All right health education and just a variety of really fun stuff Stress Management tips at the end of classes are going to take a deeper look at nutrition station changing all the time what is the finest track there's a lot of cool research being done around stress responses and fairies. Try to incorporate that into days are you right now that you're having right now exercise Trisha non-stress Presentation Academy April, 3rd May 15th strep before how many of you it's a difficult part.

Of our bodies you might even have just getting here today to take a minute to courting makes me a little stressed out like right now just take a second to not judge it what's going to Austin a lot of time, stress is unconscious we don't even know we're having stress when we are in the midst of it only takes realize what is he touch your belly if you want exhale out your mouth lyrics.

Take another deep breath one more in town the not accept anything that was a very short trigger different response without control over freezing play open your eyes again, hopefully not going to sleep diagram of things that make people have, fastest route of the physiological response what do you think shelter run quicker you know you can always run a little bit faster so.

Much teasing you shifted since we've moved around a little bit more adaptable you have this response, that kind of too much stress I like to present types of we have internal external or Internal would be an example of a medical procedure no interaction abstract numbers when is sunny other necessary but they're different types of negative or that aired send all the details.

And a leading up to it, usually you're sweating you’re a little nervous for some kind of interaction hopefully ask awesome actually help them perform a little bit better really focus on not wearing myself out because I'm running out of the cage test really nervous and felt like I had been like That's for the whole race we have to learn so much different what do you think is the same for everybody a reason for that Kane Browns who you are and how you feel in that.

Environment to so I would say it's a rule, it's happening everybody and everyone just a little bit make stress worse, there's a couple things that we look at is the nature of the stress duration is key so duration is going to be huge for 5 months petition stressor and then the next time you want another Striker on your week is going to be the one that you react to as opposed to the.

The first couple that has no more induration fur, and family member has another health issue really make a difference and then one of the biggest things that I say can you control that you didn't really have control so when people feel in control their stress usually goes down when they feel out of control and then there's a couple other things that make stress worse as if you're just.

Don't have the resources and then it's going to be reactions chicken really stressed and on those at least one of the food tracker for your own I don't need to collect it or anything so feel free to abbreviate or even just think of your number there's some pain. A half sheet of paper that you can use a backup I'm in the hallway, there's a stable they sure made a bunch of people.

Association, American population I wanted to display has also increased because people are living longer and parents need more support and there's just not a lot of resources out there for it what the weather looked at another from this study as well at the end, but I think it's just a nice way to basic needs it is estimated that percent of all of our doctors crate Club what's a good.

Range Atlanta Falcons cuz usually don't say it and now I have this rash I feel like I could do a little bit more special after learning a lot of times we know what there is a clear link between stress and stress trigger always have the genie this is my favorite diagram probably because it just shows you how much our body is doing without us really knowing about control anything but myself.

Just stood enzymes lower decreases move slower so I can kind of blows in our digestive and everything on the kitchen table to react to whatever couple things are happening it also increases our way. We have a more insight into concentration, however we lose a lot of our cognitive thinking we're not really thinking about. Free constant output this is a great we need.

That motivation to go to work to perform to come along with looking at how stress can affect your mind you might think, so it's just but it's actually interviewed like thousands of people think all the time that those are from scratch that a lot of people get something that sort of seriousness that we might cost of appetite negativity in a judgment because of this it's just a nice little diagram that.

Shows your lack of my previous job had a lot of drama and I would feel even more security rewards employee of the month or different ways to get people different, or something like that this is the kind of control stress support for management worked as well I just want to name this tune also stress that don't talk about your male dominated work for women has navigated for.

Survival on disability to one-time thing has an ongoing daily thing standard percent right now the rest of today we're just going to go over a couple ways that we can say we're never going to get rid of unfortunately we have any one of these things is going to work for every one of your stresses individual stressor especially the different kinds of birth control our support and then.

Also, unlike other ways to relax and I'd love your input for those who sells apps for $0.06 if we're doing something time schedule for example, we talked about all the time right now how do you start to deal with it once you have an idea of where the apartment is going on in your body can kind of help us focus more on Solutions and again getting that control. Can help with now look.

At how you respond to it usually do you get hyper motivated and you're like working a hundred miles an hour and that kind of burns you out or are you cross me because it's stressful and then it gets even worse can you change some of those habitual patterns that we've had for maybe your whole life around inside my mind set around 4 because of this interaction are the Southern.

Really doing a little bit of a shadow the things that you don't want to hear about yourself Shadow works if you know your Shadow you can kind of turn it into more of a proportion Atlanta is supposed to check in with what you actually want some tea and Juice by a lot of people putting things on you, you hate your co-workers know that you're there yet so you're just in your life and.

Now your tooth what you actually again check in with your reactions most of us because the emotional state whether it's time to fight we had anyone we have a bunch of Stratford we against and it burlesque dive deeper and get more energized, go using stress as maybe one of those positive your boxes that you haven't gone through your perspective what's the weather.

Change it to oh my gosh, I'm so scared amazing the difference of likes looking at what stresses people out, how do you fix people have really good luck with spinning something that would normally be either really corny at first when you're like, but it really does help if you're constantly just doing that because it was really interesting to a situation to So This Is Us start again work

And get yourself a little bit controller have that control nation is one of the biggest things people usually end up having strep without it's either they have too many meetings as one of those things that you can do that evaluating so whether it's like a process that your relationship with your co-workers and see how you can things used to stretch out with everyone else Pisces.

Horoscope a signing up for important to have like a task list that you can do she is doing, he's fairly new to us if he has a bunch of projects and then like nice to have something right now upgrade email to organize your email box I'm in an estheticians are meeting with your manager about no idea super stressed frustrated there an ice box they should be able to handle it really.

Helpful I know that maybe your employees are really stressed out to social support is a huge relief for stress so we are social being's connection a lot of us that are very isolated and depression, loneliness really stressed out so they actually like contact with women and their babies and just how are blood pressure he's had a really stressful week and this is just a list I started from just.

Hearing you guys have something to add that they do for stress relief that's not on their way to call Mom Cell down, stretching ahead and start reducing our stress immediately Mercy I can be more stressful music, country music Children's Hospital you can actually meet switch into a different part of your brain musical instrument draw what a great friendship where are mine.

Friend on awesome artist and she hated coloring and I are laughing the visual imagery exercise just make up your own imaginary imagery if you wanted to do it instead of typical medication start breathing regularly sure beautiful ocean you can hear the palm trees rustling overhead or forest trees rustling overhead year chirping happily signaling signs of spring walking barefoot in.

The sand, the water roll over your feet, refreshing towel rest for a while and all of you peace and beauty that surrounds you deeply, the warm Ocean Air comes out, open your eyes any time you want volume down to actually put it into that more rest and digest itself will talk more about this within nutrition eating and dance like we do not digest their food we'll talk more about that.

Around doing nothing I need a break from our social media at some point. What is the deal with citizens the same survey. Positive things, trying to get out of that mode of always complaining to somebody managing time sing feelings instead of bottling it Lego I think that's something gentle something that you would say to a loved one pressure increases really important we'll talk about Other ways to die.