Let's Talk About…

STRESS

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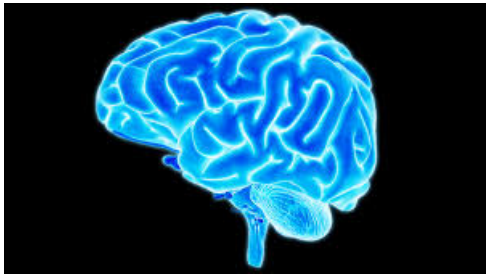
Nurturing healthy families to promote healthy behaviors

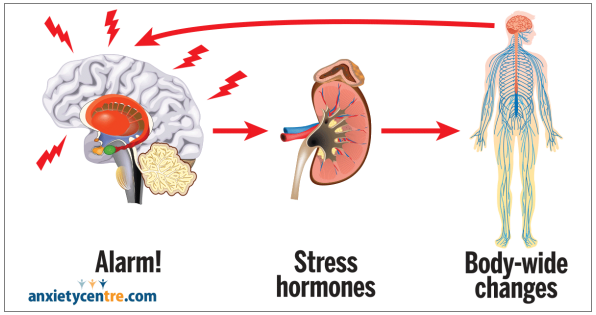
What is WORRY?

- It takes place in your mind only, not your body
- *Worry is a POSITIVE*
- When to Worry about WORRY: CHRONIC
  - Repetitive, obsessive thoughts
  - Seek professional help



What is STRESS?

- Natural, physiological response to an external event that is “dangerous”
- Physical cues
- What is one of your stress cues?
- Let’s take a breath!



- When to Be Concerned about STRESS: CHRONIC
  - Constant “fight or flight” mode
  - High blood pressure, digestive issues, increased risk of heart disease, weakening of the immune system
  - Seek professional help

What is ANXIETY?

- Anxiety is a “false alarm” – a response to a non-threatening situation
- Worry + Stress = Anxiety
- When to Be Concerned about ANXIETY: CHRONIC
  - Difficulty sleeping, difficulty eating, difficulty completing activities of daily living for at least 2 weeks
  - May be a symptom of depression
    - Loss of interest in previously enjoyable activities, sense of hopelessness
  - Seek professional help

Worry, Stress, Anxiety

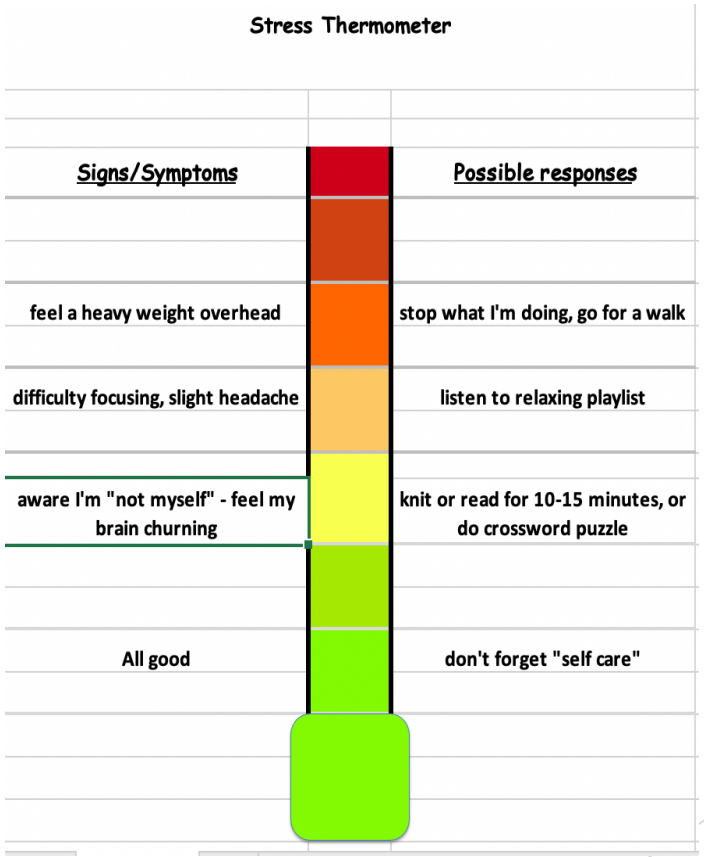
How Can We Manage STRESS in the Moment?

- Take a deep breath
- 5 Finger Exercise
- Walk out of the room
- Feel grounded (literally)
- Pace your breath
- Listen to music
- Go for a walk
- Splash your face with cold water
- ...

What have you tried that has helped?

Stress Management … Plan Ahead

1. Identify YOUR stress symptoms – are they different based on your level of stress?
2. Identify the resets that work FOR YOU. Are some better or worse based on your level of stress?
3. Fill out Stress Thermometer, or make some other prompt for yourself.



The Serenity Prayer

God grant me the serenity to

Accept the things I cannot change,

The courage to change the things I can,

And the wisdom to know the difference.

Stress Management: Long Term

- What can you do that will decrease your stress?
- Focus on what you can control or change
  - Be aware (mindful!) of what causes stress in your life
  - Brainstorm ways to make positive changes
  - Learn to coach yourself

Build "resiliency reservoir"

What is one thing you do or can do to fill your "resiliency reservoir"?

What About Stress and Our Children?

What activities can help fill the “Family Resiliency Reservoir”?

The Hope

- Remember that some stress is normal
- Know that you CAN manage stress
- Know that you have a plan
- Focus on what you can control, what you can change
- Focus on the present
- Celebrate things
- Express gratitude
- You have a "resiliency reservoir" – make more deposits than withdrawals

Yesterday is history.

Tomorrow is a mystery.

Today is a gift.

That’s why we call it the present.

Additional Resources:

- Spenj.org
- Stress Pocket Reference
- COPE Center

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