





Stress Management

Beyond Sleep, Diet,
and Exercise



Learning Objectives

-  Identify three critical factors that impact our ability to manage stress.
-  Identify ten specific strategies that enhance well-being and decrease our vulnerability to stress.

Part One: Stress Factors





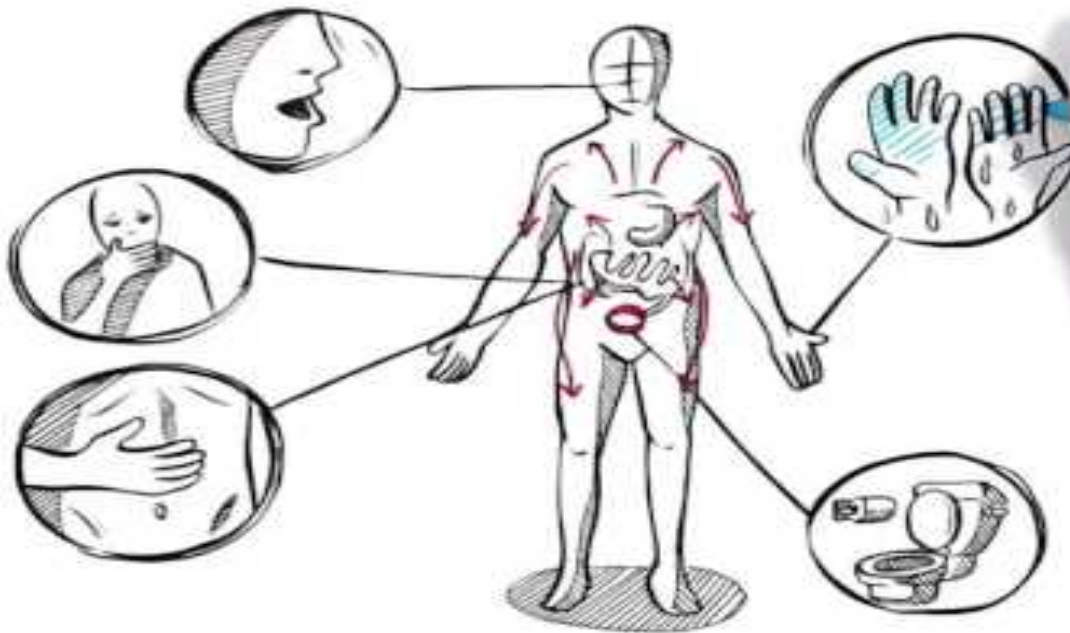
The Emotional Brain

Wired For Worry

First in with Fight, Flight, or Freeze



Fight, Flight, Freeze



Daily Stressors

- Rush Hour Traffic
- Monthly Bills
- Demanding boss
- Telephone Solicitors
- Family Obligations
- Health Problems



2. The Thinking Brain

Wired For Negativity



**First in line to
point out
problems**



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Last In line
to solve them



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Self-Care





Last on Our List of Priorities



Part Two: Stress Management Strategies



Mind Management

Shifting from the
emotional brain to
the mindfully
thinking brain



Re-Scripting

- Changing our stress-generated negative internal dialogue to a soothing or encouraging one.



Self-coaching

- Shifting our attention away from problems, failures, and blame and towards goals and solutions.
- Reducing stress through the creation of a positive, proactive, and optimistic mindset.

Proactive Mindset

- Anticipating triggers
- Defining positive outcomes
- Setting Intentions
- Predicting positive outcomes
- Curating your day



Predicting Positive Outcomes

Curating Your Day

- Scheduling high-quality moments and experiences.
- Planning and implementing your stress-reduction and stress-innocation strategies.

Self-Care Strategies



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The ABCs of Self-Care

- **A**ttitude
- **B**ehavioral Strategies
- **C**ommitment

Attitude

Key ingredients for Stress Reduction:

1. Self-validation.
2. Managing your Inner Critic and the role of compassion and forgiveness.

Ten Behavioral Strategies



Deep Breathing

The Six by One
by Three Formula



Relaxation Strategies

1. Aromatherapy
2. Music Therapy
3. Reading
4. Meditation
5. Yoga



Mindfulness

- Know your warning signs.
- Stay in the moment.

Mindfulness





Time Management

Quality vs Quantity

Externalizing Your Stress

- Translating your feelings into written words to gain greater emotional distance and perspective.

Managing Environmental Stressors

1. Quiet spaces.
2. The right light.
3. The right temperature.
4. Daily organization rituals.
5. Clutter control – screening out the
6. Feng Shui
7. Plant life.

Social Support

- Investment in positive connections and minimizing negative ones.
- Hug Therapy
- Pet Therapy



Play Time

- Free your inner child.
- Pursue your passion.



Spirituality

- Connecting with the world around us – music; nature; community, and prayer. ✨



Personal enrichment and growth

- Learning new skills.
- Expanding knowledge.

Stress Relief



Commitment

1. Balancing the scales of obligation and personal need.
2. Incorporating Stress Management into daily life.

Resources (cont'd)

www.totalbrainhealth.com

www.happify.com

www.extensions2.missouri.edu/gh6651 (includes daily stress record and recommendations for stress reduction).

www.kidshelpline.com - for kids, teens, parents, and young adults.

Parental Stress Line - (800) 632 – 8188

Family Tree Stressline - (800) 243-7337 (information, referrals, and support for parents, caregivers, kids, teens, and families).

Resources

BOOKS

The Power of Now, by Eckhart Tolle

The Perfect Day Formula, by Craig Ballantyne

Apps – Mindshift CBT; Headspace; Sanity & Self (for women including mood tracker and guided journal feature); I Breathe.