

# Taking Control of Stressors


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Anything to share?



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## What is Stress?

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- 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.



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## What causes you stress?

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

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## Lifestyle Change is Stressful

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



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## Any of this cause you “stress?”

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- 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.

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## Do you have any Avoidable Stress?

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## Coping with Unavoidable Stress

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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.

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## Stress Reduction/Relaxation Techniques

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- Be Active: Physical activity can lead to better sleep, and better sleep is one of the best ways to manage stress reactions. Yin yoga can help you learn relaxation techniques in a “hands-on” way.
- 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.” Try out Headspace, Simple Habit, and more.
- 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 6 free counseling sessions.
- Have some fun. Join a club, get together with friends.

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## More Tips for Coping

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



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## Remember YOUR Goals?

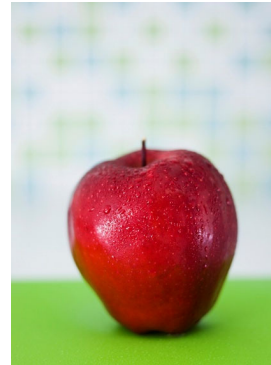
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1.  
Weight Loss



2.  
Exercise



3.  
Healthy  
Habits

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## Concentrate on Goal 3

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- 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.*

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## Positive Thinking

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

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This Week:

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

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Your Turn 