Understanding Stress and Wellness for Head Start Staff
What do we mean by “wellness”?
Using 1-word answers: What are some of the areas of wellness?
Wellness

Growth

Balance

Absence of Illness
Wellness is an active **process** of becoming **aware** of and making **choices** toward a more **successful** existence.
5 Areas of Wellness
Physical Wellness
A perception and expectation of physical health
Occupational Wellness
The journey to accomplishment while enjoying the process
**Intellectual Wellness**

The perception of being internally energized by an optimal amount of intellectually stimulating activity.
Social Wellness
Perception of having support available from family, friends, or co-workers in times of need and a perception of being a valued support provider.
Emotional Wellness
Possession of a secure self-identity and a positive sense of self-regard; also the ability to cope with and/or improve unpleasant mood states.
Social

Emotional

Intellectual

Physical

Occupational
Resources

Understanding the Relationship Between Staff Wellness and Effective Teaching Practices

Health Services Newsletter: Staff Wellness– Managing Stress
https://eclkc.ohs.acf.hhs.gov/newsletter/health-services-newsletter-staff-wellness-managing-stress

Promoting Staff Well-being
https://eclkc.ohs.acf.hhs.gov/mental-health/article/promoting-staff-well-being

1302.93 Staff health and wellness.

Staff Wellness for Home Visitors
https://eclkc.ohs.acf.hhs.gov/video/staff-wellness-home-visitors

Promoting Staff and Family Well-being
https://eclkc.ohs.acf.hhs.gov/mental-health/article/promoting-staff-family-well-being

Program Approaches for Staff Wellness
https://eclkc.ohs.acf.hhs.gov/video/program-approaches-staff-wellness

Promoting Organizational and Staff Wellness
https://eclkc.ohs.acf.hhs.gov/video/promoting-organizational-staff-wellness

Head Start Regional TTA Network

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