

# Keys to Managing Stress



**KEEP OUR OWN ENGINES TUNED**



# Common causes of stress



- Expectations we place on ourselves
- Doing too much
- Not taking care of ourselves
- Going through a difficult time
- An unexpected event
- Depression
- In general our own state of mind
- Other?

# What are some indicators?



- Tension
- Headache
- Stomach ache
- Racing heartbeat
- Deep sighing and breathing
- Concentration
- Moodiness
- Persistent fear and worry
- Long term health problems

# What might help?



- Get Rest
- Exercise
- Eat Well
- Drink Well
- Laugh
- Sing
- Quiet down
- Other?

# Keep our own engines tuned



## Ways of *quieting* down

- Deep breathing/imagery
- Change position or location
- Loosen your grip
- Let thought “flow”
- Walk or exercise
- Hobby/sports
- **PLAY!**

# Keep our own engines tuned



## More ways to *quiet*

- Gratitude
- Get present
- Meditation
- Share but don't commiserate
- Don't take personally, other people's moods
- Journal
- Distract yourself: art, movies, T.V. kids, music, dance, nature, games etc.
- Other?

# When in a Healthy State of Mind...



- Resilient
- Optimistic
- Take care of yourself
- Eat well
- Sleep well
- Creative, inspired, energized
- Live with integrity because don't see self as victim
- Laugh more/Cry more?!

# Brainstorm



Opportunities to reduce stress during the workday:



# Brainstorm



Opportunities to reduce stress during the workday:

- Eat away from your desk
- Take a walk (stairs, tunnel)
- Lunch with friends, co-workers
- Meditate at your desk (or guided imagery, pray, body scan, breathe)
- Stretch
- Service to others (reflect on value of work, bring in a fruit bowl to share)
- Dodge self-talk
- JourneyWell class
- EAP (back of insurance card)
- Magic formula:  $15 + 15 + 30 = 60$

# Resources



- Literature
- Self-help books
- Friends
- EAP
  - Free
  - Confidential
  - Professional

# Contact us



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And thanks!