



# LET'S GET ROOTED:

Movement + Mindfulness for the Early Childhood Professional

Early Childhood  
Mental Health Conference  
September 2024

# breathwork Break





# WHO IS YOUR PRESENTER?

Monica Rollins, MA, 500 Hr RYT

- Master's Degree in ECE/SPED + nearly 20 years in the ECE field
- Worked in all kinds of education settings
- 650+ hours of yoga, mindfulness and trauma-informed training
- Love to travel the world, spend time in the mountains and the water, snuggle my pup Yoshi and flip furniture on my free time

# What will you learn?

Explore  
caregiver  
burnout  
data

Understand  
your  
personal  
hierarchy of  
needs

Discuss the  
stress  
response  
system

Simple +  
effective  
strategies  
to combat  
stress and  
burnout

## opening reflections

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# WHAT IS YOUR WHY?

What inspired you to make your  
career choice?

How does your day-to-day align with  
your personal and professional values?

HOW OFTEN DO YOU FEEL EXHASUTED  
(PHYSICALLY, EMOTIONALLY, MENTALLY, ETC)  
FROM YOUR WORK?



caregiver  
burn out  
data

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# 2024 NAEYC NATIONAL 'WE ARE NOT OK' SURVEY



Check out all of NAEYC's surveys of the early childhood education field online at [NAEYC.org/ece-workforce-surveys](https://naeyc.org/ece-workforce-surveys).

1/2

## Here's a brief summary of the survey data from CA (California):

|   | STATE | NATIONAL |
|---|-------|----------|
| <b>Total sample size</b>  | 805   | 10,128   |
| <b>Total employed in family child care homes</b>  | 148   | 1,450    |
| <b>Total employed in child care centers</b>   | 409   | 5,084    |
| <b>AMONG ALL RESPONDENTS:</b>   |       |          |
| Supply  |       |          |
| % reporting at least one child care program in their community OPENING over the last year | 25%   | 30%      |
| % reporting at least one child care program in their community CLOSING over the last year | 52%   | 55%      |
| <b>Compared to this time last year...</b>   |       |          |
| % indicating they are more burned out now   | 41%   | 46%      |
| % indicating their economic situation has improved  | 17%   | 16%      |
| % indicating their economic situation has worsened  | 29%   | 32%      |

[https://www.naeyc.org/sites/default/files/globally-shared/downloads/PDFs/our-work/public-policy-advocacy/california\\_2024\\_feb\\_statebystate.pdf](https://www.naeyc.org/sites/default/files/globally-shared/downloads/PDFs/our-work/public-policy-advocacy/california_2024_feb_statebystate.pdf)

# 2022 TEACHER SURVEY ON PROFESSIONAL LEARNING, BURNOUT, AND RETENTION

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**Compensation and mental health remain the driving reasons for early childhood educators considering a career change.**

Of the 20% of early childhood educators who said they are considering making a career change:

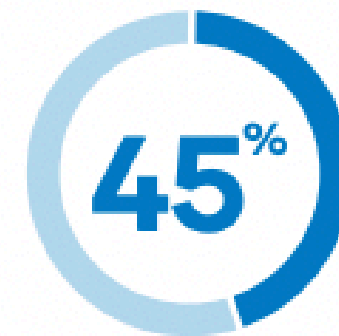


Say compensation is the driving reason

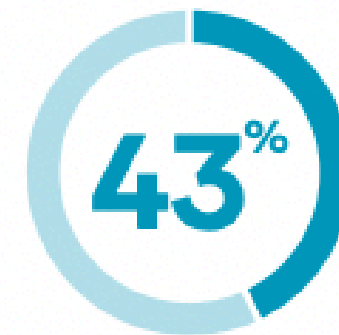


Say mental health is the driving reason

**Early childhood educators are experiencing high levels of burnout and stress.**



Early childhood educators struggle with mental health and burnout.



Early childhood educators report staffing shortages affecting their stress level.

[https://teachingstrategies.com/wp-content/uploads/2022/10/TS-Teacher-Retention-flyer\\_Digital.pdf](https://teachingstrategies.com/wp-content/uploads/2022/10/TS-Teacher-Retention-flyer_Digital.pdf)





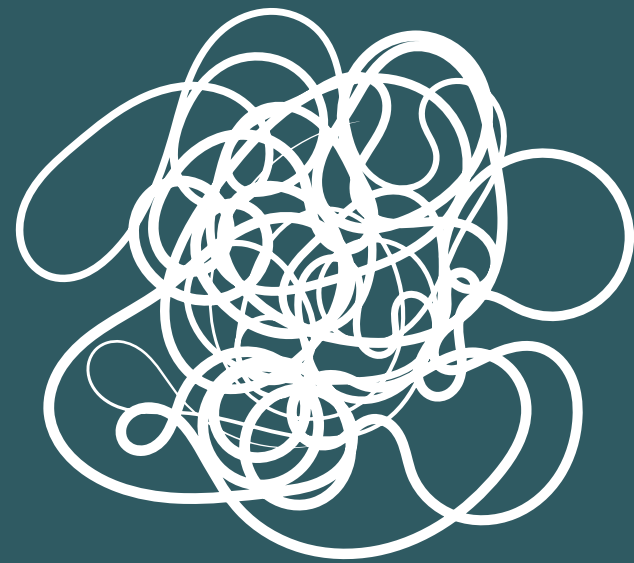
# PERSONAL HIERARCHY OF NEEDS

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what happens when these aren't met?

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## Stress response in the body

Mood changes including increased irritability and anxiety

Heart rate and blood pressure increase

Diaphragm pushes upward causing shallow, quick breathing

Inflammation levels rise throughout the body

Muscles tense and tighten to respond to a stimuli

Digestion issues including cramps, poor nutrient absorption, and abnormal bowel movements



# STRATEGIES TO COMBAT STRESS RESPONSE

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movement +  
physical activity



affection



breathwork



big cry



artistic  
expression



positive social  
interactions



big laugh

# Movement Break



- What is one thing you learned today?
- What is one thing that surprised you?
- What is one thing you will integrate into your wellness practices?



# THANK YOU!



QUESTIONS?

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