



# Stress Management

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# Purpose of training

- Increase awareness

  - What resonates?

- Increase happiness in life

  - Home/personal life - family, friends, acquaintances

  - Work life - students, supervising teacher, administration, co-workers

# Overview

- ❖ Look at the nervous system
- ❖ Causes of stress
- ❖ Effects of stress
- ❖ Ways to handle stress



# Autonomic Nervous System-

functions to regulate the body's unconscious actions



# Sympathetic State

## “Fight or flight”

Sends signals through nerves to adrenal glands

Increased heart rate

Raised blood pressure

Decreased mobility of large intestine

Perspiration

Pupils dilate

Constricted blood vessels

Cortisol level rises



# Causes of Sympathetic Symptoms *(Don't shoot the messenger)*

Someone yells at you

You are running late- too much to do - unorganized

Haven't eaten

Too much coffee

Not enough sleep

Too much exercise

# Causes continued

- Environmental changes (endocrine disruptors) -developmental malformations, interference with reproduction, increased cancer risk; and disturbances in the immune and nervous system function.
  - Chemicals
  - Cleaning products ( bleach and other toxins)
  - Perfumes
  - Candles
  - Pesticides
  - Self-care products (lotions, soaps, makeup)
  - Additives to food
  - BPA - (BPA is often found in cans and plastics and other types of food packaging)
    - Exposure to BPA is a **concern** because of the possible health effects on the brain and prostate gland of fetuses, infants and children. It can also affect children's behavior. Additional research suggests a possible link between BPA and increased blood pressure, type 2 diabetes and cardiovascular disease. -Mayo Clinic

# Causes continued

## **Foods**

- Fast food
- Processed foods
- Sugar



If it's grown on a plant, eat it

If its made in a plant, leave it alone



# Electromagnetic waves

Some individuals have reported a wide range of non-specific health problems that they attribute to low-level exposure of electromagnetic fields (EMF). The symptoms most commonly reported include headaches, body pain, lethargy, tinnitus (ringing in the ear), nausea, burning sensation, heart arrhythmia and anxiety.



# FEAR

**Primal fear** - something is going to kill you (tangible)

**Intellectual fear** - something you create in your mind (not tangible)

- Afraid of failure

- Afraid of not having enough money

- Afraid your spouse will leave you

# Parasympathetic State

“Rest and digest”

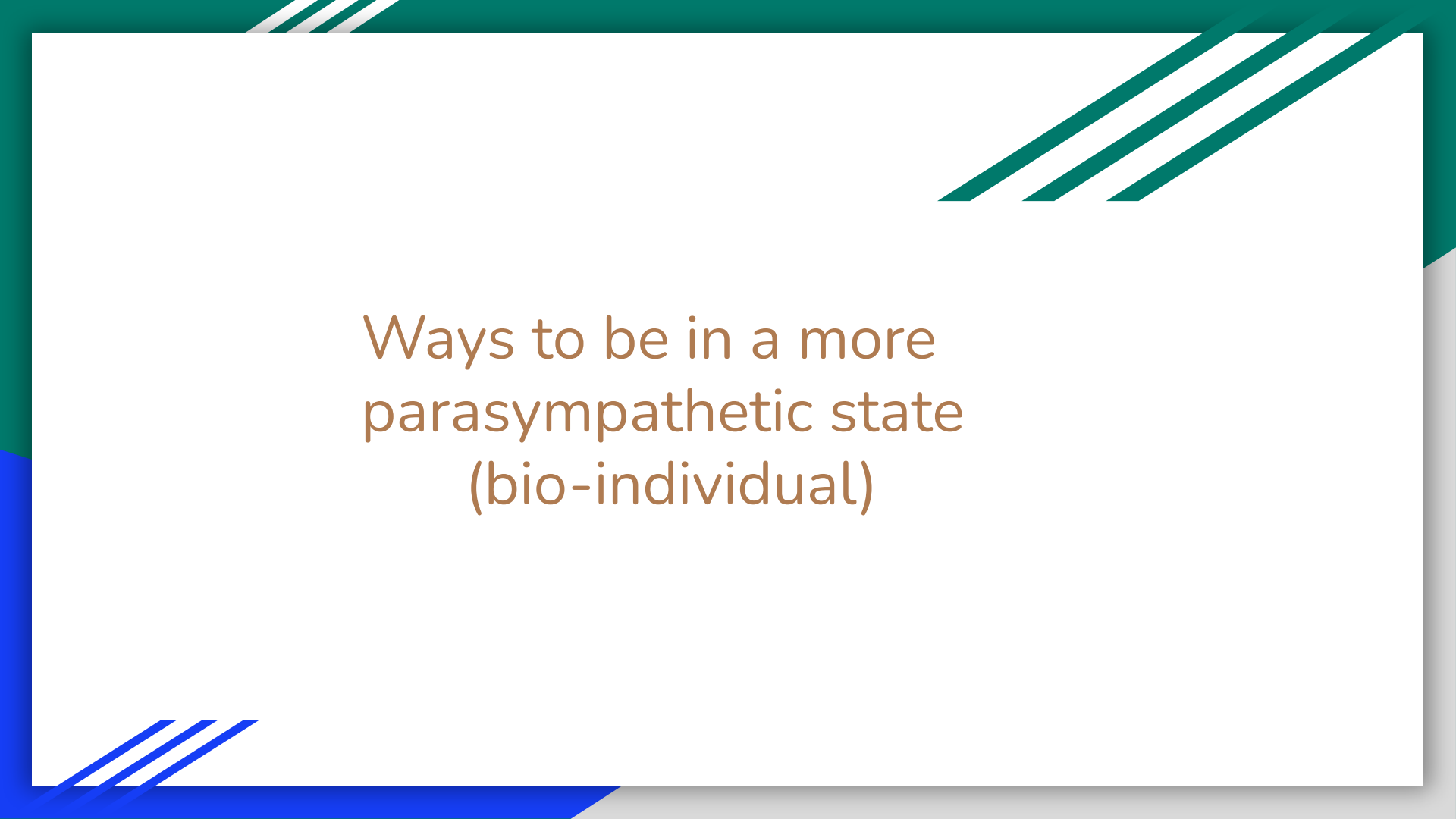


Lower blood pressure

Slower heart rate

Cell recovery

Increased digestion of food



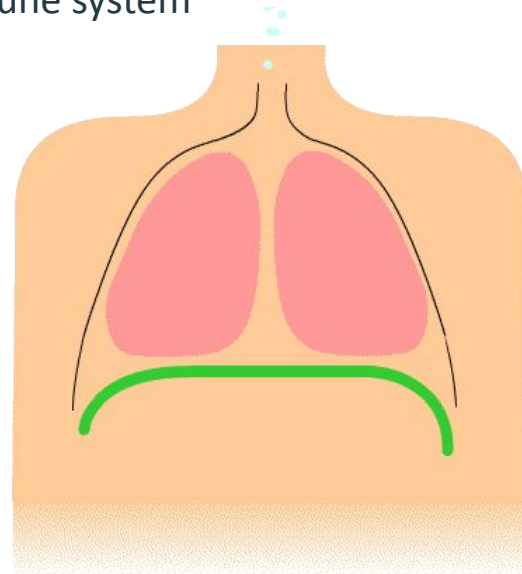
Ways to be in a more  
parasympathetic state  
(bio-individual)



Breathwork -  
intentionally change your breathing pattern



1. Creates a deep feeling of calm
2. Increases energy level and boosts your immune system
3. Increases self awareness, joy and happiness
4. Increases self love
5. Improves sleep
6. Releases trauma and fear in the body
7. Helps reduce pain
8. Releases toxins from the body



4-7-8



# Smell the flower, blow out the candle

[https://www.youtube.com/watch?v=qTN\\_MtV5TFw](https://www.youtube.com/watch?v=qTN_MtV5TFw)

<https://www.facebook.com/AliFedotowsky/videos/597684031404968/>

# Mindfulness

Meditation

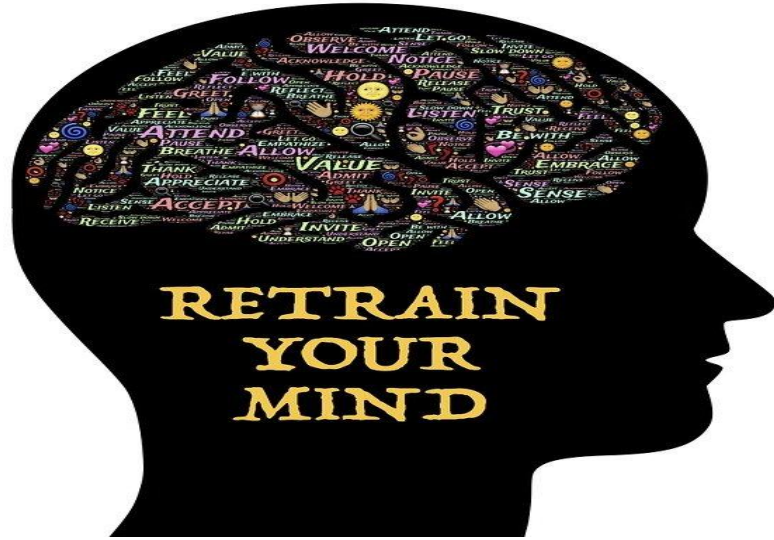
Yoga

Tapping

Journaling

Affirmations

Setting goals



# Meditation

The mental health benefits of meditation include **better focus and concentration**, improved self-awareness and self-esteem, lower levels of stress and anxiety, and fostering kindness.

<https://www.youtube.com/watch?v=n9ja1Wqkp1U>



# Yoga

It improves strength, flexibility, coordination and range of motion. And since yoga promotes relaxation, improves circulation and reduces stress and anxiety, it enhances cardiovascular health and benefits the respiratory and nervous systems. Because it promotes relaxation, yoga also aids sleep and digestion.



# Tapping

**Emotional freedom technique** (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.

<https://www.youtube.com/watch?v=pAclBdj20ZU>

**Journaling**- evokes mindfulness and **helps writer remain present** while keeping perspective. It presents an opportunity for emotional catharsis and helps the brain regulate emotions. It provides a greater sense of confidence and self-identity

1. Write down 5 things that make you incredibly happy and describe why they make you feel this way.
2. What do you fear the most? Why? Is your fear rational?
3. What qualities about yourself do you love the most?
4. In the next year, what are 5 improvements you would like to make regarding your life? Write about the improvements and create a plan to accomplish each one.
5. Write about your one of your happiest memories?
6. Write about the people in your life that make you feel the most “at ease” and what they do to make you feel that way.
7. Write about a difficult memory and the coping mechanisms you used at the time. Would you change the way you dealt? How?
8. Write a poem (that DOESN'T HAVE TO RHYME), describing the exact opposite of yourself.

**Affirmations** – positive statements that can **help you to challenge and overcome** self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

1. I believe in my dreams
2. I am doing my best every day
3. I love myself for who I am
4. I am in charge of my own happiness
5. I accept 100% responsibility for my own life
6. The best is yet to come
7. I am grateful for every day

# Setting Goals -

Setting goals **helps trigger new behaviors**, helps guides your focus and helps you sustain that momentum in life. Goals also help align your focus and promote a sense of self-mastery. Setting goals not only motivates you, but can also improve your mental health and your level of personal and professional success

1. Set goals that motivate you - include your WHY
2. SMART Goal
3. Set goals in writing
4. Make an action plan
5. Stick with it





## Specific

Who, What, Where,  
When, Why, Which

Define the goal as much as possible with no ambiguous language.

WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?



## Measurable

From and To

Can you track the progress and measure the outcome?

How much, how many, how will I know when my goal is accomplished?



## Attainable

How

Is the goal reasonable enough to be accomplished? How so?

Make sure the goal is not out of reach or below standard performance.



## Relevant

Worthwhile

Is the goal worthwhile and will it meet your needs?

Is each goal consistent with other goals you have established and fits with your immediate and long term plans?



## Timely

When

Your objective should include a time limit. "I will complete this step by month/day/year."

It will establish a sense of urgency and prompt you to have better time management.



# Activities

- Sleep
- Massage/Spa/Self-care
- Walking in nature
- Paint by number/coloring
- Exercise (too much/too little)
- Epsom salt bath
- Petting an animal
- Clearing/organizing space
- Talking to a trusted friend



# Protocol for optimal sleep

6 hours out, eliminate caffeine

2 hours out, dim or turn off lights

1 hour out, eliminate fluids

30 minutes, take a hot shower or warm bath - lowers body temperature

Make bedroom like a cave, cold, dark and quiet



Nutrition/Health

- Drinking water (flavors)
- Yearly exams
- Limit caffeine
- Eat healthy
- See the dentist regularly



Foods

## Dirty Dozen

- Strawberries
- Spinach
- Kale, collard and mustard greens
- Nectarines
- Apples
- Grapes
- Cherries
- Peaches
- Pears
- Peppers
- Celery
- Tomatoes

## Clean 15

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Eggplant
- Asparagus
- Broccoli
- Cabbage
- Kiwi
- Cauliflower
- Mushrooms
- Honeydew melon
- Cantaloupe



# Reticular Activating System (RAS)

The network in the reticular formation that serves an alerting or arousal function



# Additional things to reduce stress

- ❖ Slowing down to eat - Marc David's book *The Slow Down Diet*
- ❖ Salt lamps
- ❖ Essential oils
- ❖ Laughing
- ❖

Why do seagulls fly over the sea?

Why can't your nose be 12 inches long?

What do you call a boomerang that won't come back?



Progress

Not

Perfection