



# STRESS MANAGEMENT & EMOTIONAL WELLBEING

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# Course Instructor



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# Technical Difficulties

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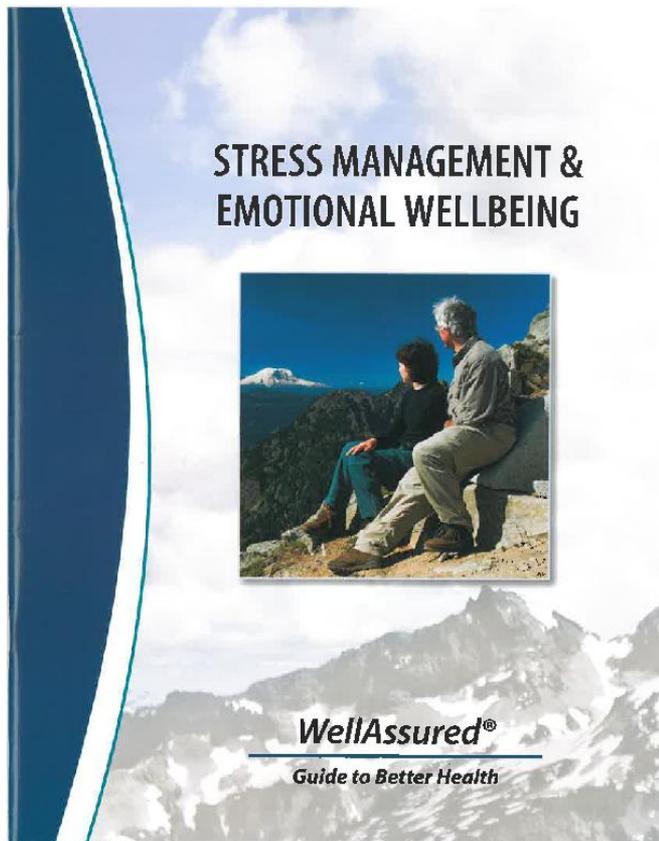


# Questions

- You may raise your hand and type your question.
- All questions will be answered at the end of the webinar to save time.



# Participant Resource



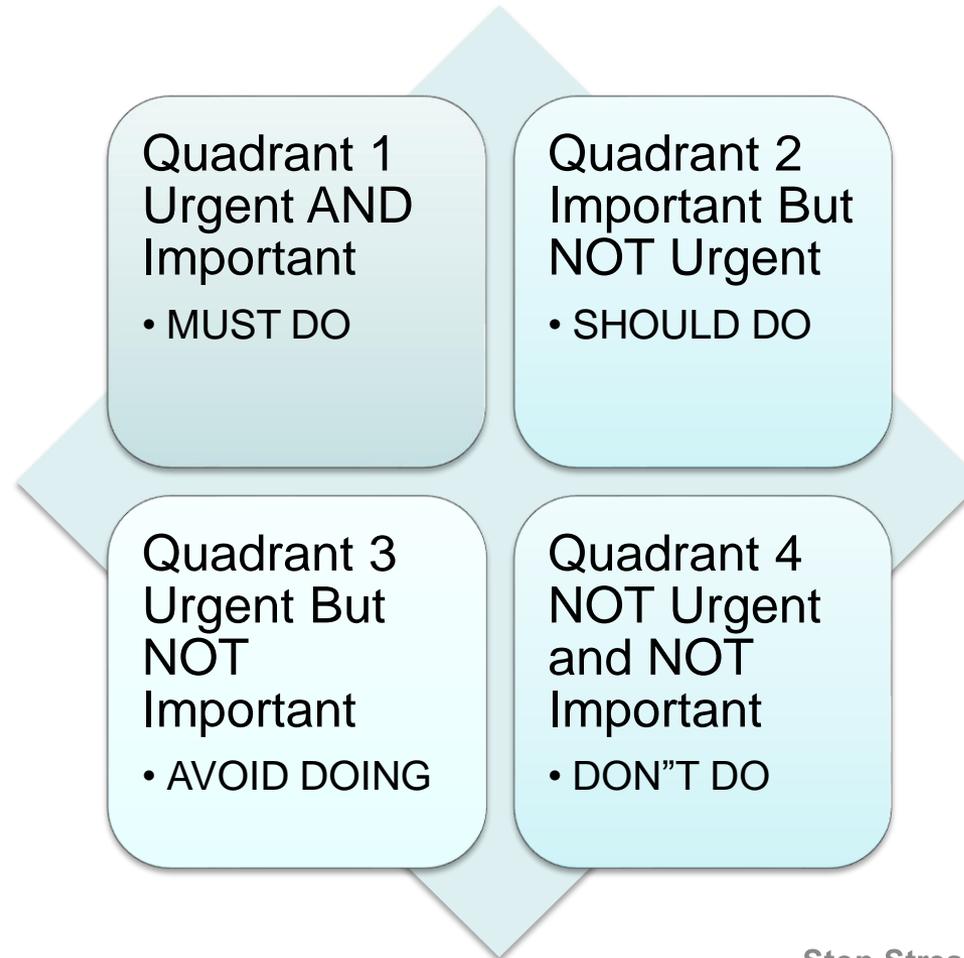
- Please use this participant guide throughout the duration of this course.
- Please see the instructor or your HR representative if you do not have a copy.

# Stress Management: A Gift To You

❏ If we desire to feel energized and productive, we need to devote time to OUR own wellness...this includes finding positive ways to relieve and manage our stress.



# Stephen R. Covey's Time Management Matrix



# Quadrant 1: Urgent AND Important

**Stress**

Crises

Deadline  
Driven  
Projects

Last Minute  
Preparations

Medical  
Emergencies

Putting Out  
Fires

## Quadrant 2:

# Important But NOT Urgent

## Resilience and Personal Growth

Education  
(Reading)

Stress  
Management

Relationship  
Building

Exercise

Planning

# Quadrant 3: Urgent But NOT Important

## Deception

Relationship Building

Some  
Phone Calls

Many  
Interruptions

Most Testing

Some  
Meetings

Watching  
the News

# Quadrant 4: NOT Urgent and NOT Important

## Burnout and Counter-Productive Coping

Surfing  
the  
Internet

Opening  
Junk  
Emails

Most TV  
Watching

Video  
Games

Computer  
Games

# Relationships

- Ⓜ Sometimes the most stressful thing in the world is being alone.
- Ⓜ Sometimes it's being with others.



# Your Family

- Love
- Companionship
- Cooperation
- Responsibility



# Managing Relationship Stress

- Relationships come in many forms.
- There are two sides in every relationship.
- One relationship cannot fulfill every need.
- Clarify the problem.
- Use “I” statements.
- Unstated expectations can be problematic.
- Asking for help is OK.

Be...

 Calm

 Caring

 Loving

 Forgiving



# Quality of Life

 Physical Needs

 Psychological  
Needs

 Spiritual Needs



# When You Need Help

 Counseling  
Alternatives

 Medical  
Alternatives



# Finally, it's up to you

Future increases in longevity, health, and happiness will be determined mainly by your personal lifestyle choices.



# Congratulations!

Now it's time to implement  
your stress and emotional  
wellbeing skills!



# Questions, Comments



# Thank You

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

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