

Not All Stress is Bad!

Powerful Tools to Convert Distress into Eustress

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Stress is linked to....

- Anxiety
- Arousal
- Burnout
- Exhaustion
- Fatigue
- Mental Load
- Stressor
- Tension



What is Stress?

- *“... stress as the interaction between three elements: perceived demand, perceived ability to cope and the perception of the importance of being able to cope with the demand...”*
- *Transactional Model - view stress as the interaction between environment and individual emphasizing the role of the individual’s appraisal of situation in shaping their responses...*

Stress and Cognitive Appraisal

By Richard Lazarus and Folkman

- Primary Appraisal
- Secondary Appraisal

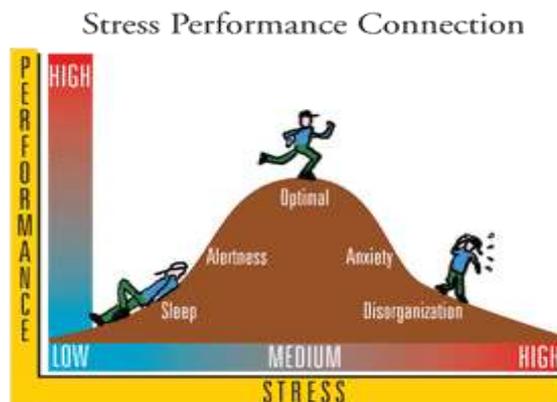
Filling in the GAP in defining stress

“...Arousal is a hypothetical construct that represent the level of central nervous system activity along a behavioral continuum ranging from sleep to alertness...”

or,

“... the basic energetic state of an organism...”

Yerkes - Dodson and Arousal Theory



Negative Effects of Distress

- Profound Connections between one's mental/emotional state and physical health
- Researchers state that there is a colossal link between stress and disease
- American Institute of Stress suggests that as many as 80% of all doctor's office visits are the result of stress

Direct Fundamental Association to...

- . Acne
- . Migraine
- . Gastrointestinal problems
- . Herpes
- . Hemorrhoids
- . Common cold
- . Cancer

Inventory



Humor Therapy

- Great stress reducer
- Helps individuals deal with life hardships
- Less Defensive
- Unmasks the truth in a comical way
- Provides a clear perspective and focus

Journal Writing

- Focus
- Patience
- Planning
- Personal Growth

Communication Skills in the Information Age

- Vehicles for Communication:
 - Text Message
 - Social Media
 - Email
- Communication Styles:
 - Verbal
 - Non-Verbal

Stress and Human Spirituality

- Human spirituality is a broad concept with room for many perspectives. It includes a sense of connection to something bigger than ourselves.

Meditation and Mindfulness

- Meditation is a practice used to clean the mind of all clutter as well as improve concentration and attention.
- Mindfulness is being fully aware in the present moment and non-judgemental.

Take-Aways!

Reflections



References

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During the break...

- Discuss / think about how you might implement the information you just heard.
- Fill out a session evaluation.

Thank You!

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*By comprehending that human beings are energy, one can begin to comprehend new
ways of viewing health and illness.
- Richard Gerber, MD*



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