

embracing your health



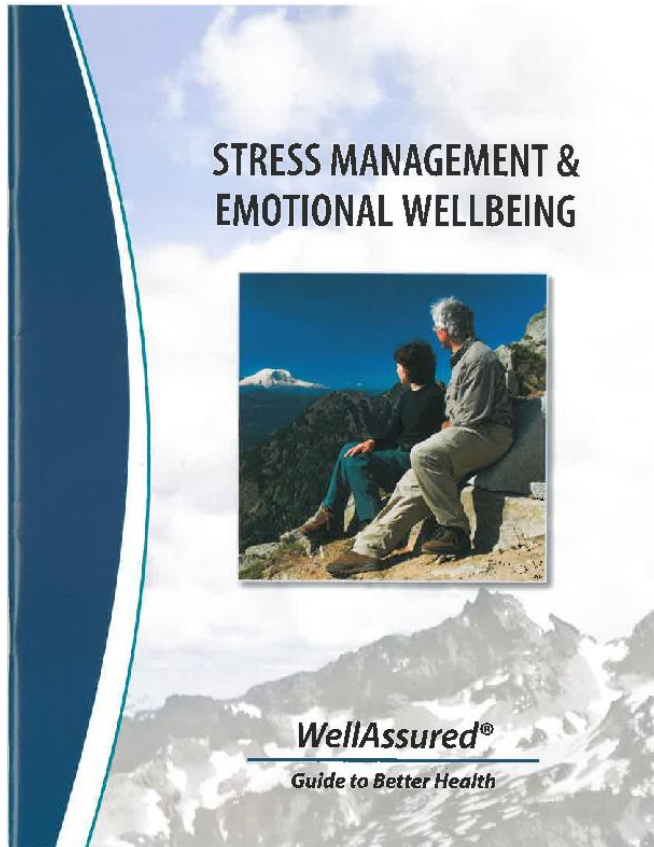
STRESS MANAGEMENT & EMOTIONAL WELLBEING

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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

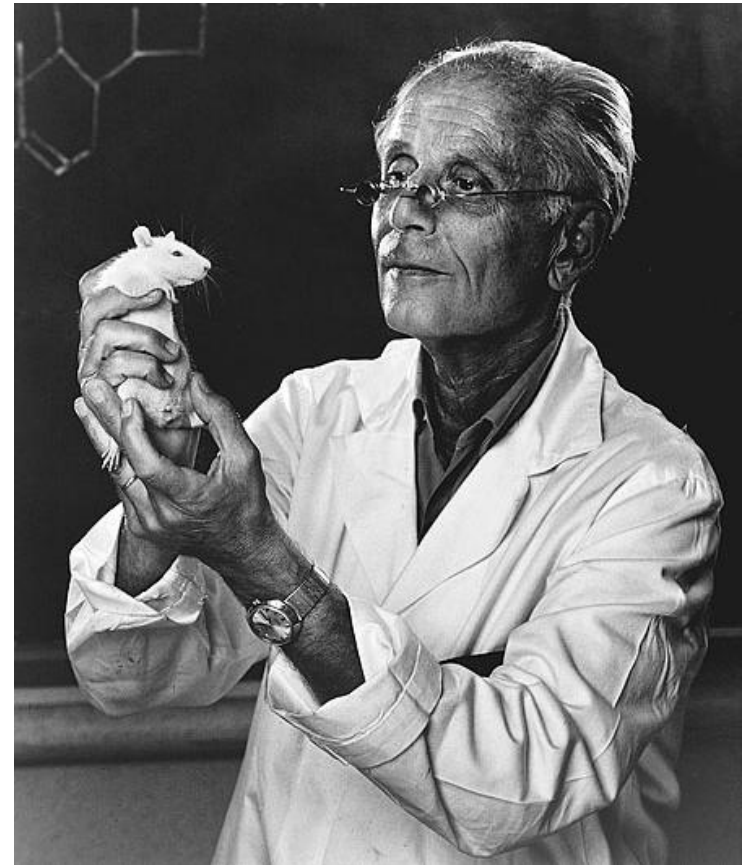
So much to do...

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.

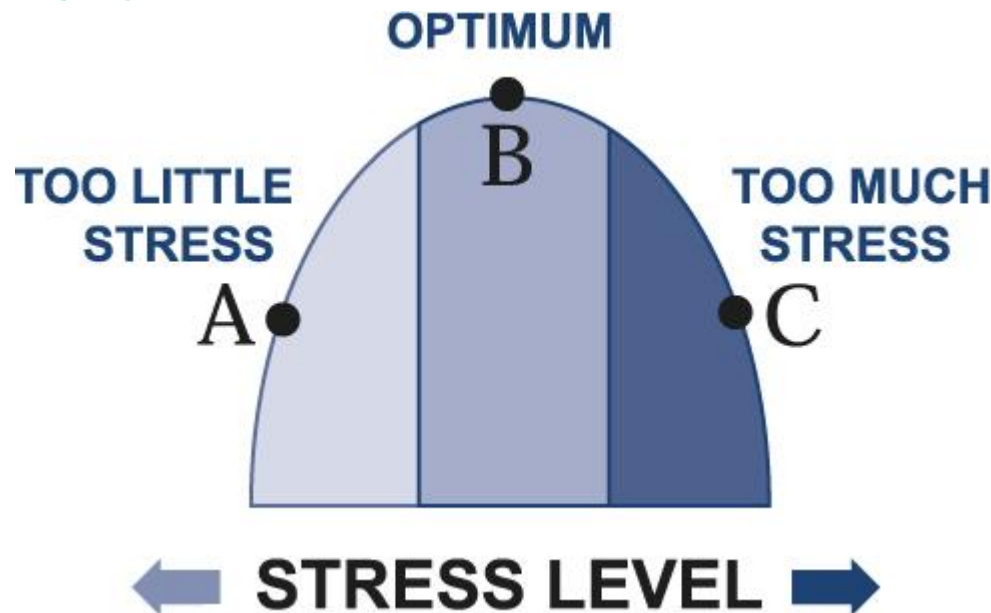


Hans Selye, MD (photograph by Y. Karsh)

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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

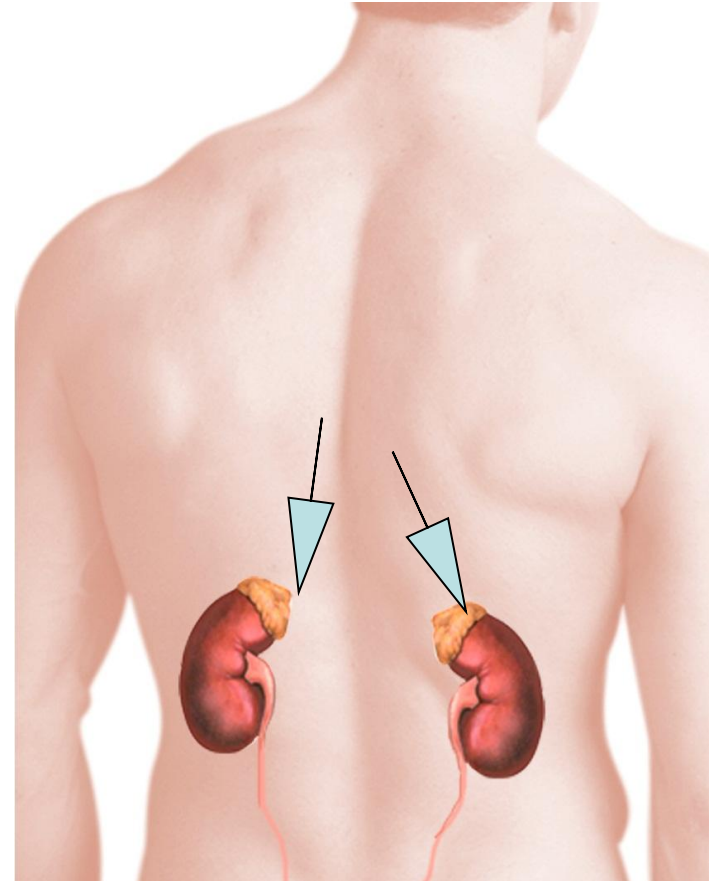
- Stress is your internal alarm system.
- Stress prepares your body to take action.



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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>Job- and family-related causes</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>Job-related events</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>Emotional symptoms</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>Life events (within past six months)</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>Personal events</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.

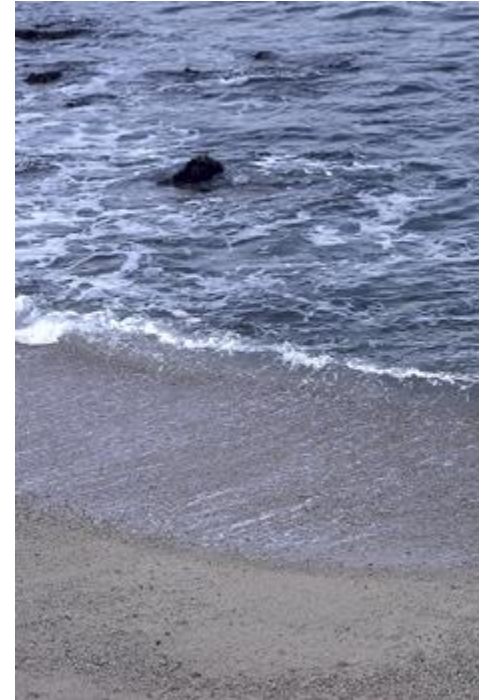
➍ A comfortable position



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

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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