

Stress Management & Self-Care

April, 2020

 Atlantic Health System

Overview

- **Stress Defined**
- **The Impact of Stress**
- **Reducing Stress**
- **Self-Care**
- **Mindfulness**
- **Mental Health 101**
- **Resources**
- **Helplines**
- **Contact Information**



Photo by: Elizabeth Salerno

“Sometimes the bravest and most important thing you can do is just show up.”
~Brene Brown

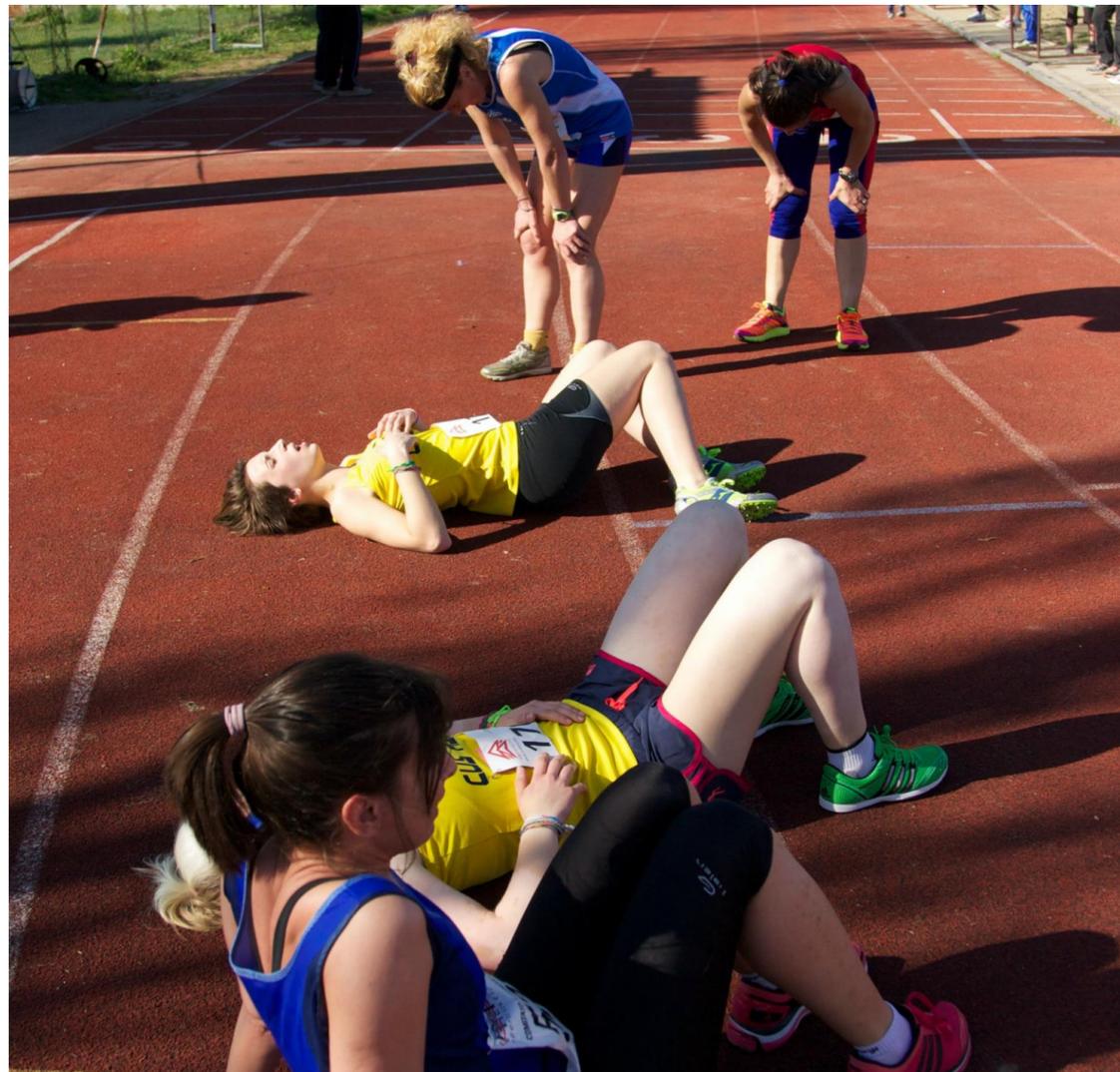


Photo by [Massimo Sartirana](#) on [Unsplash](#)

Self-Assessment

On a scale of 1-10, 10 being the highest, how stressed do you feel right now?



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What is Stress?

- Stress is a psychological and physical response of the body that occurs whenever we must adapt to changing conditions, whether those conditions be real or perceived, positive or negative.
- It's also important to note that there are two types of stress, Eustress (good stress) and Distress (not so good stress).



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Stress Defined

Eustress

- Positive stress, which scientists call Eustress, motivates people to achieve their goals and enables them to meet their challenges.
- Stress may be a positive stimulator that helps to positively motivate the employee in doing their job, it enthuses the employee to perform their job more productively.
- Results of the International Journal of Business and Management study on the effects of stress on job performance actually revealed a positive relationship between job stress and performance.

Stress Defined Con't

Distress

- Negative stress, which scientists call Distress, is the kind of stress that comes from having your well-being threatened, or from the perception of being attacked physically or emotionally.
- Distress is a negative stimulator that unfavorably affects the employee's cerebral and corporeal health that has a negative or poor impact on employee's performance (Salami, Ojokuku, and Llesanmi, 2010).
- This type of stress reduces the performance of the employee, reduces their level of motivation and results in a decline in performance in the organization.

The Impact of Stress



Source: <https://youtu.be/OfL-pn80s-c>

What Are YOUR Triggers?

- Self-Awareness and Self-Assessment is KEY!
- We are all different!
- How do you know that you are stressed?
- What is your self-talk about stress?



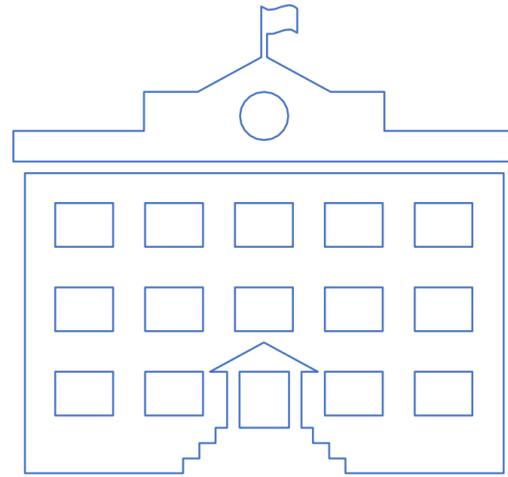
Note: Sources of stress reflect two separate questions; the sources of stress listed above were not shown within one list.

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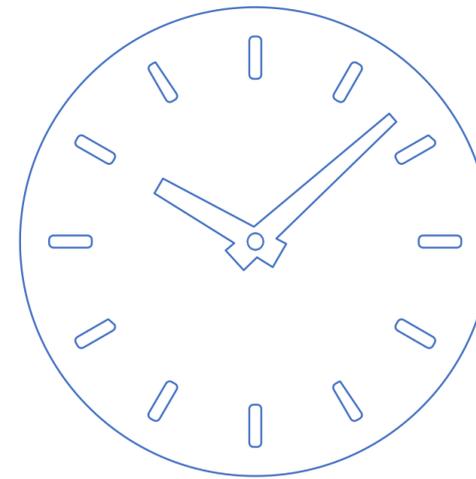
<https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

Most Common Areas of Stress for Women

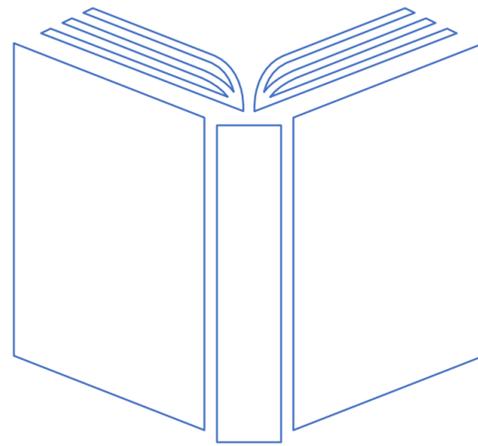
SOCIAL



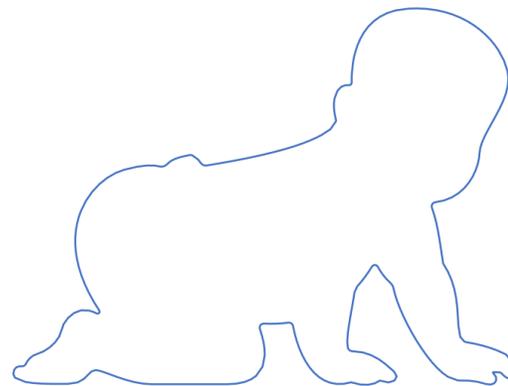
WORK



EMOTIONAL



HOME



Fun Ways to Reduce Stress

- Humor
- Disconnect
- Identify and Connect with a Buddy
- YOU time
- Take care of ALL parts of you
- Animals
- Go outside
- Be Creative



Photo by [Tim Goedhart](#) on [Unsplash](#)



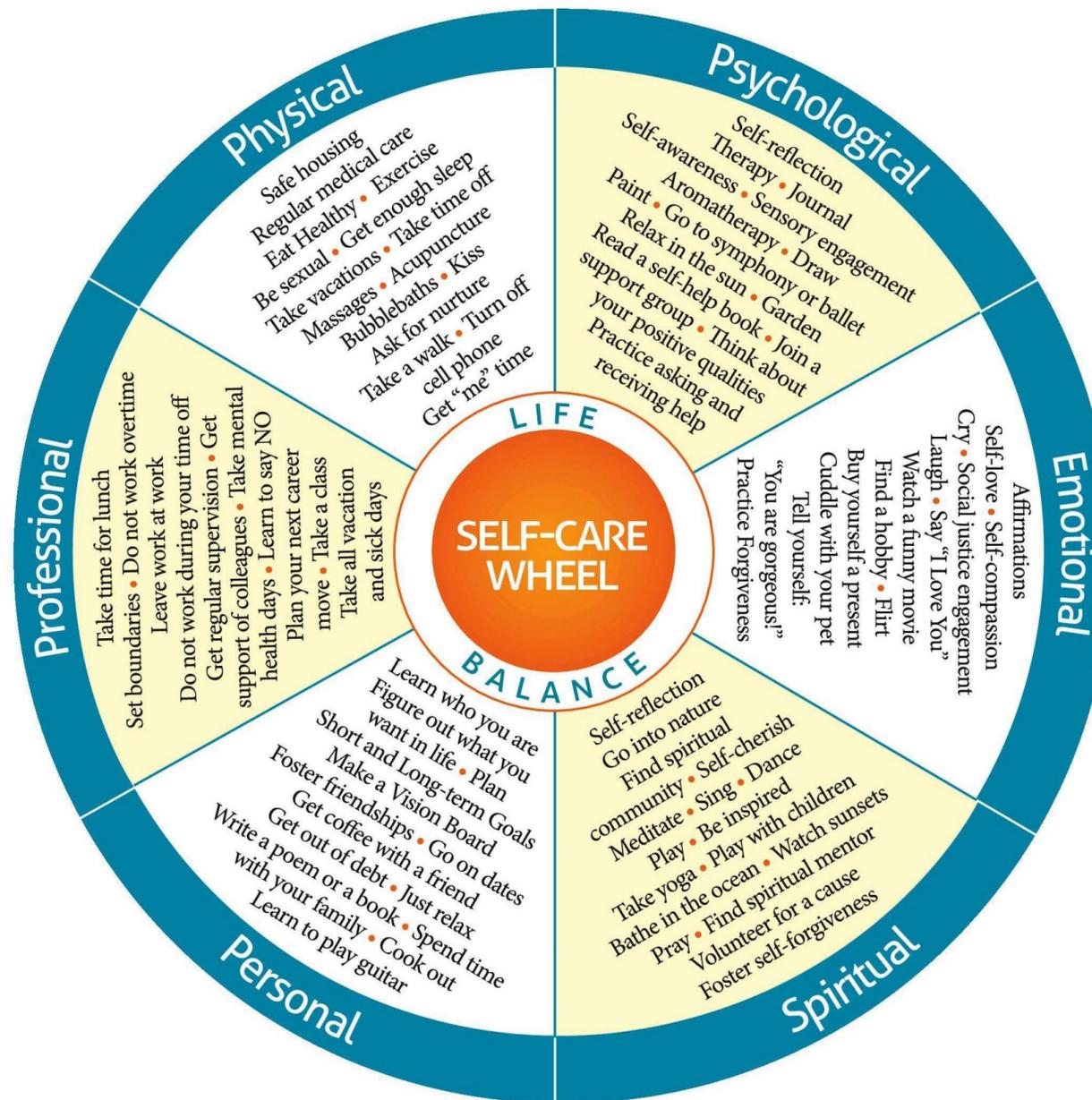
Photo by [Tonik](#) on [Unsplash](#)

Remember: Just like the flight attendant says, you need to put on your own oxygen mask first before you can be of help to others. So, take a moment, think it over, and then make your personal commitment to your own self-care.

You deserve it!

<https://schools.au.reachout.com/articles/developing-a-self-care-plan>

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide. Copyright ©2013 Olga Phoenix, All Rights Reserved.

www.OlgaPhoenix.com

Mindfulness

“Mindfulness teaches us to focus our awareness on our feelings, on the tone of our experience. Mindful self-compassion teaches us to notice and focus on our feelings, but then gives us a practice to shift those feelings.” -mindful.org



Underwater Curacao

Mindfulness Exercises

Focusing on your Breath
Mindful Walking
Mindful Eating
Body Scan
Mindful Stretching
Restorative Yoga
Aromatherapy
Tai-Chi
Qui Quong
Meditation
Movement
Making Art
Creative Writing
Mindful Cooking
Listening to Music
Warm Baths
Body Work - Massages
Positive Affirmations
Visualizations



Photo by; G.Celeiro

App for Self-Care



<https://mystrength.com/platform>

REMEMBER

- This is about **SELF-DISCOVERY!**
- This is about **SELF-AWARENESS!**
- This is about **HONESTY!**
- This is about **EXPLORATION!**
- This is about **YOU!**



Photo by [sydney Rae](#) on [Unsplash](#)

Taking care of your mind & thoughts

Taking care of your physical health & body

Self-Care

Increasing your own well-being through self-care behaviors

Taking care of your spiritual health

Taking care of your emotions

© Dr. Clare Nzoogosa 2014 www.momswelbeing.com

MAKE time
FOR YOURSELF

YOU
are IMPORTANT

Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain
- ! Seeing, hearing or believing things that aren't real*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities



*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

? If you notice any of these symptoms, it's important to ask questions

♥ Try to understand what they're experiencing and how their daily life is impacted

🔗 Making this connection is often the first step to getting treatment

50%
of all lifetime mental illness begins by age
14

KNOWLEDGE IS POWER

🗨️+ Talk with a health care professional

💻 Learn more about mental illness

👥 Take a mental health education class

📱 Call the NAMI HelpLine at 800-950-NAMI (6264)

75%
by age
24

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

📞 NAMI HelpLine
800-950-NAMI (6264)

📘 NAMI

🐦 NAMICommunicate

📺 NAMICommunicate

🌐 www.nami.org

nami
National Alliance on Mental Illness

Prevalence of Mental Illness

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

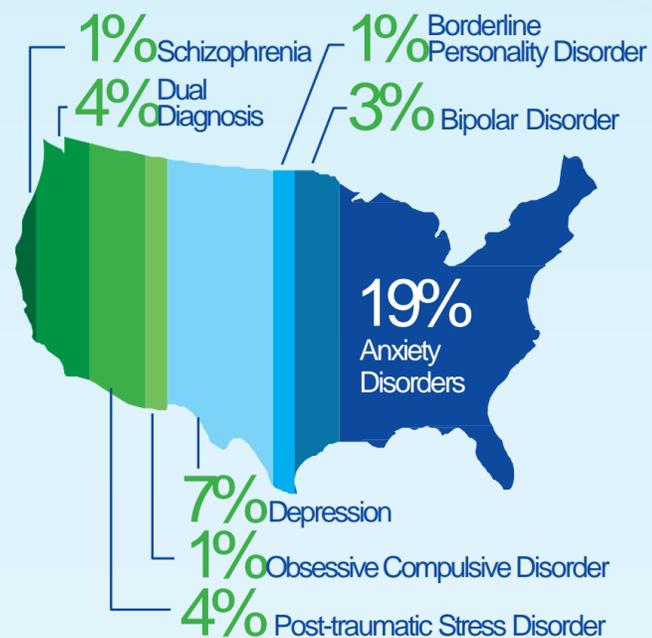
1 in 25

1 in 25 U.S. adults experience serious mental illness

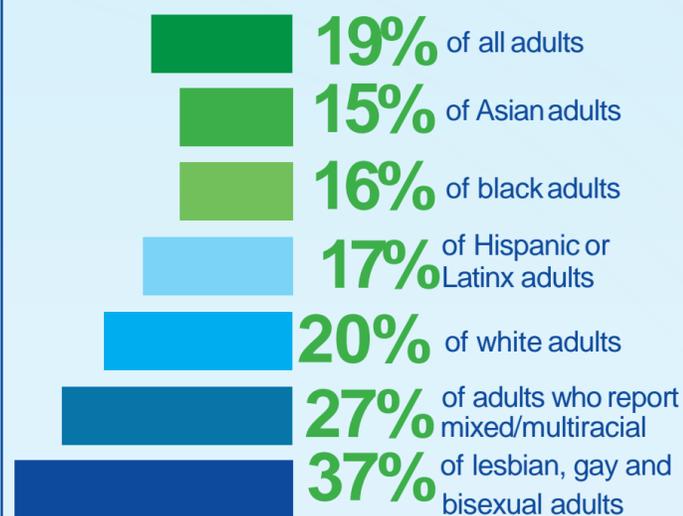
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



Suicide Prevention

It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

2nd

Suicide is the 2nd leading cause of death for people ages 10-34

The overall suicide rate has since 2001 increased 31%

Suicide is the 10th leading cause of death in the U.S.

46%

of people who die by suicide have a diagnosed mental health condition

90%

of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.

HIGH RISK POPULATIONS

75% of all people who die by suicide are male

4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population **12x**

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.

Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine 800-950-NAMI (6264)
 NAMI
 NAMICommunicate
 NAMICommunicate
 www.nami.org

nami

National Alliance on Mental Illness

Resources

Website Links

- * <https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-child-and-adolescent-mental-health.shtml>
- * <https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>
- * <https://www.huffpost.com/entry/before-you-help-others-you-should-put-yourself-first>
- * <https://happyfreelifestyle.com/personal-growth/putyourselffirst/>
- * <https://positivepsychology.com/what-is-mindfulness/>
- * <https://positivepsychology.com/mindfulness-based-stress-reduction-mbsr/#exercises>
- * <https://mindfulnessexercises.com/free-mindfulness-exercises/>

Helplines

2nd Floor Youth Helpline 1-888-222-2228

Crisis Text Line Text HOME to 741741 to connect with a Crisis Counselor

Mom 2 Mom 1-877-914-MOM2

**NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET.
1-800-950-NAMI (6264)**

NJ Hopeline 1-855-NJ-HOPELINE (654-6735)

**NJ COVID-19 (Coronavirus) Information Hub & Call Centers 24 Hour Coronavirus Education and Information Services -
211 OR 1-800-222-1222**

NJ Mental Health Cares 866-202-HELP (4357)

NJ Substance Abuse/Addiction Hotline 24 Hour Helpline 1-844-276-2777

Trevor Lifeline 1-866-488-7386



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**Thank You
Atlantic Health System**

The background of the slide is an abstract composition of overlapping geometric shapes. The upper portion is dominated by various shades of orange and yellow, while the lower right corner transitions into shades of blue and grey. Thin white lines crisscross the entire background, creating a sense of movement and depth.