



# **Understanding Stress and Wellness for Head Start Staff**

A woman with long brown hair is shown in profile, looking upwards with her eyes closed. She is wearing a white sleeveless top. The background is a soft-focus image of green leaves and bright sunlight, creating a warm and peaceful atmosphere. At the top of the image, there is an orange geometric pattern.

**What do we mean by “wellness”?**



**Using 1-word answers:  
What are some of the areas  
of wellness?**

# Wellness



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

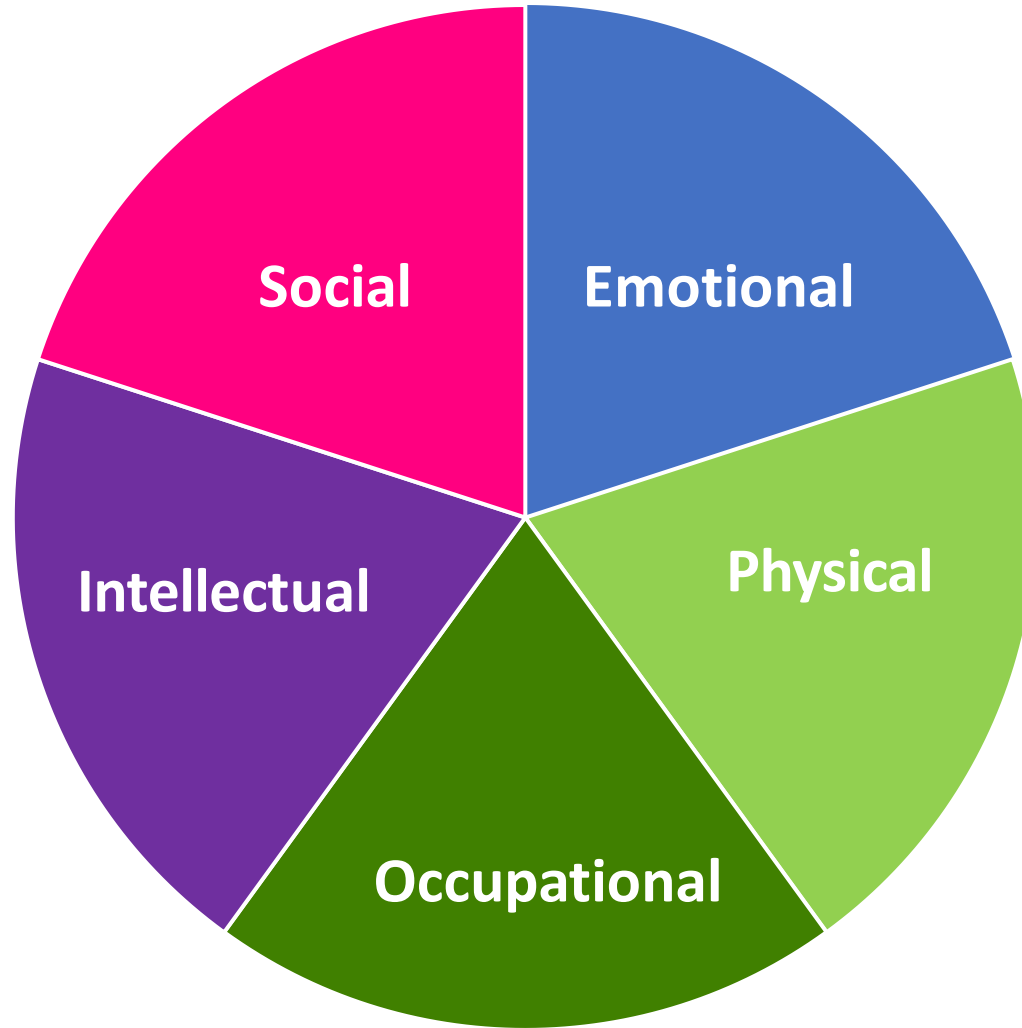
**Perception of having support available from family, friends, or co-workers in times of need and a perception of being a valued support provider.**



## 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.





# Resources

**Understanding the Relationship Between Staff Wellness and Effective Teaching Practices**  
<https://eclkc.ohs.acf.hhs.gov/video/understanding-relationship-between-staff-wellness-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.**  
<https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii/1302-93-staff-health-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