



Stress Management and Building Resilience During Difficult Times

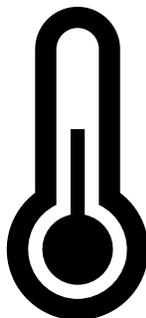
Personal Inventory:

Take a personal inventory and look for the sources of stress.

Is **your** stress coming from your:

- Family
- Self
- Social/ Environmental
- Unemployment/ Financial
- Job
- Health lifestyle?

Take your fear temperature



10	Freak out anxiety
9	Extreme anxiety
8	Strong anxiety
7	Pretty strong anxiety
6	Kind of strong anxiety
5	Moderate anxiety
4	Somewhat anxious
3	A little bit of anxiety
2	Tiny bit of anxiety
1	Calm

Personal Stress Response:

- How do **you** respond to stress?
- During stressful times do you experience stress
 - o Physically (i.e. backache)
 - o Emotionally (i.e. feel sad)
 - o Cognitively (i.e. think bad things about yourself) or
 - o Behaviorally (i.e. eat or drink alcohol more)?
- Understanding your personal response to stress will help you recognize when you are under stress and what strategy works best for you.

Physical

Cardiovascular
GI Symptoms
Rash, Hives, Eczema
Muscle Tension
Respiratory
Fatigue
High Blood Glucose Levels
High Blood Pressure
Dizziness
Pain
Increase Risk For Major Health Problems

Emotional

Anxiety
Depression
Irritability
Sadness
Guilt
Low Self Esteem
Anger

Cognitive

Lack of Control
Hopeless Thoughts
Negative Self Statements
Fear
Paranoid Thinking
Inability to Concentrate
Difficulty making Decisions
Forgetfulness
Preoccupation
Thoughts of Giving up

Behavioral

Sedentary
Hyperactive
Sleep Problems
Eating Disturbance
Decreased Socialization
Difficulty Communicating
Procrastination
Increases Alcohol Use
Accident Proneness
Increased Smoking

Practice Mindfulness



Anchor your day with mindfulness



End the day with mindfulness



Just after you wake



Just before bed



Pair mindfulness with brushing your teeth



It only takes a moment

Mindful Breathing



Avoid Cognitive Distortions



Catastrophizing



Generalizing The Negative



Filtering The Positive



Maximizing The Negative



Believing In Our Own Myths



Rejecting Facts



Personalizing

Use Positive Thinking

Challenge your beliefs and assumptions

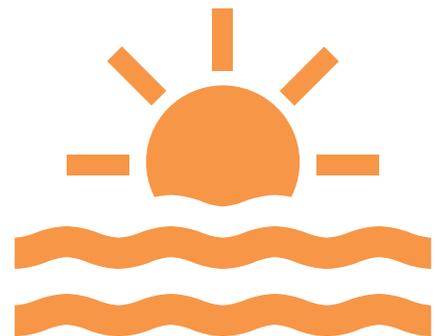
Identify irrational thoughts and beliefs

Am I basing my thoughts on facts or feelings?

Is this thought realistic?

Is this thought helpful?

What is a realistic and positive view?





Change your health habits

Eat healthier. less processed foods. Stay away from high fat, greasy fast foods. Remember, healthy foods increase energy, fast foods reduce energy.

Exercise more. Aerobic exercise (walking, jogging, dancing and swimming) for thirty minutes a day approximately four times a week increases our ability to resist stress. Work out with weights. When we strengthen our muscles, we look better and feel better. Remember it is important to stretch before and after we exercise and do not forget to consult your primary care physician if you have not recently exercised.

Make it a point to relax. Practice relaxation, meditation, mindfulness breathing, yoga or self-hypnosis. We have spent our lives learning how to be tense, so spend a little time learning to relax.

Mini stress breaks. Several times a day stop what you are doing; take a deep breath and think of a relaxing scene. For example visualize a relaxing beach scene or a relaxing mountain vista. Also think positive thoughts about yourself. We have to create positive affirmations to counter a potentially stressful or negative situation.

Develop a hobby. Do something that you always wanted to do. Join a book group, take a course, learn how to use the ZOOM etc.

Have fun. Plan at least one fun thing each week. Learn to balance work and play.

Socialize More. Call or email new friends and old friends. Plan to safely get together with friends and family on a regular basis. During the pandemic this becomes more important.

Plan ahead. If you have a major change coming in the future, plan ahead. Make sure you balance work and relaxation and ask for support or help from friends, family members or co-workers.

Embrace Change. Do not allow change to bother you. Change can be positive, and it can lead to new and exciting things in our lives.

Sleep. Practice good sleep hygiene.