

It's All about You? A Workshop for Housing Counselors.

VIRGINIA ASSOCIATION OF HOUSING
COUNSELORS ASSOCIATION (VAHC)
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Overall Objectives

- ◆ Recognize the signs of stress in clients, co-workers, and yourself.
- ◆ Learning what resources are available for clients and yourself.
- ◆ Techniques to reduce stress related to housing counseling.
- ◆ Staying motivated... understanding your value
- ◆ Recap

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*The various roles of a Housing Counselor

- | | |
|------------------------------|---------------------------------|
| ◆ Teacher | ◆ Negotiator/arbitrator |
| ◆ Mortgage lending knowledge | ◆ Community activist |
| ◆ Real estate knowledge | ◆ Community resource specialist |
| ◆ Motivator | ◆ Good listener |
| ◆ Fair Housing knowledge | ◆ Communicator |
| | ◆ Psychologist |

Ref: VAHC Manual, pg. 1.1, 2006

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What we do Best...

1. Building a Working Relationship
2. Analyzing the Problem
3. Setting Goals
4. Developing a Corrective Action Plan
5. Evaluating the Results

Ref: VAHC HC Manual, pgs. II-2 to II-4

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What's Going on?

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Sharing...

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The "S" Word

- ◆ What is it?
- ◆ What does it mean?
- ◆ How does it impact your clients?
- ◆ How does it impact "you"?
- ◆ What can you do about it?

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Definition of Stress

"Stress is a mental and physical state resulting from the perception that the demands on oneself are greater than one's ability to meet the demands." (Marie Snow, WebMD. June 1, 1999)

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*Where do you find Stress?



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*What kinds of stress are you seeing with your Clients?



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*What can you do for your clients?

◆ What's available in the community?

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What about you?

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What kinds of stress are YOU experiencing?



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What are the Triggers of Stress?

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Are you seeing or feeling...



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Warning Signs?

- ◆ Increased heart rate
- ◆ Lack of concentration
- ◆ Poor appetite
- ◆ Lack of sleep
- ◆ Friends/family tell you to “slow down” or “chill out”
- ◆ Frequent careless mistakes on the job, overwhelmed
- ◆ Inability to stop thinking about something
- ◆ Excess weight gain or loss.

(Patricia S. Barkley)



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Are you experiencing any of these warning Signs?

IF YOUR ANSWER IS YES-

WHAT CAN YOU DO ABOUT IT?



Tips...

First, listen to the warning signs,
Second, learn how to recognize the symptoms of your stress,
third, know what resources area available
and lastly, learn how to deal with stress.

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Attitude...

- ◆ Your attitude controls your perspective
- ◆ The power of your attitude
- ◆ Changing your attitude
- ◆ Your attitude towards others

WHAT ARE SOME WAYS YOU HANDLE YOUR STRESS?

Ref: Rising Stars, 2006 Resource Associates Corp, Mohnoton PA.

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Thinking about you...

- ◆ What kind of rewards can you give yourself?

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Managing your time



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Tips for setting up a plan to manage your time.

- ◆ Control how you react
- ◆ Reduce the distractions
- ◆ Manage your time: use a planner or calendar
- ◆ Ask for help
- ◆ Laugh a little more
- ◆ Share your stress with your family
- ◆ Share with other Counselors
- ◆ Inform your supervisor

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Tips for Effective Time Management

- ◆ Spend time planning
- ◆ Set goals
- ◆ Prioritize
- ◆ Use a to do list
- ◆ Be flexible
- ◆ Conquer procrastination
- ◆ Become a team player*

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Purpose of Effective Time Management

- ◆ Provides structure allowing one to plan ahead
- ◆ Provide accountability to oneself and others

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Do you have a “Happy Place”

◆ Where is it...is it convenient for you?

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Meditation/Time Out and/or Walking



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Meditation



Benefits:

- ◆ Increased concentration
- ◆ Increased attention span
- ◆ Physical well being and relief from stress
- ◆ Calmer, more relaxed attitude towards problems in our worldly life

Ref: Science of Spirituality, 2007, <http://www.sos.org/med.html>

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Meditation = TIME OUT

- ◆ Sit in a quiet area
- ◆ Be comfortable
- ◆ Close your eyes

Let's Take a TIME OUT...

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Walking



- ◆ Reduce your risk of a heart attack. A regular walking program also reduces your risk of developing high blood pressure, a factor that also contributes to heart disease.
- ◆ Manage your weight. Walking burns calories, which can help you manage your weight. For example, middle-aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active.
- ◆ Manage stress and boost your spirits. Going for a brisk walk is a great way to reduce stress. Regular walking also can reduce feelings of depression and anxiety.
- ◆ STAND UP... WALKIN' IN PLACE

Ref: Mayo Clinic, June 20, 2008

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Yoga

- ◆ How many of you heard of Yoga?
- ◆ What are the benefits of doing Yoga?
- ◆ How many of you will do Yoga?
- ◆ Have you considered the costs?
- ◆ Do you know what kind of Yoga that is free, one that you can do anywhere and anytime?

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Have you heard about... “LAUGHTER YOGA”

Laughter Yoga

- ◆ ANYONE can laugh and one does not need a sense of humor, jokes or comedies.
- ◆ One doesn't need to be happy in order to laugh because laughter is done as an exercise in a group.
- ◆ One can train the body and mind to laugh at will with regular practice. It is cost effective, less time consuming and scientifically proven.
- ◆ Ref: Dr. Kataria
<http://www.laughteryogacorporate.com/index.php?limitstart=2>

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Benefits for you...

- ◆ It's fun & easy – no postures or skills to learn, no special clothes or equipment required.
- ◆ It provides a fast and powerful no-sweat cardiovascular workout.
- ◆ Reduces stress, Lowers blood pressure
- ◆ Helps to build teams
- ◆ It lifts depression –It boosts self-confidence, creativity and improves communication skills.

Ref: <http://www.laughteryogacorporate.com/index.php?limitstart=6>

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OKAY LET'S GET STARTED

- ◆ RULES...
- ◆ WARM UP ...STAND UP
- ◆ PUT YOUR HANDS OVER YOUR HEAD...
- ◆ HANDS OUT TO THE SIDE

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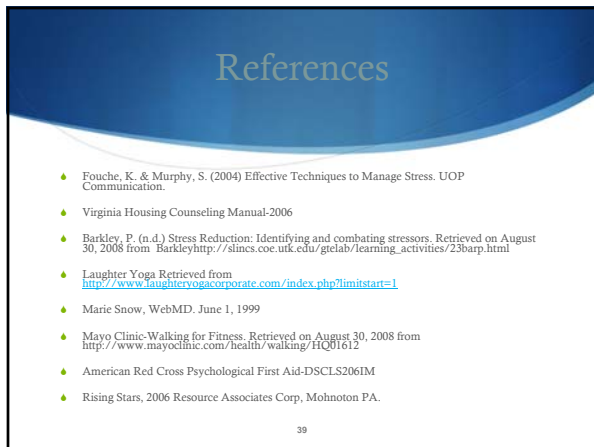
Recap...

- ◆ Can you recognize the warning signs of stress in clients, co-workers, and yourself?
- ◆ Are you aware of what resources are available for clients and yourself?
- ◆ Have you selected a technique to cope with stress?

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- ◆ Fouche, K. & Murphy, S. (2004) Effective Techniques to Manage Stress. UOP Communication.
- ◆ Virginia Housing Counseling Manual-2006
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- ◆ Mayo Clinic-Walking for Fitness. Retrieved on August 30, 2008 from <http://www.mayoclinic.com/health/walking/HG01612>
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