



Transcript from March 12, 2011 to March 12, 2011

All times are Pacific Time

March 12, 2011

- DeborahMersino:** Welcome to #gtchat! Tonight's topic: SHOW: How to Handle Stress in the Moment. Time to get our calm on. #gifted Join us now! #gtchat
- cybraryman1:** Twitterbrarian who believes ?In times of stress, be bold and valiant.? #gtchat
- DeborahMersino:** Please take a moment to introduce yourselves, your role (educator, parent, advocate, other) & share where you reside. #gtchat #gtchat
- 12:01 am **peter_lydon:** #gtchat <http://bit.ly/gQQRbj>
- 12:01 am **DeborahMersino:** I'm Deborah Mersino, moderator of #gtchat, wife/mom to two feisty girls, grad student, speaker/consultant to GT comm. Living in CO. #gtchat
- 12:01 am **__Quest:** RT @deepwaterscoach: RT @peter_lydon: #gtchat my tweets for the next hour will be on gifted children - lurk, listen or lob in - #gtchat
- 12:01 am **MaryStGeorge:** #gtchat Mary St George in New Zealand, parent, teacher, advocate for gifted.
- 12:01 am **jofrei:** Hi Jo Freitag from Gifted Resources Melbourne Australia hoping Tweet Chat will behave this time #gtchat
- 12:01 am **peter_lydon:** #gtchat Peter Lydon, Dublin, Ireland, Teacher, Rabble rouser, www.giftedandtalented.ie
- 12:01 am **laughingatchaos:** I'm Jen in CO, soon IL. Mom, writer, blogger, advocate. STRESSED B/C OF THIS CROSS COUNTRY MOVE! #gtchat
- 12:01 am **KTVee:** Krissy - Missouri - grades 3-6 #gifted ed teacher; so glad it's Friday (just had to throw that in!) #gtchat
- 12:01 am **DeborahMersino:** RT @cybraryman1: Twitterbrarian who believes ?In times of stress, be bold and valiant.?<=Absolutely love this! #gtchat
- 12:02 am **mareserinitatis:** Cherish. Parent, from North Dakota. #gtchat
- 12:02 am **ljconrad:** Hi from still snowy and cold Pittsburgh ... parent, advocate, blogger, consultant to parents of gifted! #gtchat
- 12:02 am **__Quest:** Hi - Petra here from Ireland. Parent and board member. Hello everyone! #gtchat
- 12:02 am **MaryStGeorge:** #gtchat all the best for your move, Jen.
- 12:02 am **DeborahMersino:** Recent research from American Psychological Association shows kids pick up on parents' stress. I'll share stats, while you check in. #gtchat
- 12:03 am **DeborahMersino:** 91% of 1,136 young ppl (ages 8-17) cited ways they know their parents are stressed/largely by their behaviors. #gtchat
- 12:03 am **peter_lydon:** @OCCGATE #gtchat GATE Teachers???
- 12:04 am **DeborahMersino:** APA report reveals that although parents may think they're shielding their kids from stress, they don't do a good job of hiding it. #gtchat
- 12:04 am **MaryStGeorge:** @OCCGATE some New Zealand students enjoyed making vidcasts or their messages of encouragement to chch people after our quake #gtchat
- 12:04 am **laughingatchaos:** @MaryStGeorge Thanks Mary. My own personal OEs need it to be over soon. ;) #gtchat
- 12:05 am **laughingatchaos:** @DeborahMersino And if stats aren't enuf, come check out the overall stress levels here! Boys & I feed off each other! #gtchat

- 12:05 am **jofrei**: Dr Michele Borba Kids says pick up on your stress <http://bit.ly/e8nj81> #gtchat
- 12:05 am **peter_lydon**: @DeborahMersino #gtchat is that because ultimately the can't?
- 12:05 am **teachagiftedkid**: #gtchat Hi! I'm a GT Specialist & part-time Math Specialist 4 a public elem, NW Houston. Married to #giftedhubby and parent of 2 GT children
- 12:05 am **DeborahMersino**: Online Harris Interactive Survey 2010-34% parents yell; 30% say parents argue w/others in home 18% say parents too busy/no time 4 me #gtchat
- 12:05 am **ljconrad**: #gtchat@jofrei Hold cursor over avatar of tweet you want to RT! :)
- 12:05 am **DeborahMersino**: Causes: Money is major stressor this year not surprisingly. #gtchat
- 12:06 am **sammorra**: #gtchat Hi. I'm a teacher and mom in NJ. Will be popping in and out. Sorry
- 12:06 am **lynchem1**: RT @cybraryman1: Twitterbrarian who believes ?In times of stress, be bold and valiant.? #gtchat
- 12:06 am **DeborahMersino**: Few more stats, then we'll get to questions... #gtchat
- 12:06 am **KTVee**: RT @jofrei: Dr Michele Borba Kids says pick up on your stress <http://bit.ly/e8nj81> #gtchat
- 12:06 am **laughingatchaos**: @DeborahMersino Sigh...they talked to my boys, didn't they? :(#gtchat
- 12:07 am **DeborahMersino**: Top causes of adult stress in 2010 according to APA: 1) Money - 76% 2) Work - 70% 3) Economy - 65% 4) Family responsibilities - 58% #gtchat
- 12:07 am **jofrei**: RT @ljconrad: #gtchat@jofrei Hold cursor over avatar of tweet you want to RT! :) Thanks #gtchat
- 12:07 am **MaryStGeorge**: @lynchem1 @cybraryman1 boldness and valiance under stress fits with fight and flight theory #gtchat
- 12:08 am **DeborahMersino**: Adult causes via APA (cont). 5) Relationships - 55% 6) Personal health concerns - 52% 7) Housing costs - 52 % and.the.list.goes.on. #gtchat
- 12:08 am **DeborahMersino**: RT @KTVee: RT @jofrei: Dr Michele Borba Kids says pick up on your stress <http://bit.ly/e8nj81> <=TY for posting! #gtchat
- 12:08 am **teachagiftedkid**: #gtchat Now that my kids are grown, I can say w/experience that raising children is stressful, everyone being pulled in many directions.
- 12:09 am **DeborahMersino**: Adult behaviors when stressed (via APA): 31% skip meals 40% overeat/eat unhealthy foods 44% stay awake at night. #gtchat
- 12:09 am **peter_lydon**: @DeborahMersino #gtchat Alcohol in there somewhere?
- 12:09 am **DeborahMersino**: Last stat: Of young ppl surveyed by APA, 32% believe parent has been "really worried or stressed about things" in past 6 months. #gtchat
- 12:09 am **mareserinitatis**: Really surprised family isn't higher! RT @DeborahMersino Top causes of adult stress in 2010: 4) Family responsibilities - 58% #gtchat
- 12:10 am **chrstinef**: sorry I'm late guys! #gtchat
- 12:10 am **DeborahMersino**: Only 6% didn't think parents were significantly stressed in last 6 months. Wow. #gtchat
- 12:10 am **deepwaterscoach**: Ohhhhhmmmmmm... #gtchat
- 12:10 am **DeborahMersino**: @peter_lydon Not in APA study, but definitely... #gtchat
- 12:10 am **deepwaterscoach**: Oh my goodness--STRESS when my WIFI stops working during #gtchat
- 12:10 am **jofrei**: Sorry I mean Dr Michele Borba says Kids pick up on your stress <http://bit.ly/e8nj81> - must be stressed! #gtchat
- 12:10 am **chrstinef**: @DeborahMersino not surprised at all! #gtchat
- 12:10 am **DeborahMersino**: @chrstinef Welcome!! #gtchat
- 12:10 am **laughingatchaos**: @peter_lydon @DeborahMersino Oh, I'm sure alcohol is in there somewhere... #gtchat

- 12:10 am **teachagiftedkid:** #gtchat "stay awake at night" and that bowl of cereal after midnight - that's me alright! [Like it? <http://bit.ly/eH19sj>]
- 12:10 am **deepwaterscoach:** RT @teachagiftedkid: #gtchat Now that my kids are grown, I can say w/experience that raising children is stressful #gtchat
- 12:10 am **laughingatchaos:** @chrstinef Hey babe! :) #gtchat
- 12:11 am **ljconrad:** @DeepWatersCoach lol #gtchat
- 12:11 am **DeborahMersino:** So let's get to some sharing/self-reflection. Post responses if you feel comfortable. Or just lurk. #gtchat
- 12:11 am **laughingatchaos:** @deepwaterscoach Yeah, my usual OM ain't working. :(#gtchat
- 12:11 am **DrTamaraSoles:** RT @DeborahMersino: 91% of 1,136 young ppl (ages 8-17) cited ways they know their parents are stressed/largely by their behaviors. #gtchat
- 12:11 am **micheleborba:** @DeborahMersino Yes! Esp hyper-sensitive #gifted children prime for picking up on our stress <http://bit.ly/e8nj81> #gtchat
- 12:11 am **peter_lydon:** #gtchat @laughingatchaos @DeborahMersino Gotta be a big aspect of behaviour.
- 12:11 am **cybraryman1:** Great member of my PLN: Dr Michele Borba @micheleborba #gtchat
- 12:11 am **chrstinef:** @laughingatchaos Heygirl. Me = STRESSED after today ;) #gtchat
- 12:11 am **DeborahMersino:** Q1: What primary areas cause you the most stress right now? (You can list categories like money, relationships, or be specific. #gtchat
- 12:12 am **DeborahMersino:** @micheleborba So glad you jumped in...have articles of yours I plan to share! #gtchat
- 12:12 am **MaryStGeorge:** @DeborahMersino workload a big stressor #gtchat
- 12:12 am **laughingatchaos:** @chrstinef Me too! And I don't have an awesome book coming out! #gtchat
- 12:12 am **peter_lydon:** #gtchat sounds strange but none of those things...and I've thought about this ..would separate vigilance from stress.
- 12:12 am **__Quest:** @mareserinitatis without meaning to be sexist... I'd say if you looked at the % by gender, family stresses wud come higher for women #gtchat
- 12:12 am **deepwaterscoach:** Q1: Children fighting, & not knowing how do deal w/ it. Parenting them in general--am I doing the right thing? #gtchat
- 12:12 am **chrstinef:** 1) \$\$ 2) Loss of parent 3) concerns regarding future 4) I'm a GT adult ;) #gtchat
- 12:13 am **laughingatchaos:** Q1: Moving. New school/house. Selling this one. Keeping boys calm. Hubby 1k miles away LOOKING for new house. Hits keep on coming! #gtchat
- 12:13 am **teachagiftedkid:** #gtchat Q1: Unexpected demands on my time. I'm a planner, proactive type. [Like it? <http://bit.ly/hNDPxF>]
- 12:13 am **DeborahMersino:** Q1: Money, economy, transition, grad school, worrying about kids' stress (irony), relationships, TIME. #gtchat
- 12:13 am **deepwaterscoach:** RT @peter_lydon: #gtchat sounds strange but none of those things...and I've thought about this..would separate vigilance from stress. #gtchat
- 12:13 am **peter_lydon:** @DeborahMersino #gtchat more likely to get stressed by slow walkers, systems outside my control not working efficiently.
- 12:13 am **laughingatchaos:** Q1: So I'm a little odd, in that my HUGE stressors right now are The Big Life Stressors. Usually it's the little stuff that gets me. #gtchat
- 12:13 am **micheleborba:** RT @cybraryman1: Great member of my PLN: Dr Michele Borba @micheleborba #gtchat <Thanks for that - happy #FF
- 12:13 am **mareserinitatis:** @__Quest Definitely would agree! It's near the top of my list, at least. #gtchat
- 12:14 am **BrendonWalker:** @DeborahMersino Money. The constant need to invest in medical and psychological interventions for GT children with 0 gov subsidy #gtchat

- 12:14 am **cybraryman1:** @DeborahMersino Q1 Most stress for me comes from my adult children and their problems #gtchat
- 12:14 am **DeborahMersino:** @peter_lydon Great point. We're going to get to that soon! ;-) #gtchat
- 12:14 am **KTVee:** the state of gifted education + lack of change in education = stress #gtchat
- 12:14 am **deepwaterscoach:** RT @cybraryman1: @DeborahMersino Q1 Most stress for me comes from my adult children and their problems// u mean it keeps going??? #gtchat
- 12:14 am **LisaDSB:** Joining late...sorry. Managing stress is a big issue for me, so I didn't want to miss this one! #gtchat
- 12:14 am **chrstinef:** Q1 I get stressed related to my creative self also - so there is that added to the mix #gtchat
- 12:14 am **peter_lydon:** #gtchat oh...and students who say 'no' t an instruction (rare that it is)
- 12:15 am **laughingatchaos:** Q1:Biggest of the big is finding a new school for a 2e son and a GT son, in a district across the country. #gtchat
- 12:15 am **jofrei:** Q1 At the moment huge financial and mental stress put on us by centrelink red tape and nonpayment of husbands pension! #gtchat
- 12:15 am **DeborahMersino:** @BrendonWalker Good to see you Brendon. And I hear you. Saving right now for summer camp. Tough. #gtchat
- 12:15 am **sammorra:** Q1Not enough time in the day. Too much multi-tasking. Not doing enough. #gtchat
- 12:15 am **DeborahMersino:** RT @KTVee: the state of gifted education + lack of change in education = stress #gtchat
- 12:15 am **laughingatchaos:** @deepwaterscoach @cybraryman1 @DeborahMersino NOOO! Things are supposed to get EASIER when they move out! ;) #gtchat
- 12:15 am **cybraryman1:** The bigger they are the bigger problems! #gtchat
- 12:15 am **ljconrad:** #gtchat Economy - PA governor just cut higher ed funding by 50% ds a senior and 2 in college next year!!!
- 12:15 am **DeborahMersino:** Q2: Would you say your stress has increased or decreased in the past year? #gtchat
- 12:15 am **chrstinef:** @sammorra you sound like me! #gtchat
- 12:15 am **laughingatchaos:** @chrstinef My creative self dies/hides when I'm most stressed. It's entirely lost right now. :(#gtchat
- 12:15 am **__Quest:** @mareserinitatis Mine too #gtchat
- 12:16 am **LisaDSB:** RT @deepwaterscoach: Q1: Children fighting, & not knowing how do deal w/ it. Parenting them in general--am I doing the right thing? #gtchat
- 12:16 am **LesLinks:** Trying to juggle transatlantic parental care issues, and then immediate family (teen) care issues and money allatthesametime.AAaaaa #gtchat
- 12:16 am **chrstinef:** @laughingatchaos @deepwaterscoach @cybraryman1 @DeborahMersino who told you THAT lie! #gtchat
- 12:16 am **peter_lydon:** #gtchat I think I would be mightily stressed about the US Education system (insofar as there is 'a' US system) right now.
- 12:16 am **ColinTGraham:** I always think of stress like "Stress/Strain" (pressure/tension) from physics! Both needed, but damaging if there is too much! #gtchat
- 12:16 am **sammorra:** @chrstinef :) #gtchat
- 12:16 am **peter_lydon:** RT @ColinTGraham: I always think of stress like "Stress/Strain" (pressure/tension) from physics! Both needed, but damaging if there is too much! #gtchat
- 12:16 am **MaryStGeorge:** q2 increased till I got sick then decreased when i wised up #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 12:16 am **chrstinef:** @DeborahMersino more than quadrupled. But, so have my coping strategies #gtchat
- 12:16 am **cybraryman1:** Q2 I think the way the economy is and the cutbacks in education and other services cause a lot of stress #gtchat
- 12:16 am **DeborahMersino:** Q2: Increase. Took on more (school). Still investing \$ in biz. Puberty imminent. #gtchat
- 12:16 am **laughingatchaos:** Q2: Increased. BUT last year was Code Red also. Praying things are better by fall. #gtchat
- 12:16 am **KTVee:** RT @samorra: Q1Not enough time in the day. Too much multi-tasking. Not doing enough. #gtchat <-- I agree, me too!
- 12:16 am **chrstinef:** @laughingatchaos SO SORRY! Not good...that balance helps! #gtchat
- 12:17 am **ljconrad:** #gtchat Q2: My stress level has never been higher in my life!
- 12:17 am **jofrei:** Q2 Definitely incresed this year #gtchat
- 12:17 am **DeborahMersino:** @ColinTGraham Absolutely LOVE this analogy. Fits well with discussion of gifted adult OEs we're going to chat about too. #gtchat
- 12:17 am **peter_lydon:** #gtchat less in the last year...getting more chilled with time.
- 12:17 am **BrendonWalker:** @DeborahMersino increased. Massively. #gtchat
- 12:17 am **LesLinks:** RT @cybraryman1: The bigger they are the bigger problems! Ya I have seen that w/my own siblings and my parents...very hard.esp if2e #gtchat
- 12:17 am **DeborahMersino:** @MaryStGeorge Good for you. #gtchat
- 12:17 am **laughingatchaos:** @DeborahMersino AGH! Don't get me started on the whole puberty thing! The TAlk is imminent! :/ #gtchat
- 12:17 am **deepwaterscoach:** RT @MaryStGeorge: q2 increased till I got sick then decreased when i wised up #gtchat
- 12:17 am **KTVee:** Q2: Mine is always same. I FIND things to be stressed about, when I'm not. #gtchat
- 12:17 am **teachagiftedkid:** #gtchat Q2: My stresses go in cycles now rather than overall increase or decrease. [Like it? <http://bit.ly/hfXlBm>]
- 12:17 am **laughingatchaos:** @chrstinef I know! I feel it's hiding for it's own protection! :(I'll let it, but then creativity & I are taking writing classes. #gtchat
- 12:18 am **deepwaterscoach:** @laughingatchaos If we didn't need a drink before, we need it now! LOL! #gtchat
- 12:18 am **BrendonWalker:** @DeborahMersino g'day mate. Just happened to be on twitter and saw #gtchat appear. Thought I'd jump in :)
- 12:18 am **samorra:** Q2 Little less than last year, but only because I have been actively working on it. #gtchat
- 12:18 am **DeborahMersino:** @KTVee @samorra "Not doing enough." Let's come back to that...I think that has to do with OEs/perfectionism. I'm w/you tho. #gtchat
- 12:18 am **peter_lydon:** #gtchat better also at turning stress into something positive
- 12:18 am **chrstinef:** @ljconrad I am SO there with you! #gtchat
- 12:18 am **deepwaterscoach:** Q2: It has decreased as I've learned how shame has motivated me in the past & I've decreased that as a motivator. #gtchat
- 12:18 am **chrstinef:** @laughingatchaos NICE! #gtchat
- 12:18 am **MaryStGeorge:** @laughingatchaos beware the talk - ends up with "so what else did you already know? these days #gtchat
- 12:18 am **laughingatchaos:** @deepwaterscoach A delightful glass of red is my companion this evening. ;) #gtchat
- 12:18 am **LisaDSB:** Q2 - probably decreased since I've gotten used to homeschooling more. It's

- been stressful to take on that responsibility. #gtchat
- 12:18 am **DeborahMersino:** @BrendonWalker Happy to have you here Brendon! We've missed you! #gtchat
- 12:18 am **ColinTGraham:** We can forget things are pulling us apart as well as pushing down on us. Identifying sources is important for appropriate control #gtchat
- 12:18 am **sammorra:** @DeborahMersino @KTVee And the guilt of not doing enough. #gtchat
- 12:18 am **peter_lydon:** @DeepWatersCoach somebody wrote a book about that once...hmmm. #gtchat
- 12:19 am **DeborahMersino:** RT @peter_lydon: #gtchat better also at turning stress into something positive <=Excellent. #gtchat
- 12:19 am **laughingatchaos:** @chrstinef :) Looking forward to it. Reward for surviving the move. ;) #gtchat
- 12:19 am **deepwaterscoach:** RT @laughingatchaos: @deepwaterscoach A delightful glass of red is my companion this evening. ;)//Lovely! #gtchat
- 12:19 am **cybraryman1:** @LisaDSB I admire you because it is an awesome responsibility. #gtchat
- 12:19 am **reasoningmind:** Sorry I'm late! Momentarily distracted by the new look for Hoot Suite. Now to discuss stress at #gtchat!
- 12:19 am **laughingatchaos:** @MaryStGeorge Yeah, already hit that last night. ./ Sigh.... #gtchat
- 12:19 am **LesLinks:** Economy is causing alot of stress here... my kids are accutely aware of it... wonder whats point in school/if/no/ jobs=emmigrating #gtchat
- 12:19 am **deepwaterscoach:** RT @peter_lydon: @DeepWatersCoach somebody wrote a book about that once...hmmm.//HmMMM indeed... #gtchat
- 12:19 am **DeborahMersino:** Q3: (drumroll)...Would your kids/students describe you as Very Stressed, Stressed, Mildly Stressed or Not Stressed at All? #gtchat
- 12:19 am **peter_lydon:** #gtchat Stress -- don;t get mad, get better!
- 12:19 am **laughingatchaos:** @LisaDSB I keep hearing HSing reduces stress, but I just see it as tipping me over the edge into the abyss. #gtchat
- 12:20 am **chrstinef:** @laughingatchaos very good reward! Important to remember to do things like that! Nurture your authentic self, you know #gtchat
- 12:20 am **DeborahMersino:** RT @ColinTGraham: Identifying sources is important for appropriate control <=YES #gtchat
- 12:20 am **MaryStGeorge:** @DeborahMersino depends what they just did, and how I responded! #gtchat
- 12:20 am **LesLinks:** @BrendonWalker @DeborahMersino Hey Brendon... nice to see you!!! was thinking of your the other day... #gtchat
- 12:20 am **DeborahMersino:** @LesLinks Think it's impacted kids here too...whole shift in mentality. #gtchat
- 12:20 am **chrstinef:** @DeborahMersino Q3 Mildly stressed (to very stressed!) - I just asked them! #gtchat
- 12:20 am **laughingatchaos:** @chrstinef YUP! #gtchat
- 12:20 am **peter_lydon:** @DeborahMersino #gtchat and identifying the feeling that precedes and accompanies increased stress
- 12:20 am **DeborahMersino:** @MaryStGeorge In general... :-) #gtchat
- 12:20 am **chrstinef:** @MaryStGeorge hahaha! So true #gtchat
- 12:21 am **ljconrad:** @BrendonWalker Nice to see you! I wake up to your tweets every AM! :) #gtchat
- 12:21 am **LisaDSB:** @cybraryman1 Aww, thanks! #gtchat
- 12:21 am **jofrei:** Q3 I think they would say Mum is stressed out! #gtchat
- 12:21 am **deepwaterscoach:** Q3: Depends on the day. Hour. Minute. Nanosecond... #gtchat
- 12:21 am **ColinTGraham:** Q3. Not sure they'd know, I tend to maintain as calm an outward exterior as I can when teaching. now ask my family the same ?n !! #gtchat

- 12:21 am **laughingatchaos:** Q3: 1 boy said stressed, the other said very stressed. #gtchat
- 12:21 am **DeborahMersino:** Q2: Stressed Regularly with moments of Very Stressed. #gtchat
- 12:21 am **laughingatchaos:** Q3:I'd rate myself OH MY GOD SHE'S GONNA BLOW! #gtchat
- 12:21 am **chrstinef:** @DeborahMersino Q3 the kids I work with - and the colleagues I interact with would say I am NOT stressed. That's because I hide it #gtchat
- 12:21 am **deepwaterscoach:** RT @laughingatchaos: Q3: 1 boy said stressed, the other said very stressed. //Wow--instant answers! Love it! #gtchat
- 12:21 am **teachagiftedkid:** #gtchat Q3: Students would say I was mildly stressed. Will be more stressed as performance standards project due date gets closer.
- 12:22 am **laughingatchaos:** RT @DeborahMersino: Q2: Stressed Regularly with moments of Very Stressed. <=Sounds familiar. ;) #gtchat
- 12:22 am **KTVee:** Q3: Scary thought - never considered how they perceive my stress. #gtchat
- 12:22 am **sammorra:** Q3 Both kids said stressed to mildly stressed. I am going to ignore what my husband just said. :) #gtchat
- 12:22 am **laughingatchaos:** @chrstinef But do you suffer physically from hiding it? I hide it poorly AND suffer physically. #gtchat
- 12:22 am **peter_lydon:** #gtchat Colleague thinks I'm stressed when in fact I'm buzzing.
- 12:22 am **MaryStGeorge:** LOL just asked kid - depends but mostly you're just cazh (casual) to cazh as! #gtchat
- 12:22 am **DeborahMersino:** Q4: Do you have any negative behaviors associated w/your stress? Only share if you feel comfortable. #gtchat
- 12:22 am **ljconrad:** Q3: Off the charts stressed! #gtchat
- 12:23 am **reasoningmind:** Q3: I work more directly with the teachers and they usually have no idea. They just know I'm busy. Children are usually oblivious. #gtchat
- 12:23 am **deepwaterscoach:** RT @sammorra: Q3 Both kids said stressed to mildly stressed. Ignore what my husband just said. :)//LOL! What wld u say abt him? #gtchat
- 12:23 am **ColinTGraham:** Remember a lesson about feelings with Jpnese adult learners. 1st said "I'm stressed" 2nd said "I'm stressed + 1" just like kids! #gtchat
- 12:23 am **DeborahMersino:** RT @peter_lydon: #gtchat Colleague thinks Im stressed when in fact Im buzzing. <=I get that...passion can look like stress. #gtchat
- 12:23 am **LisaDSB:** Q3 - one kid said "very stressed" and one (the pleaser) said "not stressed at all." Maybe it all averages out ;-) #gtchat
- 12:23 am **deepwaterscoach:** RT @peter_lydon: #gtchat Colleague thinks Im stressed when in fact Im buzzing.//Matter of perspective, isn't it? #gtchat
- 12:23 am **chrstinef:** @laughingatchaos I would say "NO", but the three mos of bedrest due to SEVERE Anemia last year would make a liar of me #gtchat
- 12:23 am **MaryStGeorge:** q4 spending excessive time social networking online #gtchat (you asked!)
- 12:23 am **teachagiftedkid:** #gtchat Q4: Plenty but I'm getting better at seeing them coming before they become a problem for colleagues & family.
- 12:23 am **sammorra:** Q4 Don't get enough sleep. Makes stress worse. #gtchat
- 12:24 am **laughingatchaos:** Q3:I've had problems w/stress my whole adult life. I try to manage it, but seem to fail miserably. #gtchat
- 12:24 am **BrendonWalker:** @DeborahMersino speaking on behalf of myself only...I get grumpy #gtchat
- 12:24 am **peter_lydon:** @DeepWatersCoach #gtchat a lot of stress is incoming down from being busy, distracted, elsewhere with life.
- 12:24 am **ColinTGraham:** Maybe they mean that you're stressing them! RT @peter_lydon: #gtchat Colleague thinks I'm stressed when in fact I'm buzzing

- 12:24 am **chrstinef:** @laughingatchaos Now I take better care to take care of myself - eat right, chillax, exercise, follow my own advice from 101 SS! HA #gtchat
- 12:24 am **reasoningmind:** Q4: My stress is usually caused by someone not doing their part. Usually I try really hard not to show it when I speak to them. #gtchat
- 12:24 am **peter_lydon:** RT @chrstinef: @laughingatchaos Now I take better care to take care of myself - eat right, chillax, exercise, follow my own advice from 101 SS! HA #gtchat
- 12:24 am **laughingatchaos:** Q4: Yup. Yell too much, lately chest pains, don't exercise due to lack of time...yeah, not healthy. #gtchat
- 12:24 am **DeborahMersino:** Q4: Not stopping. Not slowing down. Less than ideal demeanor at super-stressed times. (i.e. "BRUSH YOUR TEETH NOW."), chocolate. #gtchat
- 12:24 am **sammorra:** @DeepWatersCoach Can't write that on Twitter. :) #gtchat
- 12:24 am **DeborahMersino:** RT @peter_lydon: @DeepWatersCoach #gtchat a lot of stress is incoming down from being busy, distracted, elsewhere with life.<=YES #gtchat
- 12:24 am **KTVee:** Q3: difference between stress and intensity? Stress can drive you in good directions, too, I think. #gtchat
- 12:24 am **laughingatchaos:** @deepwaterscoach Hey, they were available! ;) #gtchat
- 12:24 am **LisaDSB:** Q4 - I get very tense and need to have control over my environment. Add'l noise, demands, wrinkles, set me off :(#gtchat
- 12:25 am **chrstinef:** Q4 - I spin - like all GT adults I know. The spinning is bad. And I am unforgiving to myself - another bad habit #gtchat
- 12:25 am **deepwaterscoach:** Q3: I've gotten myself out of MANY commitments over the past year. I am a lot less stressed--much happier. #gtchat
- 12:25 am **jofrei:** Q4 I tend to nag everyone to do things when I'm stressed! There is such a fine line between reminding and nagging! #gtchat
- 12:25 am **KTVee:** @LisaDSB yes--a balance! :) #gtchat
- 12:25 am **reasoningmind:** Inadequate sleep makes everything worse. RT @sammorra: Q4 Don't get enough sleep. Makes stress worse. #gtchat
- 12:25 am **chrstinef:** @DeborahMersino hahaha TWIN! #gtchat
- 12:25 am **peter_lydon:** #gtchat Stress is ultimately things not going according to YOUR plan.
- 12:25 am **DeborahMersino:** RT @chrstinef: Q4 - I spin - like all GT adults I know. The spinning is bad. And I am unforgiving to myself - another bad habit #gtchat
- 12:25 am **laughingatchaos:** @chrstinef :/ 3 yrs ago I crashed from adrenal fatigue. Scary. BIG reason why I'm GF now. Sadly, I'm more stressed NOW than then. #gtchat
- 12:25 am **deepwaterscoach:** @laughingatchaos Mine aren't. Perhaps that's a good thing? #gtchat
- 12:25 am **ColinTGraham:** Q4 I just tend to get snappy, or totally withdrawn and uncommunicative. #gtchat
- 12:25 am **cybraryman1:** Q4 My wife taught me how to communicate better. In now use a lot of "I feel" messages #gtchat
- 12:25 am **LisaDSB:** RT @peter_lydon: #gtchat Stress - - don;t get mad, get better! --- good advice! #gtchat
- 12:25 am **LesLinks:** My dd just said.. Calm down... calm down!!! ;-D #gtchat [Like it? <http://bit.ly/hfDhyv>]
- 12:26 am **laughingatchaos:** @chrstinef I will if you will! I'll be your stress Angel of Dooooommm!! ;) #gtchat
- 12:26 am **LesLinks:** RT @reasoningmind: Inadequate sleep makes everything worse. RT @sammorra: Q4 Dont get enough sleep. Makes stress worse.= sleep.. ya #gtchat
- 12:26 am **chrstinef:** @deepwaterscoach smart - just started de-cluttering commitments, etc too. Hoping it helps! Can't hurt!!! #gtchat

- 12:26 am **reasoningmind:** @deepwaterscoach I was just talking to a teacher today about the importance of being able to say no, even when you're interested! #gtchat
- 12:26 am **DeborahMersino:** RT @cybraryman1: Q4 My wife taught me how to communicate better. In now use a lot of "I feel" messages<=Excellent! #gtchat
- 12:26 am **DeborahMersino:** Now for the good part... #gtchat
- 12:26 am **chrstinef:** @laughingatchaos fair enough! #gtchat
- 12:26 am **laughingatchaos:** @chrstinef ME TOO! I know DS9 spins, now I see it in me! And unforgiving AND GUILT! #gtchat
- 12:26 am **ColinTGraham:** @cybraryman1 Have you got a "Feelings" page, Jerry? ;-P #gtchat
- 12:26 am **deepwaterscoach:** Q4: Yelling more. Don't take things in flow as usual. Wake up w/ anxiety in middle of night. Spin mentally w/o meaningful activity #gtchat
- 12:27 am **peter_lydon:** #gtchat Very important..1st thing in the morning to look in the mirror and ask yourself how you feel.
- 12:27 am **DeborahMersino:** Sharon Lind wrote an excellent piece on Adult Stress. I'm going to share tidbits next. Credit goes to her! Link forthcoming... #gtchat
- 12:27 am **__Quest:** RT @peter_lydon: #gtchat Stress is ultimately things not going according to YOUR plan.
- 12:27 am **KTVee:** Q4: Being stressed can drive other people crazy. It's like a hamster running in the wheel - sometimes you just want it to stop! #gtchat
- 12:27 am **DeborahMersino:** Gifted Adults via SENG <http://bit.ly/glhYpZ> #gtchat
- 12:27 am **deepwaterscoach:** @chrstinef It's so important. We try to do WAY too much just because we can--or think we can. @laughingatchaos #gtchat
- 12:27 am **LesLinks:** RT @DeborahMersino: RT @cybraryman1: Q4 My wife taught me to communicate better. now use a lot of "I feel" messages<=Excellent!=Ya! #gtchat
- 12:27 am **chrstinef:** @DeborahMersino I know that article - LOVE #gtchat
- 12:27 am **peter_lydon:** #gtchat @KTVee ah no..that's great fun!
- 12:27 am **DeborahMersino:** Here are Lind's tips: 1) Acknowledge your gifts - first step toward building a strong emotional base. #gtchat
- 12:28 am **KTVee:** @reasoningmind saying no is a life skill that is REALLY hard for some people! #gtchat
- 12:28 am **MrsC_teach:** So, I have to say, I thought #gtchat had started talking about adult ADD with the last few comments ...
- 12:28 am **deepwaterscoach:** @reasoningmind So true. We really need to hone in on the things we really want to do, & say no daily! 5X daily. 100X daily! #gtchat
- 12:28 am **LesLinks:** RT @deepwaterscoach: @chrstinef Its so important. We try to do WAY too much just because we can--or think we can. @laughingatchaos #gtchat
- 12:28 am **chrstinef:** @deepwaterscoach @laughingatchaos Or think we HAVE to in order to find meaning or acceptance #gtchat
- 12:28 am **DeborahMersino:** 2) Nurture your own identity development (so important!). #gtchat
- 12:28 am **deepwaterscoach:** RT @KTVee: @reasoningmind saying no is a life skill that is REALLY hard for some people! //true. and so necessary #gtchat
- 12:28 am **deepwaterscoach:** RT @chrstinef: @deepwaterscoach @laughingatchaos Or think we HAVE to in order to find meaning or acceptance//yes. but we don't! #gtchat
- 12:28 am **DeborahMersino:** 3) Give yourself permission to be a growing, changing, imperfect person. (Lind) #gtchat
- 12:29 am **laughingatchaos:** RT @__Quest: RT @peter_lydon: #gtchat Stress is ultimately things not going according to YOUR plan. #gtchat

- 12:29 am **deepwaterscoach**: RT @DeborahMersino: Here are Linds tips: 1) Acknowledge your gifts - first step toward building a strong emotional base. #gtchat
- 12:29 am **BrendonWalker**: @chrstinef define "spin" for me? #gtchat
- 12:29 am **DeborahMersino**: 4) Take advantage of - and cope with - overexcitabilities (OEs). Helps turn dissonance into more of a symphony. #gtchat
- 12:29 am **chrstinef**: @deepwaterscoach @chrstinef @laughingatchaos -> EXACTLY! #gtchat
- 12:29 am **peter_lydon**: #gtchat re: plan..keeps teachers awake at night..need to mechanism to let go.
- 12:29 am **deepwaterscoach**: RT @DeborahMersino: 2) Nurture your own identity development (so important!). #gtchat
- 12:29 am **reasoningmind**: @deepwaterscoach that's when goals come in. If it doesn't work toward well-planned goals, set it aside. #gtchat
- 12:29 am **DeborahMersino**: 5) Learn practical coping skills for dealing w/stress & communication. #gtchat
- 12:29 am **chrstinef**: @DeborahMersino #3 is so so so important! #gtchat
- 12:29 am **deepwaterscoach**: RT @DeborahMersino: 3) Give yourself permission to be a growing, changing, imperfect person. (Lind) <--LOVE! #gtchat
- 12:29 am **peter_lydon**: RT @DeborahMersino: 5) Learn practical coping skills for dealing w/stress & communication. #gtchat
- 12:29 am **MaryStGeorge**: @DeborahMersino agree on imperfection, including imperfect parenting - perfect parents cant prepare kids for imperfect world #gtchat
- 12:29 am **deepwaterscoach**: RT @DeborahMersino: 4) Take advantage of - and cope with - overexcitabilities (OEs). Helps turn dissonance into more of a symphony. #gtchat
- 12:29 am **cybraryman1**: My Coping Strategies (for teachers) page: <http://tinyurl.com/4td3gnk> #gtchat
- 12:29 am **LesLinks**: RT @DeborahMersino: 2) Nurture your own identity development (so important!). Yup.. know what limits you want/need and risks uwant.. #gtchat
- 12:30 am **DeborahMersino**: Lind states gifted adults have increased stress reactions b/c of their overexcitabilities. #gtchat
- 12:30 am **laughingatchaos**: @DeborahMersino My dissonance=>symphony would resemble Schoenberg. ./ #gtchat
- 12:30 am **deepwaterscoach**: RT @reasoningmind: @deepwaterscoach thats when goals come in. If it doesnt work toward well-planned goals, set it aside./yes! #gtchat
- 12:30 am **DeborahMersino**: Key to 1) learn to ID own stress symptoms. 2) develop coping strategies (Lind). #gtchat
- 12:30 am **DeborahMersino**: @MaryStGeorge Oh.so.true. #gtchat
- 12:30 am **laughingatchaos**: RT @DeborahMersino: Lind states gifted adults have increased stress reactions b/c of their overexcitabilities.<=Noo, really? ;) #gtchat
- 12:30 am **chrstinef**: @BrendonWalker Obsessing on a particular thing or topic, unable to let go #gtchat
- 12:31 am **ColinTGraham**: I did a workshop about 8 years ago called "Putting the 'Tea' into Teacher" which was all about stress management... #gtchat
- 12:31 am **MrsC_teach**: @cybraryman1 You have a link for everything. Amazing! #gtchat
- 12:31 am **deepwaterscoach**: @reasoningmind We have 2 b kind to ourselves & vigilant about our time, energy, and love! Ruthless in cutting out what doesn't work. #gtchat
- 12:31 am **chrstinef**: @DeborahMersino Totally agree! #gtchat
- 12:31 am **peter_lydon**: #gtchat deveop a sense of humour.
- 12:31 am **MaryStGeorge**: @DeborahMersino yes, and to ID yourFIRST stress signals - what happens before the big ones #gtchat
- 12:31 am **LisaDSB**: I wonder if our natural intensity plays into our stress management. I find my

OEs make it really hard to cope with added stress. #gtchat

- 12:31 am **deepwaterscoach**: RT @DeborahMersino: Key to 1) learn to ID own stress symptoms. 2) develop coping strategies (Lind). #gtchat
- 12:31 am **DeborahMersino**: De-stressing: Talk about feelings to someone (well done @cybraryman1), relaxation exercises, change diet, ask for help (Lind) #gtchat
- 12:31 am **MaryStGeorge**: @peter_lydon agree on sense of humour #gtchat
- 12:31 am **cybraryman1**: RT @ColinTGraham:Identifying sources is important for appropriate control #gtchat
- 12:31 am **deepwaterscoach**: RT @peter_lydon: #gtchat develop a sense of humour.//and we have access to such a great sense of humor! #gtchat
- 12:31 am **chrstinef**: @DeborahMersino interestingly - same keys for kids! Which is why I am trying to take my own advice. HAHAAHA #gtchat
- 12:32 am **LisaDSB**: Ooh....just saw that Lind already said that...must read faster!!! #gtchat
- 12:32 am **LesLinks**: RT@reasoningmind We have 2 b kind to ourselves & vigilant about our time, energy, and love! Ruthless in cutting out what doesnt work. #gtchat
- 12:32 am **ColinTGraham**: I am still amazed at how few teachers, especially, have healthy coping mechanisms for handling stress/strain #gtchat
- 12:32 am **deepwaterscoach**: RT @DeborahMersino: 5) Learn practical coping skills for dealing w/stress & communication. #gtchat
- 12:32 am **peter_lydon**: #gtchat make a point of laughing every day even if you have nothing specific to laugh about.
- 12:32 am **DeborahMersino**: Lind (cont)... - Make time for fun, develop organizational skills, exercise sense of humor (good one @peter_lydon). #gtchat
- 12:32 am **create2day**: "@peter_lydon: #gtchat make a point of laughing every day even if you have nothing specific to laugh about."
- 12:32 am **laughingatchaos**: RT @chrstinef: @DeborahMersino interestingly -same keys for kids! Which is why I am trying to take my own advice.<=you're not alone! #gtchat
- 12:32 am **deepwaterscoach**: RT @DeborahMersino: De-stressing: Talk abt feelings 2 someone (well done @cybraryman1), relaxation, change diet, ask for help (Lind) #gtchat
- 12:32 am **chrstinef**: @DeborahMersino Play time is so very important~! #gtchat
- 12:32 am **MaryStGeorge**: @chrstinef Good work on taking own advice - excellent advisor that you picked! #gtchat
- 12:32 am **peter_lydon**: #gtchat keep books of funnies...Calvin and Hobbes etc
- 12:32 am **deepwaterscoach**: RT @DeborahMersino: Lind (cont)... - Make time for fun, develop organizational skills, exercise sense of humor). #gtchat
- 12:32 am **DeborahMersino**: For those who are unfamiliar with OEs, you can search for Dabrowski. So enlightening! #gtchat
- 12:32 am **laughingatchaos**: @ColinTGraham Teachers aren't taught coping skills; I know I wasn't. #gtchat
- 12:33 am **cybraryman1**: My Humor (Humour) in the Classroom page: <http://tinyurl.com/4fn4gug> #gtchat
- 12:33 am **jofrei**: @DeborahMersino Love these Lind strategies! #gtchat
- 12:33 am **DeborahMersino**: Counseling the Gifted & Talented by Silverman (great for adults too) <http://bit.ly/hINqXm> #gtchat
- 12:33 am **peter_lydon**: RT @cybraryman1: My Humor (Humour) in the Classroom page: <http://tinyurl.com/4fn4gug> #gtchat.good man jerry!
- 12:33 am **MaryStGeorge**: @peter_lydon read webcomics #gtchat
- 12:33 am **ColinTGraham**: Cultural coping mechanisms are also very different... I might laugh or make a joke, other cultures may see this as inappropriate #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

12:33 am

cnrstiner: @MaryStGeorge naha! THANKS...now, if I could only LISTEN and execute better! hahahaha #gtchat

12:33 am

laughingatchaos: @peter_lydon Calvin was funny til I realized I'm RAISING him! LOL! Eh, still funny... ;) #gtchat

12:33 am

deepwaterscoach: RT @DeborahMersino: Counseling the Gifted & Talented by Silverman (great for adults too) <http://bit.ly/hlNqXm> #gtchat

12:33 am

laughingatchaos: RT @cybraryman1: My Humor (Humour) in the Classroom page: <http://tinyurl.com/4fn4gug> #gtchat

12:34 am

teachagiftedkid: RT @laughingatchaos: @peter_lydon Calvin was funny til I realized I'm RAISING him! LOL! Eh, still funny... ;) #gtchat

12:34 am

LesLinks: Take a walk, look and listen to the world around you - birds singing.. light reflecting.. and enjoy a moment in time every day.. #gtchat

12:34 am

peter_lydon: #gtchat Visit Glendalough, Co. Wicklow once a year and listen to the silence.

12:34 am

DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat

12:34 am

deepwaterscoach: RT @laughingatchaos: @peter_lydon Calvin was funny til I realized Im RAISING him! LOL! Eh, still funny... ;) //I'm raising him too! #gtchat

12:34 am

ColinTGraham: @laughingatchaos People aren't taught coping skills, but it is important for teachers to be trained in them #gtchat

12:34 am

laughingatchaos: @teachagiftedkid No, seriously, I'm honest to God raising Calvin! #gtchat

12:34 am

DeborahMersino: RT @create2day: "@peter_lydon: #gtchat make a point of laughing every day even if you have nothing specific to laugh about." <=love. #gtchat

12:34 am

reasoningmind: Thanks! RT @deborahmersino: For those who are unfamiliar with OEs, you can search for Dabrowski. So enlightening! #gtchat

12:34 am

chrstinef: RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat

12:34 am

MaryStGeorge: RT @ColinTGraham: @laughingatchaos People aren't taught coping skills, but it is important for teachers to be trained in them #gtchat

12:34 am

KTVee: Find humor in (almost) everything. It's hard to be stressed when you're laughing. #gtchat

12:34 am

laughingatchaos: RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> <=YAY! #gtchat

12:35 am

cybraryman1: @ColinTGraham How to be Culturally Responsive sites: <http://tinyurl.com/45s9cm4> #gtchat

12:35 am

LesLinks: RT @peter_lydon: #gtchat Visit Glendalough, Co. Wicklow once a year and listen to the silence. Ya...like that.. good for the soul #gtchat

12:35 am

peter_lydon: #gtchat I even have the same rain jacket!

12:35 am

chrstinef: @ColinTGraham @laughingatchaos I think EVERYONE needs it - kids through adult #gtchat

12:35 am

laughingatchaos: @ColinTGraham I agree, but there's only so much PD time. #gtchat

12:35 am

deepwaterscoach: RT @chrstinef: RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat

12:35 am

reasoningmind: RT @ktvee: Find humor in (almost) everything. It's hard to be stressed when you're laughing. #gtchat

12:35 am

deepwaterscoach: RT @KTVee: Find humor in (almost) everything. Its hard to be stressed when youre laughing.//so true! releases endorphins too. #gtchat

12:35 am

DeborahMersino: RT @MaryStGeorge: RT @ColinTGraham: People arent taught coping skills, but it is important for teachers to be trained in them <=YES #gtchat

12:35 am

Teacherhorizons: @ColinTGraham indeed. but they always seem to have a similar ioke in their

- teachagiftedkid:** @DavidsonGifted, but they bring a social stigma to what is a normal joke in their culture that makes no sense to us #gtchat
- 12:35 am **chrstinef:** @KTVEe can't smile and frown simultaneously! Smile always wins out :D #gtchat
- 12:36 am **laughingatchaos:** @peter_lydon Bit of a drive, but I'll consider it. ;) #gtchat
- 12:36 am **ljconrad:** You need to accept the fact that some things are beyond your control! #gtchat
- 12:36 am **DeborahMersino:** Let's shift a bit to kids. They pick up on our stress. We can model how to handle in the moment. Need to understand their world too. #gtchat
- 12:36 am **teachagiftedkid:** @laughingatchaos I believe you! I raised his brother! Remember the Zits teenager? Pretty familiar w/him too. #gtchat
- 12:36 am **peter_lydon:** #gtchat <http://bit.ly/pmf2j>
- 12:36 am **laughingatchaos:** @KTVEe Why I'll be watching a VERY FUNNY MOVIE tonight. I need it. #gtchat
- 12:36 am **chrstinef:** @deepwaterscoach @DeborajMersino @laughingatchaos thanks for the RT guys #gtchat
- 12:36 am **reasoningmind:** @ktvee my students could tell between my different smiles. Even when someone was acting up I smiled a certain way. #gtchat
- 12:36 am **peter_lydon:** #gtchat @laughingatchaos LOL...will give the guided tour when you arrive.
- 12:36 am **chrstinef:** @ljconrad but...but...but... #gtchat
- 12:36 am **LisaDSB:** Recognizing OEs for what they are is helpful – can now see when I need alone time (and am helping DS - my clone - to see it too). #gtchat
- 12:36 am **laughingatchaos:** RT @LesLinks: Need 101 success secrets for Gifted Adults???:-D<=OOH! Good idea! #gtchat
- 12:36 am **LesLinks:** Need 101 success secrets for Gifted Adults???:-D #gtchat [Like it? <http://bit.ly/hzKfa3>]
- 12:36 am **DeborahMersino:** Tips for Parents: Worry, Stress, and Depression by E. Amend via @DavidsonGifted <http://bit.ly/eysldm> #gtchat
- 12:36 am **LesLinks:** @teachagiftedkid @laughingatchaos Ya.. Zits..;-D #gtchat
- 12:36 am **jofrei:** RT @ljconrad: You need to accept the fact that some things are beyond your control! YES!!! #gtchat
- 12:36 am **laughingatchaos:** @teachagiftedkid LOL! Not there...yet. ;) #gtchat
- 12:37 am **ColinTGraham:** @Teacherhorizons It's not so much the joke as the use of humour in a stressful situation. Some cultures express concern/anxiety. #gtchat
- 12:37 am **deepwaterscoach:** @chrstinef YW! You're worth it! #gtchat
- 12:37 am **peter_lydon:** @jofrei #gtchat where's that hula hoop?
- 12:37 am **laughingatchaos:** @peter_lydon Yay! I miss Ireland. Been twice, can't wait to return. :) #gtchat
- 12:37 am **DeborahMersino:** RT @LesLinks: Need 101 success secrets for Gifted Adults???:-D #gtchat [Like it? <http://bit.ly/hzKfa3>] <=Affirmative. Must. Yes. #gtchat
- 12:37 am **LisaDSB:** Understanding OEs in my son helped me learn about it in myself. We help each other now. #gtchat
- 12:37 am **jofrei:** RT @DeborahMersino: Tips for Parents: Worry, Stress, and Depression by E. Amend via @DavidsonGifted <http://bit.ly/eysldm> #gtchat
- 12:37 am **peter_lydon:** RT @laughingatchaos: @peter_lydon Bit of a drive, but I'll consider it. ;) #gtchat.we could have a Tweep Up
- 12:37 am **chrstinef:** @deepwaterscoach :D After today...nice to hear! #gtchat
- 12:38 am **ljconrad:** @chrstinef uh ... uh ... uh ... #gtchat
- 12:38 am **DeborahMersino:** I'm going to share tips from Amend article. Tips are 4 kids. but healthv for

- ...going to think it's not a good idea to have a...
adults to consider as well. #gtchat
- 12:38 am **deepwaterscoach:** We can relieve our stress by choosing different perspectives on the challenges we're facing too. #gtchat
- 12:38 am **Teacherhorizons:** @ColinTGraham I guess you mean like sarcasm? #gtchat
- 12:38 am **KTVee:** @reasoningmind yeah, kids have grt perception on that #gtchat
- 12:38 am **laughingatchaos:** RT @LisaDSB: Understanding OEs in my son helped me learn about it in myself. We help each other now.<=Me too. And hubby too. #gtchat
- 12:38 am **chrstinef:** @peter_lydon @jofrei AHHH!!! Love hua hoop analogies ;) #gtchat
- 12:38 am **DeborahMersino:** 1) Remember everything, even positive events, can cause stress. #gtchat
- 12:38 am **chrstinef:** @DeborahMersino @LesLinks I'm game!!! #gtchat
- 12:38 am **laughingatchaos:** @peter_lydon A tweet up! I'm there! :) #gtchat
- 12:38 am **deepwaterscoach:** @chrstinef Aw...we all need our cheering sections sometimes! #gtchat
- 12:38 am **peter_lydon:** @chrstinef #gtchat thought you'd like that!
- 12:38 am **laughingatchaos:** RT @deepwaterscoach: We can relieve our stress by choosing different perspectives on the challenges were facing too. #gtchat
- 12:39 am **DeborahMersino:** 2) Managing stress level helps ppl function effectively. (so simple, but true). {We - and our kids - can learn}. #gtchat
- 12:39 am **ColinTGraham:** @Teacherhorizons No. Example: I had a student faint and gash her head during a table manners lesson. ... #gtchat
- 12:39 am **deepwaterscoach:** RT @DeborahMersino: 1) Remember everything, even positive events, can cause stress. #gtchat
- 12:39 am **jofrei:** RT @peter_lydon: @jofrei #gtchat wheres that hula hoop? That's a good question! Sprite may have one under a pile of her stuff! #gtchat
- 12:39 am **peter_lydon:** #gtchat Stress can be good to...shouldn't FEAR stress...should manage it
- 12:39 am **chrstinef:** @peter_lydon hahahaha! ;) #gtchat
- 12:39 am **reasoningmind:** @teacherhorizons was anyone else titled most sarcastic teacher by their students? #gtchat
- 12:39 am **chrstinef:** @deepwaterscoach so very true! #gtchat
- 12:39 am **peter_lydon:** @DeborahMersino #gtchat I was just about to say that !
- 12:39 am **LesLinks:** @chrstinef @DeborahMersino @LesLinks Go girl.. do it.. ;-D #gtchat
- 12:39 am **laughingatchaos:** My word for 2011 is strong. When I remember that, I can deal w/my stress better. Because I am stronger than I realize. :) #gtchat
- 12:39 am **DeborahMersino:** 3) When child is stressed, communicate acceptance (i.e. Sounds like you're pretty worried about...") - Amend #gtchat
- 12:39 am **reasoningmind:** \RT @deepwaterscoach: We can relieve our stress by choosing different perspectives on the challenges were facing too. #gtchat
- 12:39 am **chrstinef:** @DeborahMersino Did a series on stress a few years ago...think I'll report on blog tomorrow #gtchat
- 12:39 am **deepwaterscoach:** RT @DeborahMersino: 2) Managing stress level helps ppl function effectively. (so simple, but true). {We - and our kids - can learn}. #gtchat
- 12:40 am **ColinTGraham:** @Teacherhorizons Japanese staff were expressing concern and rushing about... Western staff were making jokes with me... mismatch #gtchat
- 12:40 am **MaryStGeorge:** @OCCGATE thanks will add to <http://ultranet.giftededucation.org.nz/WebSpace/364/> #gtchat
- 12:40 am **laughingatchaos:** RT @DeborahMersino: 3) When child is stressed, communicate acceptance (i.e. Sounds like youre pretty worried about...") - Amend #gtchat

- 12:40 am **Teacherhorizons:** @ColinTGraham ohh haha i see. good example! but yeah i understand now. #gtchat
- 12:40 am **teachagiftedkid:** #gtchat Had a teacher encourage my kids to keep a rainbow file & stormy file. Put lots of things in rainbow file & refer to it frequently
- 12:40 am **peter_lydon:** @laughingatchaos #gtchat sure..but don't kid yourself in every circumstance...sometimes we're not strong and we just have to accept it.
- 12:40 am **deepwaterscoach:** RT @DeborahMersino: 3) When child is stressed, communicate acceptance (i.e. Sounds like youre pretty worried about...) - Amend #gtchat
- 12:40 am **DeborahMersino:** 3 (cont.) Avoid trying to talk a child into feeling differently {IMPORTANT}. Feelings are not right or wrong. - Amend. #gtchat
- 12:40 am **Teacherhorizons:** @ColinTGraham hmm didn't quite catch that one #gtchat
- 12:40 am **chrstinef:** @LesLinks @DeborahMersino going to do it! #gtchat
- 12:41 am **ColinTGraham:** @Teacherhorizons The Japanese reaction seemed to be to "look busy", Western reaction was to "use humour". Stressor was the same. #gtchat
- 12:41 am **laughingatchaos:** @peter_lydon True. But I was mentally telling myself too often that "I can't handle this" when it wasn't true. #gtchat
- 12:41 am **deepwaterscoach:** Sometimes when we have "victim" or "out of control" perspectives on situations, we feel stressed. #gtchat
- 12:41 am **MaryStGeorge:** RT @teachagiftedkid: #gtchat Had a teacher encourage my kids to keep a rainbow file & stormy file. Put lot? (cont) <http://deck.ly/~fH8yY>
- 12:41 am **cybraryman1:** My Communicating with Children page (to eliminate a lot of stress): <http://tinyurl.com/4s87ukb> #gtchat
- 12:41 am **DeborahMersino:** 4) Provide support. Be involved {yes, find time to relax and be w/them}. Communicate. - Amend. #gtchat
- 12:41 am **laughingatchaos:** @chrstinef @LesLinks @DeborahMersino Gifted Adults 101? Hooray! :) #gtchat
- 12:41 am **laughingatchaos:** RT @deepwaterscoach: Sometimes when we have "victim" or "out of control" perspectives on situations, we feel stressed.<=YES! #gtchat
- 12:41 am **deepwaterscoach:** If we change our perspectives to more empowered ones, we feel more in control and less stress. Grace also helps us feel better. #gtchat
- 12:41 am **DeborahMersino:** RT @deepwaterscoach: Sometimes when we have "victim" or "out of control" perspectives on situations, we feel stressed. <=Yes. #gtchat
- 12:42 am **DeborahMersino:** @cybraryman1 YOU are amazing. #gtchat
- 12:42 am **KTVee:** at times, g/t have unfair expectations placed on them, and feel that, and don't think it's okay to admit stress. #gtchat
- 12:42 am **peter_lydon:** #gtchat teach children to count slowly - and breathe properly from the diaphragm
- 12:42 am **deepwaterscoach:** RT @DeborahMersino: 3 (cont.) Avoid trying to talk a child into feeling differently {IMP'T}. Feelings not right or wrong. - Amend. #gtchat
- 12:42 am **chrstinef:** @laughingatchaos @LesLinks @DeborahMersino Would be a fun project! #gtchat
- 12:42 am **DeborahMersino:** @teachagiftedkid - Love the idea of a rainbow/stormy file. #gtchat
- 12:42 am **LesLinks:** @chrstinef @LesLinks @DeborahMersino Yay... worthwhile doing...;-D #gtchat
- 12:42 am **jofrei:** RT @cybraryman1: My Communicating with Children page (to eliminate a lot of stress): <http://tinyurl.com/4s87ukb> #gtchat
- 12:42 am **chrstinef:** @deepwaterscoach YES! #gtchat
- 12:42 am **ColinTGraham:** I have been 'stressed' all day, because of the situation in Japan. Epicentre was about 150miles from where I used to live... but #gtchat
- 12:42 am **MaryStGeorge:** RT @DeborahMersino: @cybraryman1 YOU are amazing. #gtchat I agree!

4/1/2011

Transcript for #gtchat - What the Hasht...

12:42 am **MaryStGeorge:** RT @DeborahMersino: @cybraryman1 TCC are amazing. #gtchat I agree:

12:42 am **DeborahMersino:** Strong relationships will help moderate negative feelings/events. #gtchat

12:42 am **LisaDSB:** @cybraryman1 What a great public service you're providing! Will check your communication page later. #gtchat

12:43 am **laughingatchaos:** @peter_lydon I immediately feel better when I breathe like playing my flute. Hm. Maybe I should play more often... ;) #gtchat

12:43 am **peter_lydon:** RT @laughingatchaos: @peter_lydon I immediately feel better when I breathe like playing my flute. Hm. Maybe I should play more often... ;) #gtchat

12:43 am **cybraryman1:** @LisaDSB My wife gave me a lot of help on that page. #gtchat

12:43 am **DeborahMersino:** @ColinTGraham Oh my. I can't fathom. So sorry to hear. #gtchat

12:43 am **Teacherhorizons:** @ColinTGraham I see, I suppose western teachers are generally more humorous? #gtchat

12:43 am **chrstinef:** @ColinTGraham Hope all your friends/family OK. I had to check on friends/fam on Calif Coast and HI this am #gtchat

12:43 am **ColinTGraham:** Having lived in an earthquake-prone environment, coping strategies are 'in place' and forces of nature are outside our control. #gtchat

12:43 am **chrstinef:** @laughingatchaos um...YES! play more.... #gtchat

12:43 am **laughingatchaos:** RT @DeborahMersino: @teachagiftedkid - Love the idea of a rainbow/stormy file.<=Me too. Gonna do 1 for me & get boys to do one too #gtchat

12:43 am **peter_lydon:** #gtchat smokers get 'stressed' so they smoke but only in top half of lungs...if they breathe more deeply, wouldn't need cigs to fix stress.

12:43 am **deepwaterscoach:** RT @laughingatchaos: @peter_lydon I feel better when I breathe like playing my flute. Hm. Maybe I should play more often...<-LIKE!! #gtchat

12:44 am **teachagiftedkid:** #gtchat Rainbow/stormy file helps you remember that you are basically a good person. Ups & downs to be expected.

12:44 am **DeborahMersino:** Remember that frustration is part of growth. If we can see it that way as opposed to all-or-nothing (help kids do the same) = grow. #gtchat

12:44 am **peter_lydon:** RT @DeborahMersino: Remember that frustration is part of growth. If we can see it that way as opposed to all-or-nothing (help kids do the same) = grow. #gtchat

12:44 am **chrstinef:** @OCCGATE @MaryStGeorge Ye - step by stp instructions in the 101 Success Secrets book for that #gtchat

12:44 am **delta_dc:** @ColinTGraham I think frameworks are essential for handling stress. <http://t.co/TuEerVx> #gtchat

12:44 am **laughingatchaos:** @chrstinef Time, dear, time. :(But I need to. Deep breathing AND creativity AND relaxation. #gtchat

12:44 am **peter_lydon:** @DeborahMersino #gtchat Yeah..learn to accept frustration, and move beyond it.

12:44 am **chrstinef:** @DeborahMersino YES! so important #gtchat

12:44 am **cybraryman1:** To relax breathing exercises, meditation, yoga are very helpful #gtchat

12:44 am **DeborahMersino:** @teachagiftedkid Reminds me of the OEs. Good/tricky aspects of them. Same w/life experiences. Good to realize. Get thoughts down. #gtchat

12:44 am **MaryStGeorge:** reminds me of @chrstinef 's idea for friends (keep a notecard with positive friend quality's when one is upset w thm). #gtchat < also v cool

12:45 am **laughingatchaos:** @peter_lydon Good point! Sadly, I know a LOT of musician heavy smokers. :(#gtchat

12:45 am **deepwaterscoach:** RT @DeborahMersino: Frustration is part of growth. If we can see it that way vs. all-or-nothing (help kids do the same) = grow. #gtchat

12:45 am **KTVee:** @DeborahMersino yes, perhaps stress is a fertilizer for growth! #gtchat

- 12:45 am **peter_lydon:** @laughingatchaos #gtchat seems to go with the business :(
- 12:45 am **LesLinks:** What if stress is interfering with an activity or missing vital days at school that they should not be missing... howtogetoverhump #gtchat
- 12:45 am **chrstinef:** @laughingatchaos You need to regroup like me. Hard to carve the time, but necessary...yes! NECESSARY. #gtchat
- 12:45 am **peter_lydon:** RT @KTvee: @DeborahMersino yes, perhaps stress is a fertilizer for growth! #gtchat..IS....we need stress to go strong
- 12:45 am **BrendonWalker:** @DeborahMersino It's what you choose to do with frustration that is key. Does it bind you up, or help u find an answer? #gtchat
- 12:46 am **deepwaterscoach:** RT @KTvee: @DeborahMersino Stress is a fertilizer for growth!//a butterfly's struggle against the chrysalis makes it strong to fly #gtchat
- 12:46 am **laughingatchaos:** @MaryStGeorge @chrstinef Good for marriages too! ;) #gtchat
- 12:46 am **DeborahMersino:** Also, naming the feeling helps - Sad, Angry, Scared, Happy, Excited, Tender. We model. Help kids do the same. #gtchat
- 12:46 am **chrstinef:** @LesLinks emotional coaching - help them take control over their situation #gtchat
- 12:46 am **ColinTGraham:** @delta_dc Yes, and being able to identify what is and is not directly controllable. News will get through, but frustration is there! #gtchat
- 12:46 am **laughingatchaos:** @peter_lydon In music school. :(How they dealt w/stress. #gtchat
- 12:46 am **peter_lydon:** #gtchat Embrace your inner frustration, then push it over and move on!
- 12:46 am **chrstinef:** @laughingatchaos @MaryStGeorge @chrstinef that will be in 101 SS for GT adults! #gtchat
- 12:46 am **deepwaterscoach:** RT @DeborahMersino: Also, naming the feeling helps - Sad, Angry, Scared, Happy, Excited, Tender. We model. Help kids do the same. #gtchat
- 12:46 am **DeborahMersino:** @BrendonWalker Agree. We get to choose. Vital to get calm enough to realize we have a choice. #gtchat
- 12:46 am **ljconrad:** RT @BrendonWalker Its what you choose to do with frustration that is key. Does it bind you up, or help u find an answer? #gtchat
- 12:46 am **deepwaterscoach:** RT @chrstinef: @LesLinks emotional coaching - help them take control over their situation #gtchat
- 12:46 am **chrstinef:** @DeborahMersino Emo vocab so vital. Great to develop EARLY #gtchat
- 12:47 am **laughingatchaos:** @chrstinef Yes, regrouping now. Read yr post & been thinking about it. I need more regrouping. #gtchat
- 12:47 am **KTvee:** @DeepWatersCoach love that! #gtchat
- 12:47 am **cybraryman1:** RT @deepwaterscoach: RT @chrstinef: @LesLinks emotional coaching - help them take control over their situation #gtchat
- 12:47 am **chrstinef:** @sammorra YES! #gtchat
- 12:47 am **sammorra:** When stress is caused by a "tug-of-war" learn to let go of the rope. #gtchat
- 12:47 am **deepwaterscoach:** Embracing natural time. Sometimes we try to force things that aren't meant to happen until later...or at all. #gtchat
- 12:47 am **LisaDSB:** @teachagiftedkid Do you have more info or link about rainbow file -is it just stuff that makes you happy in it? What goes in stormy? #gtchat
- 12:47 am **laughingatchaos:** RT @sammorra: When stress is cause by a "tug-of-war" learn to let go of the rope. #gtchat
- 12:47 am **DeborahMersino:** Fear of failure. Fear of not-measuring up. Fear of state tests. Fear "I'm not pretty enough." Fear of... REFRAMING needed. #gtchat
- 12:47 am **KTvee:** RT @sammorra: When stress is cause by a "tug-of-war" learn to let go of the

- 12:47 am **sammorra**: @chrstinef Took me a while to learn that one. #gtchat
- 12:47 am **chrstinef**: @laughingatchaos I'm doing better since chillaxin and letting go more #gtchat
- 12:47 am **DeborahMersino**: RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope.<=love this. #gtchat
- 12:47 am **ColinTGraham**: @DeborahMersino @chrstinef Thanks for the concern, PLN on Twitter/FB has been a great support. #gtchat
- 12:47 am **cybraryman1**: RT @DeborahMersino: RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope.<=love this. #gtchat
- 12:48 am **laughingatchaos**: @deepwaterscoach AGH! Ok, I'll stop freaking about selling/buying a house. A time for everything... #gtchat
- 12:48 am **chrstinef**: @laughingatchaos and remind me of that after you read the email I sent you #gtchat
- 12:48 am **peter_lydon**: #gtchat wrap your arms tightly around frustration and squeeze the bejaysus out of it...bit like a stress ball really....actually....
- 12:48 am **deepwaterscoach**: @KTVEe Butterflies teach us so much! #gtchat
- 12:48 am **chrstinef**: @DeborahMersino reframing very important! #gtchat
- 12:48 am **DeborahMersino**: When Gifted Kids Don't Have All the Answers by Delisle/Galbraith (a favorite) <http://bit.ly/eIVScm> #gtchat
- 12:48 am **laughingatchaos**: @chrstinef Good. I hate letting go, but ALWAYS feel better when I do. #gtchat
- 12:48 am **sammorra**: @DeborahMersino @KTVEe @laughingatchaos Took me a while to learn that one. Not easy, but worth it. #gtchat
- 12:48 am **laughingatchaos**: @chrstinef Saw that, will reply later. ./ #gtchat
- 12:48 am **ColinTGraham**: Can't win by pushing either! RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope. #gtchat
- 12:48 am **chrstinef**: @peter_lydon NICE! #gtchat
- 12:48 am **teachagiftedkid**: #gtchat Write down/collect the good things people say about you, your accomplishments you are proud of, people you've helped for rainbow.
- 12:48 am **deepwaterscoach**: RT @laughingatchaos: @deepwaterscoach AGH! Ok, Ill stop freaking about selling/buying a house. A time for everything...//Yes & YAY! #gtchat
- 12:48 am **peter_lydon**: #gtchat .actually...isn;t a stress ball suggested for use by ADHD kids to help them cope with needs to fidget while sitting in class??? ref?
- 12:48 am **cybraryman1**: Please join us on the Twitter Exercise Motivation Team #temt <http://tinyurl.com/4et1f4t> #gtchat
- 12:48 am **BrendonWalker**: @DeborahMersino and watch the other side fall on their arse :P @sammorra #gtchat
- 12:49 am **MaryStGeorge**: my feed stopped! #gtchat
- 12:49 am **DeborahMersino**: APA Survey on Kids Picking Up on Parents' Stress via USA Today. <http://usat.ly/fmiac8> #gtchat
- 12:49 am **jofrei**: Sprite and Black Dog <http://www.youblisher.com/p/10553-Sprite-and-Black-Dog/> #gtchat
- 12:49 am **LesLinks**: I have to go now folks.. will see you later.. #gtchat
- 12:49 am **KTVEe**: thinking about recent projects, kids got super-frustrated, then, they GOT IT .. need more situations for healthy frustration #gtchat
- 12:49 am **peter_lydon**: @teachagiftedkid #gtchat I do an activity in class like this where students write anonymously about another - only positive things
- 12:49 am **DeborahMersino**: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat

#gtchat

- 12:49 am **cybraryman1:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:49 am **sammorra:** I'll add one more: Learn when to push upstream and when to go with the flow. (Told you I have been working on it.) #gtchat
- 12:49 am **ColinTGraham:** Biological reactions to shocks can induce stressful situations... cooling-off periods are important #gtchat
- 12:49 am **laughingatchaos:** RT @DeborahMersino: APA Survey on Kids Picking Up on Parents Stress via USA Today. <http://usat.ly/fmiac8> #gtchat
- 12:50 am **teachagiftedkid:** #gtchat Note the things that might not be going so well, criticisms or failures for the stormy file. Normally, less in stormy file.
- 12:50 am **laughingatchaos:** @LesLinks Bye babe! Have a great weekend! #gtchat
- 12:50 am **deepwaterscoach:** RT @KTvee: thinking about recent projects, kids got super-frustrated, then, they GOT IT ..need more situations 4 healthy frustration #gtchat
- 12:50 am **DeborahMersino:** @peter_lydon I'm an official Peter Lydon fan now. President of your fan club. I love the way you describe life! #gtchat
- 12:50 am **deepwaterscoach:** RT @sammorra: Ill add one more: Learn when to push upstream and when to go with the flow. (Told you I have been working on it.) #gtchat
- 12:50 am **laughingatchaos:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> => Hooboy can use THIS! #gtchat
- 12:50 am **reasoningmind:** @ktvee figuring out the appropriate level of difficulty is REALLY difficult sometimes. #gtchat
- 12:50 am **teacher6th:** RT @DeborahMersino: RT @sammorra: When stress is caused by a "tug-of-war" learn to let go of the rope. <=love this. #gtchat
- 12:50 am **laughingatchaos:** RT @sammorra: Ill add one more: Learn when to push upstream and when to go with the flow. (Told you I have been working on it.) #gtchat
- 12:50 am **sammorra:** RT @BrendonWalker: and watch the other side fall on their arse :P #gtchat LOL!
- 12:50 am **laughingatchaos:** RT @DeborahMersino: @peter_lydon Im an official Peter Lydon fan now. President of your fan club. I love the way you describe life! #gtchat
- 12:50 am **deepwaterscoach:** RT @DeborahMersino: @peter_lydon Im an official Peter Lydon fan now. President of your fan club. //welcome to the club! #gtchat
- 12:51 am **chrstinef:** @laughingatchaos NICE! #gtchat
- 12:51 am **KTvee:** The book "Scaredy Squirrel" is amazing for teaching young kids about anxiety stress <http://amzn.to/eAilrb> #gtchat
- 12:51 am **MaryStGeorge:** @peter_lydon depends on the kids whether stress ball helps, tempts or distracts. Range matters with strategies #gtchat
- 12:51 am **ljconrad:** @LesLinks ttyl! Have a good rest. :) #gtchat
- 12:51 am **DeborahMersino:** @deepwaterscoach @KTvee Excellent point about healthy frustration. If we can model Growth Mindset (Dweck) it's helpful - growth! #gtchat
- 12:51 am **jofrei:** RT @teachagiftedkid collect good things people say about you, accomplishments , people youve helped for rainbow - like that idea #gtchat
- 12:51 am **pesleda:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:51 am **peter_lydon:** #gtchat @MaryStGeorge yup..sure.
- 12:51 am **peter_lydon:** #gtchat have some ADHD kids who would throw it at me!
- 12:51 am **deepwaterscoach:** RT @KTvee: The book "Scaredy Squirrel" is amazing for teaching young kids about anxiety stress <http://amzn.to/eAilrb> #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 12:51 am **KTVee:** @reasoningmind yes- it's so important; you don't want to overload, right? #gtchat
- 12:52 am **deepwaterscoach:** @ljconrad Hiiiiii!!!! Can't believe chat has gone this long & I haven't said hiiiiii (until now--when i've said it twice) #gtchat
- 12:52 am **DeborahMersino:** LQ: We've got just a few minutes left. I love your openness. Final thoughts about managing stress ourselves/with our kids/students? #gtchat
- 12:52 am **LisaDSB:** @teachgiftedkid Thanks for the info! #gtchat
- 12:52 am **peter_lydon:** #gtchat @DeborahMersino BREATHE
- 12:52 am **DeborahMersino:** RT @deepwaterscoach: RT @KTVee: The book "Scaredy Squirrel" is amazing for teaching young kids about anxiety stress<=will check out! #gtchat
- 12:52 am **chrstinef:** Hate to tweet and run, but as usual...life is a bit busy at the moment (nope, not stressed about it either!) #gtchat
- 12:52 am **teacher6th:** @LesLinks What if stress is interfering with an activity or missing vital days at school... this is a biggy any answers? #gtchat
- 12:53 am **reasoningmind:** @ktvee exactly. just like any type of exercise. hopefully the instructor is able to identify how much is just enough. #gtchat
- 12:53 am **dmitch528:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 12:53 am **ljconrad:** @deepwaterscoach rotflol #gtchat
- 12:53 am **ColinTGraham:** @DeborahMersino LQ: Go for a walk! #gtchat
- 12:53 am **DeborahMersino:** @ljconrad makes me laugh regularly. She's relieves my stress by being who she is. :-) #gtchat
- 12:53 am **cybraryman1:** Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate a joint #engsschat How Eng & SS teachers can work together #gtchat
- 12:53 am **laughingatchaos:** @DeborahMersino Scaredy Squirrel is FUN! #gtchat
- 12:53 am **BrendonWalker:** @DeborahMersino re LQ: Laugh often #gtchat
- 12:54 am **deepwaterscoach:** @ljconrad Just sayin! #gtchat
- 12:54 am **DeborahMersino:** @teacher6th Dr. Silverman and others suggest when stress is interfering with everyday life/may be time to consult prof. help. #gtchat
- 12:54 am **laughingatchaos:** @chrstinef Bye hon! Breathe! *I'll be watching!* ;) #gtchat
- 12:54 am **deepwaterscoach:** RT @DeborahMersino: @ljconrad makes me laugh regularly. Shes relieves my stress by being who she is. :-)//totally! #gtchat
- 12:54 am **peter_lydon:** RT @laughingatchaos: @DeborahMersino Scaredy Squirrel is FUN! #gtchat...Imagine..he was a flying squirrel all along!
- 12:54 am **reasoningmind:** LQ: Incorporate relaxing periods into your regular schedule/class. Even if you just turn the lights off for 2min. #gtchat
- 12:54 am **laughingatchaos:** RT @DeborahMersino: @ljconrad makes me laugh regularly. Shes relieves my stress by being who she is. :-)<=She's awesome. :) #gtchat
- 12:54 am **DeborahMersino:** @teacher6th @LesLinks If you can find a counselor who is trained w/giftedness/behaviors - best. #gtchat
- 12:54 am **KTVee:** @laughingatchaos our school counselor let me borrow her book and I loved it! He's sooo cute and soooo anxious! #gtchat
- 12:54 am **MaryStGeorge:** @teacher6th look for sources, teach relaxation #gtchat
- 12:54 am **Folmerica:** RT @cybraryman1: Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate a joint #engsschat How Eng & SS teachers can work together #gtchat
- 12:54 am **DeborahMersino:** RT @reasoningmind: LQ: Incorporate relaxing periods into your regular

- 12:55 am **ljconrad:** @DeborahMersino Ah And I was just gonna say how much gtchat relieves my stress! #gtchat
- 12:55 am **peter_lydon:** @laughingatchaos ..flying squirrel...he always had the tools he needed to cope. #gtchat
- 12:55 am **chrstinef:** @laughingatchaos In and out....in and out.... #gtchat
- 12:55 am **jofrei:** RT @DeborahMersino: @ljconrad makes me laugh regularly. Shes relieves my stress by being who she is Yes! She is a great encourager! #gtchat
- 12:55 am **cybraryman1:** Hope everyone has a tress free weekend. Have fun, enjoy yourself <http://yfrog.com/gzpfmuj> #gtchat
- 12:55 am **laughingatchaos:** @KTVEe We have one...it's packed. ./ But we LOVE it. #gtchat
- 12:55 am **chrstinef:** @DeborahMersino 101 has lots of strategies for stress #gtchat
- 12:55 am **chrstinef:** @ljconrad @DeborahMersino --> ME TOO!!! #gtchat
- 12:55 am **laughingatchaos:** @chrstinef Lather, rinse repeat. ;) #gtchat
- 12:55 am **DeborahMersino:** FQ: Take time to appreciate what is. And who others are. Who we are. What we have already. Opportunities for growth. Blessings. #gtchat
- 12:55 am **MaryStGeorge:** I have put together a page for our earthquake parents at <http://j.mp/f7PKpy> and would value suggested additions #gtchat
- 12:55 am **kyteacher:** RT @cybraryman1: Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate a joint #engsschat How Eng & SS teachers can work together #gtchat
- 12:56 am **laughingatchaos:** @peter_lydon Hm. Methinks *I* need to remember this... ;) #gtchat
- 12:56 am **ColinTGraham:** @cybraryman1 "tress free" you mean I should get a haircut? ;-P #gtchat
- 12:56 am **ljconrad:** {{blushing}} Feeling the love! And loving this community! #gtchat
- 12:56 am **deepwaterscoach:** RT @cybraryman1: Hope everyone has a tress free weekend. Have fun, enjoy yourself <http://yfrog.com/gzpfmuj> //you want us w/ no hair? #gtchat
- 12:56 am **DeborahMersino:** RT @chrstinef: @DeborahMersino 101 has lots of strategies for stress <=Can't wait to read/have you as a Guest Expert on this!! #gtchat
- 12:56 am **MaryStGeorge:** feed extremely patchy sorry #gtchat
- 12:56 am **DeborahMersino:** @MaryStGeorge Thank you Mary. #gtchat
- 12:56 am **peter_lydon:** RT @laughingatchaos: #gtchat...Every day of your life you will be presented with a lesson....
- 12:57 am **laughingatchaos:** @DeborahMersino @chrstinef CAN'T WAIT TO *GET* THE BOOK! #gtchat
- 12:57 am **laughingatchaos:** RT @peter_lydon: RT @laughingatchaos: #gtchat...Every day of your life you will be presented with a lesson...<=True. Need to look! #gtchat
- 12:57 am **DeborahMersino:** @MaryStGeorge And no worries...feed has been touch-and-go all day. We appreciate ALL of your contributions! #gtchat
- 12:57 am **peter_lydon:** #gtchat..which you nust learn and it will be presented until it is learned and when it is there is another to follow..there are only lessons
- 12:58 am **peter_lydon:** @laughingatchaos #gtchat Oh...teh sharks!
- 12:58 am **KTVEe:** have students write own story that says "I worry about.." and put them together in a book - they can c they are not alone in stress #gtchat
- 12:58 am **MaryStGeorge:** I certainly appreciate the collegial support of gifted tweeples #gtchat
- 12:58 am **laughingatchaos:** @peter_lydon LIFE is lessons...if we remember to learn them. #gtchat
- 12:58 am **BrendonWalker:** @DeborahMersino hope to pop in again soon. Nice to tweet again :) #gtchat
- 12:58 am **DeborahMersino:** Plan to take time to revel in mv kids' this weekend. Celebrate them as.is. Mv

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Transcript for #gtchat - What the Hasht...

- rocker dd10 and my little dd08. Love.them.dearly. #gtchat
- 12:58 am **DeborahMersino:** @KTVEe Powerful indeed. Excellent suggestion for others too. #gtchat
- 12:58 am **deepwaterscoach:** @cybraryman1 Sometimes when we're stressed, the tresses fall out of their own accord! #gtchat
- 12:58 am **ColinTGraham:** The first step in dealing with undue stress or strain is recognizing that it's there... after that it should be downhill #gtchat
- 12:59 am **DeborahMersino:** @BrendonWalker Good to see you again! All the best! #gtchat
- 12:59 am **peter_lydon:** #gtchat Some people get stressed about their tresses @DeepWatersCoach
- 12:59 am **ljconrad:** Wow! I feel so much better now! I can't think of a better group of people to spend my Friday evenings with! Indebted to Deborah! #gtchat
- 12:59 am **laughingatchaos:** RT @ColinTGraham: The 1st step in dealing with undue stress or strain is recognizing that its there;after that it should be downhill #gtchat
- 12:59 am **peter_lydon:** @DeepWatersCoach #gtchat bad tress day
- 12:59 am **deepwaterscoach:** RT @peter_lydon: #gtchat Some people get stressed about their tresses @DeepWatersCoach//true!
- 1:00 am **DeborahMersino:** Well, we did it. That wasn't too stressful now, was it? :-). Hope everyone has a delightful weekend. Appreciating you all! #gtchat
- 1:00 am **deepwaterscoach:** RT @peter_lydon: @DeepWatersCoach #gtchat bad tress day//LOL!
- 1:00 am **ColinTGraham:** It's very dis-tressing... RT @peter_lydon: #gtchat Some people get stressed about their tresses @DeepWatersCoach
- 1:00 am **chrstinef:** @DeborahMersino Thanks hun! #gtchat
- 1:00 am **laughingatchaos:** At least I have NO stress planning Friday night dinner! Pizza! Again! LOL #gtchat
- 1:00 am **jofrei:** RT @ljconrad: I cant think of a better group of people to spend my Friday evenings with! Indebted to Deborah! I second that! #gtchat
- 1:00 am **peter_lydon:** @DeborahMersino #gtchat very good..beginning to descend into humour..people de-stressing!
- 1:00 am **deepwaterscoach:** RT @ColinTGraham: Its very dis-tressing... RT @peter_lydon: #gtchat Some people get stressed about their tresses//ROTFLOL!!! #gtchat
- 1:00 am **laughingatchaos:** @DeborahMersino Thank you m'dear! Everyone have a great weekend! #gtchat
- 1:00 am **DeborahMersino:** Also, planning overhaul of Ingeniosus Web site! Transcripts will finally be current, as will Twtpoll. I'll keep u posted! #gtchat
- 1:01 am **deepwaterscoach:** RT @laughingatchaos: At least I have NO stress planning Friday night dinner! Pizza! Again! LOL//Pizza has its purposes! #gtchat
- 1:01 am **DeborahMersino:** RT @ColinTGraham: Its very dis-tressing... RT @peter_lydon #gtchat Some people get stressed about their tresses @DeepWatersCoach<LOL #gtchat
- 1:01 am **MaryStGeorge:** soon I shall get a burst of 100 messages #gtchat
- 1:01 am **ljconrad:** Join me in the Lobby! Mimosas for everyone. I'm buying! #gtchat
- 1:01 am **teacher6th:** Do the best you can-today (every day is different) is our chant to help w/ stress/pressure #gtchat
- 1:01 am **KTVEe:** @DeborahMersino Is that stressing you out? #gtchat Sorry--had to ask. :)
- 1:01 am **peter_lydon:** #gtchat we should all meet up around a tress-le table sometime
- 1:02 am **deepwaterscoach:** RT @ljconrad: Join me in the Lobby! Mimosas for everyone. Im buying!//woot! #gtstooxies #gtchat
- 1:02 am **ColinTGraham:** Don't argue about the # of slices! RT @laughingatchaos At least I have NO stress planning Friday night dinner! Pizza! Again! LOL #gtchat
- 1:02 am **DeborahMersino:** @KTVEe Monetary aspect is a bit but overall I'm excited 100 000+ hits this

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Transcript for #gtchat - What the Hasht...

- 1:02 am **DeborahMersino:** @KTVee Monetary aspect is a bit, but overall I'm excited. 100,000+ hits this year already (less than 3 months). It's a privilege. #gtchat
- 1:02 am **ColinTGraham:** All from bots asking if you need ways to control stress... RT @MaryStGeorge: soon I shall get a burst of 100 messages #gtchat
- 1:03 am **laughingatchaos:** @ColinTGraham Oh, no! Homemade personal pizzas for all! Too many variations here! LOL #gtchat
- 1:03 am **laughingatchaos:** RT @DeborahMersino: @KTVee Monetary aspect is a bit, but overall I'm excited. 100,000+ hits this year already (less than 3 months). #gtchat
- 1:03 am **KTVee:** @DeborahMersino Amazing. Exciting. Appreciative here! :) #gtchat
- 1:03 am **jofrei:** RT @ljconrad: Join me in the Lobby! Mimosas for everyone I'm buying<= for pic see <http://www.giftedresources.org/jo/blog/?p=1990> #gtchat
- 1:04 am **ColinTGraham:** Thanks for the chat everyone... and to @DeborahMersino for moderating... a definite #ff #gtchat
- 1:04 am **MaryStGeorge:** @DeborahMersino updating the transcripts will be a big job, we appreciate the hours you put in #gtchat
- 1:04 am **sammorra:** @DeborahMersino Great talk. Love the humor at the end. Glad I made it. #gtchat
- 1:05 am **getsweetie:** Yes!RT @MaryStGeorge: I certainly appreciate the collegial support of gifted tweeples #gtchat
- 1:05 am **teachgiftedkid:** RT @getsweetie: Yes!RT @MaryStGeorge: I certainly appreciate the collegial support of gifted tweeples #gtchat
- 1:06 am **peter_lydon:** @cybraryman1 #gtchat Heard of some research into use of Harp music with hospital patients..apparently speeds up healing process!
- 1:07 am **MaryStGeorge:** @peter_lydon well we already met around a stressle tble, it seems #gtchat
- 1:08 am **peter_lydon:** #gtchat #gtstooxies 1.07 am some house keeping and then my leaba
- 1:08 am **peter_lydon:** #gtchat Fare thee well #gtstooxies !
- 1:10 am **mbdaigle:** RT @deepwaterscoach: If we change our perspectives to more empowered ones, we feel more in control and less stress. Grace also helps us feel better. #gtchat
- 1:10 am **deepwaterscoach:** RT @peter_lydon: #gtchat Fare thee well #gtstooxies !//Good night! #gtstooxies
- 1:11 am **getsweetie:** RT @cybraryman1: Please join us this Monday (3/14 Pi Day) 7pm EST when I moderate #engsschat How Eng & SS Thurs can work together #gtchat
- 1:56 am **Teacherhorizons:** @reasoningmind haha have no idea, but would be funny if students did that to their teacher. #gtchat
- 3:59 am **giaimojosephine:** Lederer and Silverman were great today, more informative and practical workshops for parents, children on Saturday #gtchat #education #nj
- 4:14 am **KTVee:** @mjstarks welcome from a fellow GATE teacher :) Hope you enjoy Twitter as much as I do! #gtchat
- 4:48 am **jofrei:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 4:52 am **ljconrad:** RT @jofrei: RT @ljconrad: Join me in the Lobby! Mimosas for everyone I'm buying<= for pic see <http://www.giftedresources.org/jo/blog/?p=1990> #gtchat
- 4:54 am **ljconrad:** RT @DeborahMersino: Also, planning overhaul of Ingeniosus Web site! Transcripts will finally be current, as will Twtpoll. I'll keep u posted! #gtchat
- 4:57 am **ljconrad:** RT @DeborahMersino I'm excited.100,000+ hits this year already (less than 3 months). It's a privilege. Ingeniosus.net #gtchat
- 6:33 am **ClipSnap:** RT @laughingatchaos: RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH><=Hooboy can use THIS! #gtchat
- 7:03 am **KnightTweets0:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by

@micheleborba <http://bit.ly/a3vgPH> #gtchat

- 7:14 am **Begabungs:** RT @DeborahMersino: 6 Ways to Help Kids Deal with Anger by @micheleborba <http://bit.ly/a3vgPH> #gtchat
- 7:29 am **ziggiaw:** RT @teachagiftedkid: #gtchat Rainbow/stormy file helps you remember that you are basically a good person. Ups & downs to be expected.
- 7:39 am **FrazzIld:** @deborahmersino Sorry, was sooo tired last night, could not stay awake for #gtchat. Have work this morning and can't afford to "slip up".
- 10:15 am **Jason_Walters:** @QTGamer86 @laughingatchaos Need to Sell your house? Let me help you find a #TOPAGENT in your area <http://bit.ly/gIOy3A> #REALTOR #gtchat
- 2:28 pm **KTVee:** Reading this and wondering why #gifted is not already tracked? <http://bit.ly/eOmbYC> #gtchat
- 2:53 pm **giaimojosephine:** Dr. Silverman says less intelligent people are better at lying #gtchat #njagc11 parents need to OWN their own giftedness
- 2:56 pm **giaimojosephine:** Silverman: a high IQ test score cannot be faked. There are no good test takers, only bad ones #gtchat #njagc11
- 3:01 pm **ljconrad:** RT @DeborahMersino: 101 Success Secrets for Gifted Kids by our own @chrstinef - <http://bit.ly/gq9nEa> #gtchat
- 3:12 pm **giaimojosephine:** Silverman talks about Barbara Lewis' books, The Kid's Guides To Social Activity...about service, compassion, giving #gtchat #njagc11
- 3:16 pm **giaimojosephine:** Silverman: morphemes are more important than phonemic awareness #gtchat #njagc11
- 3:20 pm **giaimojosephine:** Silverman: Fairness relates to justice, as in: fair to whom? #gtchat #njagc11
- 3:46 pm **giaimojosephine:** Silverman: You and your child do not need fixing. #gtchat #njagc11
- 3:48 pm **chrstinef:** Winner, #gtchat and my thoughts on STRESS?. <http://nblo.gs/fl0d7>
- 5:35 pm **MattSL:** RT @Mensa_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/13AalH6> #gtvoice #gtchat
- 5:35 pm **gsacademy:** RT @Mensa_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/o1lzglX> #gtvoice #gtchat
- 5:51 pm **sympily:** 'Giftedness' linked w/ prenatal exposure to testosterone? - <http://bit.ly/e6XB4E> [#edchat #science #gtchat #neuro #cogsci]
- 6:23 pm **Begabungs:** RT @ljconrad: {{blushing}} Feeling the love! And loving this community! #gtchat
- 6:57 pm **LesLinks:** RT @gsacademy: RT @Mensa_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/o1lzglX> #gtvoice #gtchat
- 6:58 pm **LesLinks:** RT @MattSL: RT @Mensa_CEO If u'r involved delivering #Gifted & Talented programmes you should have a look at this <http://t.co/13AalH6> #gtvoice #gtchat
- 8:08 pm **Begabungs:** RT @giaimojosephine: Silverman talks about Barbara Lewis' books, The Kid's Guides To Social Activity...about service, compassion, giving #gtchat #njagc11
- 9:02 pm **psuklinkie:** Literature Everywhere: Gatsby <http://tumblr.com/x01r2rxol> #ntchat #edchat #gtchat
- 9:03 pm **KTVee:** RT @MakeArtLife Purpose of art is washing the dust of daily life off r souls.~Picasso/Make time 2 get creative & give kids opp. to. #gtchat
- 9:14 pm **ljconrad:** Rationale for Gifted Fine Arts Program #gtchat #gifted <http://fb.me/Op64sMxv>
- 9:16 pm **Begabungs:** RT @ljconrad: Rationale for Gifted Fine Arts Program #gtchat #gifted <http://fb.me/Op64sMxv>
- 9:24 pm **ljconrad:** Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddie pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 9:25 pm **KTVee:** RT @ljconrad: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddie pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>

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Transcript for #gtchat - What the Hasht...

- 9:27 pm **sarastafford:** RT @ljconrad: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddy pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 9:59 pm **Begabungs:** RT @ljconrad: Excellent article on Myths of Gifted Ed ... "top swimmer never put in kiddy pool to inspire others" #gtchat... <http://fb.me/TC8WOCuH>
- 10:46 pm **giaimojosephine:** The NJAGC conference was a very worthwhile event, got to hear Linda Silverman talk about perfectionism, Dabrowski. #gtchat #njagc11 #gifted

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