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No relationships to disclose



**Using Monday Cues to Reduce Teacher Stress:
a Pilot Program in Baltimore City Public Schools
November 5, 2019**

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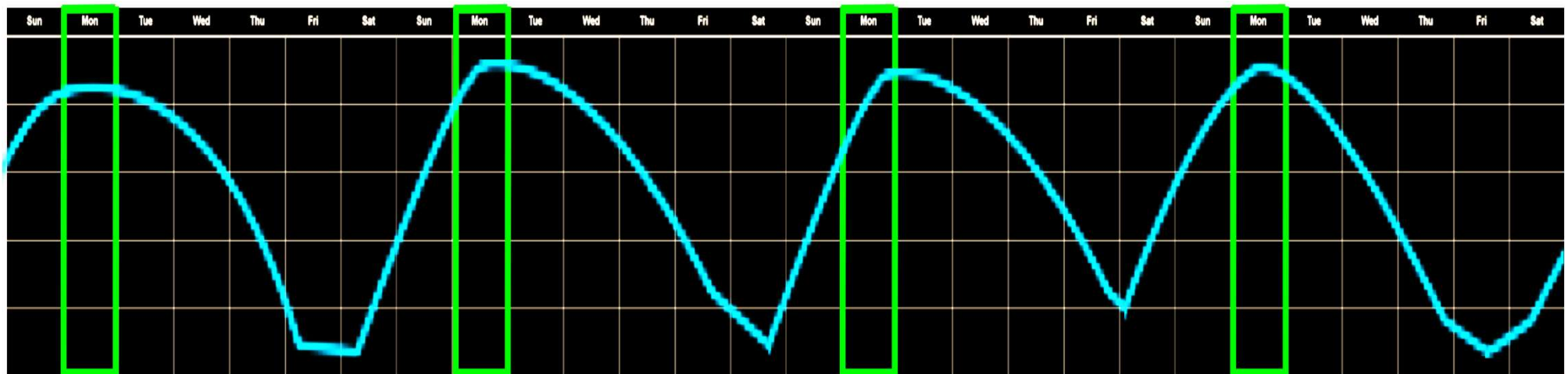
This program was supported, in part, by a grant from the Lerner Center for Public Health Promotion at
Johns Hopkins Bloomberg School of Public Health.

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Overview of Today's Presentation

- ✓ Learn background on The Monday Campaigns and the Monday periodic cue
- ✓ Understand the DeStress Monday program
- ✓ Describe stress reduction outcomes of program for teachers and students
- ✓ Have framework to introduce DeStress Monday program
- ✓ Access resources to implement a weekly DeStress Monday program

The Monday Cue and Health Behavior



JAMA Internal Medicine
Formerly Archives of Internal Medicine



AMERICAN JOURNAL OF
Preventive Medicine

What's the Healthiest Day?

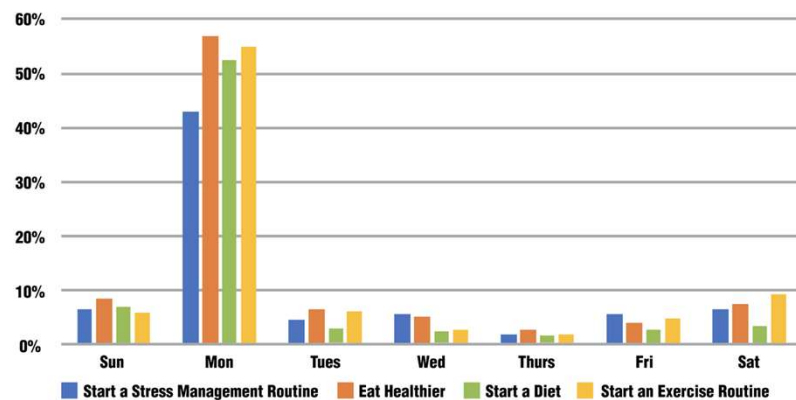
Circaseptan (Weekly) Rhythms in Healthy Considerations



Reported Intentions Favor Monday

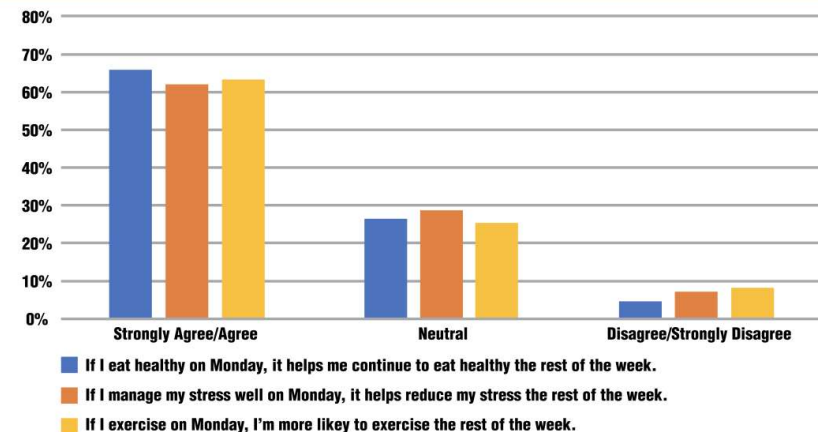
There's an upsurge of healthy intentions on Mondays.

What day of the week are you most likely to...?



Monday helps people sustain healthy behaviors.

Does Monday affect your intentions for the rest of the week?



Data Decisions Group, 2017. Survey of 1,000 U.S. respondents

The Monday Campaigns: Mission and Background

Mission

- Reduce incidence of chronic, preventable disease by providing tools for sustainable healthy behavior

Background

- Initiatives originated by Sid Lerner, in association with leading public health schools
- Collaborate with organizations who can effect adoption of Monday practices to large populations
- Free concepts, research, and creative materials



The Monday Campaigns Portfolio

OVERALL WELLNESS



**The day all health
breaks loose!**

NUTRITION



One day a week, cut out meat.



Start your week off right:
Make Monday family night!

PHYSICAL ACTIVITY



Jump start your week!

STRESS MANAGEMENT



TOBACCO CESSATION



The day to
recommit to quit.

DeStress Monday – Program & Portfolio

Breathing



Mindfulness

TAME YOUR "MONKEY MIND"

Bring your mind under control from a constant chattering of distracting and unwanted thoughts.

1. Sit quietly and focus on your breath.
2. As competing thoughts surface, once again become aware of your breath.
3. The monkey mind will naturally subside and allow you to return to calm.

A cartoon illustration of a brown monkey wearing a red cap with a yellow bell, holding a large yellow bell in its hands. The monkey has a wide, toothy grin.

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Positivity

CHEERS TO A NEW PERSPECTIVE!

This Monday, see the glass half-full. A positive outlook can make you happier and healthier.

A simple illustration of a clear glass filled with blue liquid, representing water, with the liquid level at the halfway mark.

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Movement

TAP INTO YOUR INNER CRANE THIS MONDAY WITH TWO TAI CHI MOVES

Destress with Tai Chi, a mind-body martial art that joins the breath with standing poses.

Two illustrations of a woman in a green shirt and blue pants performing Tai Chi movements. The first pose, labeled with a green circle containing the number 1, shows her with arms extended horizontally. The second pose, labeled with a green circle containing the number 2, shows her with arms raised in a crane-like pose.

#DeStressMonday DeStressMonday.org **DeStress Monday**

DeStress Monday at School – a Pilot Program & Study

- Mixed-methods pre-/post- pilot study evaluating DeStress Monday effects among 50 teachers in 3 Baltimore City Schools
- Study aims
 - 1) Evaluate email and website feasibility for delivery
 - 2) Explore potential impact
 - 3) Gather feedback from teachers to refine
- Study Design
 - Pre-program focus group to refine content for program
 - Pre- and Post- surveys – assess teacher psychological functioning and media usage
 - Post-program focus groups – explore teacher experience with emails and website, program content

DeStress Monday at School – Focus Group for Content

- “For You” and “For Your Class” content orientation
- Videos for yoga most instructive
- Animated content with images and sounds to help guide meditation practice
- Illustrations to model self-care

DeStress Monday at School - Implementation

For Teachers



For Classroom Use



DeStress Monday at School - Implementation

9-Week Curriculum

For Teachers

Each Monday during the program, new practices will be placed in this section for teachers. They're grouped under five themes – Starting the Day, Boosting Energy, Improving Focus, Calming the Mind and Connecting. Visit [the curriculum page](#) for a helpful overview.



Starting the Day for Teachers



Boosting Energy for Teachers



Improving Focus for Teachers



Calming the Mind for Teachers



Connecting for Teachers

For the Classroom

This section features the weekly classroom practices that correspond to the five themes, so you and your students can learn together. Each week, new practices will be added, so be sure to stop back regularly. Visit [the curriculum page](#) for a helpful overview.



Starting the Day for the Classroom



Boosting Energy for the Classroom



Improving Focus for the Classroom



Calming the Mind for the Classroom



Connecting for the Classroom

DeStress Monday at School - Implementation

9 -Week Curriculum

- Email distributed directly to teachers every Sunday night for Monday prep
- Video and audio meditation content
- In-class guidance sessions (when experts avail)

CLEAR THE WAY TO REFRESH YOUR INTENTIONS

This week, gently erase stressful feelings and anxiety so your positive thoughts can shine through.

- Take long, deep breaths until you feel calm and centered.
- Identify a thought that causes you stress or unhappiness. Imagine it drifting further and further away with each breath.
- When your mind is clear, set a healthy, positive intention for the week, such as being more compassionate.



DeStress Monday

FEEL THE GROOVE AND MAKE YOUR MOVES

Shake your bones and start your Mondays with some dancing.

Here's how to do it:

Step 1: Put on a song.
Step 2: Move your legs.
Step 3: Pump your arms.

Now you're dancing!



DeStress Monday


MINDFUL EATING: FOOD FOR THOUGHT

Examine a cranberry. Notice its round shape, red color, firmness and faint smell.

Place the cranberry on your tongue and roll it around. Feel the shape. Slowly bite down and inhale deeply to smell the fragrant aromas.

Begin to chew, focusing on the tart taste and pulpy texture. Savor the vibrant flavor. As you swallow, concentrate on the sensation of the berry going down your throat.

From this single cranberry, think of all the other foods we eat and how they're made. Feel gratitude for nature's bounty.



DeStress Monday

EMOTIONAL BLIZZARDS
CALMING THE STORM

1. Imagine your thoughts and worries are like snowflakes in a shaken snow globe.
2. Breathe slowly. Visualize your negative feelings falling down.
3. Settle your mind as the snowflakes begin to rest on the ground.
4. Spend a mindful minute or two to imprint your positive, serene feelings.



DeStress Monday
Happy New Week!

THIS MONDAY, SPREAD THE LOVE.

Random acts of kindness help others and make you feel better too.



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DeStress Monday

DeStress Monday at School - Implementation

Website with weekly curriculum

Weekly emails for Monday activity

- Refresh
- Resources
- Programs
- About
- Subscribe
- Contact Us

Teachers' Program

Welcome to a new stress reduction program designed especially for teachers by Johns Hopkins University and The Monday Campaigns. The goal is to help you start the week in a positive frame of mind and manage stress throughout the week. Each Monday, you'll receive an email with new stress reduction practices along with complementary exercises that can be used in the classroom. Watch this short introductory video and be sure to check back each week for new practices!

DeStress Monday at School - Intro

Curriculum

Take a look at the list of exercises designed to help reduce stress for you and your students. Not all exercises are available at the program's start. Each week, new exercises will be brought online and the link will then become active.

For Teachers

Starting the Day

- Setting Intentions
- Tree Pose
- Sun Salutation
- A Mindful Morning

Boosting Energy

- Warrior Pose
- Dance Break
- Chair Yoga
- Mindful Walking

Improving Focus

- Mindful Eating
- Mindful Listening
- Mindful Moments
- Mindful Drawing

Calming the Mind

- Settling the Mind
- Challenging Emotions
- Deep Breathing
- Mindful Coloring

Connecting with Others

- Be Kind to Yourself
- Kindness to Others
- Empathy
- Compassion

For Teachers

Each Monday during the program, new practices will be placed in this section for teachers. They're grouped under five themes - Starting the Day, Boosting Energy, Improving Focus, Calming the Mind and Connecting.

Curriculum

The Curriculum page contains an overview of all the practices, so you can plan ahead. New content will be added as live links each week during the program.

For Teachers

Each Monday during the program, new practices will be placed in this section for teachers. They're grouped under five themes - Starting the Day, Boosting Energy, Improving Focus, Calming the Mind and Connecting.

AT SCHOOL

Welcome to Week 3 of DeStress Monday at School!

This week and next week we'll focus on practices for [boosting energy!](#)

Monday is a great day to increase your energy, so that you can participate fully and wholeheartedly in the week. Some Mondays we may wake up feeling refreshed and energetic. Other Mondays we may feel tired from a late night or long weekend; we may feel weary at the thought of the week ahead. Use these practices to help you tap into your own energy, strength, and vitality on a Monday or on any other day of the week!



Week 3 – Boosting Energy

Warrior Pose

WARRIOR POSE: STRENGTH AND FOCUS

Warrior I is a simple and powerful yoga pose that helps center your balance, focus and determination. It's one of several Warrior poses that bring a variety of movements to your routine, benefiting you both physically and mentally.

- Begin with your arms extended at your sides, feet hip-width apart.
- Step your right foot forward and lift your right knee.
- Look forward, turn your left foot out 90 degrees and your right foot in.
- Extend and bend your left knee over your right, keeping your left knee behind the right.
- Extend your right arm forward and your left arm back, keeping them in line with your hips.

DESTRESS MONDAY

DeStress Monday at School - Implementation

Introductory and instructional videos



DeStress Monday at School - Introduction



DeStress Monday at School - Tree Pose

In-person instruction
(when possible)



Outcomes

"Probably every day I would say I implemented some portion of it, whether the yoga or the breath, or the eating, like we were talking about, little things."

- Female teacher, School #1

"I just used the self-care...It's been positive. I've practiced this stuff....[it's] another reminder, another platform, to do similar techniques, de-stress, relax, calm down."

- Male teacher, School #2

- Improvements in:
 - Work-related Stress - Perceived Stress Scale
 - Duration of Sleep - Sleep Disturbance
 - Sleep Medications - Sleep Quality
 - Indicators for Depression & Anxiety
- 95% described the practices as helpful
- 85% reported using practices
- 78% requested continuation of program

Phase II Pilot conducted with 150 additional teachers in Baltimore and Florida schools. *Data currently being analyzed.*

Outcomes

Measures	Baseline Score M (SD)	Post-Program Score M (SD)	t-score (df 39)	p-value
TCI – Work-Related Stress	3.63 (.93)	3.24 (.85)	3.50	0.001
PSQI – Duration of Sleep	1.2 (.94)	.83 (1.03)	2.94	0.01
PSQI – Sleep Disturbance	2.15 (1.22)	1.61 (1.07)	2.76	0.01
PSQI – Sleep Medications	.71 (1.10)	.41 (.89)	2.22	0.03
PSQI – Sleep Quality	1.76 (.89)	1.22 (1.01)	3.72	0.001
FFMQ – Nonjudge	3.05 (.71)	3.37 (.77)	-3.37	0.002

Pre-post changes in measures of mental health ($n = 41$)

Considerations for Using DeStress Monday

Identify interest and needs

- Buy-in from leadership
 - Highlight benefits
- Input from prospective participants
 - Understand participant needs, practices that support them
 - Preferred channels of communication and opt-in
- Make practices easy to execute



Considerations for Using DeStress Monday

Select practices from DSM portfolio

- Define content - from newsletter or website
- Select by interest area
- Duration



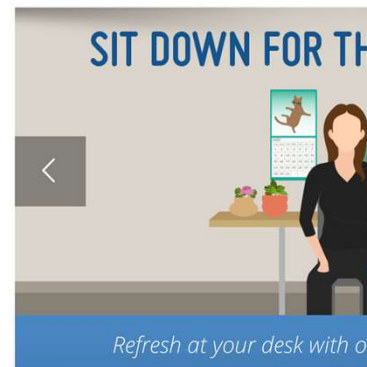
About Refresh Resources Programs Subscribe Contact Us Q

Refresh Your Mind Every Monday.

DeStress Monday shares regular tips and guides to help you start every week with a positive frame of mind. Begin with the Monday Refresh practice and enjoy the benefits all week long:

- 1 Breathe
- 2 Be Mindful
- 3 Shift to the Positive
- 4 Get Moving

www.destressmonday.org



Refresh at your desk with our



BE YOUR CONFIDENT SELF

Research shows the more you believe in your ability to accomplish something, the more likely you'll be able to accomplish that thing.

- Recall a time when you felt truly confident, strong, and capable, whether at work or with family and friends.
- Take a moment and hold that image in your mind. Reflect on how it makes you feel, both physically and emotionally.
- Finally, reflect on how your confidence affected others, both in how they perceived you and changes in their mood or actions.



#DeStressMonday

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Happy New Week!

Research shows the more you believe in your ability to accomplish something, the more likely you'll be able to accomplish that thing. This has been demonstrated by the "placebo effect," where a change in self-expectations results in better health outcomes.

[This Monday, try out this mindfulness practice to build your self-confidence.](#)

Sign up for our Monday Refresh Newsletter

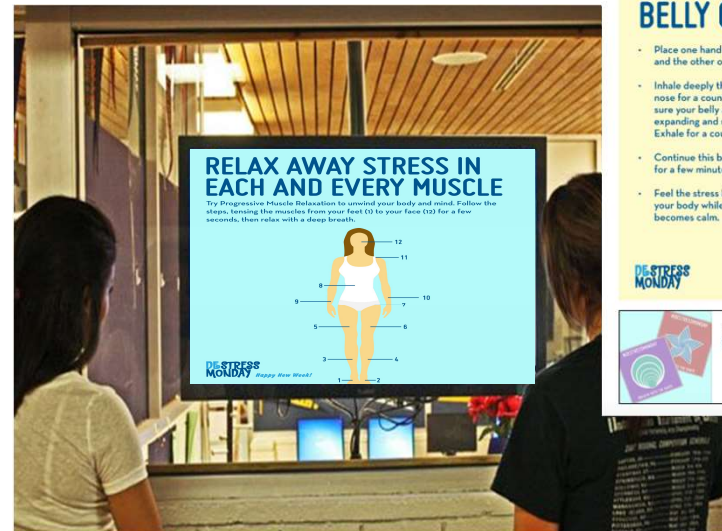
email address

Subscribe

Considerations for Using DeStress Monday

Confirm communication channels & access

- Ensure accessibility - technical, physical
- Facilitate weekly communications
 - Email (DSM subscription sign-up)
 - Text messages
 - Website
 - In-house signage or video monitors
 - “Positive intention” bulletin boards
 - Fliers & handouts
 - Social media accounts



When you're faced with stressful situations, an effective way to calm down is by practicing deep abdominal breathing, sometimes called "belly breath." It works by stimulating your body's natural relaxation response, which helps relieve muscle tension as well as lower your heart rate and blood pressure. By focusing your thoughts on the sensations of breathing, or even counting your breaths, you also help settle your mind.



Considerations for Using DeStress Monday

Evaluate

- Define measurable outcomes
 - Participation
 - Engagement
 - Continued practice
 - Self-reported data:
 - reduced anxiety, better sleep
 - Other factors, as relevant to your organization's goals

Perceived Stress Scale

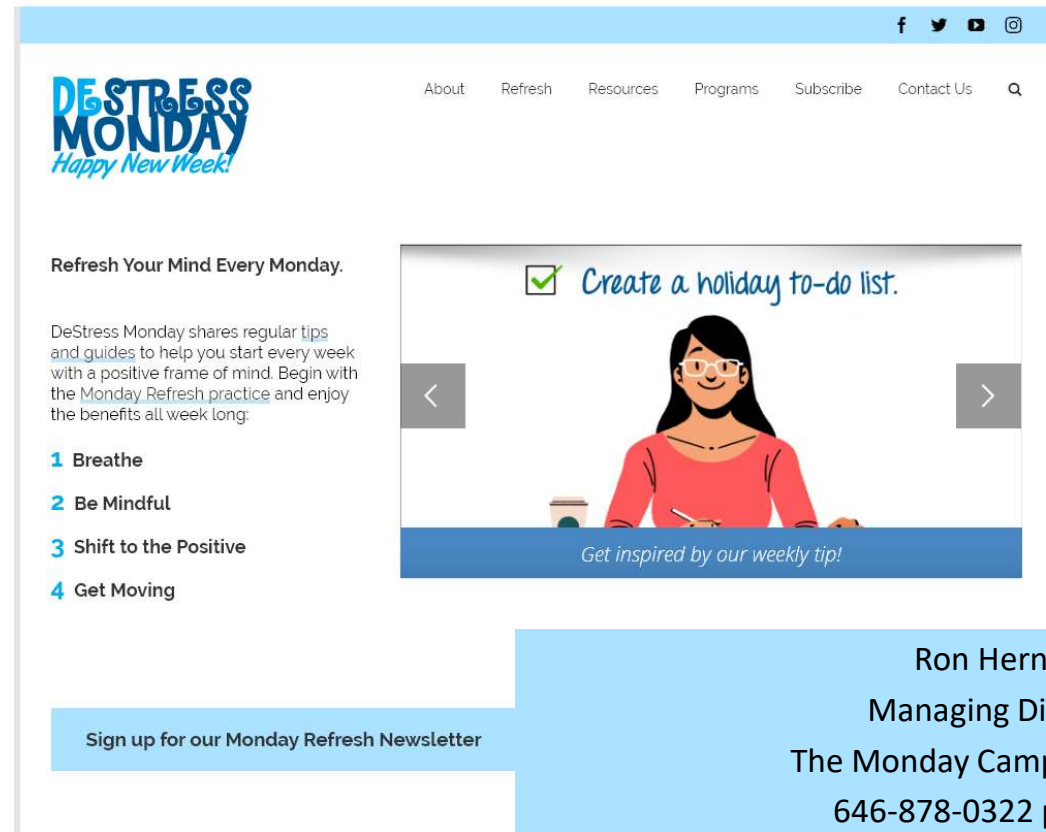
	Never	Almost never	Sometimes	Fairly often	Very often
1. In the last month, how often have you been upset by something that happened unexpectedly?	0	1	2	3	4
2. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
3. In the last month, how often have you felt nervous and "stressed"?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
6. In the last month, how often have you found that you could not cope with all the things you had to do?	0	1	2	3	4
7. In the last month, how often have you been able to control irritations in your life?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?	0	1	2	3	4
9. In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

DeStress Monday – Free Resources

DeStress Monday website:
www.destressmonday.org

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END