

A Stress Relief Toolkit

Tips and Tools for
Managing Your Stress

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- Credentials/education:
 - LCSW, CPCC – “coachapist”
 - Speaking Circles/ Soul Speaks
 - Trainer, speaker
- Services I offer:
 - Individual sessions – phone, face to face, zoom, skype
 - Public speaking training – speaker training, workshops, conferences, organizations, teams
 - Keynotes, trainings, workshops, presentations



Objectives

- Understand how to work with your body's alert system
- Learn how to shift your mindset around stress
- Practice changing our internal conversation
- Create practices and rituals to regulate stress

Definition

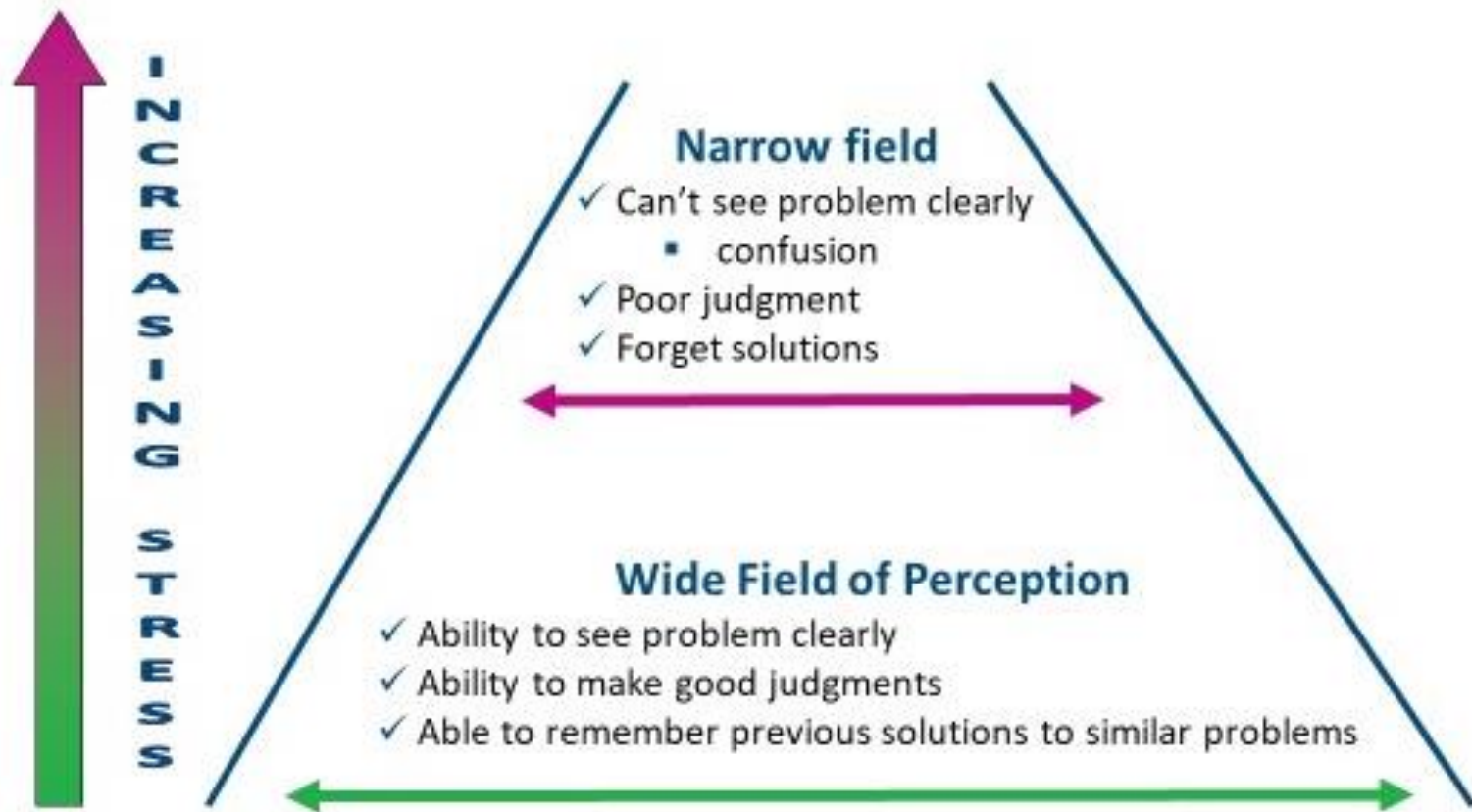
- **Stress** is a feeling of emotional strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Excessive amounts of stress, however, may lead to bodily harm.
- **Stress** is a psychological and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” response.



Symptoms of stress

- Physical symptoms
- Emotional symptoms
- Cognitive symptoms

Controlling Stress: Field Of Perception

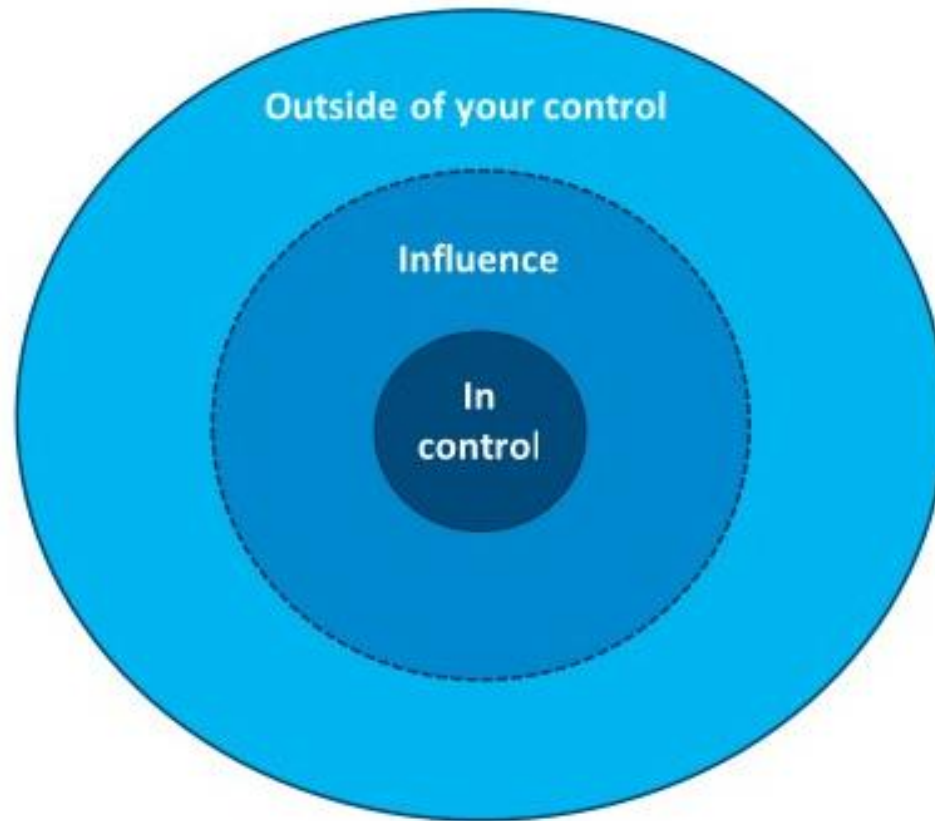


Factors that influence how we react to stress

- Some factors that are out of our control:
 - What we come into the world with
 - What circumstances we are exposed to and what experiences happen to us
- Some factors that are within our control or influence:
 - Our worldview
 - Our development
 - The choices we make
 - How we deal with change



Locus of Control



Stressful Thinking

- Filtering
- Polarized thinking
- Overgeneralization
- Mind reading
- Catastrophizing
- Personalization
- Control fallacies
- Fallacy of fairness
- Blaming
- Shoulds
- Fallacy of change
- Being right
- Heaven's reward fallacy

Stressful Behaviors

- Worrying about situations we can't control
- Failure to see choices – tunnel vision
- Being a “Professional Procrastinator”
- Perfectionism – expecting it of ourselves and/or others
- Being inflexible, rigid
- Constantly competitive - all situations are win-lose
- Being self critical - focusing on faults vs. strengths
- Failure to set limits or say “No”
- Poor self-care (less sleep, eating poorly, stopping exercise, drink/smoke more when stressed.)
- Expect all problems should be neatly resolved

Additional Practices and Rituals

- Worry log
- Bubble
- Morning ritual
- Breaks
- Exposure to nature
- Unplugging
- Breathing exercises
- Truth Vitamins
- Avoiding toxicity of all types

Balance Wheel



Resources - Books

Super Better – Jane McGonigal

The Upside of Stress – Kelly McGonigal

The Power of Full Engagement – Jim Loehr & Tony Schwartz

The 4 Agreements – Don Miguel Ruiz

Why Zebras don't get Ulcers – Robert Sapolsky

Rising Strong – Brene Brown

Happy For No Reason – Marci Shimoff

The Nature Fix – Florence Williams

Resources - APPS

- Headspace
- Insight Timer
- Calm
- Personal Zen
- GPS for the soul
- Happify

Stress Management is a PRACTICE

Must take it seriously

“I put a dollar in one of those change machines. Nothing changed” by George Carlin

Must do something differently

“It’s not the load that breaks you down; it’s the way you carry it.” by Lena Horne

Contact me

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- Free initial consultation/coaching session.

*Decide what kind of life you actually want.
Then say no to anything that isn't that.*



Prevailing during trying times

“You must confront the brutal facts of your reality, whatever they may be [while] at the same time, retain the faith that you will prevail in the end, regardless of those difficulties.” by Admiral James Stockdale

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Thank you!

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Addendum – Stressful thinking (defined)

- **Filtering:** You take the negative details and magnify them while filtering out all positive aspects of a situation.
- **Polarized Thinking:** Things are black or white, good or bad. For example, you have to be perfect or you're a failure. There is no middle ground.
- **Overgeneralization:** You come to a conclusion based on a single incident or piece of evidence. If something bad happens once, you expect it to happen over and over again.
- **Mind Reading:** Without their saying so, you know what people are feeling and why they act the way they do. You are even able to divine how people feel about you.
- **Catastrophizing:** You expect disaster. You notice or hear about a problem and start "what ifs:" What if tragedy strikes? What if it happens to you?
- **Personalization:** Thinking that everything people do or say is some kind of reaction to you. You also compare yourself to others, trying to determine who's smarter, better looking, etc.
- **Control Fallacies:** If you feel externally controlled, you are helpless, a victim of fate. If you feel immense internal control you feel responsible for the pain and happiness of everyone around you.

Addendum – Stressful thinking (defined), part two

- **Fallacy of Fairness:** You feel resentful because you think you know what is fair and right but other people don't agree with you.
- **Blaming:** You hold other people responsible for your pain, or take the other tack and blame yourself for every problem or reversal.
- **Shoulds:** You have a list of rules about how you and other people should act. People who break the rules anger you and you feel guilty when you violate the rules.
- **Fallacy of Change:** You expect other people will change to suit you if you “help them” enough. People need to change because your happiness seems to depend on them.
- **Being Right:** You are continually trying to prove that you are right. Being wrong is unthinkable and you will go to any length to demonstrate your “rightness”.
- **Heaven's Reward Fallacy:** You expect all your sacrifice and self-denial to pay off, as if there was someone keeping score. You feel bitter when the reward doesn't come.