

embracing your health



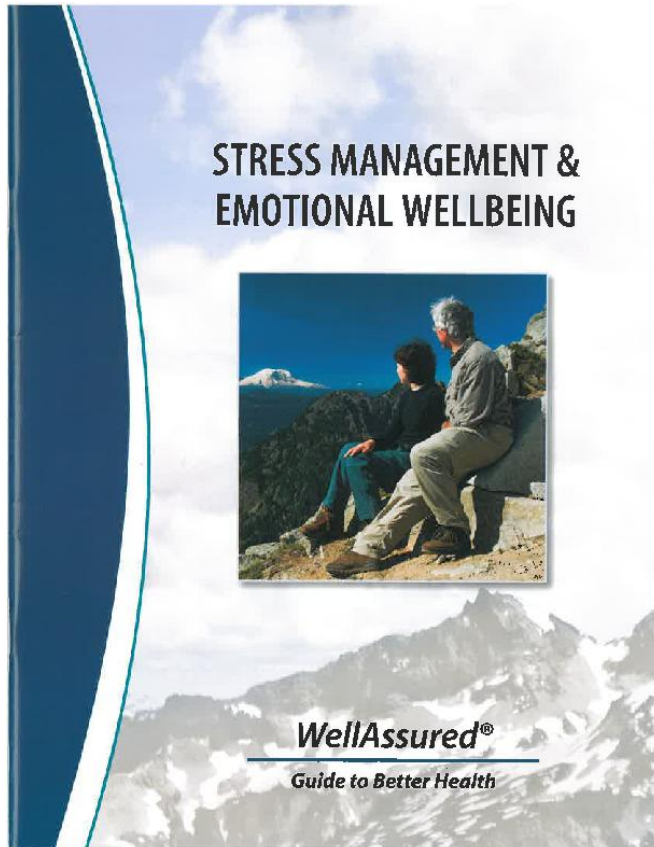
STRESS MANAGEMENT & EMOTIONAL WELLBEING

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Your Instructor:

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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.

Sources of Stress

- ❏ American Psychological Association (2012) *Stress In America* report the leading *sources* of stress are
 - ❏ Job stress
 - ❏ Financial stress
 - ❏ The Economy
 - ❏ Relationships
 - ❏ Family Health Problems
 - ❏ Personal Health Concerns
 - ❏ Job Stability
 - ❏ Housing Costs



#1 Source of Stress

YOU!



Optimist-Pessimist

➤ An optimist eagerly expects to live out his dreams.



➤ A pessimist fearfully expects to live out his nightmares.



Mental Outlook Assessment

	Fully agree	Partially agree	Don't agree
1. I expect much from life.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. I do not look forward to what lies ahead of me in the years to come.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3. My days seem to pass slowly.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4. My life is full of plans.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5. I expect things to work out well for me.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
6. I blame myself if things go wrong.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
7. I believe that something positive can be found in most negative situations.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
8. I see change in life as difficult and annoying.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
9. I see change as opportunity for growth and improvement.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

Scoring. Add the small number on the right side of each answer you marked. The total number is your Optimism Score. Mark your score with an 'X' on the scale below.

Optimism Scale



Interpreting Your Score

- Scores of 0 - 9 Indicates low optimism – increases risk of cardiovascular disease.
- Scores of 10 - 16 Indicates moderate optimism – moderately increases risk.
- Scores of 17 - 18 Indicates optimism – protects against risk of cardiovascular disease.

A 15-year study of 545 men showed that those who were the most optimistic had 55 percent less cardiovascular disease than those whose outlook was predominantly pessimistic. A positive, hopeful outlook promotes both physical and emotional health, and prolongs life!

Based on the following research: Giltay EJ, et al. Archives of Internal Medicine. February 27, 2006.

Self-Esteem

“Self-esteem is the experience of being competent to cope with the basic challenges of life and being worthy of happiness.” Dr. Nathaniel Branden

- ❏ Stress leads to lowered self-esteem.
- ❏ Lowered self-esteem leads to stress.



How to Improve Self-Esteem

- Recognize, you are not alone. Everyone has periods of self-doubt, no one feels comfortable in every situation.
- Identify your strengths, victories, accomplishments and make a list
- Look at the bigger picture-get out of your head and look to make your environment one that supports the esteem of others. By supporting, nurturing and giving to others we benefit our sense of self worth as well as fostering an environment that is healthy.
- Take action on areas of weakness
- Take pride in yourself What physical image am I presenting? It is important to take pride in our personal appearance. How we project ourselves on the outside often reflects how we feel on the inside.

Self-Esteem

Major: *You're scared, right? **Soldier:** Maybe. **Major:** The way it works is, you do the thing you're scared [...] of, and you get the courage AFTER you do it, not before you do it. **Soldier:** That's a [stupid] way to work. It should be the other way around. **Major:** I know. That's the way it works.*

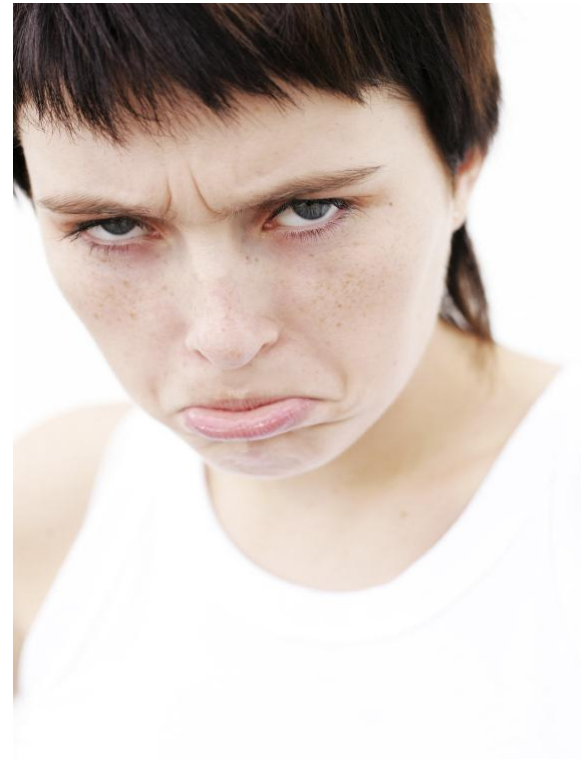
Excerpt from the *Three Kings* (1999) Warner Brothers

Benefits of Self-esteem

- Assertive in expressing your needs and opinions
- Confident in your ability to make decisions
- Able to form secure and honest relationships — and less likely to stay in unhealthy ones
- Realistic in your expectations and less likely to be overcritical of yourself and others
- More resilient and better able to weather stress and setbacks
- Less likely to experience feelings such as hopelessness, worthlessness, guilt and shame
- Less likely to develop mental health conditions, such as eating disorders, addictions, depression and anxiety

Irrational Thinking and Stress

- Become aware of our overly negative thinking and realize that it goes on all the time.
- Try to neutralize it-not necessarily make it positive, but simply keeping it from being overly negative



Stress Formula

Psychologist Albert Ellis developed a simple formula that explains how our thinking affects our stress

$$A+B=C$$

A is the Activating Event

B is the Belief

C is the Consequence

Cognitive Stress- Management Techniques

- D Stands for Dispute
- Stop Passing Judgement
- Only Worry With A Writing Instrument
- Accept What Is and Can't Be Changed
- Keep Your Stress In Perspective

D Stands For Dispute

$$A+B=C/D$$

- Be aware of negative self-talk and hot buttons
- To change B our thinking must change (cognitive restructuring)
- Each time an irrational thought pops into your head, try to identify real-life examples that refute this thought
- Goal is not to deny reality and make everything positive, but to prevent ourselves from thinking in an overly negative manner

Disputing Irrational Beliefs

- What irrational belief do I want to change?
- What people, places, things trigger my irrational beliefs?
 - What are my typical responses?
- What makes this belief inaccurate?
 - How can I dispute these thoughts with real life examples?
- What new thoughts and behaviors can I use?

Stop Passing Judgment

- ❏ Passing judgment is a source of stress because we are allowing our precious energy to be used in an unproductive manner.
- ❏ Twenty-four hour challenge
- ❏ When you catch yourself making these judgments, ask yourself

“Who is experiencing the stress as the result of the judgment?”

Only Worry With A Writing Instrument*

- ❏ Worrying is a habit
- ❏ Worrying can be positive
 - ❏ Red flag that we need to be proactive
- ❏ Worrying can be negative
 - ❏ Worrying without action can lead to distress
- ❏ Worry with a writing instrument
 - ❏ Don't spend time worrying unless you can write problems down, this allows you to set a plan in motion to solve the problem. (*I'm not a writer. What is your proactive manner to deal with worry?)
 - ❏ Key point: Allow yourself to worry when you can truly FOCUS on your worries.

Accept What Is And Can't Be Changed

- ❏ Observe situations where you find your self to be unhappy or upset
 - ❏ Is there something you are not accepting?
 - ❏ Ask yourself, “Is there just ONE thing about this situation that I could accept?”
- ❏ Can this situation be changed?
- ❏ Is the change worth resisting or can I just accept it?



Keep Your Stress In Perspective

Rank problems 1-100

Misery Index

How likely will I remember this stress a week from now, month, year?

When will I be able to laugh about this?

Sleep on it

Use cognitive restructuring techniques

Questions, Comments



Thank You

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

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