

Managing Stress to Improve Learning Resource List

June 2011 Compiled by Lenore Balliro, World Education



The Effects of Trauma and Stress on Learning

Adkins, M. A. (1999). *Mental Health and the Adult Refugee: the Role of the ESL Teacher*. CAELA <[www.cal.org/caela/esl-resources/digests/mental health](http://www.cal.org/caela/esl-resources/digests/mental%20health)>

Battell, E, et al. (2008). *Moving Research about Addressing the Impact of Violence on Learning into Practice*. Edmonton, Canada: Windsound Learning Society.

Dirkx, J. (2006) "The Meaning and Role of Emotions in Adult Learning." *New Directions for Adult and Continuing Education* (110) summer.

Childs-Gowell, E. (1992) *Good Grief Rituals: Tools for Healing*. Station Hill Press: Barrytown, New York, 1992.

Horowitz, S. (2008) "Evidence-Based Health Outcomes of Expressive Writing." *Alternative and Complementary Therapies*, August.

Horseman, J. (1999) *Too Scared to Learn: Women, Violence and Education*. Mahwah, New Jersey: Lawrence Erlbaum Associates.

Horsman, J. (1997) *But I'm Not a Therapist: Furthering Discussion about Literacy Work with Survivors of Trauma*. Toronto: CCLOW (www.jennyhorsman.com)

International Institute of Boston. (2000). *Mental Health and the ESL Classroom: a Guide for Teachers Working With Refugees*. Boston, MA: International Institute. Available free online at www.refugees.org/uploadedFiles/Investigate/Resettlement/Teaching_Tools/MH_esl.pdf

Isserlis, J. (2002). *Trauma and the Adult English Language Learner*. ERIC Digest. www.ericdigests.org/2001-2/trauma.html

Kerka, S (2002) *Trauma and Adult Learning*. EDO-CE-02-23 <http://www.calpro-online.org/eric/docs/dig239.pdf>

Lambert, K. (2006). "Rising Rates of Depression in Today's Society: Consideration of the Roles of Efforts Based Rewards and Enhanced Resilience in Day to Day Functioning." *Neuroscience and Biobehavioral Reviews* (30).

Lawrence, R.L.,(2008) "Powerful Feelings: Exploring the Affective Domain of Informal and Arts-Based Learning." *New Directions for Adult and Continuing Education*, DOI: 10.1002/aceo

The Literacy Project. *Together We Bloom: Women Speaking Out Against Domestic Violence* (video and guide) Massachusetts: The Literacy Project Inc. (Order from: The Literacy Project, 277 Main Street, 3rd Floor, P.O. Box 1461, Greenfield MA 01302, (413) 774-3934.)

Morrish, E, et al. (2002) *Take On the Challenge: A Sourcebook from the Women, Violence, and Education Project*. Boston, MA: World Education.

Perry, B. (2009). "Fear and Learning: Trauma-Related Factors in the Adult Education Process." *New Directions for Adult and Continuing Education* (110) Summer.

Stone, R. (1995) "Teaching ESL Survivors of Trauma." *The Journal of the Adult Migrant Education Program*. (10) 3.

Sitler, H. (2009), "Teaching with Awareness: the Hidden Effects of Trauma on Learning" *The Clearinghouse*, Jan. Feb, 2009.

The Training Place, *The Impact of Stress on Learning*
www.trainingplace.com/source/stress.html

Community Mental Health Resources

www.211.org/

This page allows the user to enter his or her own state and be directed to the community

www.mass211.org/Mass211About.html

This is the home site of Mass 211, part of the statewide network of community-based resource and referral agencies (CCR&Rs).

www.mentalhealthfirstaid.org/cs/about_us

Mental Health First Aid USA trains and certifies instructors to deliver the 12-hour Mental Health First Aid course in their own communities.

www.samhsa.gov/

The Substance Abuse and Mental Health Services Administration website. "SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services."

Stress Management Resources Useful for the Classroom

Brain Gym International

<http://www.braingym.org/>

Brain Gym YouTube Videos

<http://www.youtube.com/watch?v=U44mPXEBdA>

<http://www.youtube.com/watch?v=dPHzEWO1vrc>

http://www.youtube.com/watch?v=Y_Y0bD7i3TY

Butler-Ross, N. (2001) *Meditation Express: Stress Relief in 60 Seconds Flat*. New York: McGraw-Hill.

Center for Literacy Studies, University of Tennessee. (date unknown). Stress Management lesson
http://www.cls.utk.edu/pdf/ls/Week3_Lesson22.pdf

Emerson, D. and E. Hopper (2011). *Overcoming Trauma Through Yoga: Reclaiming Your Body*. Berkeley, CA: North Atlantic Books.

Gardiner, P. (2010). *Yoga at the Kitchen Sink: Standing & Chair Yoga Poses for Seniors & Their Friends*. Arlington: MA. Self published. See sample pages at
<http://www.yogaandseniors.com/sample>.

Rowe, K.P. (2007). *A Settled Mind: Stress Reduction for the Classroom and Beyond*. Raymond, Maine: Five Seeds. www.fiveseeds.org

Harris, Rachel. (2000). *20-Minute Retreats*. Henry Holt and Company: New York, 2000.

Jacobs, M. (2003) "Helping Adult Learners Handle Stress" *Field Notes*, volume 13, summer
<http://sabes.org/resources/publications/fieldnotes/vol13/f131jacobs.htm>

Murphy, J. (2008). *Move the body. Stretch the mind: Open yourself to learning through breathwork, movement and meditation*. Edmonton, AB: Windsound Learning Society.
To preview a sample: <http://www.learningandviolence.net>.

Singleton, K. *Picture Stories for Adult ESL Health Literacy*. Fairfax County (Virginia) Public Schools (Retrieved September 20, 2010; pub. Date unavailable).
http://www.cal.org/caela/esl_resources/Health/healthindex.html#Stressed

Expressive Arts/Expressive Therapy/Integrating the Arts Into Learning

Allen, P. (2005). *Art Is a Way of Knowing*. Boston: Shambala Press.

Balliro, L. (2009). "When I Knit, the Anger Goes Into My Yarn." *Field Notes*, volume 13.
www.sabes.org/resources/publications/fieldnotes/vol18/fn182.pdf

Collom, J.(1994). *Poetry Everywhere*. New York, NY: Teachers and Writers Collaborative.

Darley, S. and W. Heath. (2008). *The Expressive Arts Activity Book*. London: Jessica Kingsley Publishers.

Hoggan, C. et al. (2009). *Creative Expression in Transformative Learning: Tools and Techniques for Educators of Adults*. Malabar, Florida: Krieger Publishing Company.

London, P. (1989). *No More Secondhand Art: Awakening the Artist Within*. Boston: Shambala Publications.

Malchiodi, C. (2005). *Expressive Therapies*. New York: The Guilford Press.

McNiff, S. (1998). *Trust the Process: An Artist's Guide to Letting Go*. Boston, MA: Shambala Publications

Nimmer, D. (2008). *Art From Intuition: Overcoming Your Fears and Obstacles to Making Art*. New York: Watson-Guptill.

Popoff, G. & Q.A. Lansana. (2010). *Our Difficult Sunlight: A Guide to poetry, Literacy, and Social Justice in classroom and Community*. New York, NY: Teachers and Writers Collaborative.

Viens, J & S. Kallenbach (2004). *Multiple Intelligences and Adult Literacy: A Sourcebook for Practitioners*. New York: Teachers College Press.

Resources for Playback Theater

<http://vimeo.com/11405244>

This video clip “demonstrates a unique application of Playback Theatre to English Language Learning. Contains edited excerpts from "Two Sides of the Same" Playback Theatre performance (May 2009) by Fort Lauderdale ESOL Playback Players. This program demonstrates how the arts are used to accelerate achievement levels of adult English Language Learners”

www.playbacktheatre.org/about/

This site gives background about playback theater and provides links to resources.

[www.tonisant.com/aitg/Playback Theatre/](http://www.tonisant.com/aitg/Playback_Theatre/)

Applied and Active Theater Guide: Playback Theater. Explains the difference between playback theater, psychodrama, and other performance forms.

Arts and Crafts – Practical Matters

Stoller, D.(2004). *Stitch and Bitch: the Knitters Handbook*. New York: Workman Publishing.

Owen, C. (2006). *Creating Personal Shrines: Using Photos, Mementos, and Treasures to Create Artful Displays*. New York: Lark Books.

Wingert, C. & T. Sprenger. (2007). *Lifelines: Creating Memory Art to Chronicle Your Personal Collections*. Cincinnati, OH: North Light Books

Woods, L. & K. Dinino (2006). *Visual Chronicles: The No Fear Guide to Creating Art Journals, Creative Manifestos, and Altered Books*. Cincinnati, OH: North Light Books.

Health Benefits of Laughter

Borenstein, S. (2010). *To scientists, laughter is no joke*. Retrieved April 26, 2011
http://www.msnbc.msn.com/id/36122340/ns/technology_and_science-science/

Laughter Yoga

<http://www.youtube.com/watch?v=ahhN3Ryw4O4>

Medical Benefits of Laughter

<http://www.youtube.com/watch?v=pCrcFcfp-Mg>

Funny YouTube Video Clips

Charlie Chaplin coffee

<http://www.youtube.com/watch?v=1mYtNMDFyXQ>

Charlie Chaplin factory (from Modern Times)

[www.youtube.com/watch?v=CRDRHDYhk8 -](http://www.youtube.com/watch?v=CRDRHDYhk8-)

I Love Lucy Job Switching episode

[www.youtube.com/watch?v= SdsLZ80RPI](http://www.youtube.com/watch?v=SdsLZ80RPI)

Baby Laughing

www.youtube.com/watch?v=5P6UU6m3cqk

Cat antics

www.youtube.com/watch?v=Kxa0mnDj0bs!

Ministry of Silly Walks—Monty Python

www.youtube.com/watch?v=9ZlBUglE6Hc

Arts-Related Organizations

Arts Education Partnership: www.aep-arts.org

This organization provides information and communication about current and emerging arts education policies, issues, and activities at the national, state, and local levels.

Art in the Public Interest www.apionline.org/apiinfo.html

API is a nonprofit organization formed in 1995 to serve the information needs of artists and organizations who are bringing the arts together with community and social concerns.

Community Arts Network

<http://wayback.archive-it.org/2077/20100906194747/http://www.communityarts.net/>

Promotes information exchange, research and critical dialogue within the field of community-based art.

Transformative Language Arts Network www.TLANetwork.org

Sponsors a yearly conference to explore how “we can use our words—written, spoken, or sung—to make community, deepen healing, wake ourselves up, and foster empowerment and transformation.”

The Mandala Project www.mandalaproject.org/Whatsnew/mainevents.html

This nonprofit organization is dedicated to promoting peace through art and education.