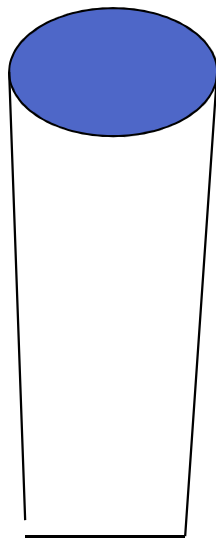


* Self Matters: Confronting Stress and Taking Care of Yourself

Sue Brandy, LCSW
March 20, 2015.

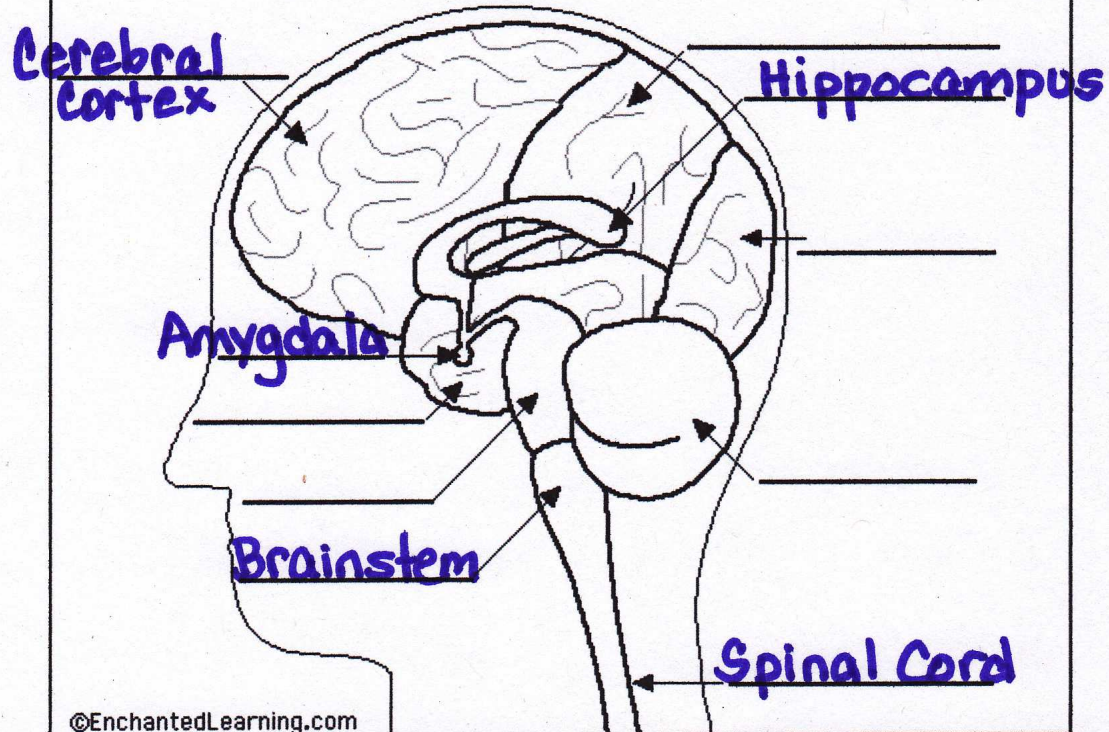


**How heavy is this
glass of water?**

*What is stress?

- *Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.
- *Stress can come from any situation or thought that makes you feel frustrated, angry, nervous or anxious.
- *Stress is any uncomfortable “emotional experience accompanied by predictable biochemical, physiological and behavioral changes”.

Lateral View of the Brain





BRAINSTEM
(Reptilian
brain)

**MOST
PRIMAL**

Fight
Flight
Freeze

Evolutionarily programmed to react, expect the worse, think about all the possible “what if’s”

LIMBIC SYSTEM (old mammalian brain)

amygdalla
hippocampos

Evaluates current situation
emotions
relationships

****Stimulates release of cortisol to put entire metabolism on high alert to meet stressful challenge**



CORTEX (new mammalian brain)

Allow us to think about thinking

Location for ideas

concepts

insight

empathy

sense of self

sense of senses



**** Necessary for REGULATING brain stem & limbic system; MANAGING STRESS!**

*Types of Stress

*Personal Stress - direct experience

- *Work
- *Family
- *Finances
- *Leisure
- *Health

*Secondary Stress

- *What you see, hear, experience through someone else

*Types of Stress

*Cumulative Stress

- * Repeated exposure to same stressor
- * Multiple exposures to different stressors

*Vicarious Stress

- * Continuous exposure that changes perception of the world

*Critical Incident Stress

- * A strong emotional response to an unusual event

- * A situation that is traumatic for the students/employees involved
- * Causes the student/employee to experience a stress reaction
- * May be different for each organization and each individual

***What is a Critical Incident?**

- * A number of interventions for dealing with traumatic events

- * Formal

- * Structured

- * Professionally recognized

- * Helps those involved in a critical incident to share their experiences, vent emotions, learn about stress reactions and symptoms

- * Confidential, voluntary, educative process

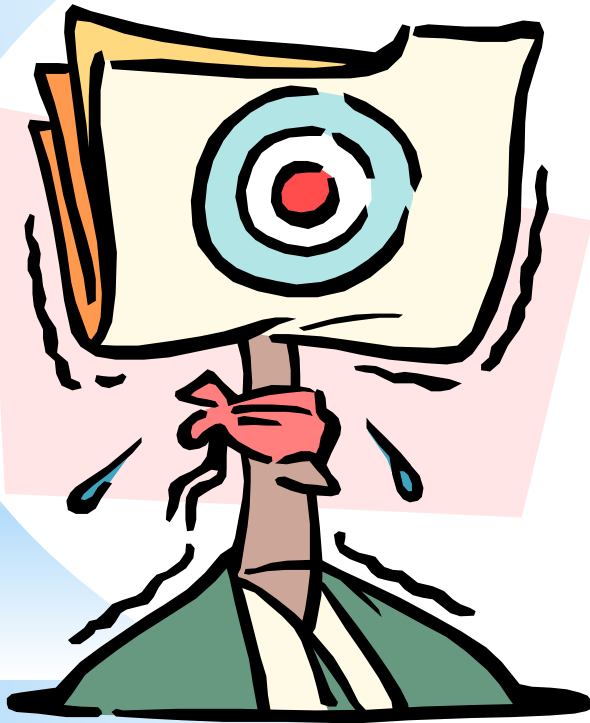
- * **NOT therapy**

* Group Crisis Intervention
(AKA -Critical Incident Stress
Management, CISM)

**WHERE DO YOU EXPERIENCE
STRESS IN YOUR LIFE?
HOW DOES IT MANIFEST FOR YOU?
WHAT DO YOU DO ABOUT IT?**



- * Physical Reactions
- * Cognitive Reactions
- * Emotional Reactions
- * Behavioral Reactions



* Individual Stress Reactions

- * Fatigue
- * Elevated blood pressure
- * Rapid heartbeat
- * Headaches
- * Chest pain
- * Difficulty breathing
- * Grinding of teeth

- * Thirst
- * Visual difficulties
- * Profuse sweating
- * Nausea
- * Muscle Cramps
- * Twitches

* Physical

- * Poor problem solving
- * Poor attention
- * Poor decisions
- * Poor concentration
- * Hypervigilance

- * Memory problems
- * Heightened or lowered awareness
- * Blaming someone else
- * Nightmares
- * Loss of time, place, or person orientation

* Cognitive

- * Emotional outbursts
- * Anti-social acts
- * Increased alcohol & drug use
- * Change in activity
- * Change in speech patterns
- * Withdrawal
- * Startle reflex intensified

- * Change in sexual functioning
- * Erratic movement
- * Suspiciousness/paranoia
- * Pacing
- * Increase or decrease in appetite

* Behavioral

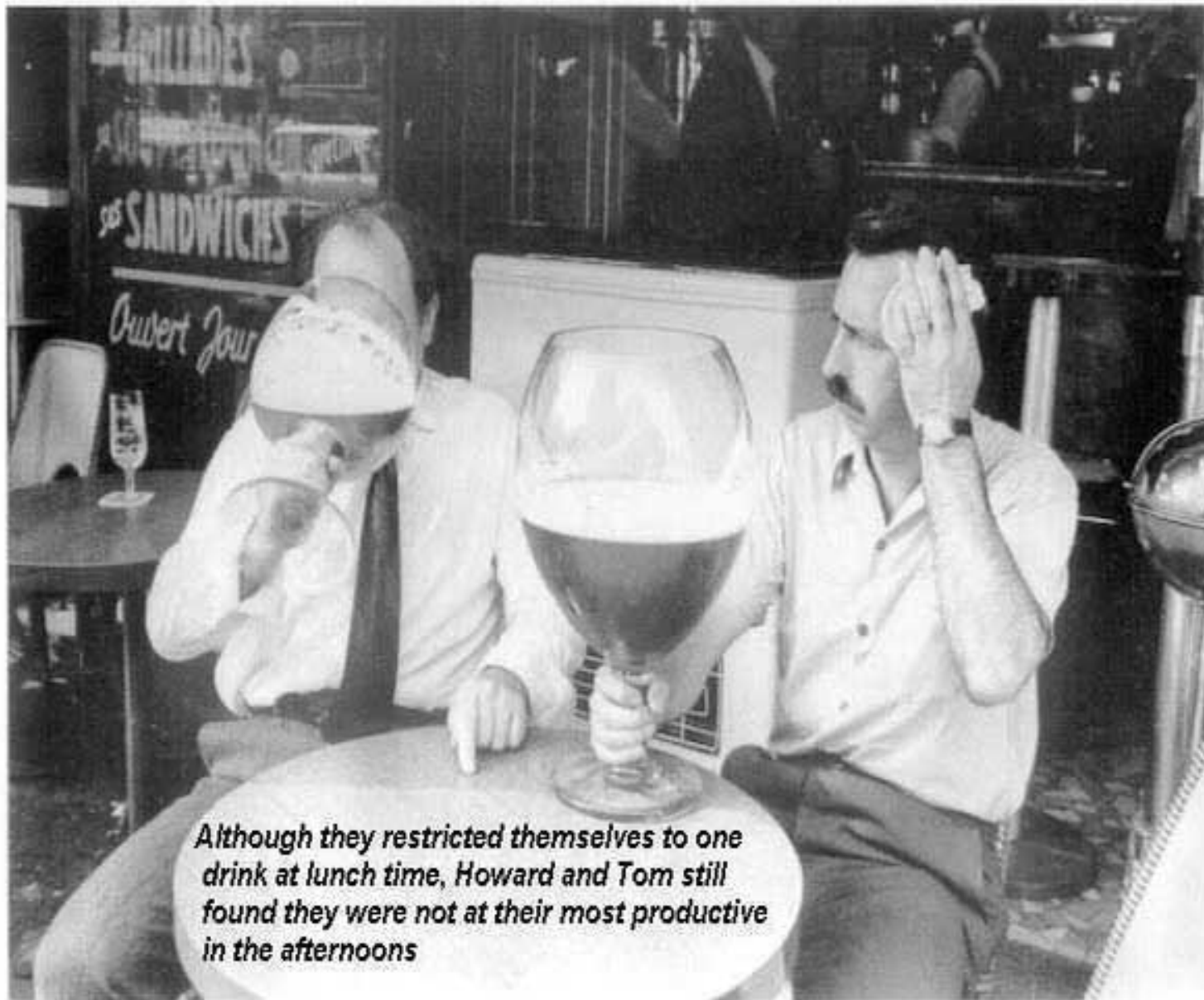
- * Anxiety
- * Severe Panic
- * Depression
- * Feeling overwhelmed
- * Intense Anger
- * Irritability

- * Guilt
- * Grief
- * Fear
- * Apprehension
- * Agitation
- * Uncertainty

* Emotional



***HOW DO YOU
MANAGE STRESS?**



Although they restricted themselves to one drink at lunch time, Howard and Tom still found they were not at their most productive in the afternoons

* MINDFULNESS

- * BREATHING

- * THOUGHT PROCESS (how you think about it)

- * BALANCE IN LIFE

- * OTHER COMPONENTS:

- * Talk

- * Support

- * Exercise

- * Good eating habits

- * Hydrate

- * Vacation

- * Crying

- * Humor

* Coping with Stress

* Jon Kabat-Zinn's definition of mindfulness:

Mindfulness means paying attention in a particular way;

On purpose,
in the present moment, and
nonjudgmentally.”

* **MINDFULNESS**

 **THINKING**

- * **Neuroplasticity**

- * Pull Weeds and Plant Flowers
- * Turn positive facts into positive experiences
- * Savor the experience

- * **Change the Thought; Change the Brain**

- * Lifts Mood
- * Increases Optimism
- * Increases Resilience
- * Increases Resourcefulness

* **Taking in the Good**

* **Rick Hanson, PhD**

* BEWARE THE “ANT”

Daniel G Amen, MD

* ALL OR NOTHING THINKING

- * Focusing on the negative
 - * About self, others, situation
- * Mind reading
- * Guilt beating (should, must, etc.)
- * Personalizing
- * Blaming others for your problems



***BALANCING**

*How can Mindfulness help?

*WORKPLACE STRESS



*MINDSIGHT

Without understanding, our worries and thoughts create huge unnecessary problems.

- My life has been filled with terrible misfortunes ... most of which never happened.

* Mark Twain

- * Buddha's Brain by Rick Hanson, PhD
- * International Critical Incident Stress Management Foundation
- * Mindsight by Daniel Siegel, MD

* Reference Sources