Stress Busting
Wellness Workshop

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Mindfulness

“You must live in the present, launch yourself on every wave, find your eternity in each moment.”

– Henry David Thoreau
“If we are not fully ourselves, truly in the present moment, we miss everything.”
~Thich Nhat Hahn
https://www.amazon.com/gp/dmusic/mp3/player/ref=dm_tv_cp?fromTYPOrderId=D01-3674423-0207025#playList/name=Meditation+Tracks/list=89a79b94-e293-48a1-90cc-c49df45ec69
Stress

What is it?
The Good
- Small amounts can be healthy.
- Can enhance functioning.
- Stave off Alzheimer's.
- Remind body/mind how to cope.

The Bad
- Tough to measure what is “good” for each individual.
- Can’t control many sources of stress, but can control your reaction and coping.

The Ugly
- When it interferes with our ability to live life normally, stress can get dangerous.
- Continuous fatigue, inability to concentrate, hopelessness.
- Connections to obesity, depression, sleep problems.

Stress
Why don’t zebras get ulcers?
**Signs & Symptoms**

**Cognitive:**
- Memory problems
- Inability to concentrate
- Poor judgment
- Pessimistic approach/thoughts
- Anxious/racing thoughts

**Emotional:**
- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness/isolation
- Depression or general unhappiness

**Physical:**
- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds

**Behavioral:**
- Eating more or less
- Sleeping too much or too little
- Isolating oneself
- Procrastinating or neglecting responsibilities
- Using alcohol/drugs to relax
- Nervous habits – nail biting, etc.
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**Where Stress Comes From**
Stress Busters

“Of course there is no formula for success except, perhaps, an unconditional acceptance of life and what it brings.”

~Arthur Rubinstein
Service to Others

“The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” ~Gordon B. Hinckley
I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

~Brene Brown

Connectedness
http://www.upworthy.com/after-i-saw-this-i-put-down-my-phone-and-didn-t-pick-it-up-for-the-rest-of-the-day
Gratitude

“We often take for granted the very things that most deserve our gratitude.” ~Cynthia Ozick
It is not happy people who are grateful, it is grateful people who are happy.
Meditation

\{ Don’t do, be. \}
Exercise

If your number one goal is to make sure that everyone likes and approves of you, then you risk sacrificing your uniqueness, and, therefore, your excellence.
Acceptance

“Love yourself—accept yourself—forgive yourself—and be good to yourself, because without you the rest of us are without a source of many wonderful things.”

~Leo F. Buscaglia
What are you struggling with?
Things to Accept and Embrace
tinybuddha.com

- Beauty cannot be defined.
- Perfection cannot be obtained (and it’s boring anyways).
- Love will be messy at times.
- Other people will judge.
- Sometimes there is no right or wrong.
- No one else knows what’s right for us.
- Tomorrow is uncertain.
- There are things we don’t know.
- No other person can make us feel whole.
- We can’t change other people.
- There are some things we can’t change about ourselves.
- Sometimes there are gifts in the things we wish we could change.
- We are worthy, just as we are.
- We are going to age.
- We are more than any one role, mistake, or choice.
- We are going to redefine ourselves.
- We will occasionally have to do things we don’t want to.
- We will hurt at times.
- We will mess up at times.
- People won’t always forgive us.
- Peace is forgiving ourselves.
- We won’t always like the consequences of our actions.
- We always have a choice in how we respond to what happens to us.
- We are never alone.
- We will lose things and people we love – but we can gain something from every loss.
- Everything is cyclical.
- There are some things we may never understand.
- We may not get everything we think we want.
- We can still get what we need.
- We might always want more.
- What we do matters.
Self – Talk

“You, yourself, as much as anybody else in the entire universe, deserve your love and affection.” ~Buddha
Identifying Self-Talk
- **The Worrier**
  - Promotes anxiety
  - "What if?"

- **The Perfectionist**
  - Promotes chronic stress and burn-out
  - "I should."
  - "I have to."

- **The Critic**
  - Promotes low self-esteem
  - "That was stupid."

- **The Victim**
  - Promotes depression
  - "I can’t."
  - "I’ll never be able to."

**Kinds of Self-Talk**
What is the evidence for this belief?
Does this belief always hold true for you?
Does this belief look at the whole picture?
Does this belief promote your well-being or peace of mind?
Did you choose this belief on your own or did it develop out of past experiences or growing up in your family?
Examples of Mistaken Beliefs & Positive Affirmations

- I’m unimportant. My feelings and needs are unimportant.
  - I am a valuable and unique person. I deserve to have my feelings and needs taken care of as much as anyone else.

- I should always look good and act nice, no matter how I feel.
  - It’s okay to simply be myself.

- If I take a risk, I’ll fail. If I fail, others will reject me.
  - It’s okay for me to take risks. It’s okay to fail – I can learn from my mistakes. It’s okay for me to be a success.

- I can’t cope with difficult or scary situations.
  - I can learn to handle any situation if I approach it slowly, in small enough steps.
Laughter

It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive and you have the power to choose either. -Wayne Dyer
Random Acts of Kindness

Breathing & Meditation
☞ (Amazon)

Connectedness
☞ http://www.upworthy.com/after-i-saw-this-i-put-down-my-phone-and-didn-t-pick-it-up-for-the-rest-of-the-day

Laughter
☞ http://www.youtube.com/watch?v=RP4abiHdQpc