either 1 (almost always), 2 (a lot), 3 (sometimes), 4 (almost never), or 5 (never) according to how each statement applies to you.

- ___ 1. I eat foods that are healthy.
- ___ 2. I get 7 to 8 hours sleep at least four nights a week.
- ___ 3. I give and receive affection regularly.
- ___ 4. I have at least one relative within 50 miles on whom I can rely.
- ___ 5. I exercise to the point of perspiration at least 3 times a week.
- ___ 6. I refrain from smoking.
- ___ 7. I take fewer than 8 alcoholic drinks a week.
- ___ 8. I am the appropriate weight for my height.
- ___ 9. I have an income adequate to meet basic expenses.
- ___ 10. I get strength from my religious beliefs.
- ___ 11. I regularly attend club or social activities.
- ___ 12. I have a network of friends and acquaintances.
- ___ 13. At work I feel capable and valued.
- ___ 14. I am in good health (including eyesight, hearing, and teeth).
- ___ 15. I drink less than 3 cups of coffee, glasses of tea, or colas a day.
- ___ 16. I am able to use my sense of humor to balance my reaction to boring and stressful situations.
- ___ 17. I do something for fun at least once a day.
- ___ 18. I am able to organize my time effectively.
- ___ 19. I am able to speak openly about my feelings when angry or worried.
- ___ 20. I take quiet time for myself during the day.





Laughing WITH Others

- 1. Going for the jocular vein.**
- 2. Based on caring and empathy.**
- 3. Builds confidence.**
- 4. Involves people in the fun.**
- 5. A person enjoys being the “butt” of the joke.**
- 6. Amusing, invites people to laugh.**
- 7. Supportive.**
- 8. Brings people closer.**
- 9. Leads to a positive repartee.**
- 10. Pokes fun a universal human foibles.**
- 11. Nourishing.**
- 12. Icebreaker.**

Laughing AT Others

- 1. Going for the jugular vein.**
- 2. Based on contempt and insensitivity.**
- 3. Destroys confidence.**
- 4. Excludes some people.**
- 5. A person does not have a choice in being made the “butt” of the joke.**
- 6. Abusing, offends people.**
- 7. Sarcastic.**
- 8. Divides people.**
- 9. Leads to one-down-manship cycle.**
- 10. Reinforces stereotypes.**
- 11. Toxic.**
- 12. Ice maker.**

From “Laughing Matters” magazine published by The Humor Project, Inc. as quoted in Jump Start Your Brain by Doug Hall.

TOTAL: To get your score, add the figures. Any number over 50 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 60 and 75, and you are extremely vulnerable if it is over 75

Website: www.debbiesilver.com
(login: iamateacher)
FB: www.facebook.com/drdebbiesilver
Twitter: @DrDebbieSilver
Email: debbie@debbiesilver.com

LIST OF RELATED CITATIONS
Practicing “Safe Stress”
PRESENTED BY DR. DEBBIE SILVER

Silver, D. (2012). *Drumming to the Beat of Different Marchers: Finding the Rhythm for Teaching Differentiated Learners*. Chicago, IL: World Book, Inc.

Silver, D. & Berckemeyer, J. (2023). *Deliberate Optimism: Still Reclaiming the Joy in Education*. Thousand Oaks, CA: Corwin Press.

Silver, D. (2021). *Fall Down 7 Times, Get Up 8: Teaching and Raising Self-Motivated Kids*. Thousand Oaks, CA: Corwin Press.

Silver, D. & Stafford, D. (2017). *Teaching Kids to Thrive: Essential Skills for Success*. Thousand Oaks, CA: Corwin Press