

STRESS MANAGEMENT 101

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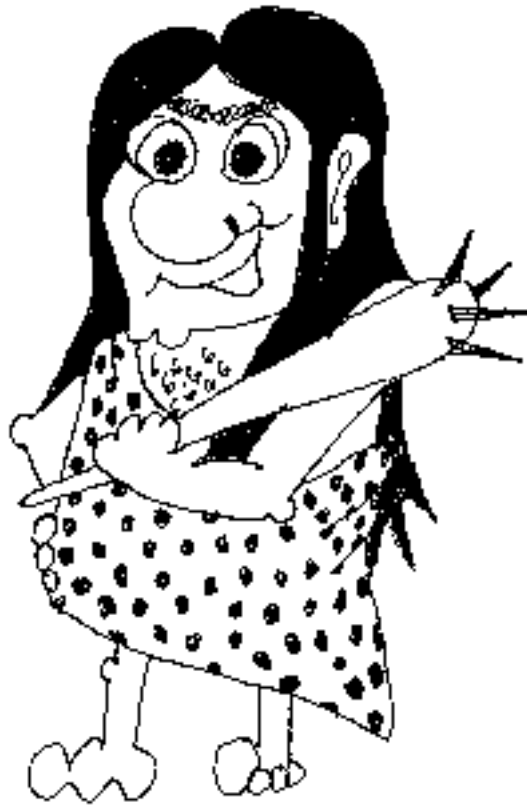


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WE ALL DO THE BEST WE CAN
WITH WHAT WE KNOW AT THE TIME.

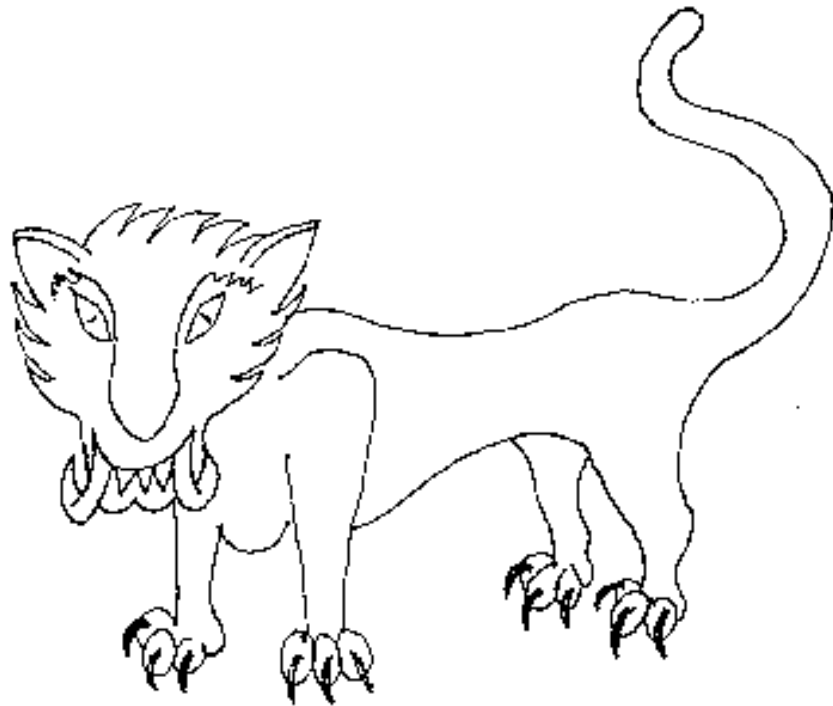
WHEN WE KNOW MORE, WE DO BETTER.

STRESS

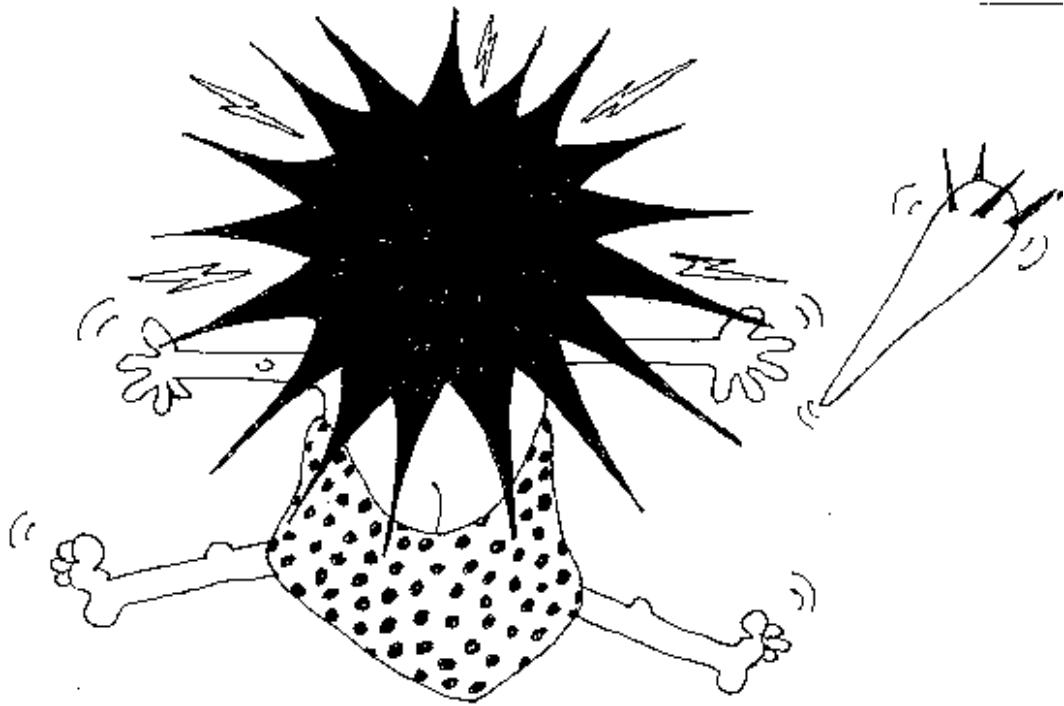


DEVELOPMENT OF THE BODY'S
STRESS RESPONSE SYSTEM

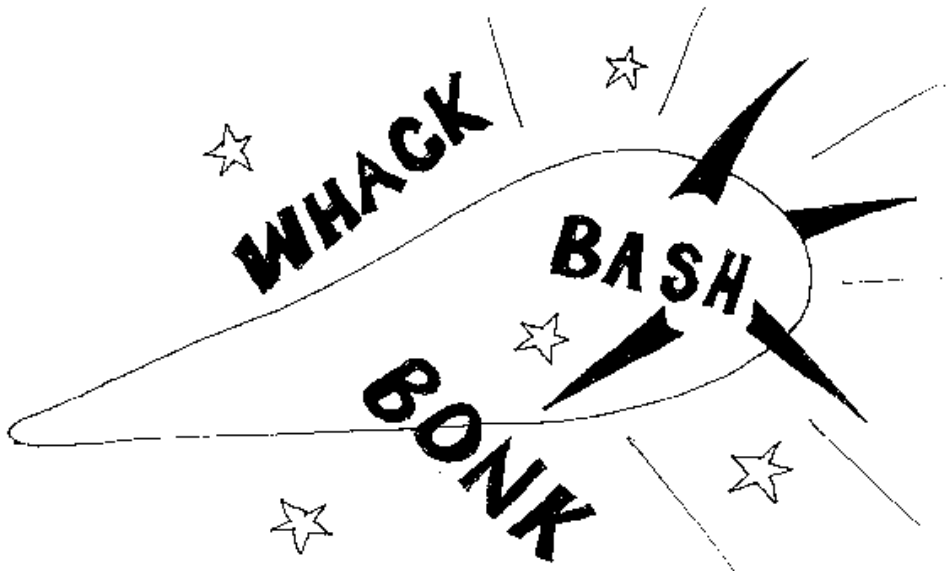
THREAT/STRESSOR – REAL OR IMAGINED



REACTION TO STRESSOR



RELEASE OF STRESS HORMONES FOR
FIGHT OR FLIGHT



RECOVERY STAGE



RELAXATION RESPONSE

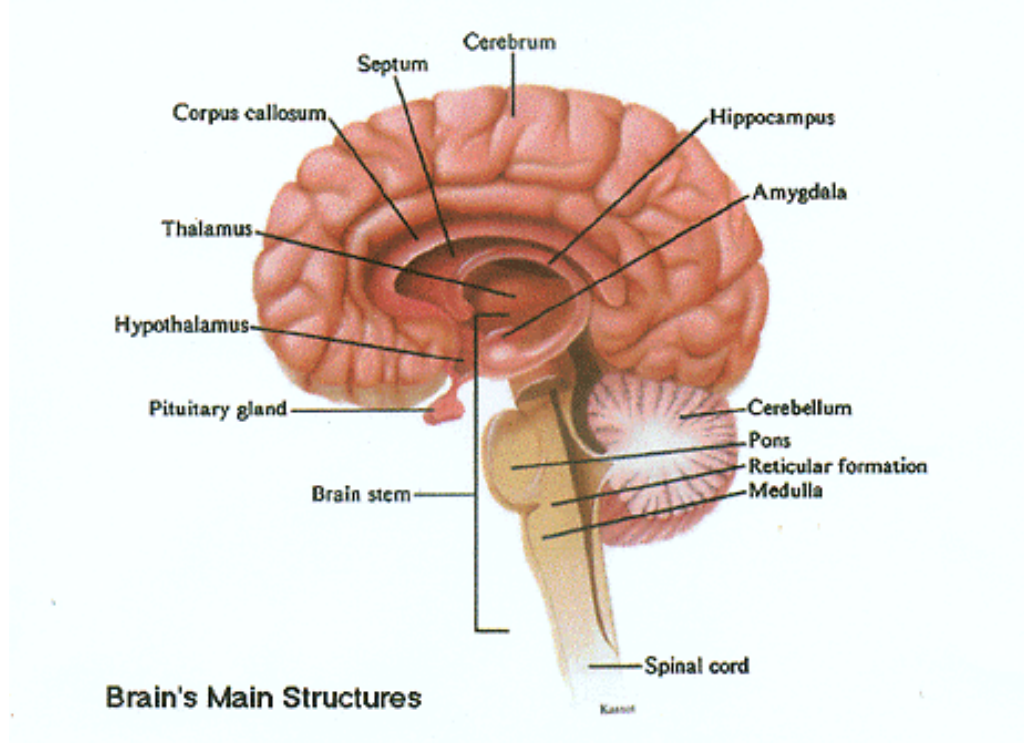


NERVOUS SYSTEM (Glands)

Limbic System	Thalamus Hypothalamus Amygdala Locus coeruleus Hippocampus	Controls emotional responses & memories
Endocrine System	Pituitary gland Thyroid gland Parathyroid gland Adrenal glands Pancreas Gonads (ovaries, testes)	Hormone production and transport

BRAIN'S ON – OFF SYSTEM

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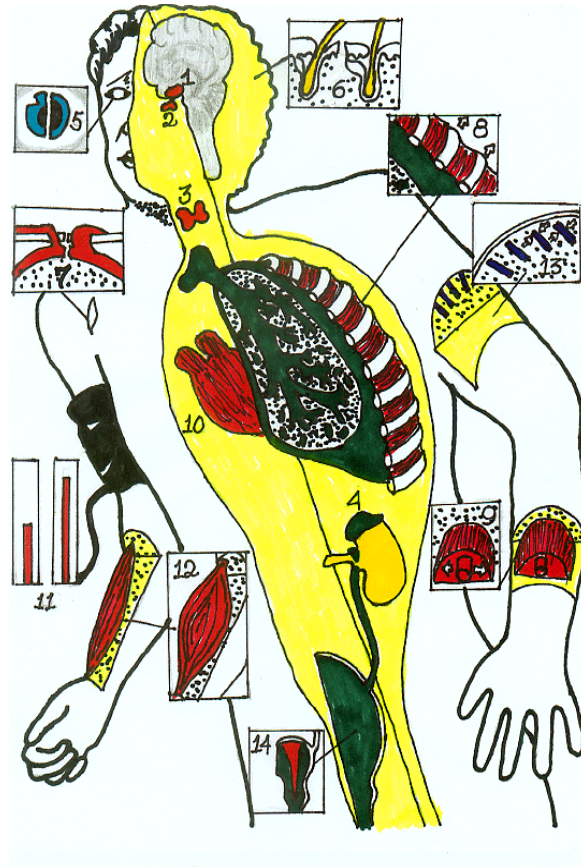


CENTRAL NERVOUS SYSTEM

	Brain	Facial nerves Optic nerves Olfactory nerves Auditory nerves Vagus nerve	
Central Nervous System	Spinal Cord	Regulates blood pressure Regulates digestive processes Regulates physical responses Regulates emotional responses	Controls life support systems

AUTONOMIC NERVOUS SYSTEM

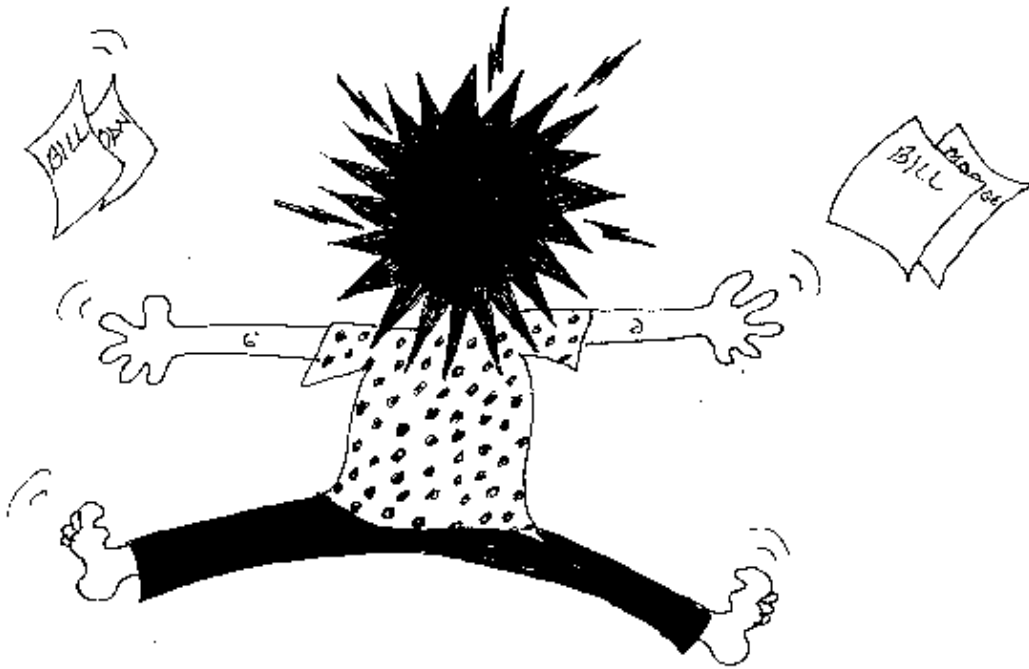
Autonomic Nervous System	Heart Stomach Bladder Intestines Pancreas Adrenal Medulla External sex		Regulates life support systems
	Sympathetic Nervous System	Increases heart rate Increases blood pressure Dilates blood vessels Halts digestion Tenses muscles Releases nutrients into blood stream	Carries out stress response
	Parasympathetic Nervous System	Decreases heart rate Decreases blood pressure Constricts blood vessels Starts digestion	Carries out relaxation response



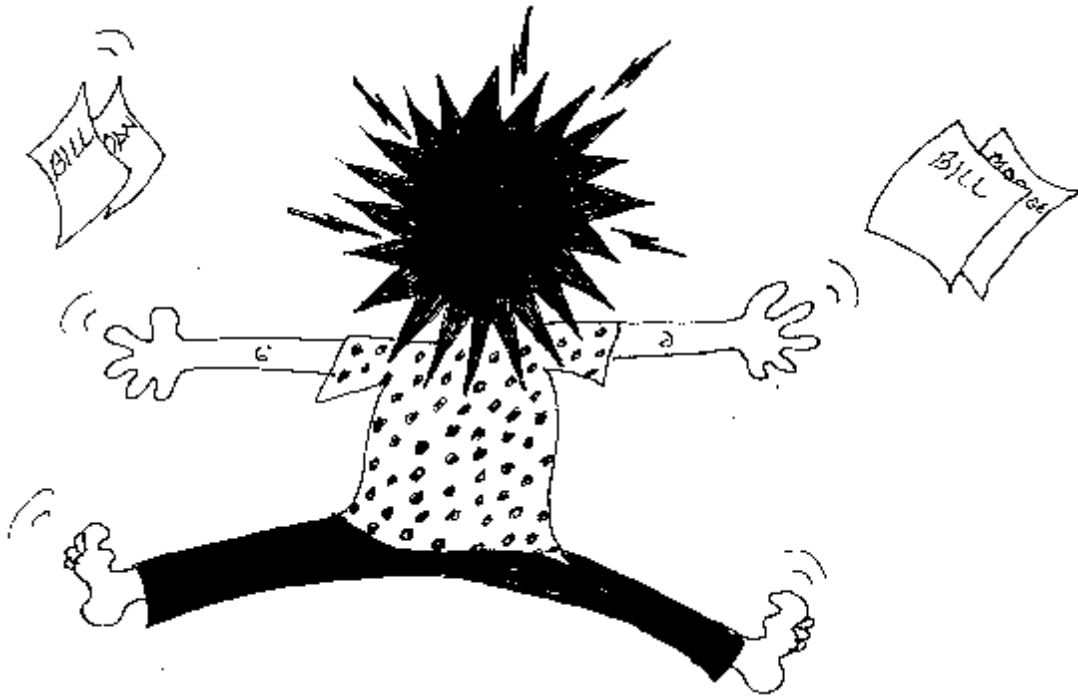
STRESS RESPONSE SYSTEM

1. Hypothalamus sends a chemical message to the
2. Pituitary gland to send a chemical message to the
3. Thyroid gland to produce insulin and to the
4. Adrenal glands to release cortisol and norepinephrine, which turn into glucose and adrenaline in the bloodstream
5. to prepare the body for "fight or flight."
6. Pupils dilate
7. Hair stands on end
8. Blood coagulates
9. Respiration increases
10. Arteries dilate
11. Heart pumps blood faster
12. Blood pressure goes up
13. Muscles tense
14. Blood vessels dilate
15. Bladder/Bowel empties

MODERN HUMAN *STRESS* RESPONSE



MODERN HUMAN *RELAXATION* RESPONSE



TOP 10 MAJOR STRESSORS

- 1. Death of a Spouse**
- 2. Divorce**
- 3. Marital Separation**
- 4. Arrest/Jail term**
- 5. Death of a close family member**
- 6. Personal injury or sickness**
- 7. Marriage**
- 8. Losing one's job, income, home**
- 9. Marital reconciliation**
- 10. Retirement**

We need stress to survive. If we did nothing all day, we'd get fat, become depressed, and die. We need to get up and go to our work and live our purpose to invigorate our lives. So it's not stress that's bad for us, it's our reaction to stressors and too much stress over too long a period of time that threatens us.

Stressors are simply things that happen to us, but when they drain you, wear you out, pressure you, impact you negatively, and go against your beliefs, your values or your goals, your circuits become overloaded.

They put a constant demand on us mentally, emotionally and physically and our bodies cannot handle it. People who experience 1 or more of the above Top 10, are likely to suffer a major illness within 2 years unless they pay attention to their body and make some adjustments in their lifestyle.

TOP 10 THINGS PEOPLE STRESS OVER

- 1. family**
- 2. self-image/self-esteem**
- 3. relationship with God, the meaning of life**
- 4. what other people think**
- 5. money and job**
- 6. health**
- 7. healthcare and insurance**
- 8. relationships**
- 9. weight**
- 10. loneliness, boredom**

In addition, there may be a barrage of life's smaller demands that are constantly coming at you.

Your body has to produce enough energy to meet the demands of your lifestyle. Stress hormones have to be released to get the body back to normal. If reserves are depleted, a person may fall apart when a crisis hits.

Too much stress too often:

- mentally you become inefficient**
- emotionally you become very volatile**
- physically you can become more susceptible to disease**

EXCESSIVE STRESS/ANXIETY

(May come on suddenly or gradually)

- **Constant worry**
- **Restlessness/feeling “on edge”**
- **Easily fatigued**
- **Difficulty concentrating**
- **Irritability**
- **Muscle tension**
- **Sleep disturbances**

These are symptoms calling for your attention to do something for your self... for your own well-being.

PANIC ATTACK SYMPTOMS

(May come on suddenly & last 15-20 minutes)

- **Heart Palpitations**
- **Sweating**
- **Trembling/shaking**
- **Shortness of breath**
- **Sensation of choking**
- **Nausea or abdominal distress**
- **Feelings of overwhelming dread and fear**

Panic attacks may come on in public places or in crowds and fear of dying in public is heightened. Person begins to fear going out of the house because they may have a panic attack, which can lead to agoraphobia (generalized fear of everything).

Some people confine themselves to their home for years afraid even to go out to seek treatment. Over time other phobias and irrational fears develop and exacerbate the situation.

BURNOUT

- **A state of mental and/or physical exhaustion caused by excessive stress**
- **Excessively prolonged or intense stress arousal without letup**
- **Frustrating conditions (at work and/or at home)**
- **Overwork (long hours, working weekends)**
- **Burning the candle at both ends**
- **No sense of accomplishment, no rewards**
- **Too many activities, always running, always late**
- **Trying to be someone or something you're not, false sense of self**

The good news is that burnout is reversible and preventable with proper nutrition, daily exercise and some form of relaxation.

COMPROMISING YOUR HEALTH

Even at low levels, persistent stress can cause all parts of the body's apparatus (the lungs, brain, blood vessels, muscles, heart) to become chronically over- or under-activated, leading to all sorts of mental, emotional, and physical problems.

It can make you moody, cynical, and depressed, any of which can affect your relationships. It can make you chronically tired, disrupt your sleep, affect your memory, and cause you to carry muscle tension that leads to headaches, back pain, muscle spasms, and cramps.

Many scientific studies show that your body's reactions to stressors can impair your immune system, increase your risk of glandular problems, obesity, hypertension, heart attacks, strokes, osteoporosis, ulcers, cancer, multiple sclerosis, lupus, respiratory problems (such as asthma), and aggravate pain in conditions like arthritis.

The body's reaction to stress, especially if it's chronic, isn't something to be taken lightly. It can take years off your life. It can even kill you.

“Real Life” by Dr. Phil McGraw

NEGATIVE WAYS PEOPLE COPE WITH STRESS

- **Alcohol**
- **Recreational drugs**
- **Rx drugs**
- **Excessive TV watching**
- **Excessive shopping**
- **Excessive anything**
- **Abusive behavior**
- **Temper tantrums**
- **Outbursts of anger**
- **Road rage**
- **Anger at self**
- **Blaming self or others**
- **Sabotaging self or others**
- **Resentment**
- **Hostility**
- **Aggression**
- **Gambling**
- **Controlling**
- **Gossip**

SELF-SABOTAGE

Our perceptions are often based on irrational beliefs about ourselves. We learned defensive behaviors in childhood to protect us from things or people who hurt us physically, mentally and emotionally.

As adults these learned behaviors no longer serve us, in fact may be detrimental to our well-being. We become our own worst enemy with our internal dialogue. We peck away at ourselves from the inside (I can't, I'm not good enough, always, never, I'm worthless, stupid, useless). These labels follow us and we become them because we don't realize they are not true.

We stay in denial that we have any control over our thoughts or the ability to overcome our past programming. It's natural, instinctual, we have no choice.

WRONG!

SIMPLE SOLUTIONS

DELETE: sugar, including candy and soda; white flour; caffeinated beverages; excessive alcohol; tobacco

ADD:

- **Multi-Vitamin + Vitamin D**
- **Eat healthy – more natural - avoid carb binges – eat slowly (awareness)**
- **More fiber (avocado, blackberries, edamame, pistachio nuts, oatmeal)**
- **Daily non-competitive, ego-less exercise (increases endorphins)**
- **Meditation or guided imagery**
- **Deep, rhythmic breathing (disrupts stressful thoughts)**
- **Progressive muscle relaxation**
- **Self-hypnosis, Yoga, Qigong**

- **Acupuncture, Massage, Aromatherapy**
- **Journaling (write down thoughts before going to bed)**
- **Laughter, Lighten up (don't sweat the small stuff, and BTW, it's all small stuff)**
- **Affirmations (post-it notes)**
- **Practice new thinking**
- **Celebrate your self**
- **Change your priorities, dump needless stress (is this that important?)**
- **Learn to say "NO!"**
- **Get adequate sleep (lack leads to irrational thinking)**
- **Use weekends to relax**
- **Set realistic goals**
- **Manage your time, make plans rather than living "on the fly"**

TOO MUCH TOO LITTLE TOO LATE

Too much stress is counter-productive... one little thing can push you over the edge!

Too little stress can be just as disasterous. The sudden silence gained by retiring from a demanding job into a life of idleness usually causes death or senility within two years unless stresses and interests can be found.

TO MANAGE STRESS—

- **Know your own body**
- **Identify the stressors around you (do an inventory)**
- **Learn ways to manage stress**
- **Apply it!**

***Live in the present moment, be in the
NOW***

COPING WITH FINANCIAL STRESS

- **Identify extent of the situation**
- **Create/revise your budget**
- **Identify expenses/cut costs**
- **Work toward getting out of debt**
- **Avoid using credit cards**
- **Give yourself & family members an allowance**
- **Inquire about financial planning**

HOW TO GET A GOOD NIGHT'S SLEEP

- **Avoid caffeine late in the day**
- **Check room temperature**
- **Close blinds, curtains**
- **Turn off TV an hour before bedtime**
- **Avoid falling asleep with TV on**
- **Avoid vigorous exercise too late in the day**
- **Avoid heavy meals close to bedtime**
- **Avoid alcohol too close to bedtime**
- **Turn all lights off (digital)**
- **Silence your cellphone**

SELF-TRAINING STRESS MANAGEMENT PROGRAM

Some of the suggestions and exercises I've mentioned may seem simplistic or even silly. Perhaps you thought I was going to tell you about some new wonder drug or exotic herb to instantly alleviate your stress. If you did, you may feel disappointed. Everyone wants a solution but no one

wants to do any work involved. It's much easier to take a couple of pills every few hours and continue living with the stress and the pain.

I started teaching stress management and self-improvement programs in 1986 before most people even knew what stress was-- even before medical science recognized it as a contributor to poor health and early aging.

The way to manage stress hasn't changed just because it is now "officially" recognized as a contributor to the early aging of the body. Only the emphasis on its importance to living a healthy lifestyle has changed. The great thing about it is that these exercises and lifestyle changes are simple to learn and anyone can do them.

I didn't make up the techniques but I realize how many of them work together to bring harmony to the Whole Being. One technique may not be enough; all techniques are not the right fit for everybody. They all begin with learning a simple progressive muscle relaxation and rhythmic breathing technique while focusing on the breath. The first step to higher consciousness is the same as learning *stress management!*

Stress Management 101 is a four-session course with each class building on the other. What may seem awkward at first becomes a natural process that one can use as a meditation exercise, a way to get to sleep easily, or a 60-second reset during a tense situation.

I also offer private sessions for those who desire to learn the art of self-hypnosis for self-healing, personal growth, and expanding their awareness beyond the purely physical aspects of life using guided imagery journeys.

STRESS MANAGMENT 101

Class 1 is a FREE class so you can try it out. If it isn't for you... thank you for giving it a try. If you choose to continue, price depends on where we meet.

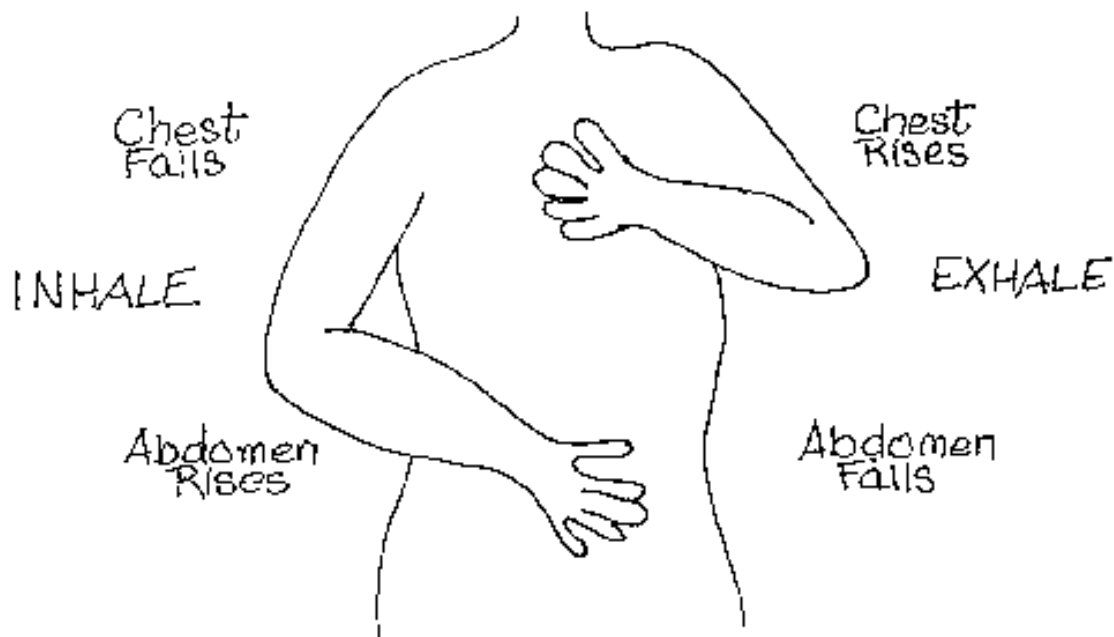
Relaxation Exercise 1 – Progressive muscle relaxation with emphasis on small muscle groups and rhythmic breathing. You will learn to get in touch with the muscles and joints in your body where you hold your tension, and to release the tension to lower your stress levels. Recommend practice for two to four weeks before next session.

Relaxation Exercise 2 - Progressive muscle relaxation with emphasis on large muscle groups and rhythmic breathing. You will practice the next level of the exercise to lower your stress hormones and strengthen your body's relaxation response Recommend practice for two to four weeks before next session.

Relaxation Exercise 3 - Emphasis on whole body relaxation and rhythmic breathing combined with guided imagery to promote a relaxed body-mind. Recommend practice for two to four weeks before next session.

Relaxation Exercise 4 - Guided imagery session to promote health and well-being of body, mind and soul.

RHYTHMIC BREATHING EXERCISE



RHYTHM: Count to yourself as you inhale and exhale, at whatever speed feels comfortable to you.

Examples: [INHALE] 1-2-3-4-5 [HOLD] 1-2-3 [EXHALE] 1-2-3-4-5 [HOLD] 1-2-3...
or [INHALE] 1-2-3-4-5 [EXHALE] 1-2-3-4-5-6-7-8...

**WE CANNOT LIVE WITHOUT STRESS
BUT WE CAN LEARN TO LIVE WITH IT!**