Stress definition is….

- “A condition of psychological strain occurring in people and animals, usually in response to adverse events and capable of causing symptoms and signs such as increased blood pressure, insomnia, and irritability.”
“It's hard to avoid stress these days with so many competing demands for your time and attention. But with good stress management skills, you can cope with stress in a healthy way.” Mayo Clinic

Good Stress vs. Bad Stress

• Good Stress can help and protects you.

Bad Stress Can KILL YOU

Give you tools....

Work through stress
Help keep your sanity
Re-Charge your BRAIN
Change...

Thinking and how to React

We think 65,000 thoughts each day!

Our minds are on a treadmill...

Melody Haines, Mind Over Matters
Reliving…

- Fears
- Worries
- Anger
- And problems over and over again...

You have to make a choice

IN LIFE, YOU HAVE 3 CHOICES
GIVE UP, GIVE IN, OR GIVE IT YOUR ALL!

www.livelifehappy.com
MAKE A COMMITMENT

- I am committed to change my thinking!
- I am committed to change my thinking (Yes!)
- I am committed to change my thinking I CAN DO THIS!

Cognitive-Behavioral Therapy

- Identifying sources of stress, restructuring priorities, changing one’s response to stress, and finding methods for managing and reducing stress.
- One key component in most CBT approaches is keeping a diary to record daily events and activities.
- The first step is to note activities that put a strain on energy and time, trigger anger or anxiety, or precipitate a negative physical response (such as a sour stomach or headache). University of Maryland

- The next step is to attempt to shift the balance from stress-producing to stress-reducing activities. University of Maryland
How do you act when stressed?

- **Overexcited stress response** – If you tend to become angry, agitated, or keyed up under stress, you will respond best to stress relief activities that quiet you down.

- **Under excited stress response** – If you tend to become depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and that energize your nervous system.

- **Frozen stress response (both overexcited and under excited)** – If you tend to freeze—speeding up in some ways while slowing down in others—your challenge is to identify stress relief activities that provide both safety and stimulation to help you “reboot” your system.

Figure out what tool will work for you.

- Breathing
- Smiling
- Laughter
- Sense Therapy
- Activity

Depression
Tools may or may not work for you

Consult with your:
Doctor or Professional Therapist
BREATHING

STOP!
Stressful Breathing

“Typically, an anxious person takes small, shallow breaths, using their shoulders rather than their diaphragm to move air in and out of their lungs.”

Good Breathing

- Lowered blood pressure and heart rate
- Reduced amounts of stress hormones
- Balanced levels of oxygen and carbon dioxide in the blood
- Improved immune system functioning
- Increased physical energy

“The mind is not a vessel to be filled, but a fire to be ignited” -Plutarch
Smile

• Takes less muscles to smile!!!
• It takes 64 to muscles to frown (16 times more)
• 4 muscles to smile

Smiling can improve your mood

• Smiling can help elevate the mood of patients with depression Dr. Cliff Kuhn
• Even fake smiling can improve your mood Dr. Cliff Kuhn
• Smiling tricks the brain Sandy Bauhn
“Smiling is the sun that drives winter from the human face.”

Victor Hugo

Find things to smile about…

Happy People

“Live on an average of 7 years longer”

NBC NEWS
Use Your Senses

- Sights
- Sounds
- Smell and Scents
- Touch
- Taste
- Movement

Admire Sights

- Look at memorable photos
- Buy a plant or flowers
- Close your eyes and picture a place or situation that feels peaceful or rejuvenating
Sing, Hum or Listen to Music
Buy a Small Fountain
Play an Easy Instrument

Smell and Scents
- Light a scented candle or burn some incense.
- Lie down in sheets scented with lavender.
- Smell the roses—or another type of flower.
- Enjoy the clean, fresh air in the great outdoors.
- Spritz on your favorite perfume or cologne.

Touch
- Wrap yourself up in a warm blanket.
- Pet a dog or cat.
- Hold a comforting object (a stuffed animal, a favorite memento).
- Soak in a hot bath.
- Give yourself a hand or neck massage.
- Wear clothing that feels soft against your skin.
TASTE

• Chew a piece of sugarless gum.
• Indulge in a small piece of dark chocolate.
• Sip a steaming cup of coffee or tea or a refreshing cold drink.
• Eat a perfectly ripe piece of fruit.
• Enjoy a healthy, crunchy snack (celery, carrots, or trail mix).

Movement

• Run in place or jump up and down
• Stretch or roll your head in circles
• Go for a short walk
• Squeeze a rubbery stress ball
• Dance around

Brisk 30 Minute Walk

According to the Mayo Clinic, a brisk 30 minute walk improves one’s mood two, four, eight and 12 hours later
Act as if what you do makes a difference. It does.

~ William James

Quick Stress Relief at Work

- **Meetings.** During stressful sessions, stay connected to your breath. Massage the tips of your fingers. Wiggle your toes. Sip coffee.
- **On the phone.** Inhale something energizing, like lemon, ginger, peppermint or coffee beans. While talking, stand up or pace back and forth to burn off excess energy. Conduct phone business outside when possible.
- **On the computer.** Work standing up. Do knee-bends in 10-minute intervals. Wrap a soft scarf around your neck. Suck on a peppermint.
- **Lunch breaks.** Take a walk around the block or in the parking lot. Listen to soothing music while eating. Have a quick chat with someone you love.
- **Your workspace.** Place family photos on your desk and display images and mementos that remind you of your life outside the office.

Write It Out: The Journal as a Tool for Growth & Lasting Change

http://writeitoutjournal.com/

Richard Paul  
KEYNOTE SPEAKER

www.humorreducesstress.com
Rabbi Albert Friedlander

- He was kind and gentle to everyone he met
- He helped thousands

"I could have done no good at all unless I had learned, at that terrible moment of history, to love myself."

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”  William Arthur Ward
Create a Small Support Group

• Sharing ideas
• Looking for solutions
• Vent

Fun things to do....

• Wear a funny hat day
• Pot luck day
• Employee of the month day
• Ground Hog Day party
• Fun activity day
Lighten Up!

Laughter is an instant stress reliever...

- “Laughter is a tranquilizer with no side effects.” Arnold Glasow
- Doesn’t matter if you are Pregnant!
- It won’t cause headaches or vomiting.
- It’s still ok to take Viagra.
“When People laugh, it is easier for them to admit new ideas into their minds.”

The Dalai Lama

Health benefits of laughter...

- Relaxes tense muscles
- Speed more oxygen into your system
- Lowers blood pressure

How to Laugh...

- HA HA HA HA
- HE HE HE HE
- HO HO HO HO
- HA HA HA HA HE HE HE HE HO HO HO HO!

www.humor reducersstress.com
How can you Lighten Up?

- Joke books
- Internet Joke Sites and Blogs
- Comedy Clubs
- Comedy TV Show and Movies
- Your Kids, Friends, Parents
- Grocery Store
- Adversity
- Co-Workers

Just Laugh!
• Breath  • Smile  • Use your Senses  • Shake it off  • Scream it out  • Be Thankful  • Say I did it  • Talk to someone  • Mastermind  • Prayer and Meditation  • Step out of the Box  • Lighten up

• LAUGH

Life is like a camera...
Focus on what's important,
Capture the good times,
Develop from the negatives,
And if things don't work out,
Take another shot.