


Stress

Letting It Go Through Knowledge, Effort and Enthusiasm

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A stylized graphic of a face in the top-left corner. It features a teal-colored head with a dark blue eye, a yellow crescent-shaped mouth, and a black 'X' for a nose. The background is a light gray gradient.

Agenda

- I. Defining *Stress*
 - II. How *Stress* appears in our day to day lives
 - III. How *Stress* affect our health
 - IV. Identify the positive aspects of *Stress*
 - V. Present *Coping Strategies* relieve *Stress*
 - VI. Suggestions for developing *Coping Strategies*.
 - VII. Developing new habits
 - VIII. Questions and/or Comments
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- A large, abstract red shape in the bottom-right corner, resembling a stylized cloud or a splash of paint.




What is Stress?

Stress is an uncomfortable response to something that feels threatening.

- It can be **mild**, **moderate** or **excessive**.


Stress affects people of all ages and genders.

- Too much **stress** can have a negative affect on one's physical and/or mental health
 - Sometimes, **stress** is a motivator
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Stress

1. Too many responsibilities
 2. Not enough time in the day
 3. Health
 4. Rising prices
 5. Jobs
 6. Weight gain or loss
 7. Changes in Relationships – Marriage, Divorce
 8. Having children
 9. Grief
 10. Debts
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Stress Levels

- Mild - the stress level is heightened until the problem is resolved
- Moderate - may require professional help but can usually be addressed through the passage of time or the problem
 - For instance: debt may require the help of professionals who assist with these issues
 - Grief or a sudden loss may require therapy
- Excessive – generally requires professional assistance




How does *stress* show up in day to day activities, home life and/or work life?






Typical Signs of *Stress*

- Irritability
 - Impatience
 - Feeling less available for loved ones
 - Feeling unable to solve problems
 - Avoiding social situations
 - Increased risk of illness and/or accidents
 - Increased risk of over or under eating, alcohol or drug abuse
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Positive Features of Stress

Mild and moderate amounts of stress can be good for you:

- It can be motivating
 - It can increase or improve your thinking
 - It can be physically enhancing
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A stylized illustration of a face in the top-left corner. It features a light teal background for the face, a dark teal curved line for the eye, a yellow crescent shape for the mouth, and a black 'X' mark on the cheek. The entire slide has a light lavender background with a red semi-circle at the bottom right.

Coping Strategies

- Coping Strategies are behaviors that *you use* to reduce your stress.
- Coping Strategies are an effort to minimize or tolerate a situation that is uncomfortable and return to your comfort level.
- Sometimes the behavior is automatically engaged; at other times, using a coping strategy may require a conscious effort to solve the stressful situation.

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De-Stressors

- Listen to Music
- Go for a walk
- Dance
- Exercise
- Garden
- Play with your children
- Meditate
- Self Talk
- Start a hobby
- Go out with friends
- Share your concerns
- Get enough sleep
- Follow a healthy diet
- Maintain a healthy weight
- Get regular exercise
- Focus on the positives
- Develop a sense of humor





De-Stressing - Setting Up Coping Strategies

- Recognize that you are *stressed*.
- Take a deep breath (or more); calm yourself.
- Look for patterns of *stress* in your day to day activities.
- Determine how severe the *stress* is.
- If necessary, plan a change.





When Planning to De-Stress

Decreasing stress takes thought, and lots of practice, to achieve desired results.

Suggestions on making a change:

- Decide what you want to change

- Create a realistic plan; share your plan for feedback and/or support

- Set a day to begin your plan

- Reassess your plan; make changes as needed

Adopt short-term *stress relievers*:

- Deep breathing

- Move away from the situation: distract yourself

Congratulate yourself on any achievement





Maintaining “*Your Cool*” While Developing **Coping Strategies**

- A major changes generally takes time to be learned
- Make small changes that you build on
- Expect disappointment; modify your plan if necessary
- Distract yourself
- Engage in positive *Self-Talk*
- Practice relaxation skills



An abstract graphic featuring a teal shape on the left with a dark blue curved line and a black 'X' mark. A yellow crescent shape is positioned to its right. In the bottom right corner, there is a red shape with several small white dots. The background is a light gray.

When stress is overwhelming

- Share your upset with a trusted loved one, friend or clergy
- Seek professional help



Carve time into your day when you can totally relax (with or without the kids)!






Once you are feeling less stressed and have a new coping strategy or two, teach the kids what you have learned! Share your story with them.





Advice for Avoiding Stress

1. Eat well
 2. Adequate Sleep
 3. Exercise routinely
 4. Train your brain to be more optimistic
 5. Flossing
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Today's Take Away

Knowledge

Effort

Enthusiasm



The background of the slide is a light gray rectangle. It is decorated with several abstract elements: a dark teal shape with curved lines in the top left; a red shape with thin red scribbles in the top left; a yellow flower with teal leaves in the bottom left; a red spiral in the top right; an orange leaf with a red dot and white speckles in the top right; and a large teal shape with white speckles in the bottom right.

Artwork: Sylvia Jezowski

Thank you!

Thank you for
joining us today!

