

Stress Management

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Objectives

Current situation

Types of stress

Symptoms of stress

Stress Management

Toolkit

Mindfulness

Health and Wellness

Teleworking tips

Current Situation

- Pandemic
 - Teleworking
 - Isolation
 - Possible illness
 - Traumatic event
- CHANGE
 - Children at home
 - Job status and security
 - Routines and schedules
 - Economy
 - How we interact with people

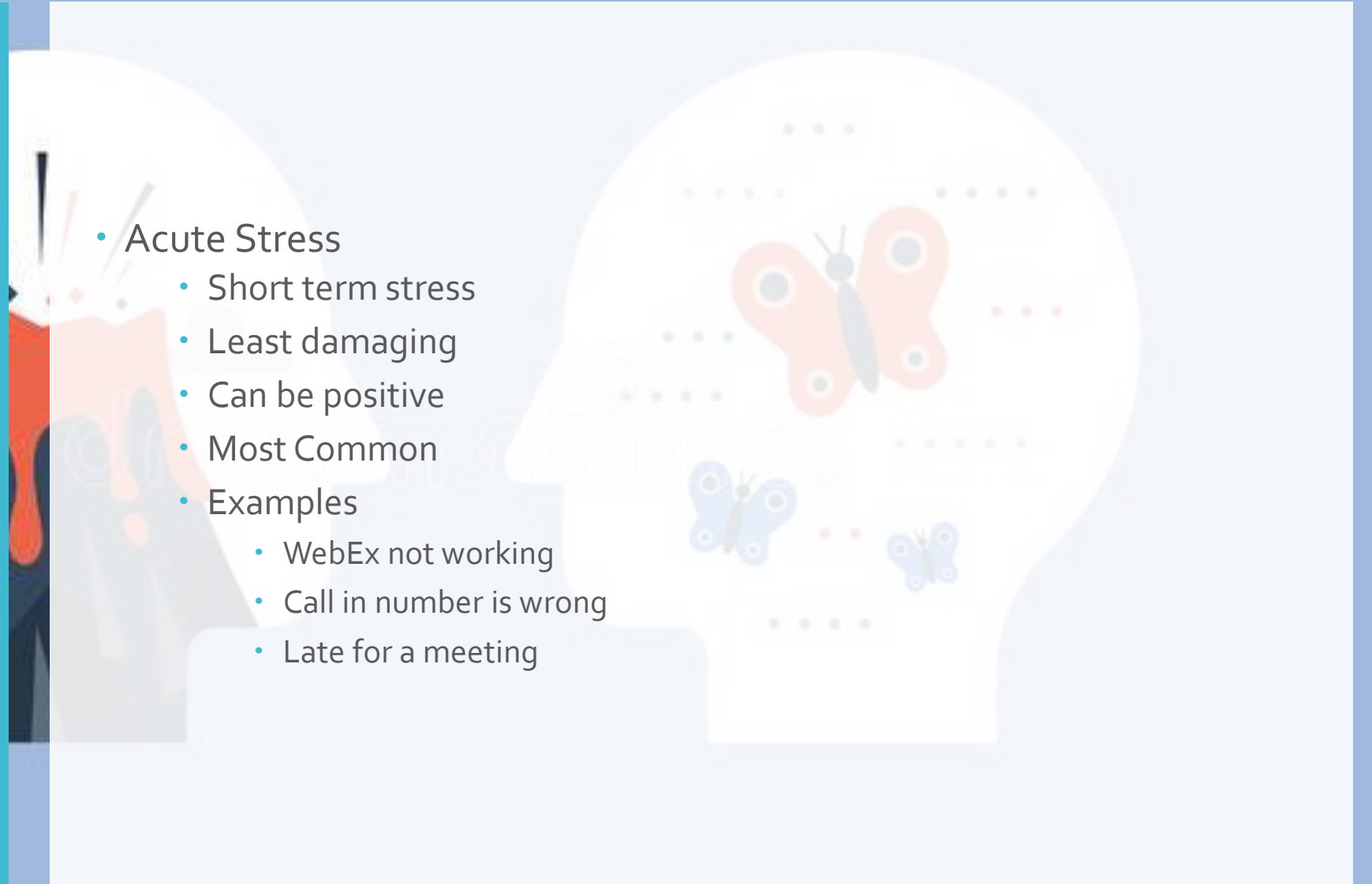


Stress

- Emotional or physical tension
- Is a normal feeling
- Your bodies reaction
 - Challenge
 - Demand
- Acute or chronic
- Stressor
- Anxiety

Stress

- Acute Stress
 - Short term stress
 - Least damaging
 - Can be positive
 - Most Common
 - Examples
 - WebEx not working
 - Call in number is wrong
 - Late for a meeting



Stress

- Chronic Stress
 - Long term stress
 - Emotional pressure
 - Individual feels they have no or little control
 - Association with traumatic events
 - Chemicals in the body are released
 - Corticosteroids
 - Norepinephrine/epinephrine
 - Build up over time
 - Flight or fight all the time

Stress

Impacts of Chronic Stress

- High blood pressure (stroke)
- Damage to muscle (heart attack)
- Growth inhibition
- Suppress the immune system
- Anxiety, depression
- Headaches
- Sleep problems
- Concentration problems
- Weight gain



Symptoms

- Change in bowel habits
- Trouble sleeping/sleeping too much
- Upset stomach
- Use of drugs or alcohol
- Change in weight
- Forgetfulness
- Tiredness
- Inability to concentrate
- Sexual problems

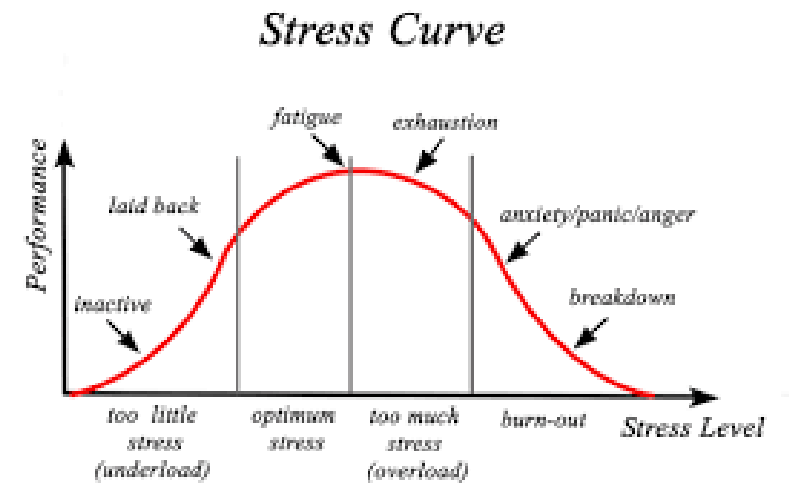


Classifications

Routine

Change

Traumatic event



Your Feelings

Feelings you may be experiencing

- Sadness
- Guilt
- Loneliness
- Isolation
- Fear
- Anger
- Despair
- Panic
- Anxiety
- Confusion

IT'S OK TO HAVE THESE FEELINGS

- Everyone is experiencing similar feelings right now
- Time for processing

Managing stress

- Be observant
- Talk to your provider



Managing stress

- Regular exercise
 - 30 minutes a day
 - Help boost your mood
 - Helps you sleep better
- Relaxing activities
 - Meditation
 - Breathing exercise
 - Mindfulness



Stress management

Eat healthy

5 fruits and veggies a day

More food cooked at home

Sleep well

Develop a sleep routine

Stop electronics 60 minutes prior to bed

Keep your bedroom for sleeping



SET GOALS

- 1.
- 2.
- 3.



Managing stress

Set goals and priorities

Say no

Note what you have accomplished

Stay connected

Stay connected

Consider community groups

Managing Stress

- Be positive
 - Assertive
 - Accept that you can not control everything
 - Write your feelings down
 - Celebrate the small stuff





Toolkit: the four A's

Avoid

- Take control of surroundings

- Avoid people

- Say no

- Ditch the list



~~PLAN A~~
PLAN B

Toolkit: the four A's

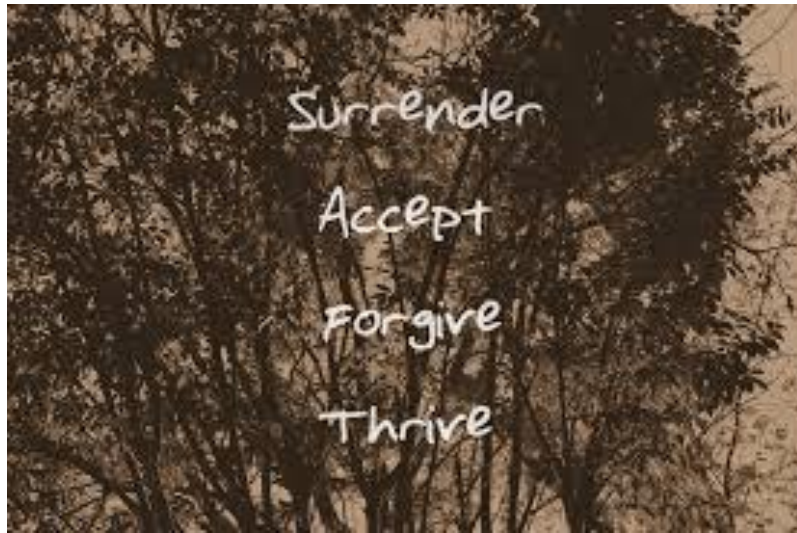
Alter

Ask for a change

Communicate feelings

Manage time better

Limits in advance



Toolkit: the four A's

Accept

Talk to someone

Forgive

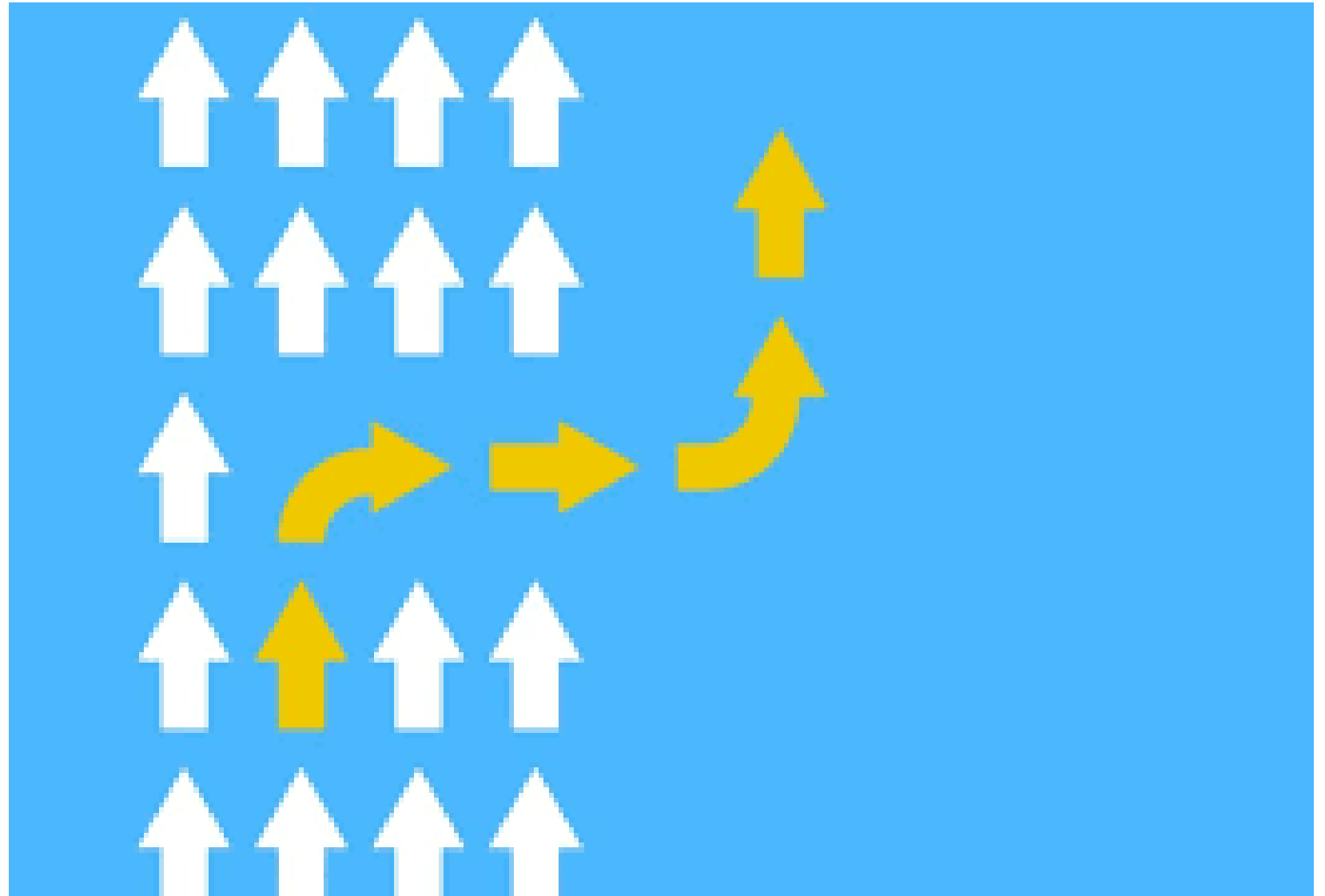
Positive self-talk

Learn from mistakes

Toolkit: the four A's

Adapt

- Adjust standards
- Thought stopping
- Rethink the issue
- Adopt a mantra
- Create an assets column
- Look at the big picture

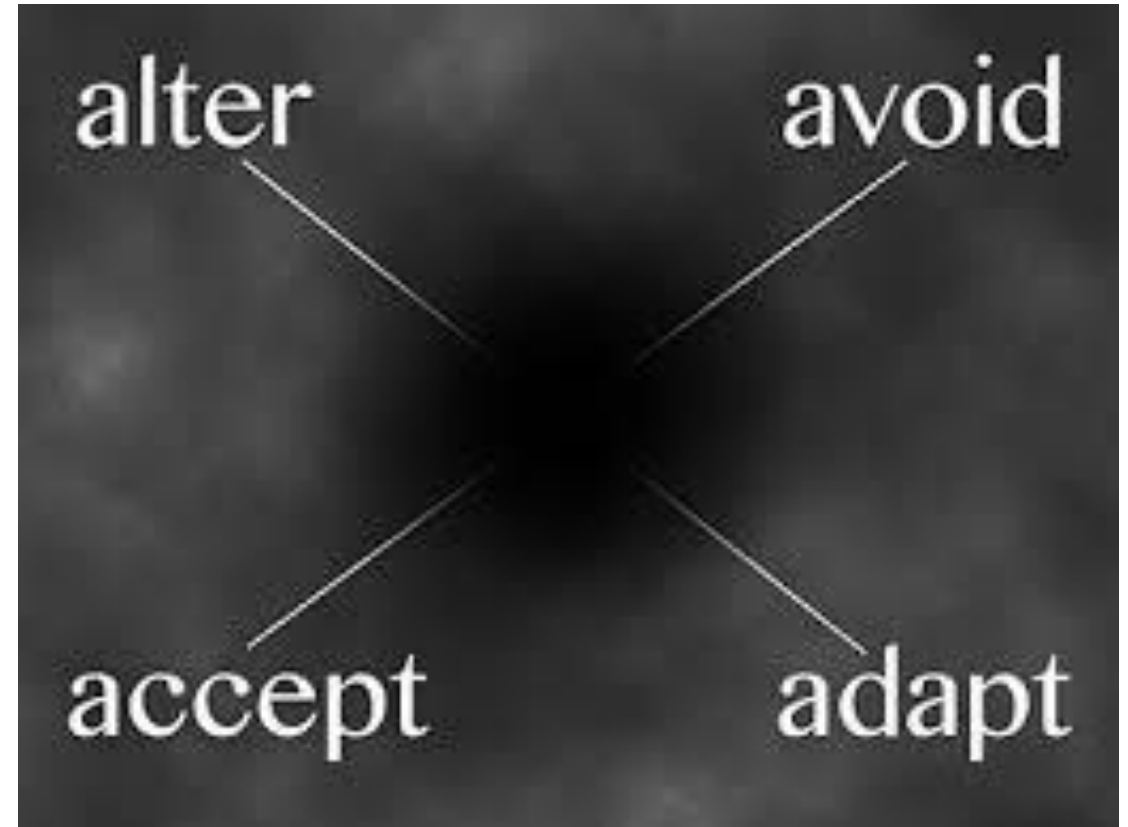


Thought Break

Think about it

A true example

What A would work



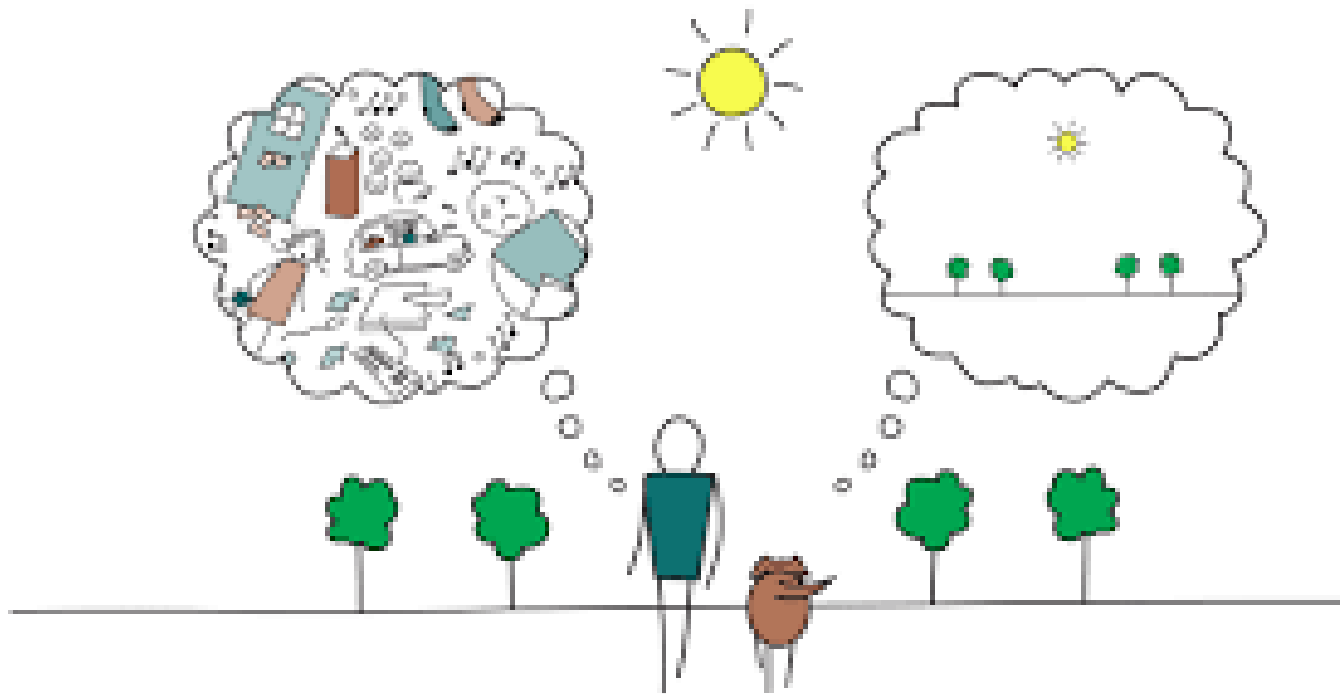
Mindfulness

- Quality of being aware
- Mental state
 - Focus awareness
 - Accept feelings



Mindfulness

- Aware of your thoughts
- Stop immediate reaction
- Being Mode
- Aware of your needs



Mind Full, or Mindful?

Mindfulness

- Aware of emotions
- Compassion
- Reduces brain activity
- Better able to focus
- Switch your attitude to stress



Give it a
try!

Mindfulness exercise





Live mindfully

Mindful wakeup

Mindful eating

Mindful pause

Mindful workout

Mindful driving

Minute Activities

- Yawn and stretch
- Three hugs, three breaths
- Stroke your hands
- Mindfully eat
- Clench and breath
- STOP
- Breath for a minute
- Love/kind
- Aspirations



Health and Well Being



Create new routines



Take time to disconnect



Accept negative emotions

It is ok

Write down your feelings



Remember self care

Schedule this every day: i.e..
take a walk, facetimeing with
friends, draw, listen to music



Play

Play games with family inside or out
Use this time to connect with family

Health and Well Being

Meditate

Complete mindful activities

Reduce exposure to social media

Avoid complaining and gossiping

- You invite criticism and unwanted advice
- You increase negative stress hormones

Tips for Teleworking



Have a morning routine



Try to have a schedule for you and children



Engage when you can by video



Schedule breaks



Get outside or at least leave your office space

Tips for Teleworking

Have a firm quitting time

Your office space is your office space

- Only work from this space
- The rest of your house should remain work free
- When possible, the workplace should be outside of your bedroom

Share thoughts with co-workers

Click [here](#) for the Adult Resource page that the state has prepared.

- There is information about mental health services, recovery and addiction support, health and fitness information, and resources for financial concerns as well.

Click [here](#) to be taken to the CDC website about managing stress and anxiety during the pandemic.

- It offers information to help with children that may be experiencing stress as well.

Click [here](#) to be taken to the CDC website about dealing with a traumatic event.

- It also offers resources for others in your family.

Click [here](#) to see SAMHSA and their information about mental wellbeing during an infectious disease outbreak.

Click [here](#) to watch a video that discusses stress and management.

They also have provided information [here](#) about dealing with a traumatic event.

Resources



Click [here](#) for information about sleep



Click [here](#) for information about nutrition



Click [here](#) for information about physical activity



Click [here](#) for more information about Mindfulness

Resources

Questions

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