



## *Aligning Standards*

### **NAFCC Standards**

#### **Professional Activities, Continuing Education and Support**

- 5.10 The provider takes precautions to minimize personal stress

### **Developing Skills**

- Self-regulation and reflection
- Body awareness/responsivity
- Positive narration/framework
- Stress reduction
- Family wellbeing

### **Resources:**

#### **Stress Reduction Newsletter**

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/mental-health-201612.pdf>