

stress + wellness management



GOALS

- DEFINE STRESS
- DEFINE WELLNESS
- DISCOVER RESOURCES
- BUILD A WELLNESS PLAN



SHORT RELAXATION



what is stress?

STRESS: dictionaries define it as “physical, mental, or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”

- The American Institute of Stress



what is stress?

STRESS is the primary and immediate response of your nervous system when it thinks your body is under immediate threat or in danger. Stress is the way your body seeks to protect you by making your senses heightened and keeping you focused and alert on the source of your stress. In situations of high emergency, or in exciting, dangerous, or threatening situations the body is known to release a surge of stress hormones that include ADRENALINE and cortisol.



fight . flight. freeze.

g o o d vs. b a d stress

- a **positive** response one has to a stressor
- stress correlated with life satisfaction and well being
- REJUVENATING
- *think: pushed vs. overwhelmed*
- **motivating** stress
- short term



- A state of great physical or mental anguish
- Untreated chronic stress
- The demand outweighs the ability

stress + 9-1-1

burnout

compassion fatigue

critical incident stress (CIS)

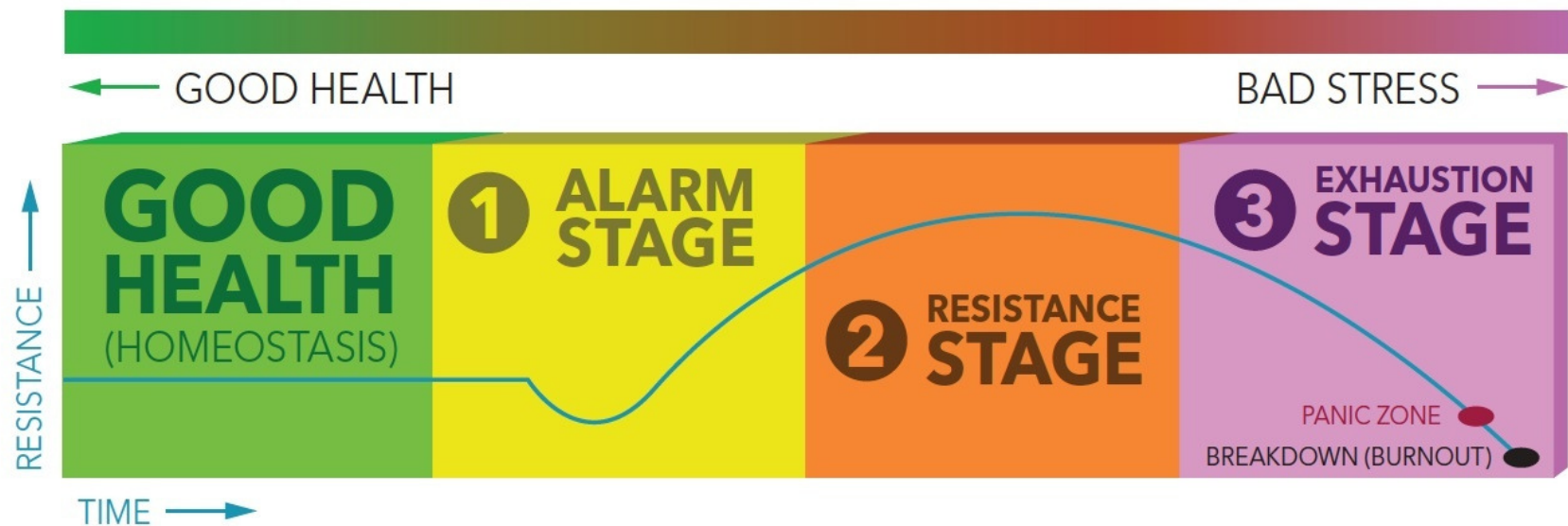
secondary trauma exposure

Post Traumatic Stress Disorder (PTSD/I)

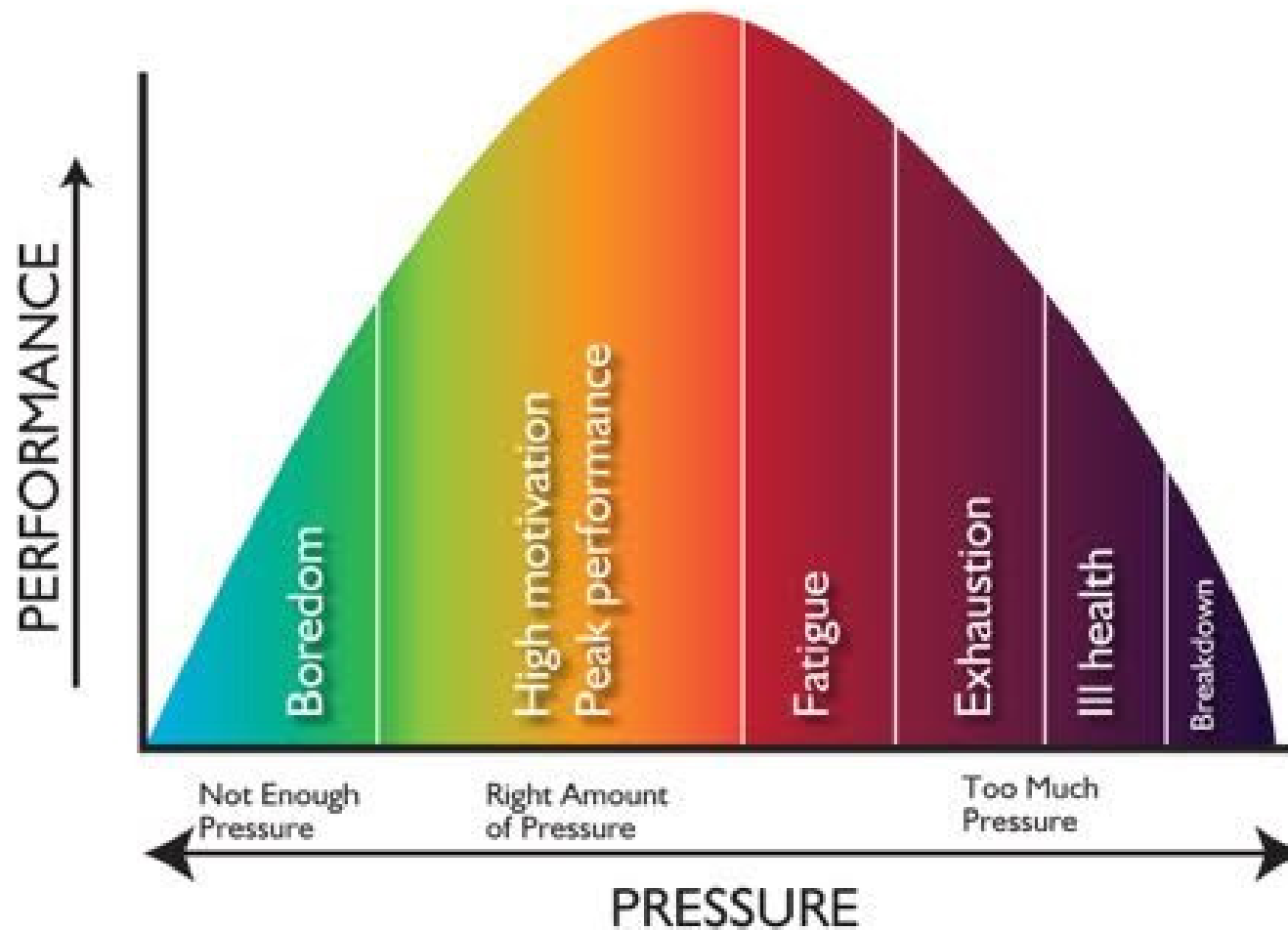


3 stages of stress

STRESS CURVE & PHASES (GENERAL ADAPTATION SYNDROME)



THE HUMAN FUNCTION CURVE

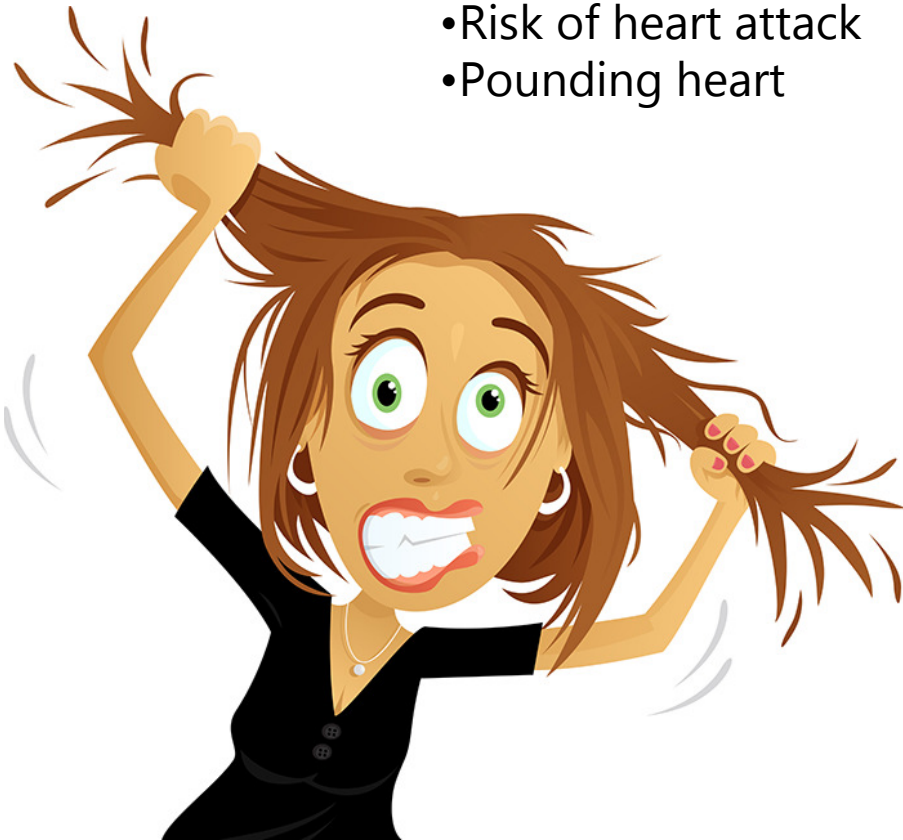


Adapted from Yerkes-Dodson Curve

effects of stress on **MIND** + **b o d y**

- Headaches
- Increased depression
- Heartburn
- Rapid breathing
- Risk of heart attack
- Pounding heart

- High blood sugar
- High blood pressure
- Weakened immune system
- Fertility problems
- Stomachaches
- Tense muscles
- Ankles swell
- Insomnia
- Weight gain
- Cognitive function (memory loss)
- Accelerated aging
- Impairs digestion
- Numbness in limbs/feet
- Cancer, insomnia, stroke
- Alcoholism/smoking
- Diabetes
- Sadness, tension, anxiety
- Feeling “out of control”



headaches

Stress can trigger and intensify tension headaches.

increased depression

Chronic stress can wear you down emotionally and lead to depression.

heartburn

Stress increases the production of stomach acid, which could lead to heartburn or make it worse.

insomnia

Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.

rapid breathing

When you're stressed, the muscles that help you breathe tense up, which can leave you short of breath.

weakened immune system

Long-term stress weakens your immune system's defenses, leaving you more vulnerable to infections.

risk of heart attack

Over time, an increased heart rate and high blood pressure damage your arteries, which could lead to a heart attack.

high blood sugar

Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.

pounding heart

Stress hormones make your heart pump faster so that blood can quickly reach your vital organs and limbs.

high blood pressure

Stress hormones tighten blood vessels, which can raise your blood pressure.

fertility problems

Stress interferes with the reproductive system in both men and women, and may make it harder to conceive.

stomachache

Stress affects your body's digestive system, which can lead to stomachaches, nausea, and other tummy troubles.

erectile dysfunction

Your brain plays an important part in the process of getting an erection. Stress can interfere with this process.

low sex drive

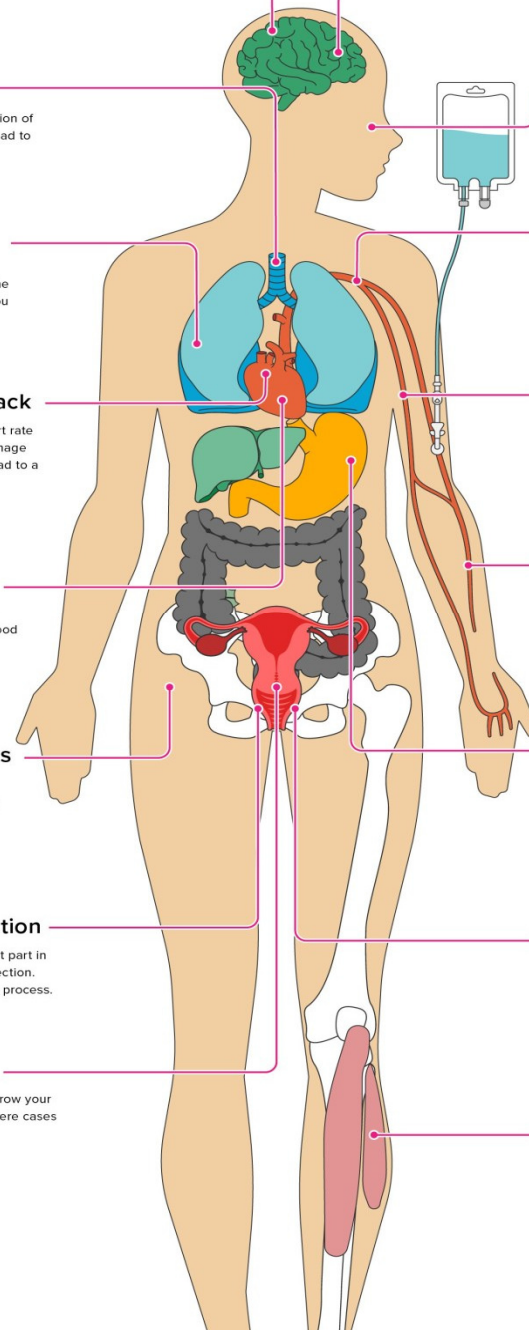
Stress — and the fatigue that often comes with it — can take a toll on your libido.

missed periods

Fluctuating hormones can throw your menstrual cycle off, or in severe cases stop it altogether.

tense muscles

Stress makes muscles tense up, and chronic stress can lead to tension-related headaches and backaches.



what's in your **b a c k p a c k**?

What did you bring
in your backpack?



secret pockets

What will you add
to your backpack?

**“If you don’t deal with what hurt you,
you will bleed on someone who didn’t cut you”**

**Do you mean to tell
me a stress ball isn’t
for throwing at people
who stress you
out?**



group activity



WEIGHT IN YOUR BAG:

Break up into 4 groups.

Each group will get one topic.

**Make a list of the stressors that are present in
your topic**

TRAINEES

CALL TAKERS

RADIO DISPATCHERS

PERSONAL LIFE

AUTHOR OF THE INTERNATIONAL BESTSELLER THE WILLPOWER INSTINCT

KELLY McGONIGAL, PH.D.

THE
UPSIDE
OF
STRESS

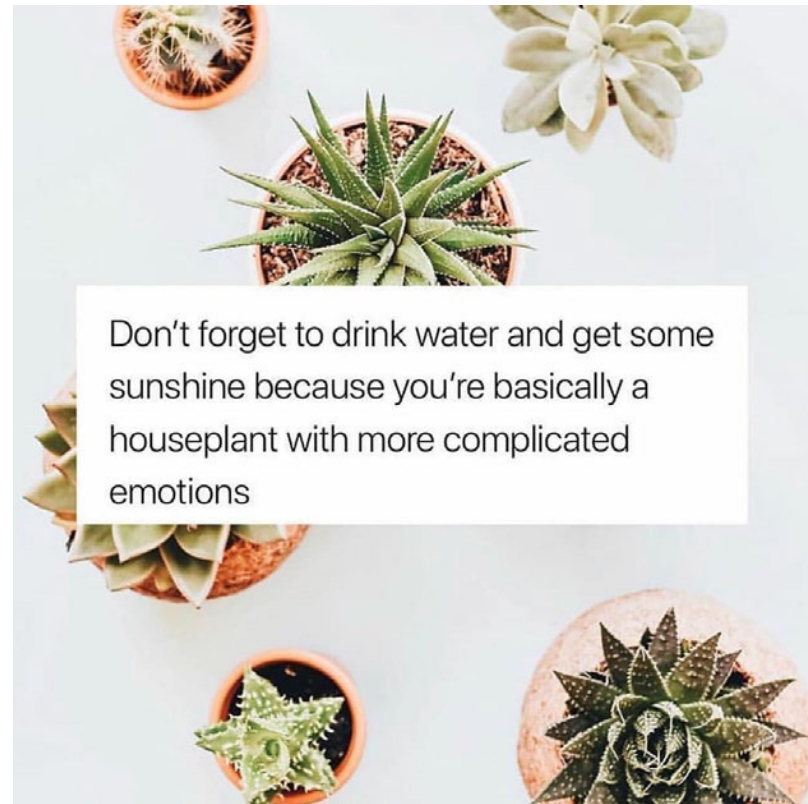
**WHY STRESS IS GOOD FOR YOU,
and HOW TO GET GOOD AT IT**

EMPTY the backpack



S.T.R.E.S.S. self care

- S** – Simplify
- T** – Time management
- R** – Relax + Recover
- E** – Eat Healthy
- S** – Stay Active
- S** – Support System



SIMPLIFY



T I M E management



r e l a x + recover



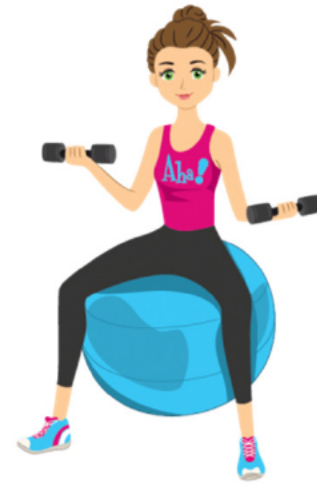
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- Make the most of your breaks
 - Spend some time in silence / meditate / take deep breaths
 - Make time for your hobbies and interests outside of work
 - Enjoy simple pleasures during work (TV, friends, books, etc.)
 - Get enough sleep
 - Use Humor – LAUGH

E A T healthy



- Drink more water
- Limit sugar and caffeine
- Avoid too much "comfort food"
- Prepare your meals and snacks
- Everything in moderation

stay ACTIVE



support system

what are other
words for
support system?



family, safety net, therapy,
encounter group, friends,
morale boosters,
self-help group, network, group



r e s o u r c e s

Friends and Family

Chaplin Jim Becknall
408-234-9771

Employee Assistance Program / Managed Health Network (MHN)
888-800-0059
Members.mhn.com

Peer Support / Critical Incident Stress Management (CISM)
888-800-4418

Crisis Management Unit 408-645-8332



Breathe



Exercise



Spend time with nature



Open Mind



RELAX
RELAX
RELAX

MINDFULNESS

FORGIVE
FORGIVE
FORGIVE



Plant



Cook



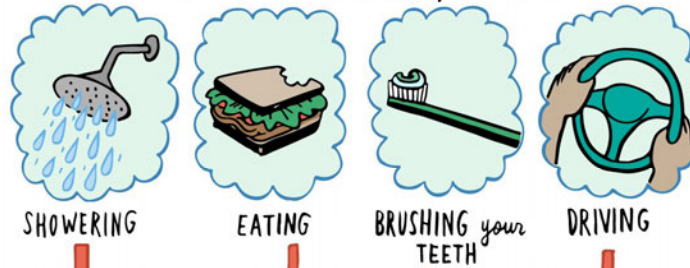
Take the dog for a walk



Take a bath

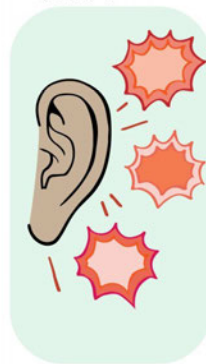


PICK ONE THING
YOU DO EVERY DAY, SUCH AS:



TAKE TIME *to*
NOTICE

WHAT
SOUNDS
DO YOU
HEAR?



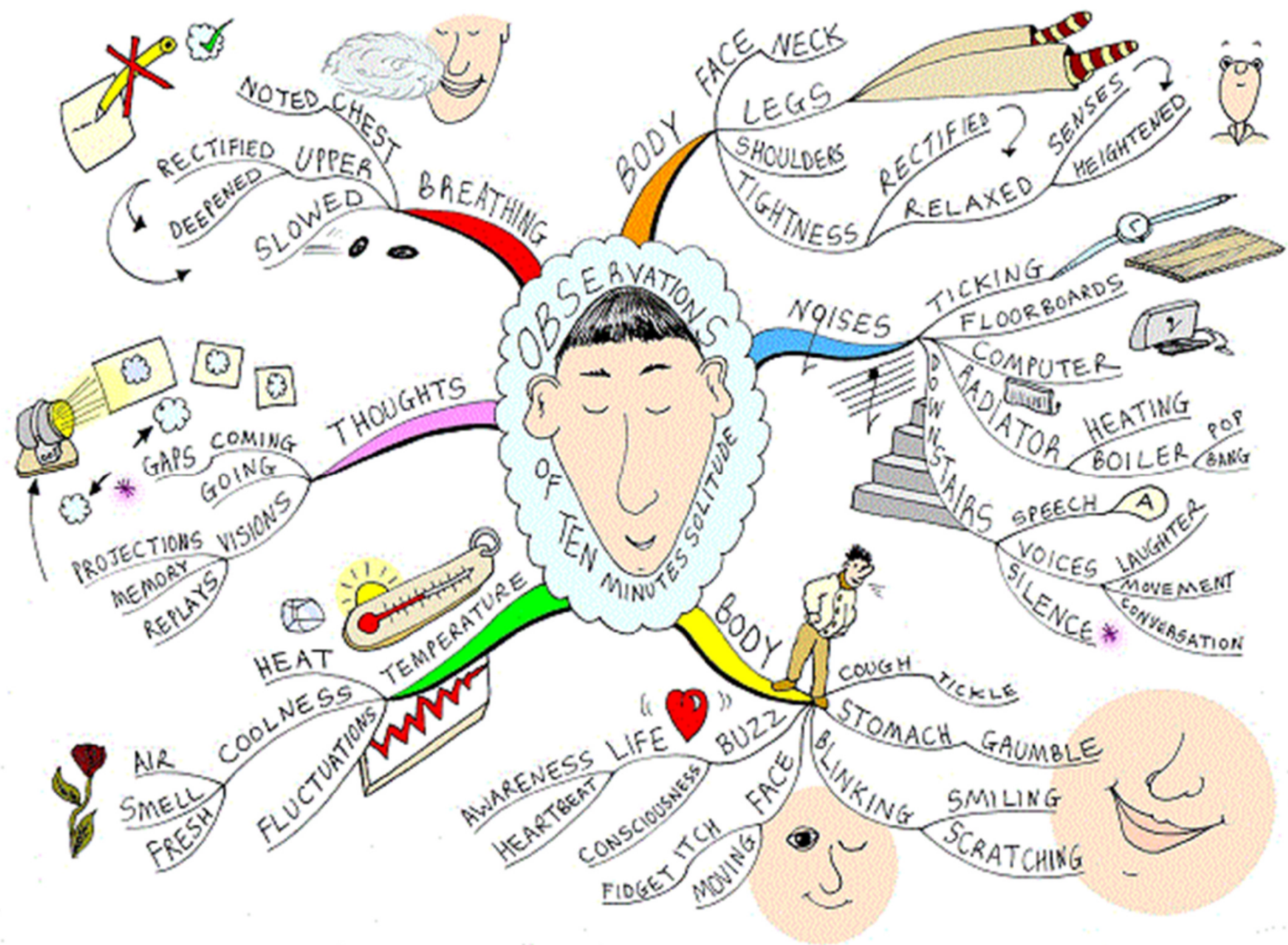
WHAT
PHYSICAL
SENSATIONS
DO YOU FEEL?



WHAT ARE
YOU THINKING
ABOUT?



STOP, BREATHE
& THINK



activity

CREATE A PERSONAL WELLNESS PLAN

