

Renewal: The Secret to Stress Management

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Overview

- **Some stress is good**
 - Journal Break
- **Stress Response & Relaxation Response**
 - Journal Break
- **Strategies for Renewal**
 - Journal Break
- **Breathe.LetGo.Connect. Meditation**



Some Stress is Good

- Challenge & Stress Make Us:
 - Physically Strong
 - Emotionally Resilient
 - Mentally Tough
- IF...
 - MANAGEABLE
 - A moderate amount that we can master
 - BALANCED with Renewal



Stress Increases Physical Strength

- Example: Training for a marathon
 - Start at your own level
 - Gradually add distance and speed
 - Make sure to build in adequate rest days
- If you stress your body too much you will get hurt
- Challenge **BALANCED** with Recovery = key to maximum performance

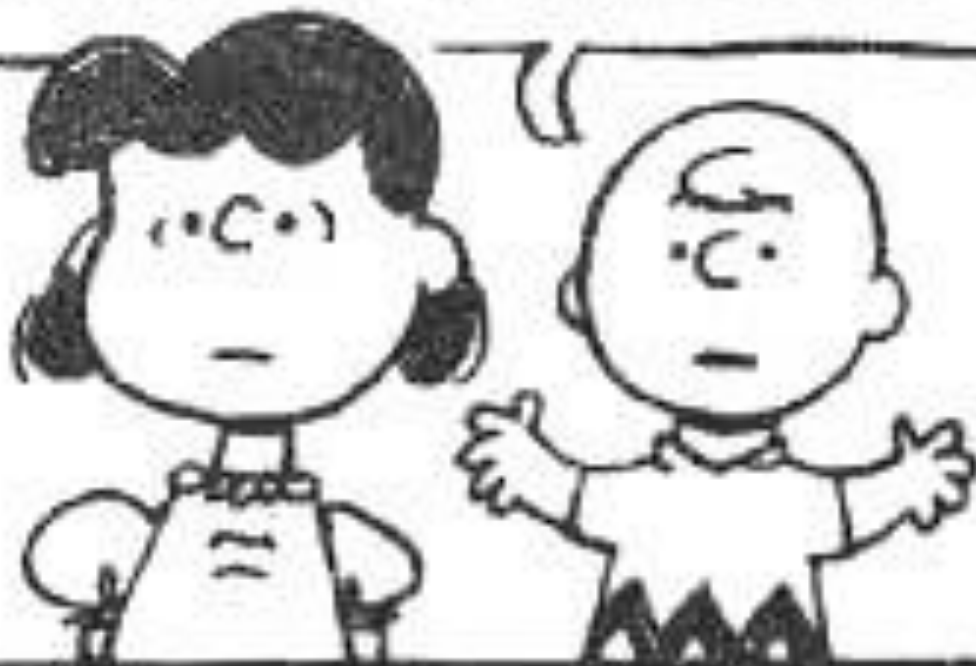


Stress Increases Emotional Resiliency

- People with a history of some lifetime adversity = better mental health and well-being outcomes than
 - People with high adversity hx
 - People w/ little adversity hx

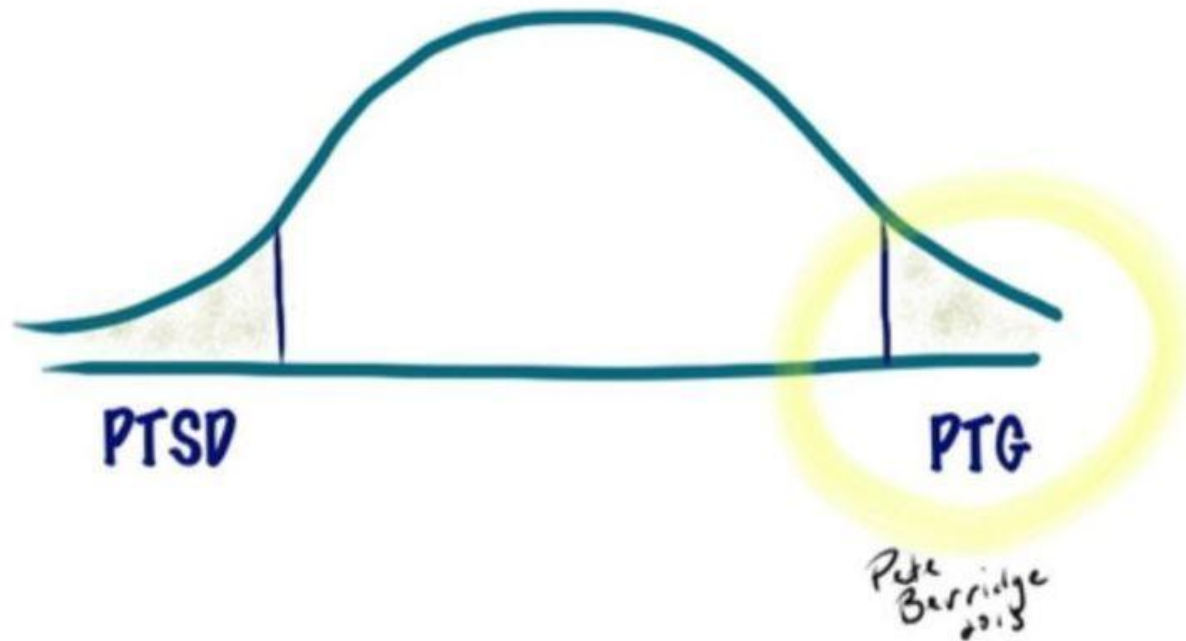


BUT ADVERSITY IS WHAT MAKES YOU MATURE... THE GROWING SOUL IS WATERED BEST BY TEARS OF SADNESS...



Post Traumatic Growth

Post Traumatic Stress Disorder & Post Traumatic Growth



Grow From Stress

- **Post-Traumatic Growth (PTG) Inventory**

- Appreciation of Life (Gratitude)
- Relationship with Others (Social Support)
- New Possibilities in Life (Hope)
- Personal Strength
- Spiritual Change

- **Growth Mindset**

- welcome challenges as an opportunity to learn & develop new skills



Stress Improves Mental Toughness

- Approaching challenging situations develops:
 - **New skills** (conflict management, task specific)
 - **Confidence**
 - “If I can handle this challenge, I am capable of handling others”
 - **Grit**
 - Passion, hard work, perseverance
 - **Healthy Perspectives**



Healthy Perspectives

- “Stress can help me grow”
- “I can experience love, joy, & courage when faced with pain”
- “All mistakes are valuable learning opportunities”
- “ Difficult situations allow me to develop wisdom & compassion”

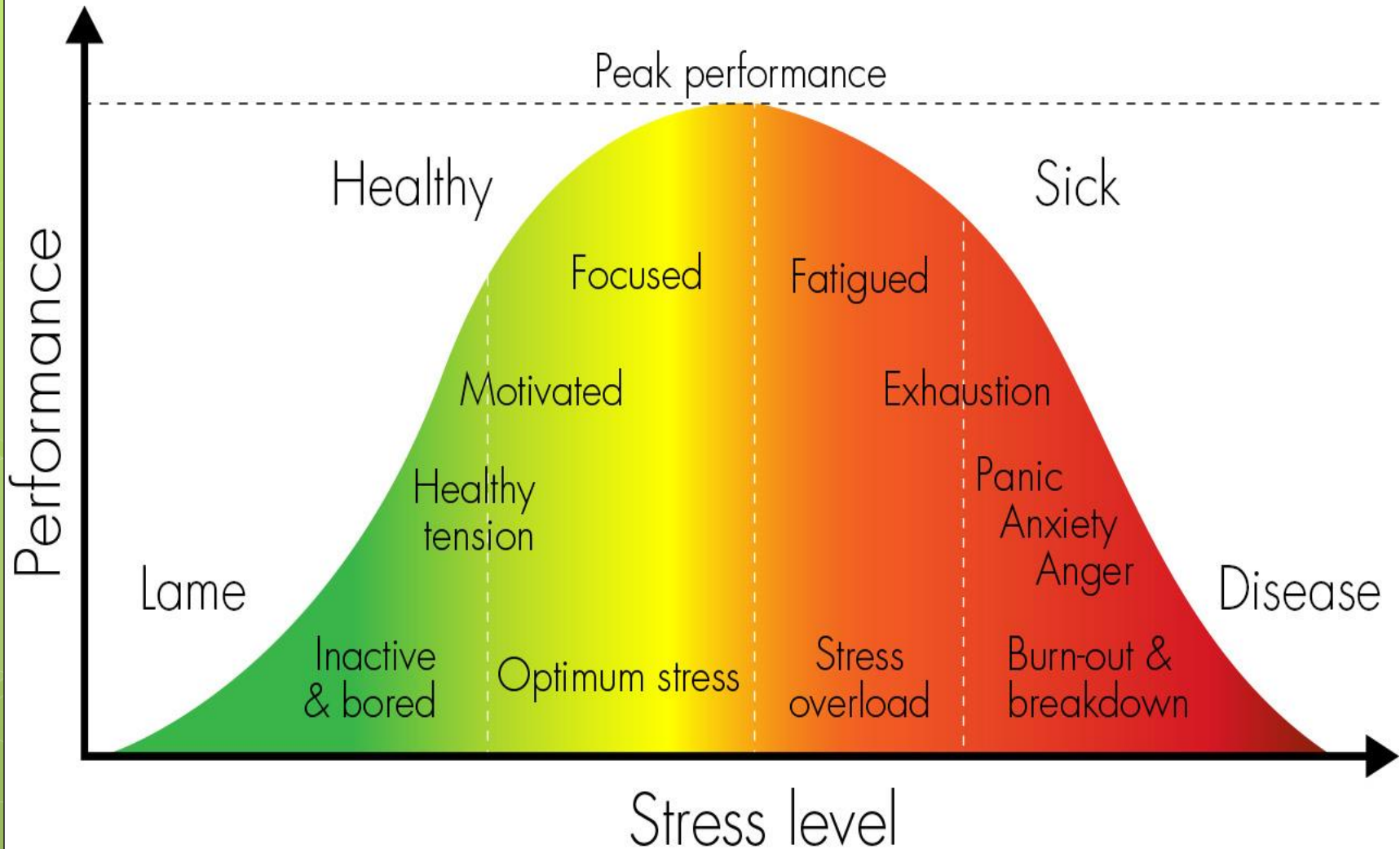


Some Stress is Good

- Balance manageable stress with renewal
- Find your sweet spot – Ariel example



FIND YOUR SWEET SPOT



Journal Break



- Jot notes/images about a time stress made you stronger (physically, emotionally, or mentally)

Nervous System Overview

- Our Nervous system has 2 parts:
 1. **Central Nervous System (CNS)** - brain & spinal cord
 2. **Peripheral Nervous System (PNS)** - nerves that carry messages back and forth between the brain/spinal cord and the rest of our body (muscles, organs, senses)



Peripheral Nervous System has 2 parts

1. **Somatic Nervous System (SoNS)** = connects CNS to skin, muscles, and organs (sensory and motor neurons)
2. **Autonomic Nervous System (ANS)** regulates the functions of our internal organs (heart, stomach, intestines)



Autonomic Nervous System has 2 parts

Sympathetic Nervous System (SNS)

- Fight or Flight
- Stress Response

Parasympathetic Nervous System (PsNS)

- Rest and Digest
- Relaxation Response





Stress Response

Sympathetic Nervous System (SNS)

Fight or Flight

When a threat is perceived...

- * Brain activates release of stress hormones (adrenaline, cortisol, etc.)
- * Body sends energy to essential functions only.
 - digestion slows or stops
 - bladder relaxes
 - libido decreases

You feel:

- * Pounding heart
- * Fast, shallow breath
- * Muscle Tension
- * Tunnel vision
- * Flushed (or pale) face
- * Shaky
- * Dry mouth
- * Hearing loss
- * Angry or scared



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Relaxation Response

Parasympathetic Nervous System (PSNS)

Rest and Digest

- * Brain activates release of hormones & neurotransmitters (ACh, GABA, endorphins, oxytocin, etc.) to relax your brain and body

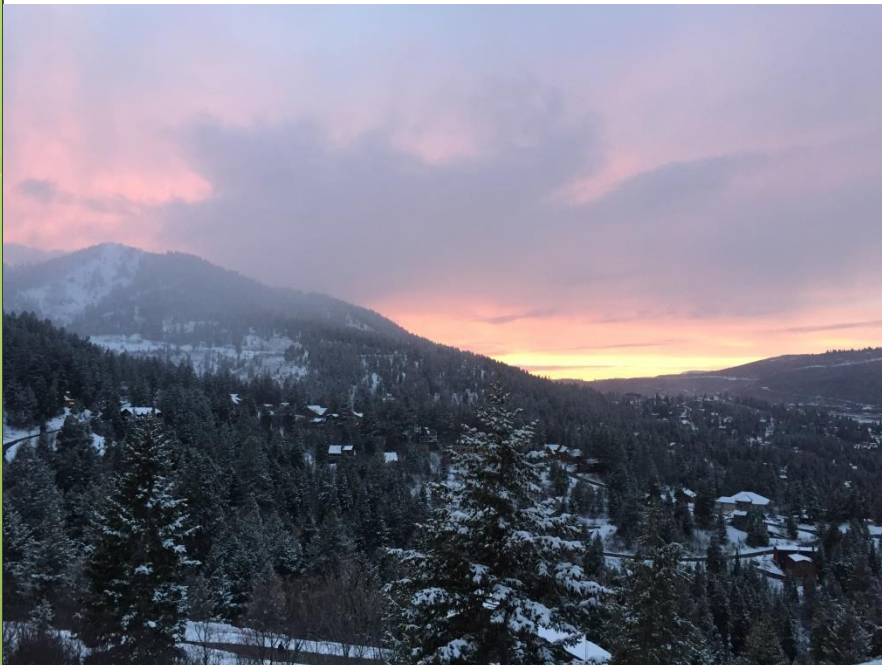
You feel:

- * Slower heart rate
- * Normal breathing
- * Muscles relax
- * Increased sense of well-being (warm, cozy, satisfied feelings)

You have more healthy:

- Blood pressure
- Blood lactate levels
- Digestion
- Immune system functioning
- Libido
- Sleep
- Brain wave patterns

Journal Break



- Jot notes/images about a time you experienced the Stress Response (fight or flight)
- Note the sensations you felt

Chronic Stress is Toxic

- When we do not balance stress with renewal, we experience stress-related illness including:
 - Headaches
 - Indigestion/Nausea
 - Musculoskeletal aches & pains
 - Heart Palpitations
 - Anxiety
 - Depression
 - Anger
- Antidote: Renewal Strategies



Strategies For Renewal

- Exercise
- Sleep
- Bright Light Exposure
- Leisure & Recreation
- Social Support
- Nutrition
- Relaxation



Strategies for Renewal

○ Exercise

- Daily, aerobic exercise is best
 - Walking, running, swimming
 - Increases renewal hormones (endorphins)
- Quick Fix: 10-minute brisk walk
 - increases BDNF (brain-derived neurotrophic factor)
 - a protein produced inside nerve cells
 - Protects and repairs the brain
 - Increases energy, decreases stress



Strategies for Renewal (cont.)

○ Sleep

- Deep, restorative sleep renews the brain
- 7-8 hours/night
- If insomnia – talk with your doctor
 - Stress Management & Sleep Hygiene
 - Sleep & Medical Disorders (e.g., Apnea, RLS, mild hypothyroid)
 - Substance use (caffeine, alcohol, drugs)
 - CBT-I



Strategies for Renewal (cont.)

- **Bright Light Exposure** – retina
 - Increases energy, decreases stress
- **Leisure and Recreation**
 - Time in nature
 - Images, imagination
 - Fun, laughter
 - Funny shows, comedy



Strategies for Renewal (cont.)

- **Social Support**

- **Talking** through stress provides

- Outlets for frustration
- Reassurance, empathy & validation
- Perspectives that instill hope
- Problem solving to increase control & predictability
- Opportunities to develop healthy relationship skills

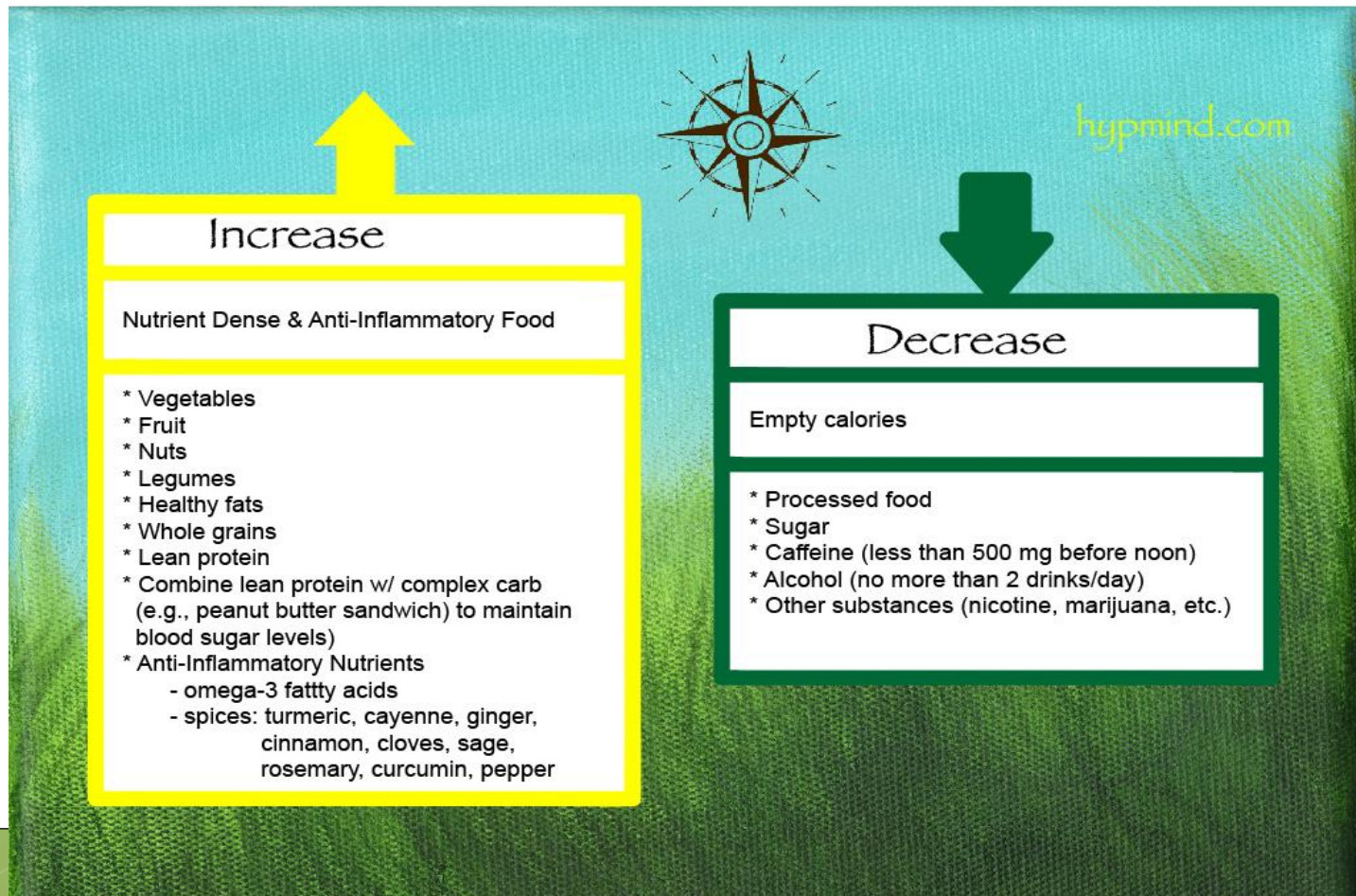
- **Physical touch** decreases physiological stress response



Strategies for Renewal (Cont.)

o Nutrition

- o Talk with you Doctor & Nutritionist



Strategies for Renewal (Cont.)

○ Relaxation

- Deep Breathing
- Massage
- Yoga
- Crying
- Progressive Muscle Relaxation
- Music
 - Genotelab.com
- Mindfulness Meditation
 - Hypmind.com, calm.com, headspace.com



Journal Break



- Jot notes/images about renewal strategies you would like to implement – Be specific

Breathe.LetGo.Connect.

○ **Breathe**

- Tune into physical body & present moment experience

○ **Let Go**

- Notice & Release
 - Muscle tension
 - Thoughts, emotions, sensations

○ **Connect**

- Renew energy
- Flow
- In the Zone
- Life force
- Spiritual Energy, Soul
- Highest self



Renewal: The Secret to Stress Management

- I encourage you to begin to incorporate Renewal Strategies into your life.
- My Challenge: Commit to at least 1 Renewal Strategy today.



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- Thank you to Drs. Lunt, Aslami, and Wilson
- Find my contact Information @ angelajswanson.com

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