

*embracing your health*



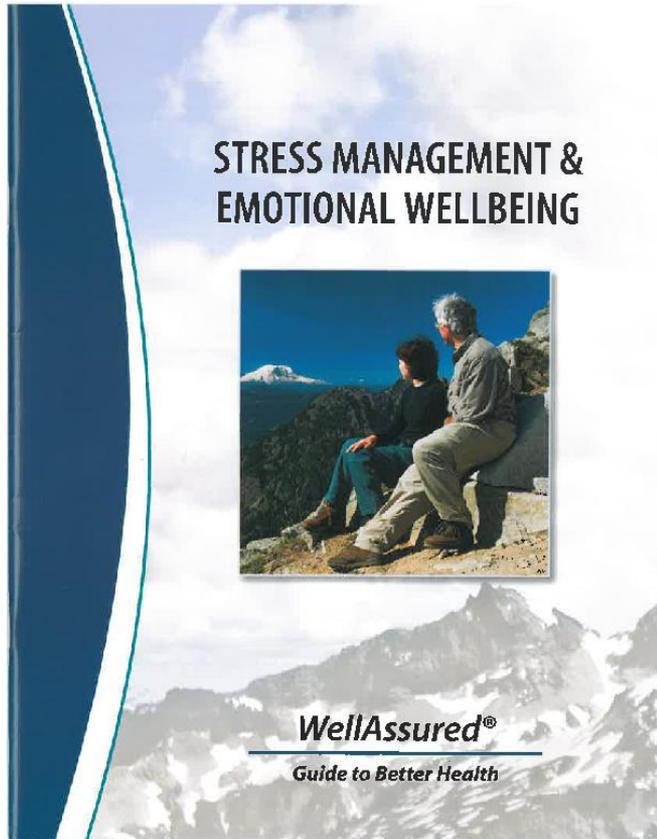
# STRESS MANAGEMENT & EMOTIONAL WELLBEING

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# Your Instructor:

**Amy Miller, RN, MS**  
**Health Coach**

# Participant Resource



- Please use this participant guide throughout the duration of this course.
- Please see the instructor or your HR representative if you do not have a copy.

# Worry Can Create Stress

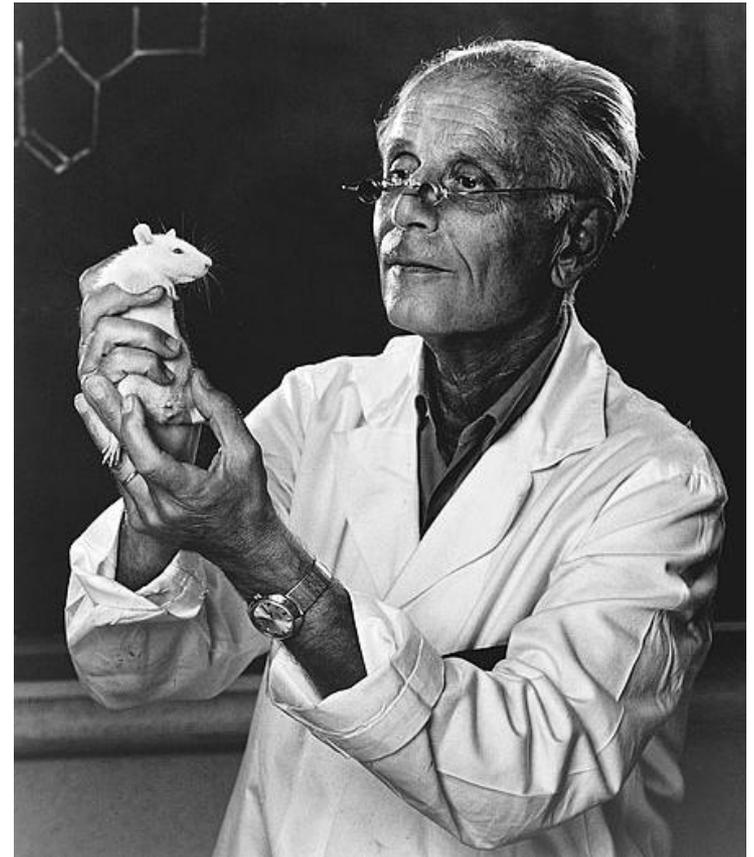
So much to do...

so little time.



# Stress is Necessary

- Stress is necessary for survival.
- All events in life create stress.
- Our goal should not be to eliminate stress but to use stress to our advantage.

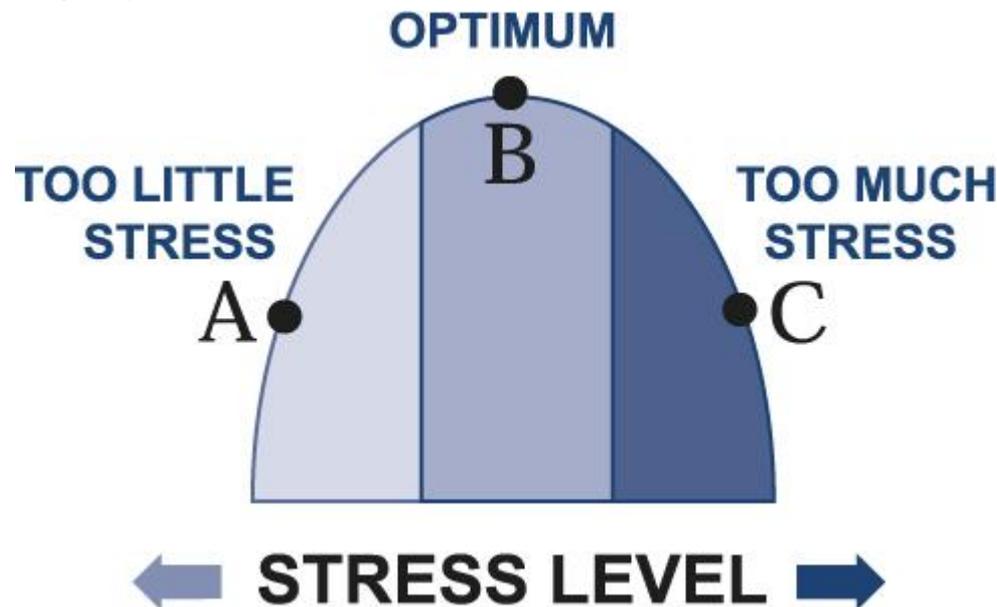


Hans Selye, MD (photograph by Y. Karsh)

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# Stress Continuum

As stress starts to build (A) productivity gradually increases until it reaches the optimum, (B). Then, any further increase in stress will diminish productivity (C).



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# Internal Alarm System

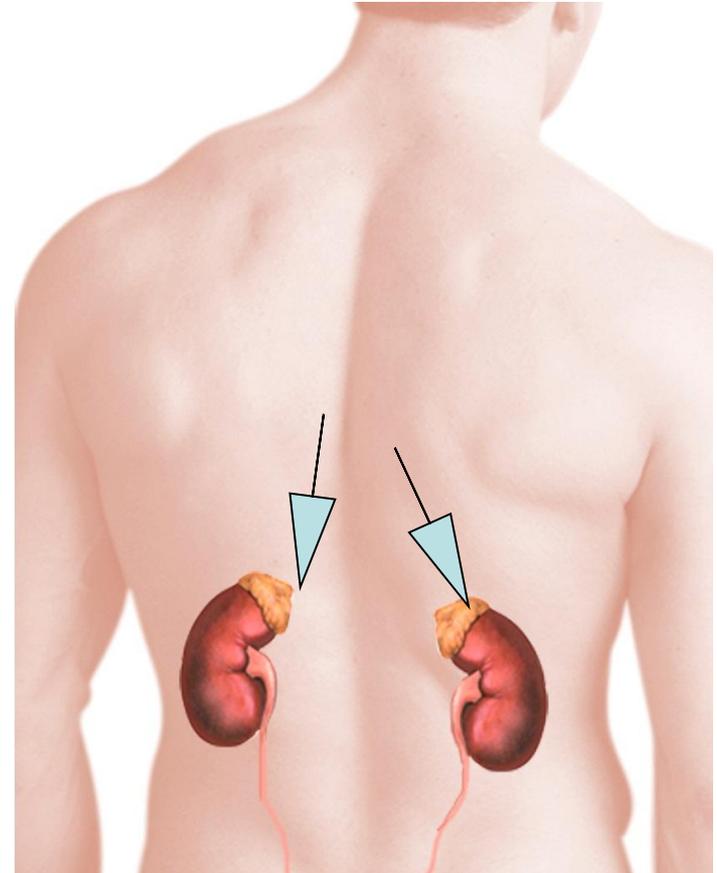
- Stress is your internal alarm system.
- Stress prepares your body to take action.



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# Physiology of Stress

- Your brain perceives a threat.
- Your adrenal glands produce hormones.
- Your body is tensed, focused and ready for action.



***Adrenal glands located above kidneys***

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# Emotional Aspects of Stress

- Jitters, excitement
- Fatigue
- Depression
- Anxiety
- Headache
- Stomachache
- Alcohol & drug addiction



# Human Cost of Stress

- Three of every four visits to a doctor
- Half of all work-related absences
- Four in ten cases of worker turnover
  - Leaving one job for another
- The leading cause of low productivity

# Physical Risks from Stress

Ⓜ Digestive problems

Ⓜ Headaches/Migraines

Ⓜ Backaches

Ⓜ High blood pressure

Ⓜ Stroke

Ⓜ Heart attack

Ⓜ Allergies

Ⓜ Asthma

Ⓜ Cancer

Ⓜ Lowered immunity



# Stress Checklist

 Fill out the Stress Checklist.

 Add your own items to the list.

 What can you do to change something checked on your list?

**Sources of Stress – Checklist**  
 Check those items that bring stress to your life.  
 Add personal stressors to the list.

<p><b>Job- and family-related causes</b></p> <p><input type="checkbox"/> always feel rushed</p> <p><input type="checkbox"/> don't trust anyone</p> <p><input type="checkbox"/> people don't like me</p> <p><input type="checkbox"/> don't like my job</p> <p><input type="checkbox"/> always short of money</p> <p><b>Job-related events</b></p> <p><input type="checkbox"/> promoted</p> <p><input type="checkbox"/> demoted</p> <p><input type="checkbox"/> laid off</p> <p><input type="checkbox"/> long-term unemployment</p> <p><input type="checkbox"/> changing job</p> <p><b>Emotional symptoms</b></p> <p><input type="checkbox"/> impatience</p> <p><input type="checkbox"/> anger</p> <p><input type="checkbox"/> irritability</p> <p><input type="checkbox"/> lack of energy</p> <p><input type="checkbox"/> low self-esteem</p>	<p><input type="checkbox"/> excessive sweating</p> <p><input type="checkbox"/> fatigue</p> <p><input type="checkbox"/> pounding heart</p> <p><input type="checkbox"/> constipation or diarrhea</p> <p><input type="checkbox"/> lack of sex drive</p> <p><input type="checkbox"/> frequent colds</p> <p><b>Life events (within past six months)</b></p> <p><input type="checkbox"/> marriage</p> <p><input type="checkbox"/> divorce</p> <p><input type="checkbox"/> separation</p> <p><input type="checkbox"/> reconciliation</p> <p><input type="checkbox"/> move to a new location</p> <p><input type="checkbox"/> birth of a child</p> <p><input type="checkbox"/> death in the family</p> <p><input type="checkbox"/> children leave home</p> <p><b>Personal events</b></p> <p><input type="checkbox"/> physical injury</p>
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# Lifestyle Changes and Stress

 CHANGE often increases stress.

 CHANGE is necessary to reduce stress.

1. Decide what change is desired or needed
2. Plan how the change is to occur (“KISS”)
3. Make one change at a time
4. Give it time to work!
5. Revise as necessary
6. Start on the next one...

# Relaxation Exercise

Imagine.....



# Elements of Meditation

➊ Focused attention

➋ Relaxed breathing

➌ A quiet setting.

➍ A comfortable position



# Types of Meditation

- Breathe deeply.
- Scan your body.
- Repeat a mantra.
- Walk and meditate.
- Engage in prayer.
- Read and reflect.



<http://www.cnn.com/HEALTH/library/meditation/HQ01070.html>

# Benefits of Meditation

## Emotional

-  Gaining a new perspective on stressful situations
-  Building skills to manage your stress
-  Increasing self-awareness
-  Focusing on the present
-  Reducing negative emotions

## Physical

-  Allergies
-  Anxiety disorders
-  Asthma
-  Cancer
-  Depression
-  Fatigue
-  Heart disease
-  High blood pressure
-  Pain
-  Sleep problems
-  Substance abuse

# Questions, Comments



# Thank You

If you have any questions or comments following this presentation, please contact

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