

WELCOME! This session will begin at 12pm.



Dear Stress, Let's Break Up!



“Stress *management* implies control and is not a substitute for medical treatment or professional intervention.”

- EAP, health care professional

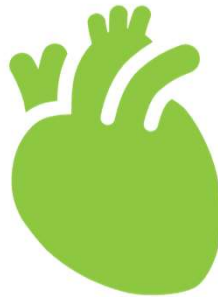


Stress is Serious

» Stress is a risk factor for **heart disease** and **stroke**



Every 7 minutes, a Canadian dies from heart disease or stroke



Every year, 70,000 heart attacks in Canada



Every year, 50,000 strokes in Canada – That's 1 every 10 minutes!

StatsCan, 2019

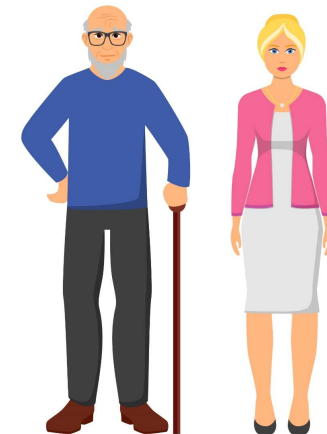
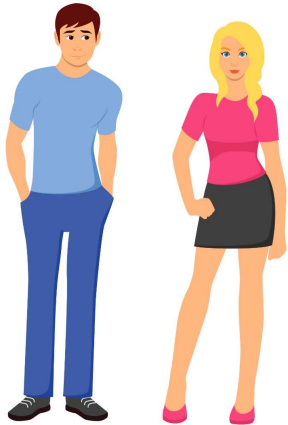
Stress is Serious

» Canadians report a high degree of life stress (as of 2021)

18-34 years
21.9%

35-49 years
27.8%

50-64 years
22%



StatsCan, 2021

What is Stress?

- » Stress is the body's physical response to a perceived threat.
- » There are 2 types of stress:



Eustress

Stress that helps a person perform at a higher level and achieve their goals.



Distress

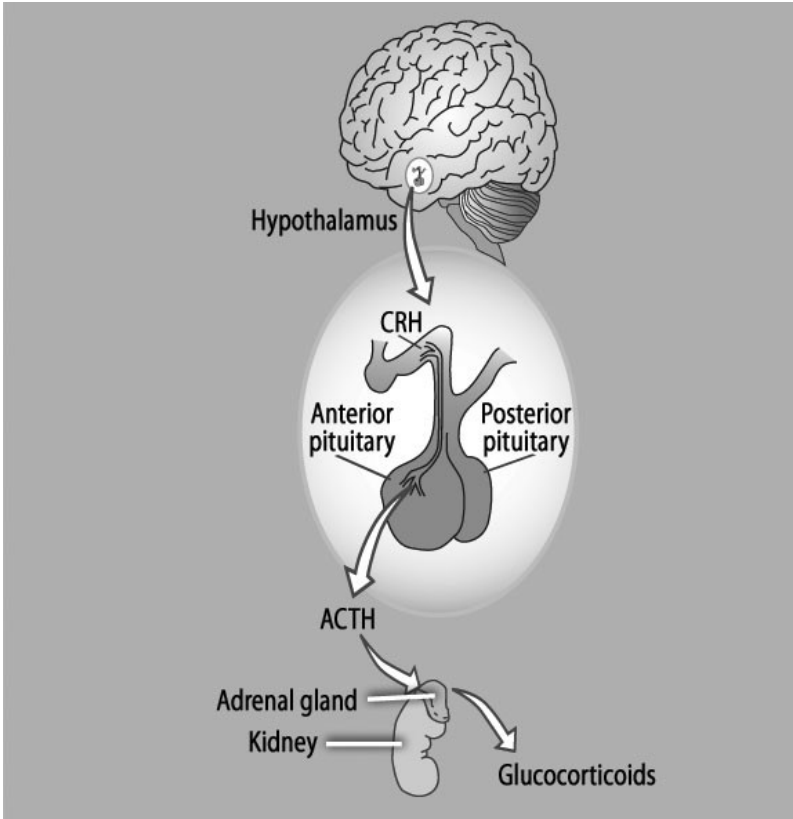
Stress that is overwhelming and hinders performance and overall well-being.

Stress Response

- » Body secretes stress hormones such as adrenalin (epinephrine), cortisol, and glucocorticoids
- » At the same time, it inhibits other hormones such as insulin, growth hormones, and reproductive hormones
- » Stress hormones travel through the blood stream, which is why they can affect so many different parts of the body!

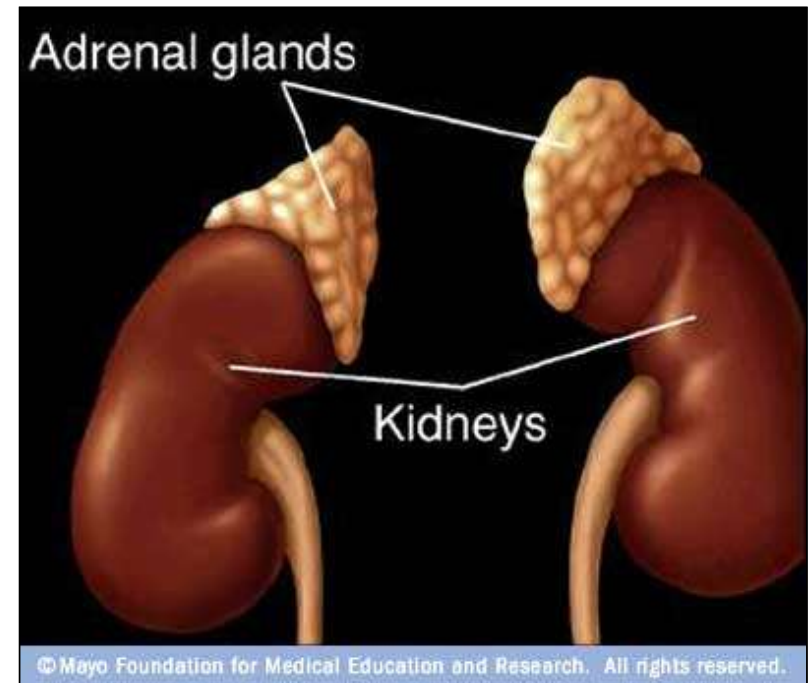


Stress Hormones



Adrenal Glands

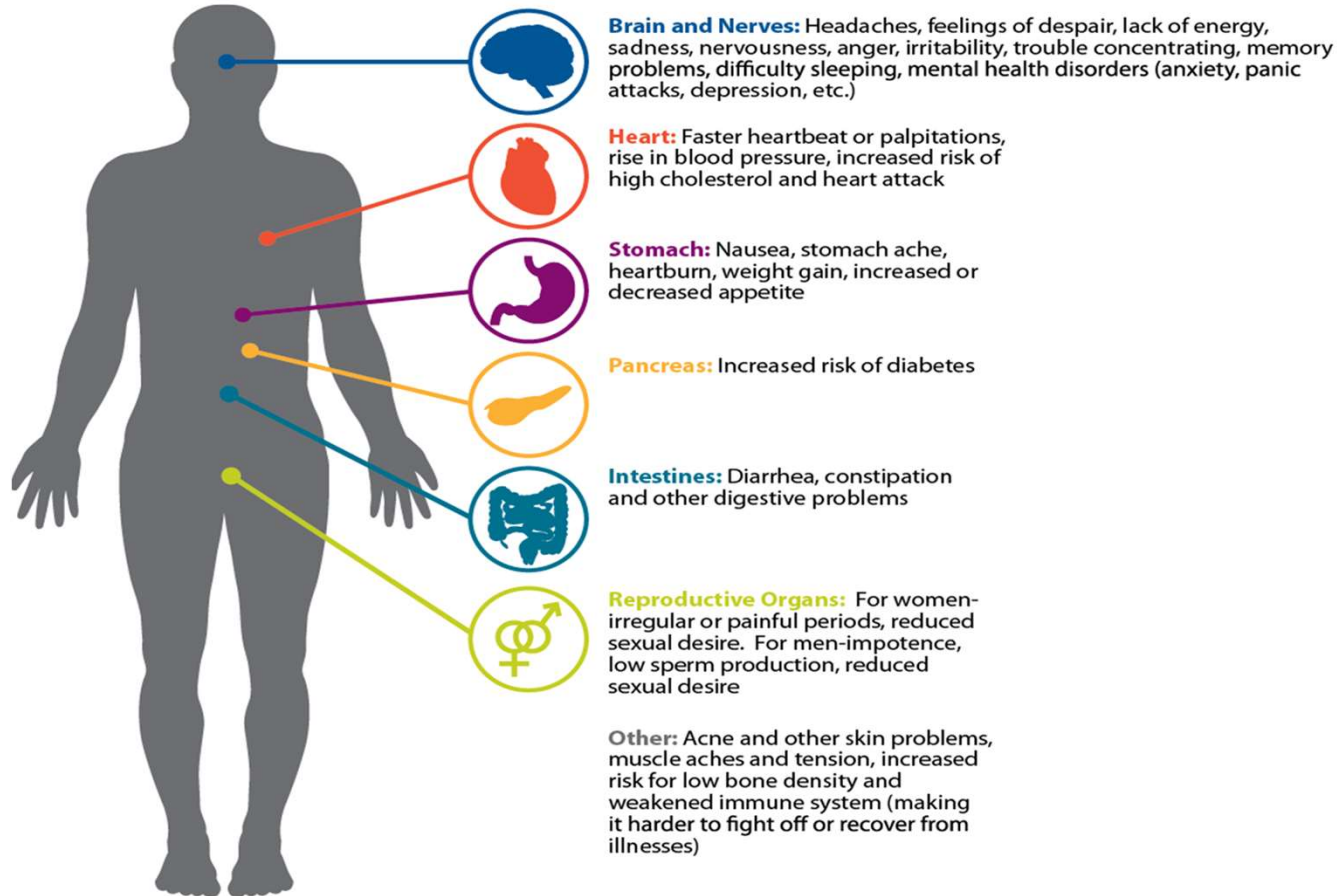
- » Located above the kidneys
- » 3 inches wide, ½ inch high



Adrenal Fatigue

- » Excessive fatigue
- » Non-refreshing sleep
- » Feeling overwhelmed / unable to cope with stress
- » Craving salty or sweet foods
- » Most energetic in the evening
- » Sleep disturbances and not feeling rested
- » Low stamina
- » Poor recovery after exercise, injury, or illness
- » Difficulty concentrating (mental fog)
- » Poor digestion
- » Low immune system
- » PMS
- » Low BP
- » Extreme sensitivity to cold

Effects of Stress on the Body



Stress Response

- » Diverts energy from storage sites throughout the body to active muscle tissue
- » Blood pressure increases
- » Heart rate increases
- » Pain perception is blunted
- » Immune system is heightened
- » Brain is alert and processes information more acutely

This is useful when running for our lives... short-term response is good!



Step 1: Identify Sources of Stress



“I just have a million things on the go right now.”

“Things are always crazy around here.”

“I have a lot of nervous energy, that’s all.”

“Stress is just a normal part of my life. There’s no way of avoiding it.”

What symptoms affect you?

Common Stress Symptoms

Physical

Headache
Chest pain
High Blood Pressure
Shortness of Breath
Muscle aches/Back pain
Sex problems
Clenched jaws
Constipation/Diarrhea
Increases Sweating
Sleep problems
Weight gain/loss
Skin breakouts

Emotional

Anxiety
Worrying/Depression
Seeing only the negative
Anger
Mood Swings
Job dissatisfaction
Feeling insecure
Confusion
Burnout
Forgetfulness
Resentment
Guilt

Behaviours

Overeating/Undereating
Angry outbursts
Drug abuse
Excessive drinking
Social withdrawal
Crying spells
Relationship conflicts
Decreased productivity
Blaming others

Source: mayoclinic.com

Unhealthy Stress Management

- » Smoking
- » Excessive drinking
- » Overeating or under-eating
- » Zoning out for hours in front of a screen
- » Withdrawing from friends, family, activities
- » Using pills or drugs to relax
- » Excessive sleeping
- » Procrastinating
- » Busying yourself to avoid facing problems
- » Taking your stress out on others



Step 2: Healthy Stress Management

» The Four A's:

Change the situation...

- 1 **Avoid** the stressor
- 2 **Alter** the stressor

Change your reaction...

- 3 **Adapt** to the stressor
- 4 **Accept** the stressor



Healthy Stress Management

Avoid Unnecessary Stress:

- » Learn how to say “no”
- » Avoid people who stress you out
- » Take control of your environment
- » Avoid heated conversations
- » Narrow down your to-do list



Healthy Stress Management

Alter the Situation:

- » Express your feelings – don't bottle it up!
- » Be willing to compromise
- » Be more assertive
- » Manage your time
- » Manage your energy (energy blocking)



Healthy Stress Management

Adapt to the Stressor:

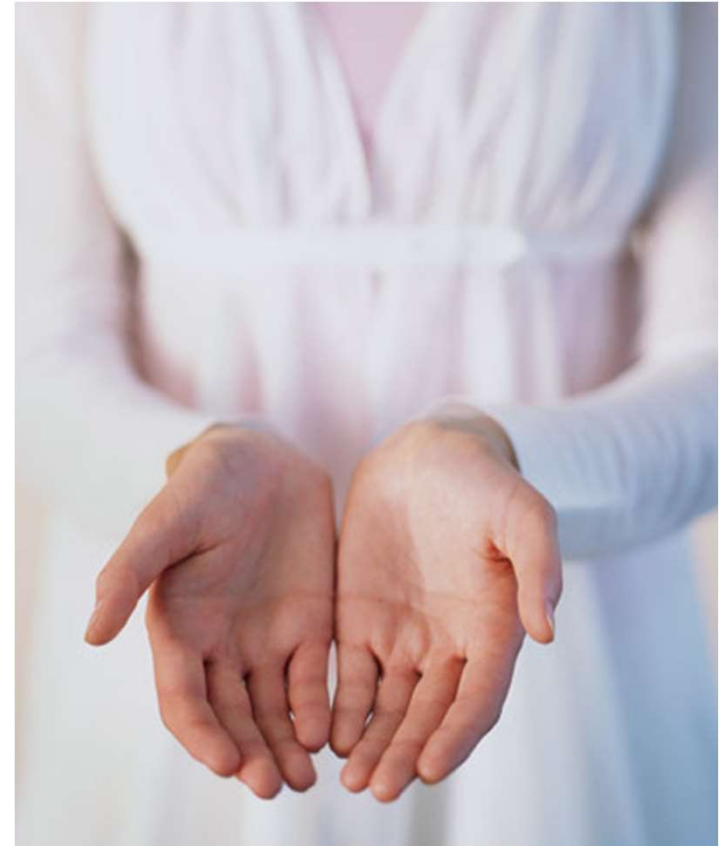
- » Reframe the problem
- » Look at the big picture
- » Adjust your standards
- » Focus on the positive



Healthy Stress Management

Accept What You Can't Change:

- » Don't try to control the uncontrollable
- » Look for the upside
- » Share your feelings
- » Learn to forgive – yourself!



Step 3: Ways to Cope

- » Physical / behavioural coping skills
- » Cognitive / mental coping skills
- » Personal / social coping skills



Ways to Cope

Physical / Behavioural Coping Skills

- » Yoga & Stretching
- » Healthy Diet
- » Good Rest
- » Deep Breathing
- » Rest and Digest

**Exercise is often-neglected
intervention in mental health care**



Ways to Cope

Rest and Digest

» Do more of these!



Brain DUMP



How To Create A BRAIN DUMP & Untangle Your Mind



Gratitude

Gratitude Journal Prompts

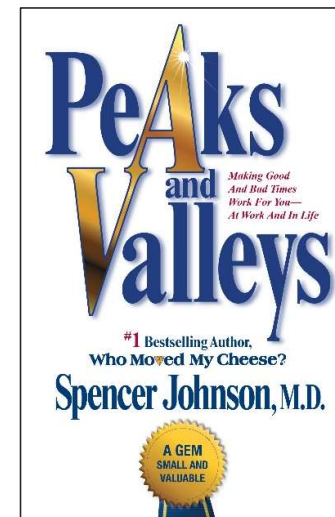
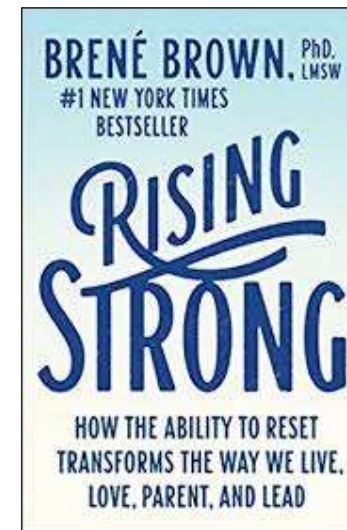
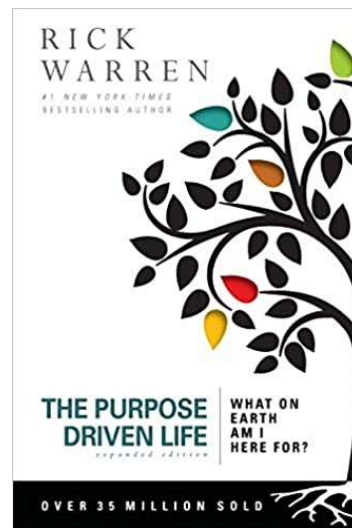
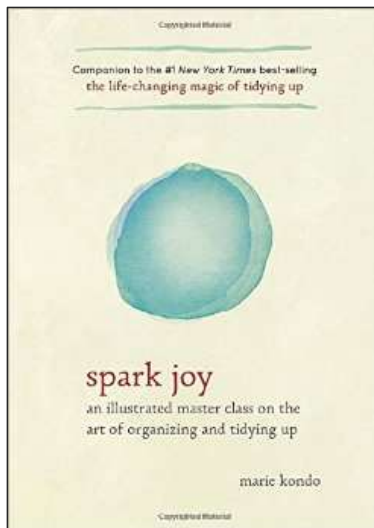
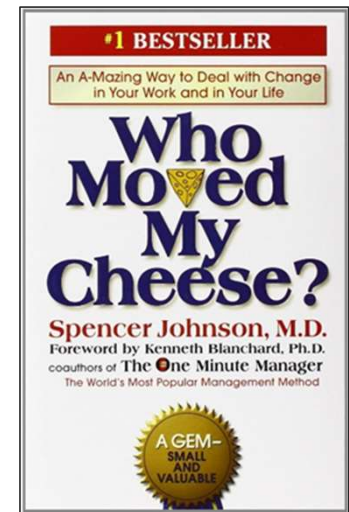
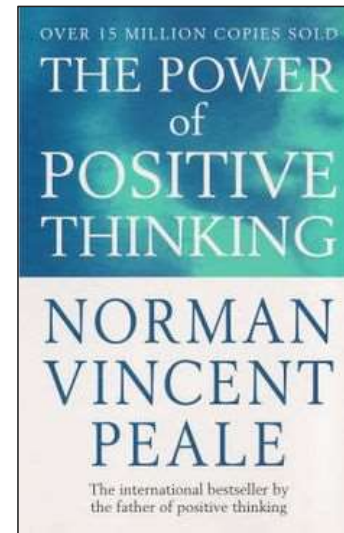
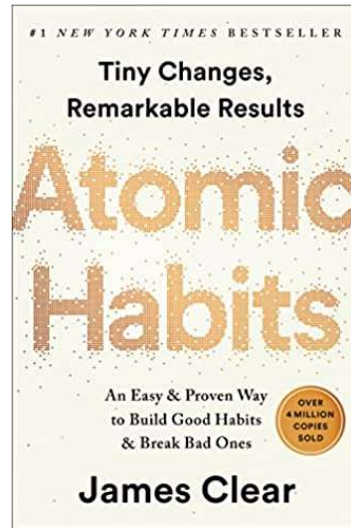
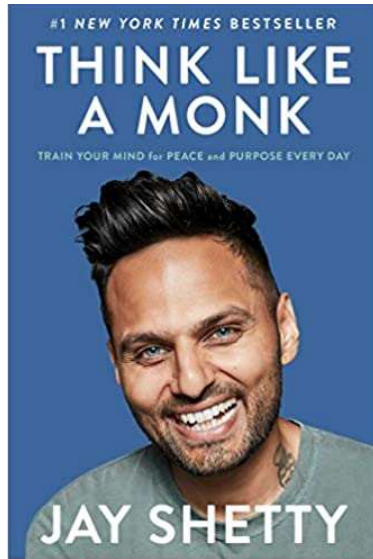
1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that your feel grateful for.

Ways to Cope

Cognitive / Mental Coping Skills

- » Problem Solving: Options of 3! Every problem has at least three solutions.
- » Reappraisal: Your interpretation of the stressor can magnify its impact, making it more stressful.
- » Meditation: 10 minutes, 2 times per day – it requires patience and practice!
- » Cognitive-behavioural therapy (ask for help)





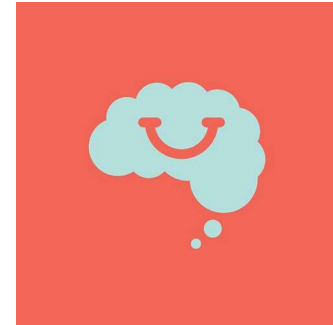
Calm

headspace

SIMPLE HABIT



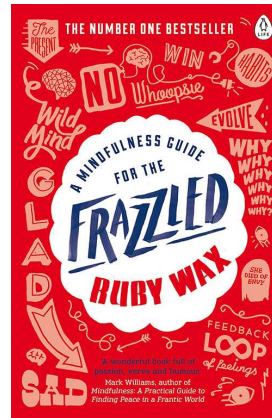
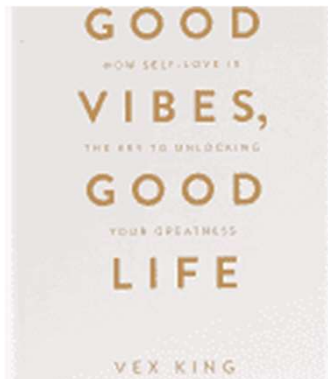
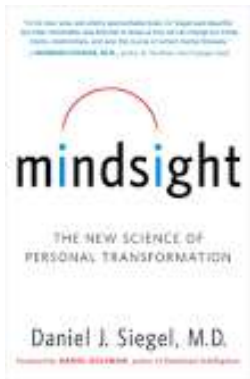
TEN PERCENT HAPPIER



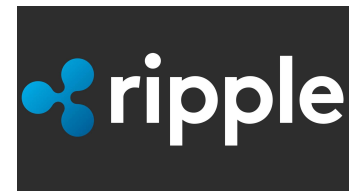
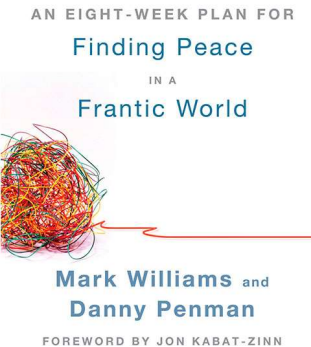
Smiling Mind

Insight Timer

unplug meditation



Mindfulness



Ways to Cope

Personal / Social Coping Skills

- » Spend quality leisure time with family and friends
- » Develop your hobbies and personal interests
- » Enjoy nature and outings
- » Give to others
- » Take a vacation or break from your usual routine
- » Practice gratitude
- » Set goals!





My name is Jacob Jansen. I am in your child's class. I helped out at my church this week organizing presents for kids who don't have much money. I went right home and went up to my room and picked out toy and books I didn't want or need any more. I wanted to do more. I talked to my mommy and daddy I wondered if I could run a program that gives toy to other kids. I think it would be cool if all my class brought in what they could to add to the presents but (under ten though because my daddy's truck is only so big!) My dad is going to help me take the from school to the church next Thursday. Thank you for helping out and have a Merry Christmas
By Jacob Jansen



Simple Tips

Tried-and-true ways to achieve your goals:

- » Put your goals in writing or use pictures to create a vision board
- » Make a **list of obstacles** so you're not surprised when they come along
- » **List the benefits** of achieving your goal to keep you motivated and energized
- » **Reward yourself** as you achieve your goals including the mini-wins along the way!



Happiness Jar

Write down something that made you happy every day for a year, then open the jar and read about all the amazing things that happened.



“

The greatest
weapon against
stress is our ability
to choose one
thought over
another.

William James



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