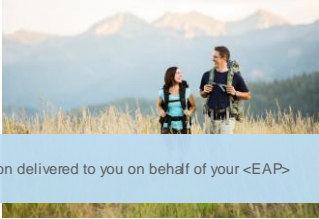


Stress Reduction Toolkit 2.0

A presentation delivered to you on behalf of your <EAP>



AnthemEAP

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We Will Discuss...

- The definition of stress
- The "fight, flight or freeze" response
- Identifying the things that cause you stress
- Practical techniques to decrease daily stress by managing your mind, body and the situation

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Why Take Another Seminar on Stress?

- If you've attended a seminar on stress before, much of this information will be a helpful refresher
- What we've seen is that many people already know what they should in various areas of their life
- The disconnect is that we don't always do what we know we should do
- The proof that we've truly learned new information is a change in our behavior

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What is Stress?

Stress is an automatic physical, mental and emotional response to a challenging event.

- It's a normal part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life."



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What Are Some Of Your Stressors?

- Work
- Finances
- Relationships
- Health
- Mind
- Daily frustrations

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Negative Impact Of Stress





- PHYSICAL impact – fatigue, compromised immune system, etc.
- EMOTIONAL impact – easily frustrated, etc.
- MENTAL impact – loss of concentration, etc.
- BEHAVIORAL impact – absenteeism, reduced output, etc.


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The Fight, Flight Or Freeze Response


 Trigger happens, endocrine system responds with increased adrenaline and cortisol


 Body ready for action

 Heart pounds faster

 Muscles tighten

 Breath quickens

 Blood pressure rises

 Senses sharpen

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Negative Coping Strategies

- Eating junk food
- Indulging in alcohol, cigarettes, or drugs
- Zoning out: watching too much TV, streaming, playing video games, etc.
- Avoiding the problem

When the stressful even occurs, do you...

- Throw up your hands in defeat and swear
- Go to the wine store
- Phone a friend that coaches you through it

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Positive Coping Strategies

- There are three main buckets to organize these coping strategies within:

1. Manage your MIND
2. Manage your BODY
3. Manage the SITUATION

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Manage Your Mind

Positive attitude

- This is an intellectual decision to notice what is right in a situation
- Don't expect the worst to happen. Ask "What is my evidence for this bad feeling?"
- Change your focus by asking positive questions
- "What could happen that is positive?"

Manage the self-critical inner voice

- Control your ANTs: Automatic Negative thoughts
- When overwhelmed, don't label yourself a "loser" or a "failure". Focus on your strengths, talents, and accomplishments
- Self-compassion. Be kind to yourself – you are doing your best in a tough time. Be your own best friend. Forgive your mistakes, learn, and move on


Gratitude

- An expression of thanks for what you have rather than what you lack
- Ingratitude is often caused by comparison to others

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Manage Your Mind


- Mindfulness & meditation
 - Journaling
 - Art therapy
- Putting something "good" into your mind:
 - Watching uplifting and inspirational movies – Inside Out, Rudy
 - Have a steady diet of motivational books, audios, podcasts, videos
- Limit "DOOMSCROLLING"
 - Reduce reading/ watching upsetting media/social media/news (i.e. car accidents, etc.)
 - Chat with a trusted friend, colleague or your EAP



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Manage Your Body

- Deep breathing
- Laughter
- Exercise
- Sleep – Arianna Huffington
- Massage
- Hugs & self-hugs
- Nutrition & water
- Dance
- One glass of wine is probably fine!
- Intimacy!
- EAP



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Manage The Situation

- Focus on your circle of influence
 - control what you can control
 - You may not be able to control the event, but we can control our response
 - If possible, remove yourself from the situation
 - Make time for hobbies – gardening, musical instrument, knitting, puzzles, etc.
 - Ask for help from friends and family – have the right support system
- Identify and address where YOU might create your own stressors:
 - Procrastination
 - Disorganization
 - Being unprepared
 - Conflict Avoidance
 - Taking on too much

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Recommended Apps To Reduce Stress

Calm – mindfulness



Headspace - mindfulness



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In Summary

Today we have discussed:

- The definition of stress
- The "fight, flight or freeze" response
- Identifying the things that cause you stress
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