



Healthy for Life
WISCONSIN NUTRITIONISTS

Taking Control of Stressors

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How do you manage stress?

First things first:

1. Write your weight on your chart.
2. Draw a line from last week's weight to this week's.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Were you able to add in the calories/portion size?
 - c) Make a note about how you did this week.



What is "Stress?"

- Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. It is physiological – think *Fight or Flight Response*. Stress is a natural part of living our life.
- Some stress is good: Stress is what keeps you on your toes, sharpens your concentration, or drives you to study for an exam.



What causes you stress?



1. What kinds of things trigger the stress response?
2. What is it like *for you* when you get stressed?

Lifestyle changes are *Stressful*

- Any change in behavior can cause stress reaction (Healthy for Life).
- What are some possible ways your *Healthy for Lifestyle* may cause stress?



Lifestyle Change *Stress*

- Extra time spent in food prep, shopping, planning.
- Guilt at not doing everything.
- Feel deprived with current meal plan.
- Feel stressed by trying to add activity to an already busy schedule.
- Finances.
- Family worries, children.

Eliminate Avoidable Stress

- Practice Saying "No."
- Share some of your work with others.
- Set attainable goals.
- Take charge of your time – what are your must dos and want-to dos?
- Use problem solving (describe problem, brainstorm options, try an option, action plan, evaluate how option worked).
- Plan Ahead.
- Remember your purpose.
- Be physically active.



Cope Well with Unavoidable Stress

Find better ways to cope.

- Catch yourself early –break the chain - *Do something that helps calm you that does not include food.*
- Move those muscles—*activity reduces tension and anxiety and can counter depression.*
- Breathe—*Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms legs and body go completely loose.*
- **Take good care of yourself.** Get plenty of rest. Eat well. Don't smoke. Limit how much alcohol you drink.
- **Try out new ways of thinking.** When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change.
- **Speak up.** Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.

Stress Reduction/Relaxation techniques

- **Meditation.** Any repetitive action can be a source of meditation. The goal is to stay in the moment: walking, knitting, painting, doodling, sitting quietly and following your breath. Focus on a word like "peace," or "calm."
- **Laughter.**
- **Drink hot tea.** a cup of chamomile or favorite herbal tea and 5 minutes to focus and enjoy drinking it
- **Self-massage.**
- **Talk it out.** find a trusted friend, clergy or family member. EAP also offers 4 free counseling sessions
- **Have some fun.** Join a club, get together with friends

More Tips for *Coping*

- <http://www.webmd.com/balance/stress-management/stress-management-topic-overview>



Remember YOUR Goals?



1. Weight Loss



2. Exercise



3. Healthy Habits

Concentrate on Goal 3

- Based on your stress identification, focus on one stress reduction idea.
- Write down one simple action you will take THIS WEEK to reduce your stress.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – DO SO!
Remember, achievable, specific, measurable, time for completion.

Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.

Positive Thinking

- Stop. Breathe. Repeat.
- One thing at a time.



This Week:

1. Challenge: Identify one source of frequent stress and make a plan to control it.
2. DO what you've decided that you will to meet your goals.
3. PRINT another week for the food and fitness log.
4. RECORD your food, fitness and weight in your log.
5. BRING your binder and log to our next webinar.

Our next meeting is Monday from 12-1pm.

Let us know if you have any questions during the week.



Your Turn 