Using Monday Cues to Reduce Teacher Stress: 
a Pilot Program in Baltimore City Public Schools 
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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
Reported Intentions Favor Monday

There’s an upsurge of healthy intentions on Mondays.

Monday helps people sustain healthy behaviors.

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**

Healthy Monday
The day all health breaks loose!

**NUTRITION**

Meatless Monday
One day a week, cut out meat.

The Kids Cook Monday!
Start your week off right: Make Monday family night!

**PHYSICAL ACTIVITY**

Move It Monday!
Jump start your week!

**STRESS MANAGEMENT**

De-Stress Monday
Happy New Week!

**TOBACCO CESSATION**

Quit & Stay Quit Monday
The day to recommit to quit.
DeStress Monday – Program & Portfolio

Breathing

Mindfulness

Positivity

Movement
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.

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 Teachers
Boosting Energy for Teachers
Improving Focus for Teachers
Calming the Mind for Teachers
Connecting for Teachers

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)
DeStress Monday at School - Implementation

Website with weekly curriculum

Welcome to DeStress Monday at School, a website with a weekly curriculum designed to help reduce stress for students and teachers. Each Monday, you'll receive an email with new stress-reduction practices along with complementary exercises that can be easily integrated into the classroom. This week's theme is "Boosting Energy," and the curriculum includes a variety of activities to help students relax and refocus. The website also offers resources for teachers and parents.

Weekly emails for Monday activity

Welcome to Week 3 of DeStress Monday at School!

This week, we'll focus on the practice of Warrior Pose.

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 any other day of the week!
DeStress Monday at School - Implementation

Introductory and instructional videos

In-person instruction (when possible)
Outcomes

- 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

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

Pre-post changes in measures of mental health (n = 41)
Considerations for Using DeStress Monday

Identify interest and needs

• Buy-in from leadership
  o Highlight benefits

• Input from prospective participants
  o Understand participant needs, practices that support them
  o 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 enewsletter or website
• Select by interest area
• Duration

www.destressmonday.org
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
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

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

DeStress Monday website: www.destressmonday.org

FACEBOOK
facebook.com/destressmonday

twitter.com/destressmonday

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