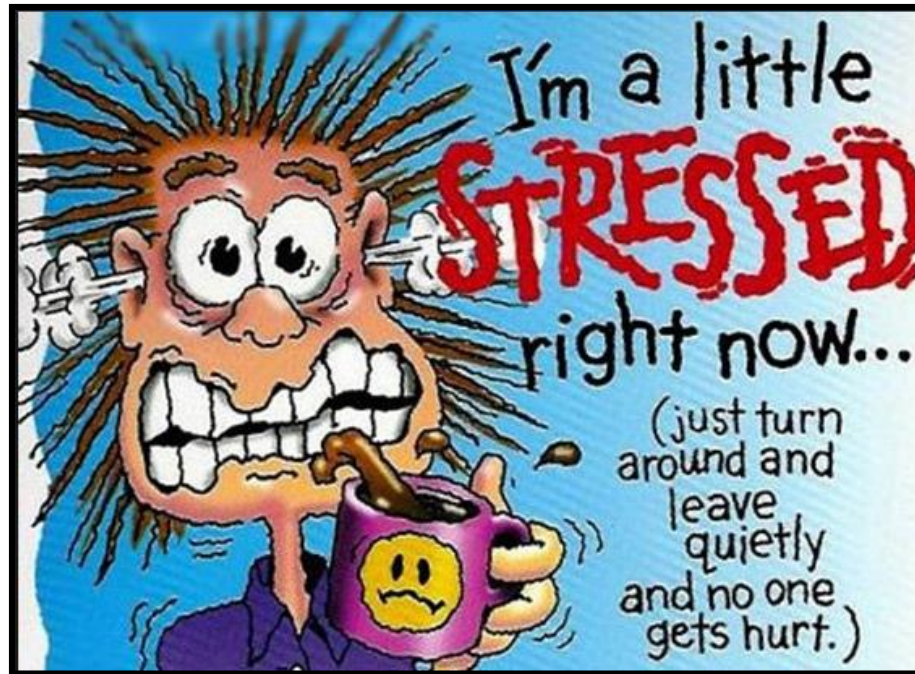


SOS for Stress:

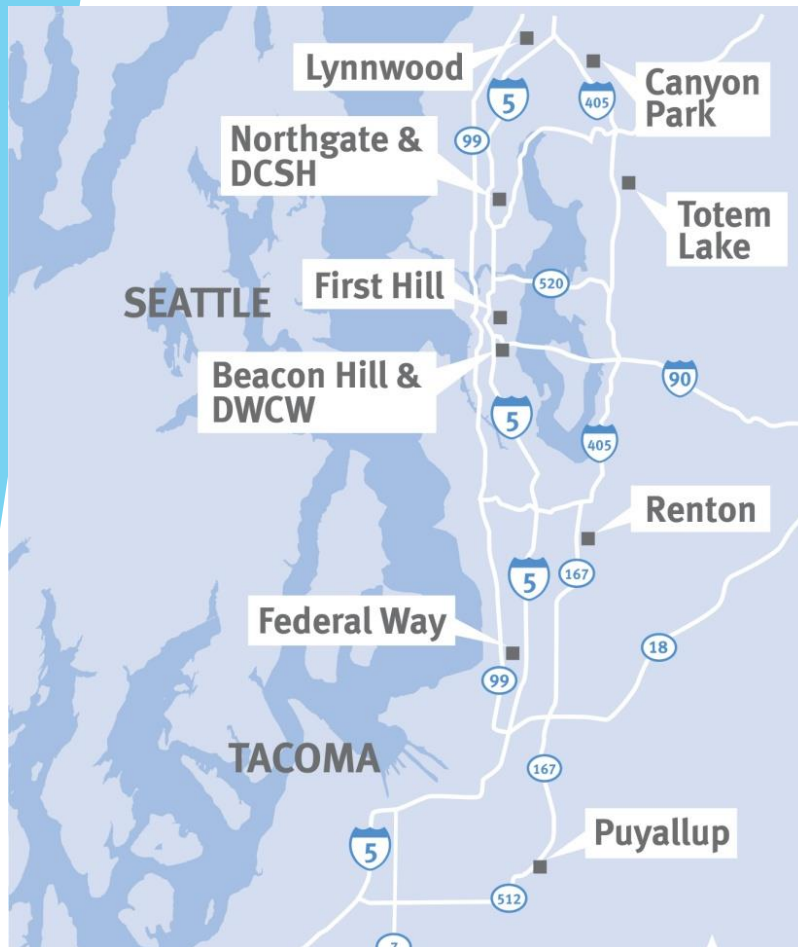
Part 1: Stress Physiology



Christy Goff, MS, RDN, CD, RYS-200

Living Well Alliance™ | Pacific Medical Centers

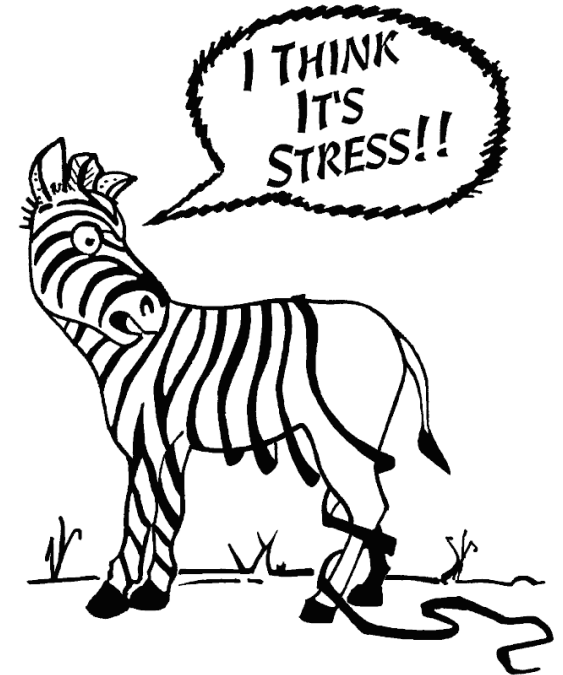
The Living Well Alliance™



A workplace screening, wellness and education program to help prevent diabetes and improve the health of our communities.

Agenda

- ▶ Defining Stress
- ▶ Tips to combat stress
- ▶ Deeper look at work stress



Mark your calendars!

Part 2: Nutrition, exercise & Stress: **April 3rd 2-3pm**

Part 3: Sleep, relaxation & Stress: **May 15th 2-3pm**



Stress Defined

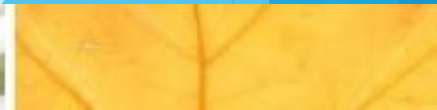


► What is stress?



Types of stressors

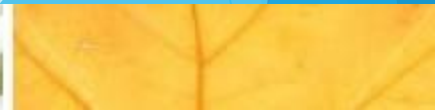
- Internal or External
- Positive or negative



Stress is the same for everyone.

True

False



What Makes Stress Worse?

▶ Nature of stress

- ▶ Importance
- ▶ Duration
- ▶ Repetition
- ▶ Cumulative effect
- ▶ Surprise/uncontrolled



▶ Inability to cope with the stressor

- ▶ Lack of resources to deal with issues
- ▶ Chronic stress lowers ability to cope or resist further additional stresses



Stress in America

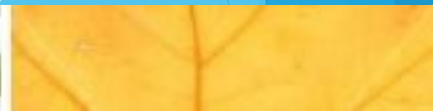
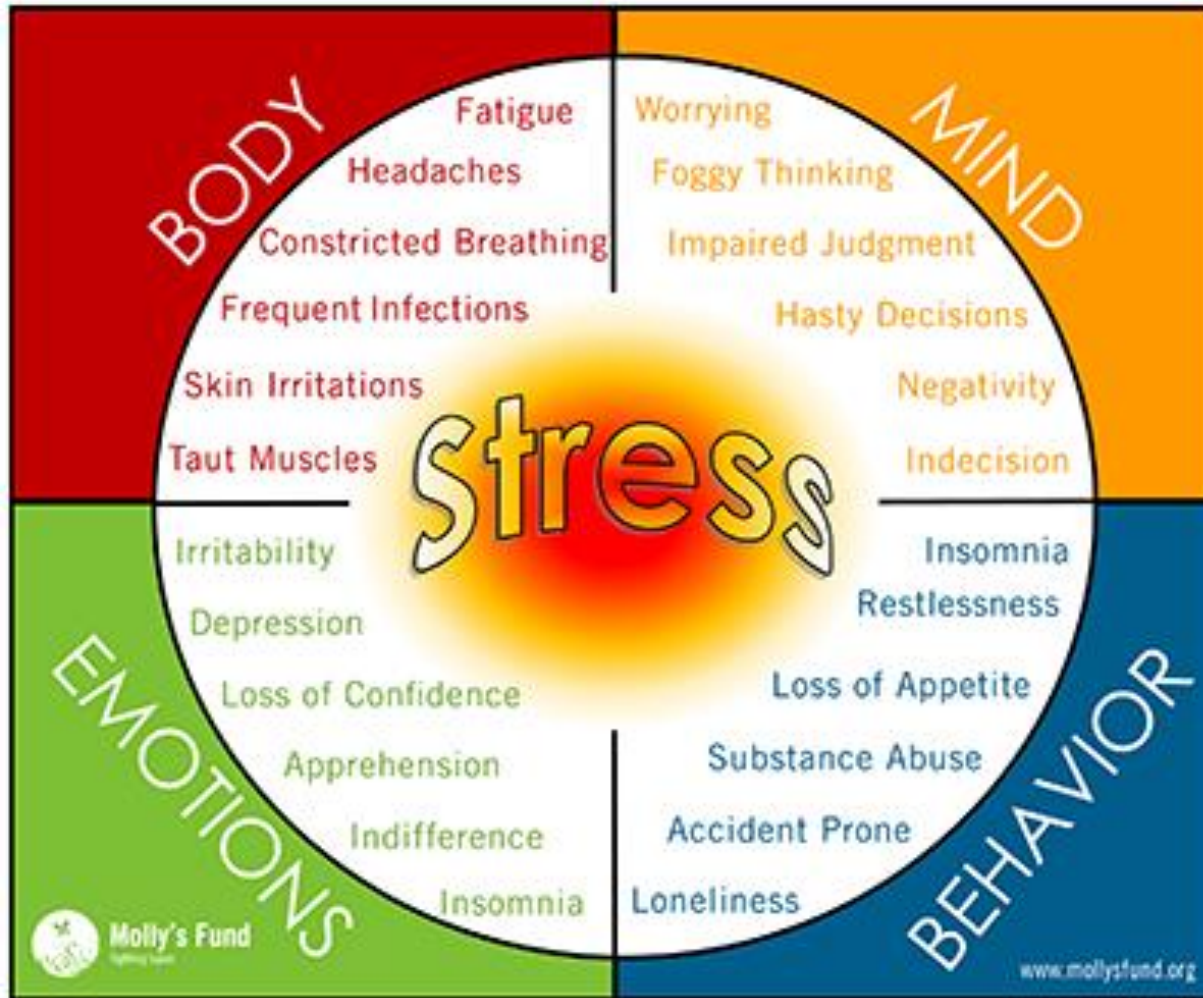
- ▶ It is estimated that 75-90% of all doctor visits are related to stress
 - ▶ Why are we not talking about it in those visits? 42% say they are not doing enough to manage their stress.



Chronic stress can lead to: diabetes, heart disease, anxiety, depression & addiction.

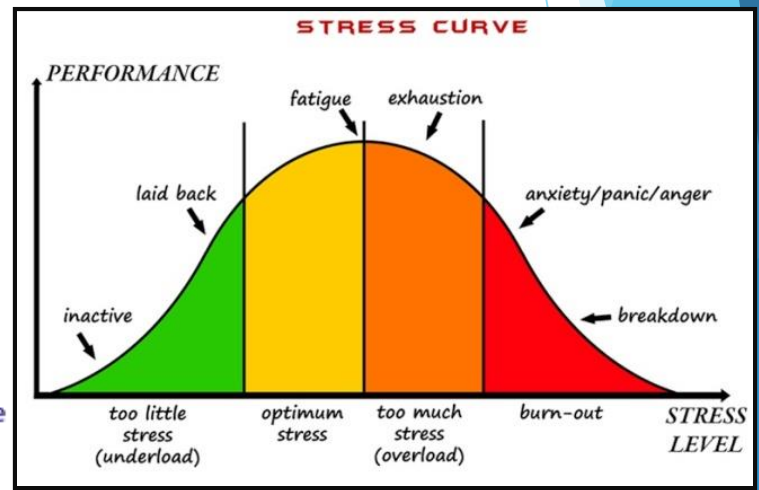
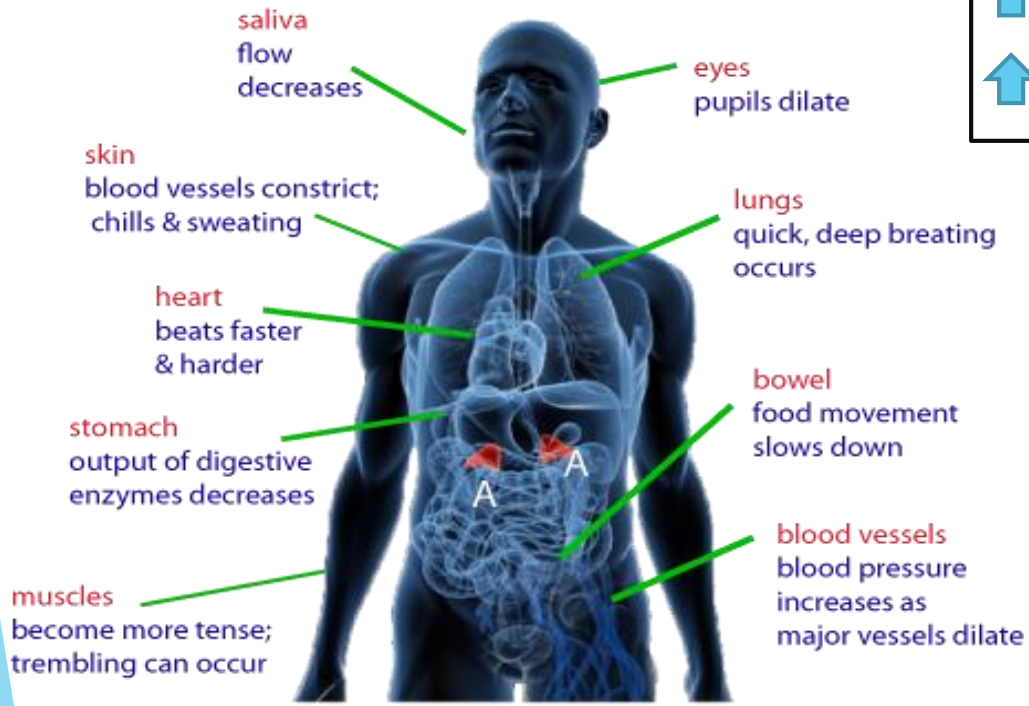
- There is a clear link between stress and heart disease

Problems with Chronic Stress

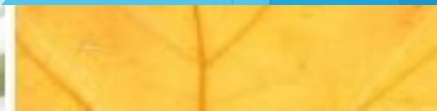
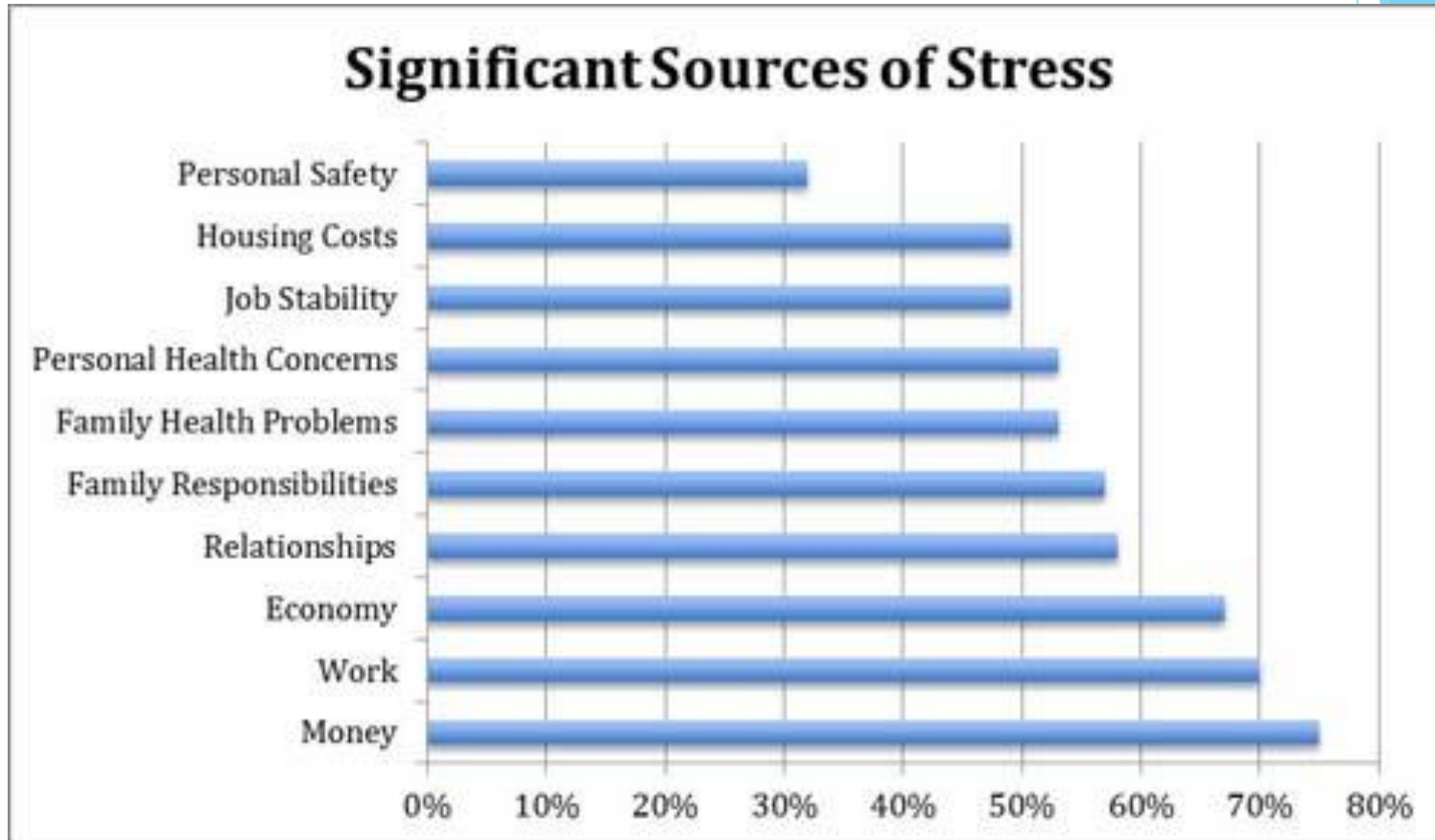


Natural Stress Response: Fight or Flight

- ↑ Sympathetic nervous system activated & cortisol released
- ↑ Wakefulness
- ↑ Glucose & lipids in blood



What are our stressors?



Where can work related stress come from?

UNCOMMON

- ▶ Work the k
- ▶ Little collea
- ▶ Poor press



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What Can You do About Stress?

Good news! Stress *is* manageable

We often need a toolbox of ways to manage:

- ▶ **Name it! Perspectives/Mindsets**
- ▶ **Support Systems**
- ▶ **Relaxation/Meditation**
- ▶ **Nutrition**
- ▶ **Physical Activity**
- ▶ **Sleep**



Shifting Perspectives

- ▶ Name it: Those narratives about ourselves that often focus on the negative
 - ▶ Can I change thoughts and patterns I've learned from my past?
 - ▶ Check in with what you want and how you want to feel
 - ▶ Check in with your reactions
 - ▶ Use stress to get energized or to delve deeper



Managing Job Stress

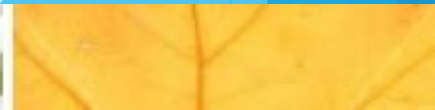


You and your job

- ▶ Get organized
- ▶ Regularly re-evaluate
- ▶ Don't put things off
- ▶ Boundaries
- ▶ Assign importance
- ▶ Delegate

You and your boss

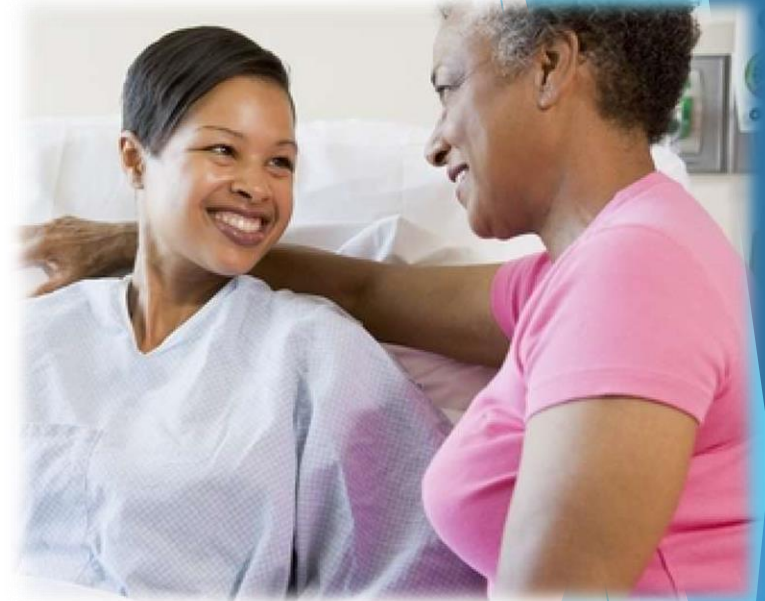
- ▶ Meet with your manager review:
 - ▶ Expectations
 - ▶ Feedback
 - ▶ Weakness strengths analysis
 - ▶ Resources for you when needed
 - ▶ Appreciation and incentives per job performance



Social Support

Buffering Hypothesis

- ▶ Social support protects people from the bad effects of stressful life events
- ▶ Positive social interaction can lower cortisol levels.



Practical application: Spend time with your friends and loved ones, particularly when you're stressed.



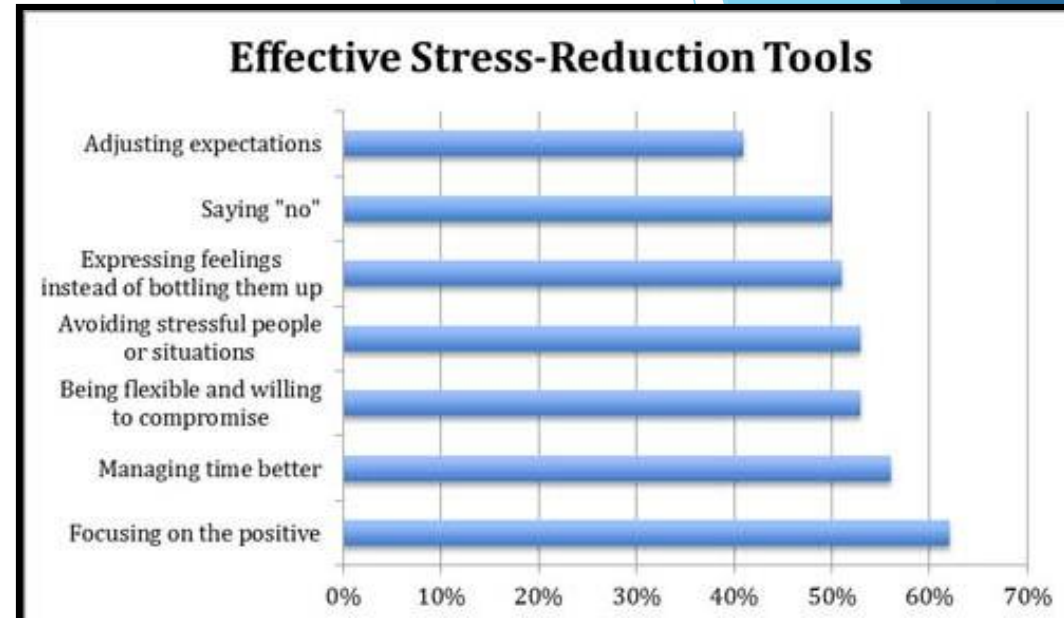
Ways to Relax

- ▶ Breathing exercises/Meditation
- ▶ Yoga/Stretch/massage
- ▶ Read
- ▶ Water therapy
- ▶ Go for a walk
- ▶ Humor!
- ▶ Call a friend or meet with friends you like

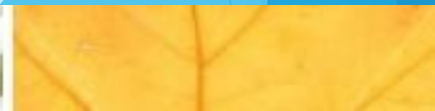


In Summary: Know Your Triggers

- ▶ Reframe thoughts
- ▶ Identify if internal or external stressors
- ▶ Make healthy lifestyle changes
- ▶ **Be aware of self induced stress**
- ▶ Reach out for help
- ▶ Use stress reduction techniques offered today and attend our next two classes!



What healthy strategies reduce your stress?



WATCH YOUR THOUGHTS;
THEY BECOME
WORDS
WATCH YOUR WORDS;
THEY BECOME
ACTIONS
WATCH YOUR ACTIONS;
THEY BECOME
HABITS
WATCH YOUR HABITS;
THEY BECOME
CHARACTER
WATCH YOUR CHARACTER;
IT BECOMES YOUR
DESTINY
-LAO-TZE

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