

Stress Management

Wellbeing class



WHAT YOU'LL LEARN

- ★ *Stress overview*
- ★ *Identifying our stress*
- ★ *Stress management techniques*

Stress is the perceived threat
(real or imagined) to our mind, body,
spirit or emotions.

Types of stress

- Acute stress
- Eustress
- Chronic stress

Top sources of chronic stress

- Job pressure
- Money
- Health
- Media overload
- Poor nutrition
- Relationships
- Sleep issues

Our body's responses to stress

- Release of adrenaline and other neurotransmitters
- Fight-or-flight response
- Increased heart rate
- Increased blood glucose
- Increased perspiration
- Pupils dilate

Signs of stress

- Body:
 - Headaches
 - Muscle tension
 - Shortness of breath
 - Increased heart rate or high blood pressure
 - Skin irritations or acne
 - Muscle twitches
 - Diarrhea, constipation or IBS flare ups
 - Reproductive issues

Signs of stress

- Mind:
 - Worrying
 - Muddled thinking
 - Impaired judgement
 - Nightmares
 - Indecision
 - Negativity
 - Hasty decisions

Signs of stress

- Emotions:
 - Loss of confidence
 - More inflexible
 - Irritability
 - Depression
 - Apathy
 - Alienation
 - Apprehension

Signs of stress

- Behaviors:
 - Accident Prone
 - Loss of appetite
 - Loss of sex drive
 - Drinking more
 - Insomnia
 - Restlessness
 - Smoking more
 - Over exercising

Managing stress

Stressors

INTERNAL STRESSORS

(stress we create)

Anxiety

Fears

Negative self talk and attitudes

Control

Worry

STRESS MANAGEMENT STRATEGIES

Meditation or deep breathing

Communication

Guided imagery

Develop new hobbies/interests

Stretching

Schedule time for you

Regular exercise

Make time for FUN

Quality Sleep

Get professional help

Guided Meditation



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Questions - please email

wellness@priorityhealth.com

Some helpful resources

<https://www.priorityhealth.com/covid-19/about/mystrength>

Participation in this class is not intended to substitute for formal mental health treatment. You should always consult with a qualified mental health professional if you feel you are in need of further individualized treatment. Please note this class is not monitored by a qualified health professional and your involvement is confidential. If you are in need of immediate attention please consult with your health care providers, call 911, go to your local ER for more immediate assistance.

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