

Agenda

- Defining Stress
- II. How *Stress* appears in our day to day lives
- III. How *Stress* affect our health
- 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



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



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



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
 - o For instance: debt may require the help of professionals who assist with these issues
 - o 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

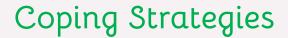
- Irritability
- Impatience
- Feeling less available for loved ones
- Feeling unable to solve problems
- Avoiding social situations
- Increased risk of illness and/or accidents
- Increased risk of over or under eating, alcohol or drug abuse



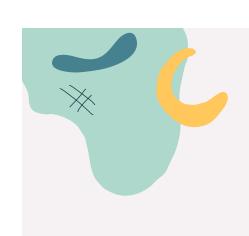
Positive Features of Stress

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



- 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



- 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





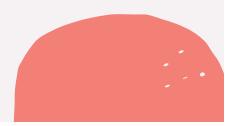
When stress is overwhelming

- 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

- Eat well
- Adequate Sleep
- 3. Exercise routinely
- 4. Train your brain to be more optimistic
- 5. Flossing



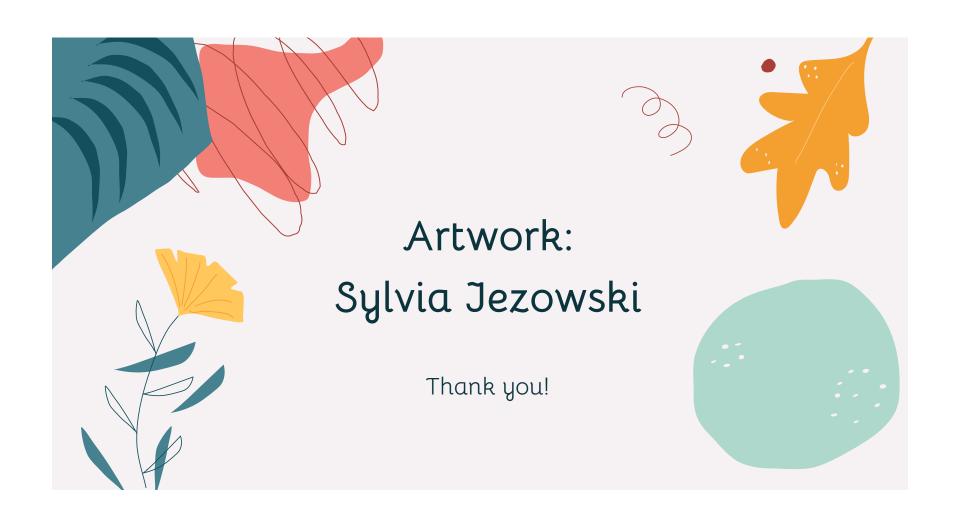
Today's Take Away

Knowledge

Effort

Enthusiasm





Thank you for joining us today!



