

Managing Stress

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"STRESSED"
is
"DESSERTS"
spelled
backwards



Check in with yourself:

How am I feeling in this moment?

What do I need to feel more positively?

**What am I able to do right now to
relieve any unwanted feelings?**

What is stress?

- How our body responds to pressures, responsibilities, and threats (real or imagined).
- Stress is felt when an individual perceives a real or imagined challenge or threat to a their well-being. People often use the word stress interchangeably with anxiety, feeling anxious, fearful, nervous, overwhelmed, panic, or stressed-out.



Types of Stress

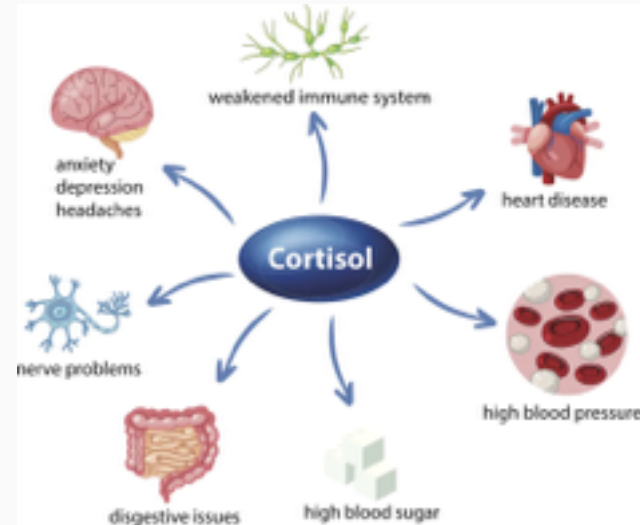
- **Acute stress:** Fight or Flight Response. The body prepares to defend itself
- **Chronic stress:** Chronic stress is the most harmful type of stress. If chronic stress is left untreated over a long period of time, it can significantly and often irreversibly damage your physical health and deteriorate your mental health.



Fight, Flight, Freeze

- Stress is the body's natural defense against real or imagined danger.
- The body produces significantly greater quantities of the chemicals **cortisol**, **adrenaline**, and **noradrenaline**.

- SYMPTOMS
 - Increased heart rate
 - Racing thoughts
 - Difficulty concentrating
 - dizziness/ light headed
 - nausea/ "butterflies" in stomach
 - rapid , shallow breathing
 - Shaking
 - Sweating
 - Tensed muscles





The Stress Response - Fight or Flight

**What types of stress do
you personally
experience? (at home,
school, work, ect.)**

Common Stressors

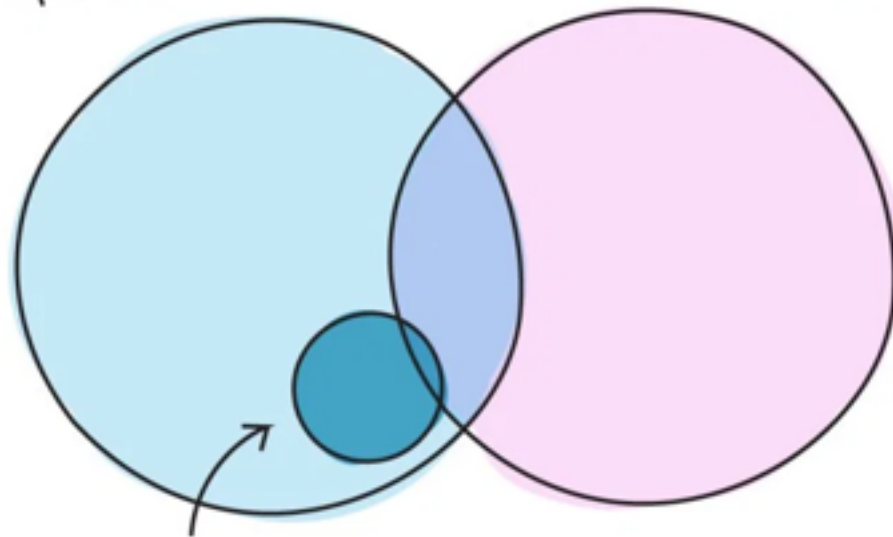
- **Personal Changes**
 - Illness, end of relationship/ friendship, financial struggles
- **Family Changes**
 - Marriage/Divorce, death, children, moving



- Work Changes
 - New job/ boss, unemployment, **DISTANCE LEARNING, WORKING REMOTELY**
- Environmental Changes
 - Natural disaster, relocation, **COVID**
- OUR OWN THOUGHTS
 - the body can not determine the difference between life threatening external threat from imagined or perceived non-life threatening stressors.

THOUGHTS

REALITY



NEGATIVE
THOUGHTS

How do you know if you are experiencing stress? What are some signs or symptoms?



Symptoms of Stress

PHYSICAL

- Racing Heart
- Shaky Hands/Legs
- High Blood Pressure
- Clenching Fists
- Headaches
- Tenseness
- Muscle Spasms
- Indigestion
- Neck & back pain

EMOTIONAL

- Loss of motivation
- On edge
- Irritable/ anger
- Outbursts
- Feeling low
- Tearful
- Resentful of demands
- Anxiety
- Depression

BEHAVIORAL

- Change in Appetite
- Difficulty Sleeping
- Forgetfulness
- Acting Out
- Social Withdrawal
- Avoidance
- Increased use of Caffeine and Other Substances
- Loss of Concentration
- Racing/ constant thoughts
- Nail biting

Prolonged Stress

Burnout

- is a state of emotional, physical, and mental exhaustion caused by excessive and **prolonged stress**. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

STAGES OF EXHAUSTION AND THEIR SYMPTOMS

STRESS

- WEARINESS
- LACK OF ENERGY
- LOWERED ATTENTION SPAN
- DECREASED EFFECTIVENESS

TIREDNESS

- SLEEP PROBLEMS
- LACK OF MOTIVATION
- APATHY AND INDIFFERENCE
- IRRITATION
- HEALTH PROBLEMS

EXHAUSTION

- DEJECTION
- DISAPPOINTMENT
- EMOTIONAL DISTANCING
- LOWERED SELF-EFFICACY

BURNOUT

DEPRESSION

Recognizing the Signs

The first step of fighting burnout is identifying it before it becomes too much to handle. Some of the warning signs and symptoms are...

- Frustration
- Personal Unfulfillment
- Feeling Overwhelmed
- Less Energy
- Reduced Self-Care
- Trouble Sleeping
- Becoming Less Social / Isolated
- Increased Negativity

KEY SIGNS OF BURNOUT

PHYSICAL

- Loss of or increased appetite
- Changes in sleep
- Getting sick more frequently
- More accidents (anything from bumping into things to car accidents)
- Headaches or unexplained aches and pains

MENTAL/EMOTIONAL

- Boredom
- Irritation
- Feeling "checked out" or numb
- Difficulty concentrating
- Difficulty remembering things
- Mood swings
- Anger outbursts
- Difficulty having fun or relaxing
- Thinking about work constantly
- Dreading having to return to work
- Fantasizing about completely switching careers
- Fantasizing about moving out of the state or country

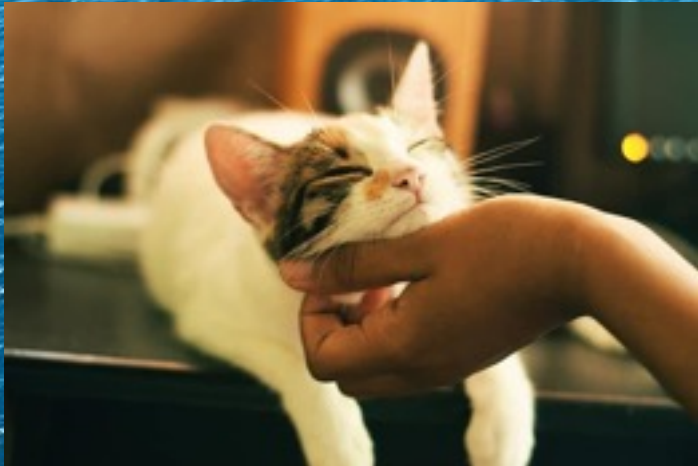


How can we Avoid Burnout?

- Take small breaks once a day
 - Get up, stretch, take a walk
- Maintain physical well-being
 - Exercise, eat less junk food
- Find a creative outlet for stress
 - Hobbies, crafting, painting, photography
- Find time for fun even in the workplace
 - Laugh with a coworker
- Talk to a professional/ seek support
 - Seek therapy, support groups, etc.



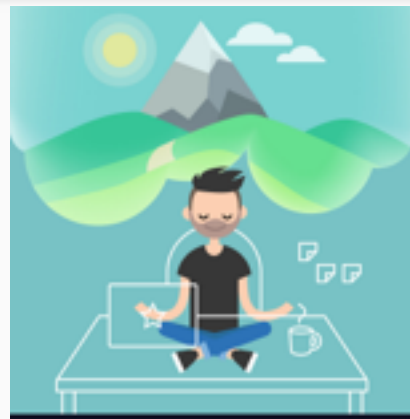
What are your self-care practices?
What do you do to relieve stress?



Coping Strategies/ Self-care

COGNITIVE/ EMOTIONAL

- Self-awareness / Reflection
- Managing Emotions, Grounding exercise
- Meditation, Mindfulness Practices
- Art therapy
 - Sketching, journaling, coloring, etc.
- Positive thinking/ self talk
 - Your brain has difficulty visualizing “not” doing something.
 - Example: “Don’t get stressed out” creates someone who is stressed out.
 - To stay positive, tell yourself, “**I feel calm and relaxed, I am confident and alert.**”



Meditation isn't about stopping our thoughts; it's about working with them.

biggine

Coping Strategies/ Self-care

PHYSIOLOGICAL

- Relaxation breathing
- Relaxing activities (ex. Yoga, walking)
- Exercise
- Eat healthy
- Sleep management



BEHAVIORAL

- Time management
- Assertiveness (ex. Creating boundaries)
- Working with others
- Changing behavior
- Socialize with friends & family



Benefits of Relaxation/ Deep Breathing

- To counteract the Fight/Flight response is the **Relaxation Response**
- The fight-or-flight response triggers symptoms throughout the body, including rapid and shallow breathing
- When taking deep breaths, our bodies are better able to exchange carbon dioxide for oxygen, which results in:
 - a slower heart rate
 - lower blood pressure
 - feeling of relaxation.

BREATHE IN, BELLY OUT

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly abdomen is expanding and not your chest. Exhale for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



DE STRESS
MONDAY

Laughter
IS THE BEST
medicine



LAUGHTER IS THE BEST MEDICINE



HEALTH CHRONICLE

Why Laughter
is the
Best Medicine



- Laughter triggers the release of endorphins, the body's feel good chemical
- Watch a funny video, or talk to someone who makes you laugh!

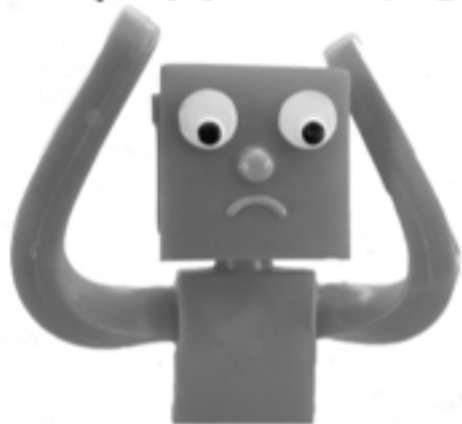
Zumba for the Mind, Body & Soul!

- Dance and/or movement can improve emotional, cognitive, physical and social well being
- Cardio exercise can help strengthen heart and muscles
- Lowers blood pressure
- Stimulates secretion of hormones - norepinephrine, serotonin & dopamine
- Release **GOOD** hormones to suppress BAD ones!
- Burn up to 1000 calories in 1 hour!



Support Groups/ Classes at Richstone!

STRESSED OUT?



TAKE CONTROL!

JOIN RICHSTONE FAMILY CENTER'S STRESS MANAGEMENT GROUP

A therapy group for adults aged 18
and over who want to:

- Learn relaxation techniques
- Balance work, life, and family
- Gain coping skills
- Prevent and reduce stress

Thursdays 6:00-7:00pm
online using Zoom
Free of charge

To register: 310-970-1921

Baby & Me Support Group Bebe y Yo Grupo de Apoya



Free Virtual Support Group for Caregivers and Babies

Grupo de Apoya Virtual Gratuito Para Cuidadores y Bebés

For/Para: Parents, Grandparents or Sitters/

Padres, Abuelos o Cuidadores

Age/Edad: Newborns to Walkers/Recién nacidos a caminantes

Date/Fecha: Every Friday/Cada Viernes

Time/Horario: 11:00am- 12:00pm

Group will begin 4/9/ El grupo comenzará 4/9



Richstone Family Center Virtual

www.richstonefamily.org

TO SIGN UP CALL/ PARA REGISTRAR LLAMA AL Tel: (310) 970-1921

Cleandra M. Waldron, AMFT #125069 - Ext.217

Supervised by Juliette Stodd, LMFT

Rabeca Hester, MS, LMFT #124193 - Ext 230

Supervised by Julio Guerrero, LMFT, PPSC

***Baby is not required to be present to attend the group / *No es necesario que
el bebé esté presente para asistir al grupo**

**RICHSTONE FAMILY
CENTER**

ZUMBA!

VIRTUAL CLASS



FREE
EVERY FRIDAY
5:00-6:00 PM

Starts March 12th, 2021

Facilitated by certified Zumba instructor and
therapist Christine Gutierrez, AMFT

For enrollment, call Oscar at
310-970-1921

Resources for Adults & Kids

Phone Apps:

- GoNoodle
 - Dance videos, yoga exercises, & mindfulness activities for kids
- Happy Things :)
 - Daily short activities given to increase mood, tracks mood
- Insight Timer
 - Guided meditation recordings & music for stress, sleep, anxiety

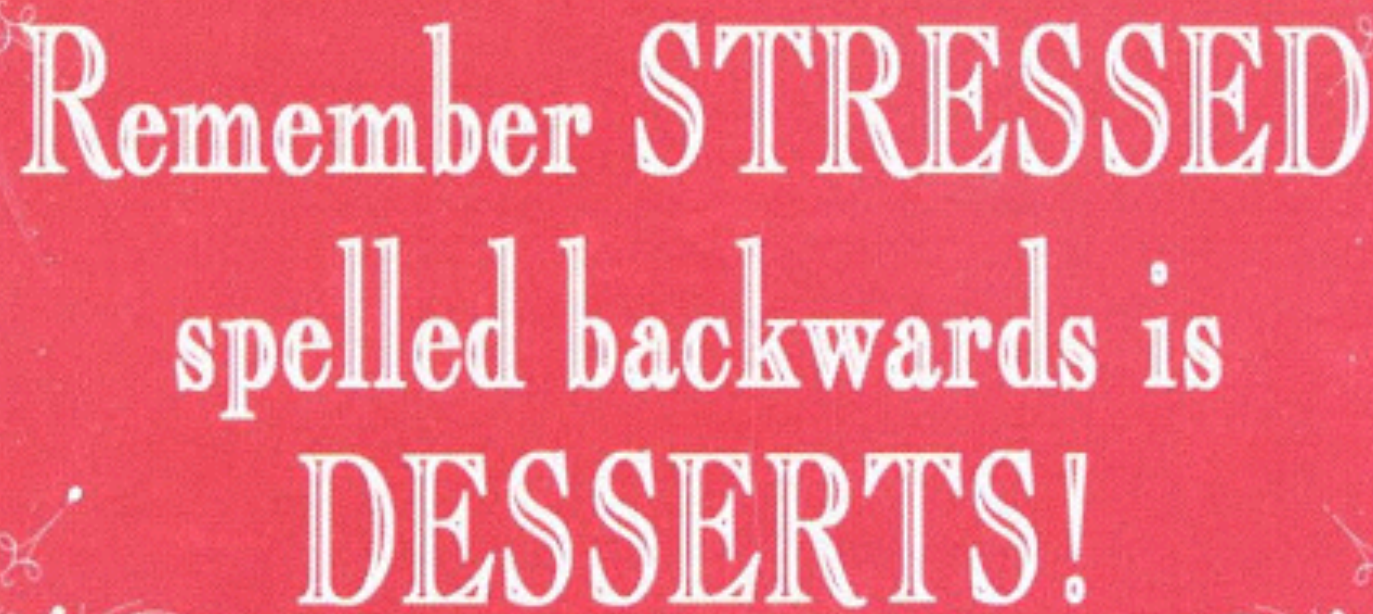
- Headspace
 - Meditate in 10 minutes each day
- Breathe 2 Relax
 - Info on effects of stress on the body, practice breathing exercises

Websites:

- <https://www.stress.org/>
- <https://www.nami.org/>
- <https://www.mentalhealth.gov/>



Mindful Breathing



Remember STRESSED
spelled backwards is
DESSERTS!

References

- **Effects of Zumba Dance on the Management of Stress - A Survey**
Nur Liyana Hannah Izham Akmal, International Journal of Current Research, Vol. 9, Issue, 06, pp.51930-51933, June, 2017.
- **Avoid Burn Out! How to Stop Yourself from Working Too Hard**
<https://www.projectmanager.com/blog/avoid-burn-out>
- **Relaxation Techniques**
<https://www.therapistaid.com/therapy-guide/relaxation-skills-guide>