

MANAGING STRESS

BY

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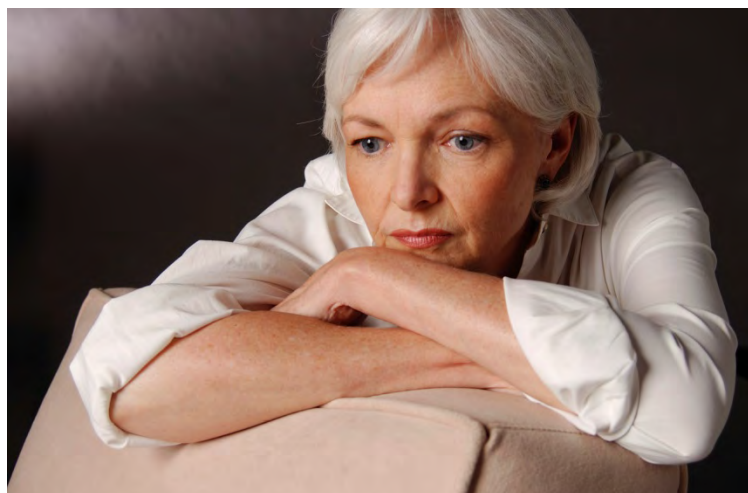


STRESS MANAGEMENT



Overview

- What Causes You Stress?
- Stress Relievers and Coping Tools
- Journaling
- Personal Action Plans



What Is Stress?

Stress is...

- A normal physical response to the challenges you face
- Something that can cause health problems if you do not manage it

Resilience is...

- Your ability to adapt to and cope with future stressful challenges
- Something you can make stronger



What Causes You Stress?

Identify the things that make you feel stressed.

- What can you change about them?
- What is out of your control?

**You cannot control what others say or do.
You can control your response to them.**



Symptoms of Stress

- Physical** - low energy, HA, Chest Pain, stomach pain, insomnia, unhealthy eating
- Cognitive** - depression, trouble concentrating, negative attitude
- Behavioral** - Lack of punctuality, accidents, withdrawal, risk taking
- Emotional** – Anxiety, moodiness, loneliness, compulsive/obsessive behavior



Self-Talk

Negative self-talk is overly critical and does not look at the whole picture.

“I cant deal with all my responsibilites!”

Positive self-talk focuses on your strengths and opportunities.

“I’ve learned to make specific requests so I can get the help I need.”



Stress Management for Health

Stress Response System

- “Fight, flight or freeze”
- Brain releases stress hormones
 - Adrenaline
 - Cortisol
- If you stay stressed, your body keeps releasing stress hormones



Stress Relievers and Coping Tools

Endorphins and enkephalines are brain chemicals that help reduce pain and create pleasant feelings. Kind of Morphine produced by our body-

MAKES ONE FEEL

EUPHORIC!**Activities that trigger your brain to produce endorphins:

- Enjoying time-family and friends
- Exercise
- Laughter



Stress Relievers and Coping Tools



What do you do now to relieve your stress?

Stress Relievers and Coping Tools

Physical Tools:

- Soothing Sensory Touch
- Stretching Exercises/Gentle Yoga Sampler
- Relaxation Exercises
- Deep Breathing Exercises
- Muscle Relaxation Exercise
- Exercise- Walking, Dancing, Cardio



Stress Relievers and Coping Tools

Mental Tools:

- Imagery Meditation
- Mindfulness Meditation
 - Praying
 - Practice Gratitude



Relaxation Exercises

Meditation

- Quiets the mind
- Reins in your emotions



Imagery Meditation

Imagery Meditation is creating a special, relaxing place in your mind.

Guided Imagery is following a series of prompts to picture a particular scene in your mind.



Mindfulness Meditation

- Mindfulness is focusing on the present moment without judging it.
- Mindfulness lets you slow down and pay attention.
- Ways to be mindful:
 - Body scan
 - Walking meditation
 - Mindful eating
 - Mindful breathing



Why Journal?

- Identifying your anxieties and stresses can help relieve them
- Helps you see patterns
- Tracks how you cope with stress
- Helps you clarify difficult situations
- Gives you a peaceful break from caregiving
- Inspires creativity



Journaling

- “This stress is affecting my life by...”
- “The thing that is causing me stress makes me feel...”
- “I know I’m stressed when...”



Journaling

- “I feel appreciated when...”
- “I felt proud...”
- “When things in life get difficult I...”
- “I’m really good at...”
- “The best part about my week was...”



Closing

- Stress is part of modern life
- Stress is a physical and mental reaction to challenging events
- Stress can cause health problems if you don't manage it, but...
- You can manage your stress!

