

*FINDING YOUR
“NEW NORMAL”*

STRESS MANAGEMENT

Content Compiled & Presented by: Eve Esch
Executive Director, Student Centers
University of Houston

NATIONAL STRESS AWARENESS DAY – First Wednesday in November



National Stress Awareness Day

www.NationalDayCalendar.com

NATIONAL STRESS AWARENESS DAY

National Stress Awareness Day on the first Wednesday in November aims to identify and reduce the stress factors in your life

CONTENT

Definitions & Context

Types of Distress

Techniques

Models

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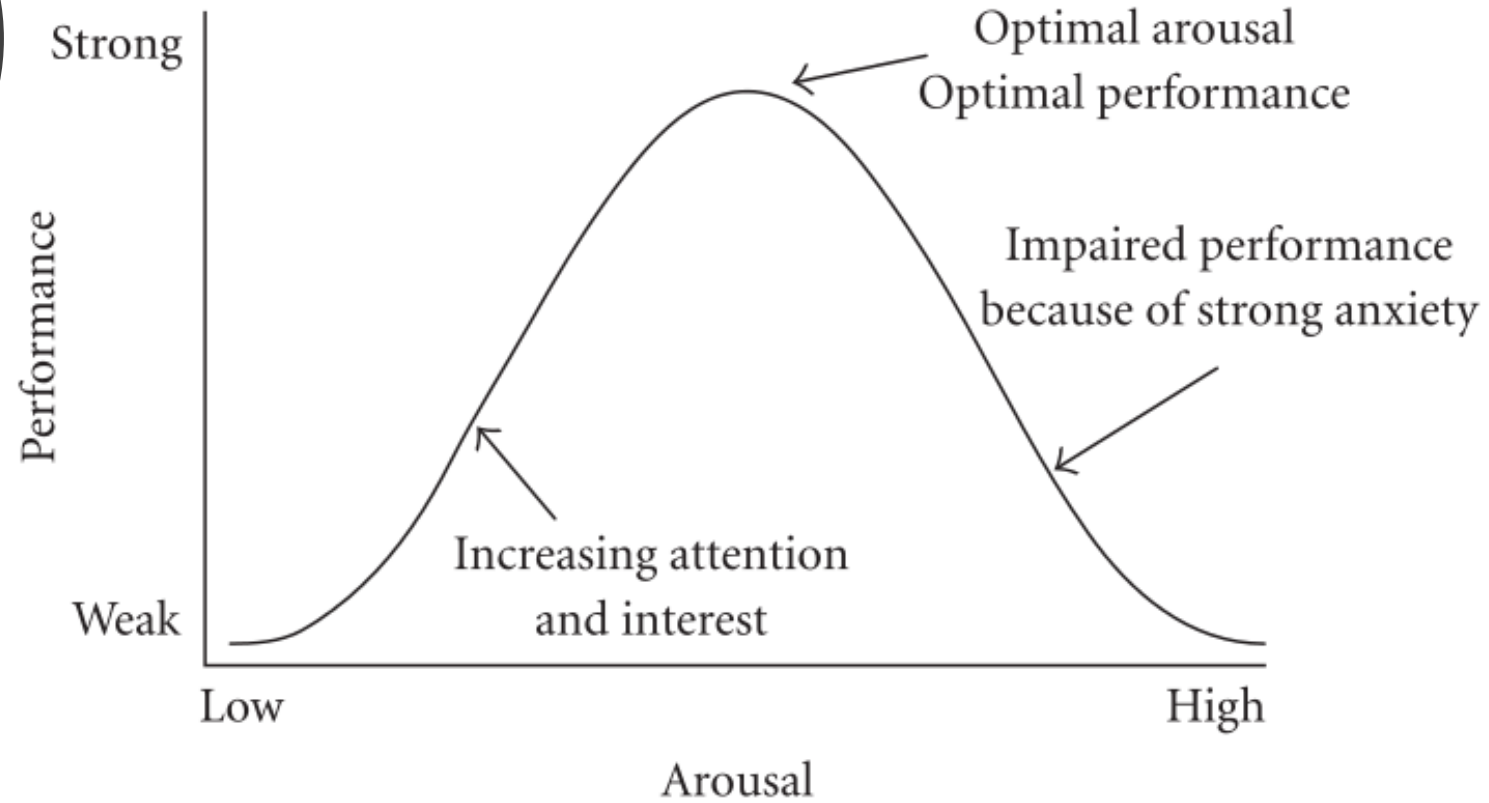




DEFINITIONS & CONTEXT

- “Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning.”
- The term 'stress' can refer to a stress with significant negative consequences, or *distress* in the terminology advocated by Hans Selye, along with what he calls *eustress*, a stress whose consequences are helpful or otherwise beneficial

YERKES-
DODSON
LAW



Kelly McGonigal | TEDGlobal 2013

How to make stress your friend



Share



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Rate



11:20



TYPES OF DISTRESS

ACUTE

CHRONIC



TECHNIQUES

Self-Care & Emotional Regulation

Principles of Resiliency

Recognize/Act/Know

Stress First Aid Model &
Continuum

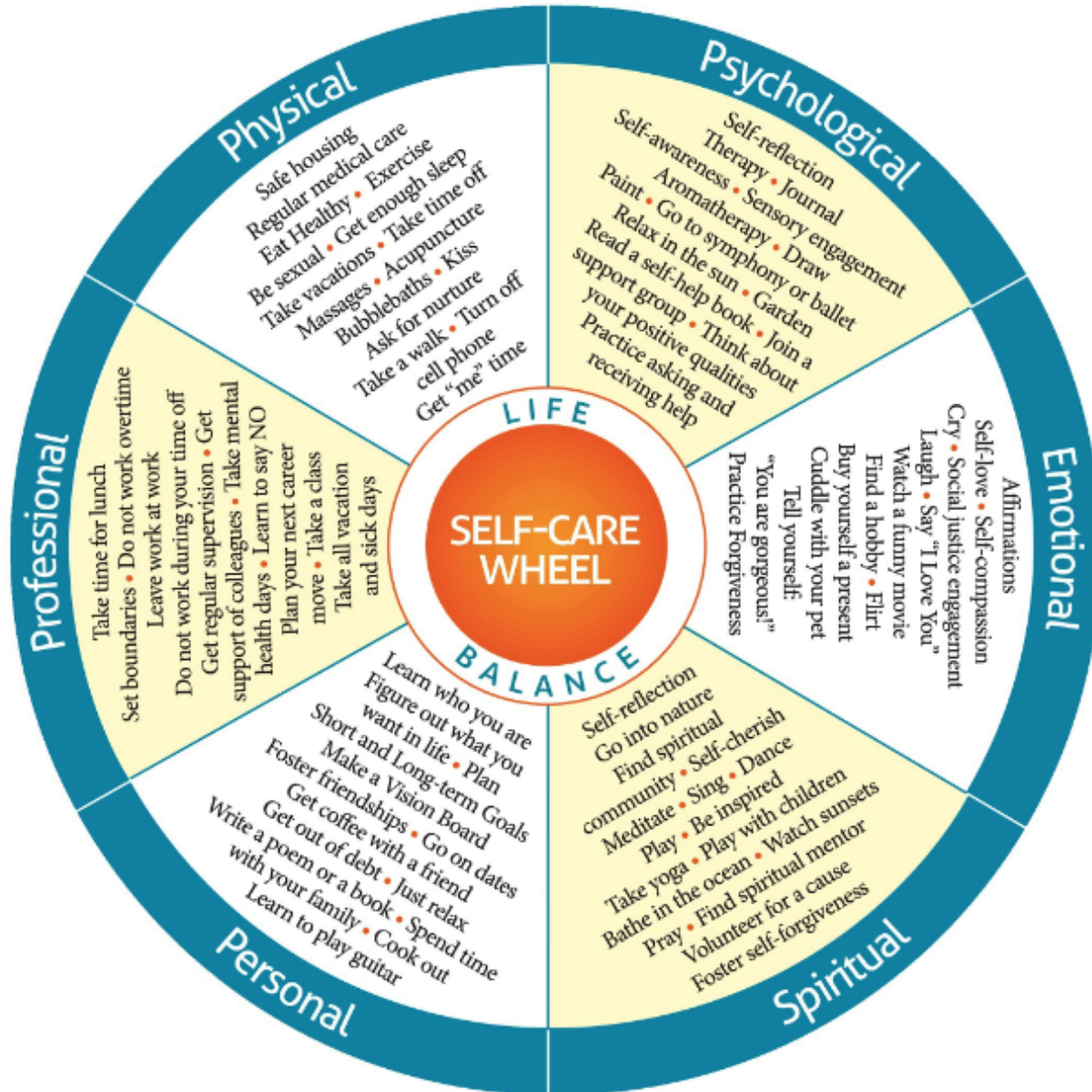


SELF-CARE

*“Self-care is never a selfish act—
it is simply good stewardship of
the only gift I have, the gift I was
put on earth to offer to others.”*

Parker Palmer

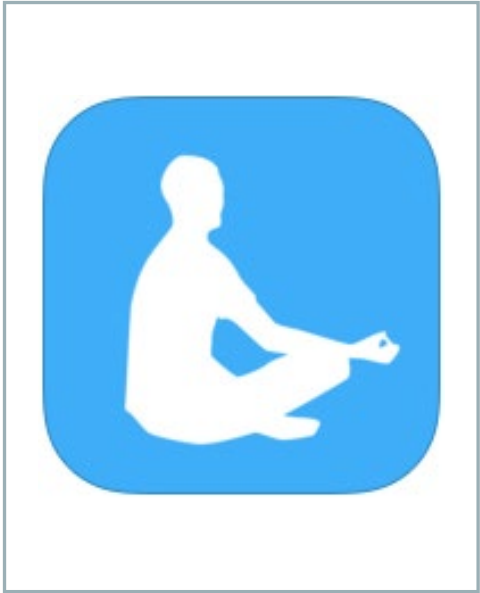
SELF-CARE WHEEL



I-MINUTE MEDITATION

HEALTHY
MIND

<https://youtu.be/cINdym-lsQg>



FREE APPS

- **You have at your fingertips multiple resources through your electronic device to help you deal with stress:**
- Complete Relaxation: Guided Meditation for a Happy, Stress Free Life
- The Mindfulness App
- Calm – Meditate, Sleep, Relax
- OmVana – Meditation for Everyone

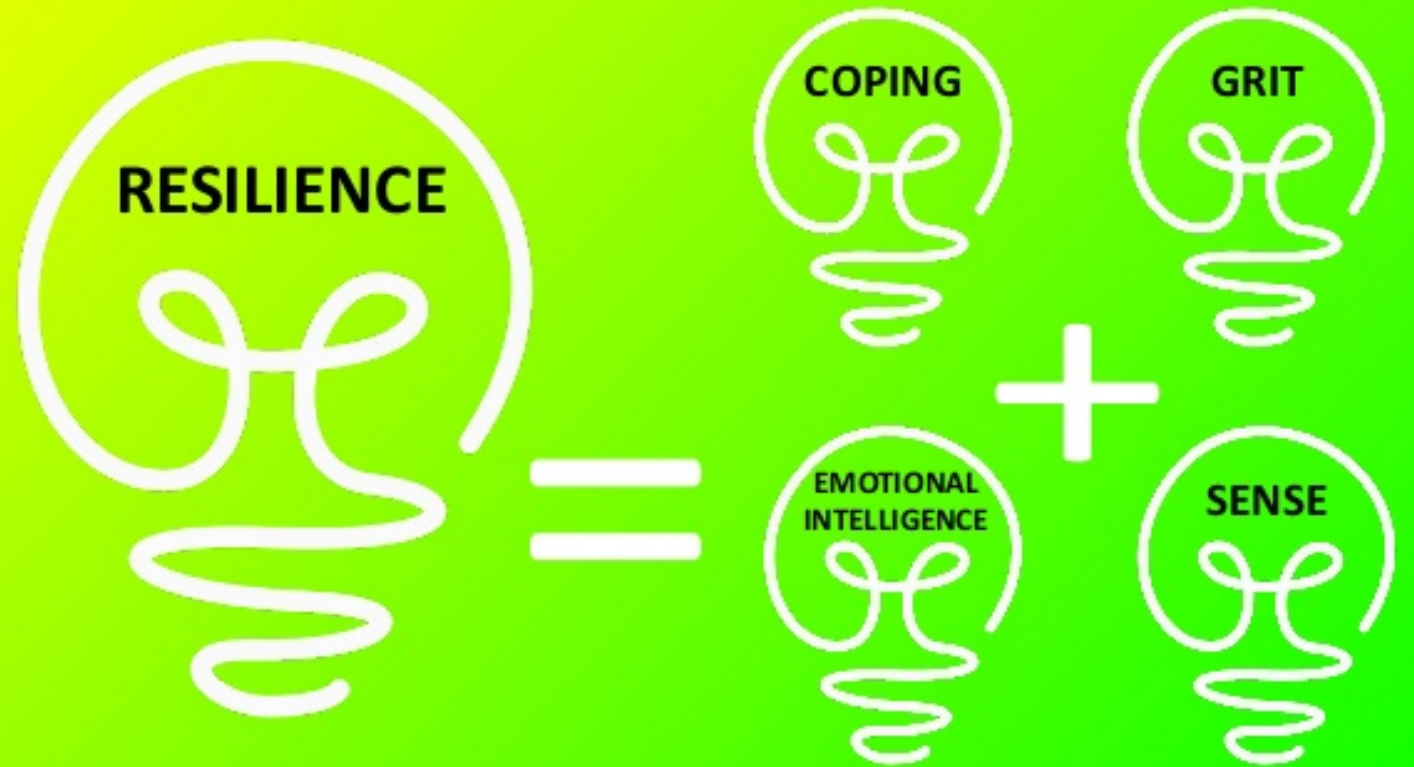
EMOTIONAL
REGULATION

- D
B
T**
- P** PHYSICAL Shower; brush teeth / hair; wash face; clean clothes.
 - L** (treat) ILLNESS Doctor; therapy; use medication as perscribed; dentist.
- S
K
I
L
L**
- E** EAT Eat regular, balanced, healthy and nourishing meals.
 - A** AVOID Avoid what doesn't work for you. Avoid avoiding responsibility.
 - S** SLEEP Rest when needed; get a proper amount of sleep for your body.
 - E** EXERCISE OR STRETCH Move your body in ways that feel good.

RESILIENCY

Process of adapting well in the face of adversity, trauma, tragedy, threats or significant forms of stress, and “bouncing back” from difficult experiences

THE EQUATION OF RESILIENCE



RESILIENCE MATRIX

<p>COPING</p> <p>Being able to tap inner resources & “bounce back”</p>	<p>GRIT</p> <p>Never give up. Have inner strength to tackle things and move on</p>
<p>EMOTIONAL INTELLIGENCE</p> <p>Being able to manage and analyze feelings & emotions</p>	<p>SENSE MAKING</p> <p>Learning from mistakes, and living life with purpose</p>

How Resilient are
You?

<https://www.mindtools.com/pages/article/resilience-quiz.htm>

A RESILIENT PERSON

- Is likely to recognize and manage their own feelings and understand the feelings of others;
- Have a sense of independence and self-worth;
- Form and maintain positive, mutually respectful relationships with others;
- Be able to solve problems and make informed decisions;
- Have a sense of purpose and goals for the future.



10 WAYS TO BUILD PERSONAL RESILIENCE 1/2



- 1) MAKE CONNECTIONS**
Cultivate good relationships; accept help and support; assist others.
- 2) LOOK FOR OPPORTUNITIES FOR SELF-DISCOVERY**
Know yourself, your strengths and self-worth.
- 3) ACCEPT THAT CHANGE IS A PART OF LIVING**
Learn ways & techniques to manage change.
- 4) KEEP THINGS IN PERSPECTIVE**
See broader context; long-term perspectives.
- 5) TAKE DECISIVE ACTIONS TO FIX PROBLEMS**
Adopt a solution mindset; use problem resolution tools and techniques.

Source : APA

Personal Resilience

10 WAYS TO BUILD PERSONAL RESILIENCE 2/2



6) MOVE TOWARD YOUR GOALS

Use goal-setting tools & techniques; measure regular progress; celebrate small accomplishments.

7) NURTURE A POSITIVE VIEW OF YOURSELF

Develop your assertivity; boost your self-esteem.

8) MAINTAIN A HOPEFUL OUTLOOK

Nurture optimism, enthusiasm; visualize your goals.

9) TAKE CARE OF YOURSELF

Body and mind; pay attention to your needs and feelings; exercise regularly.

10) AVOID SEEING CRISES AS INSURMOUNTABLE PROBLEMS.

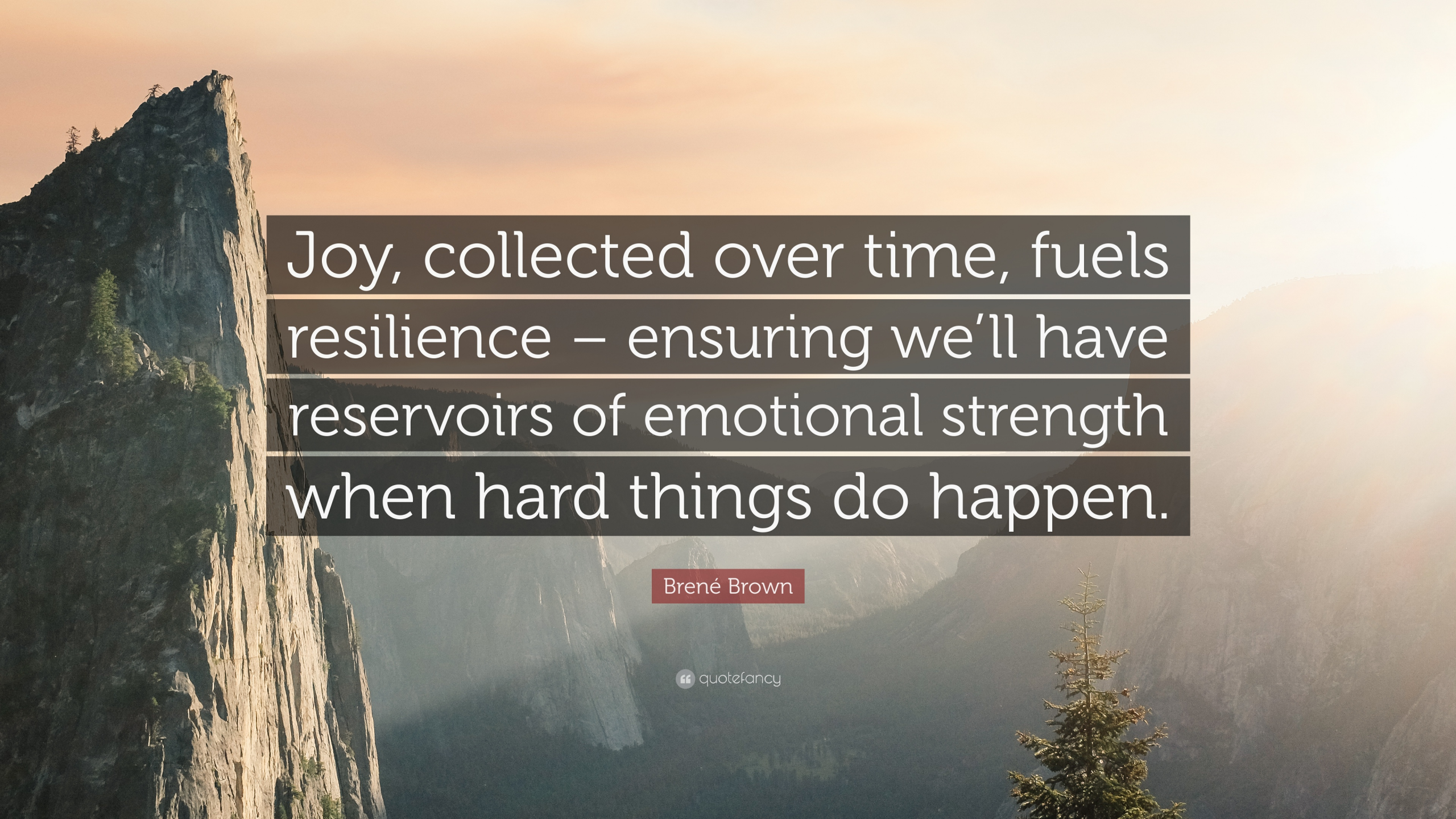
Source : APA

8 STEPS TO BUILD PROFESSIONAL RESILIENCE



Source : CCL

Professional Resilience



Joy, collected over time, fuels
resilience – ensuring we'll have
reservoirs of emotional strength
when hard things do happen.

Brené Brown

“ quote fancy

RECOGNIZE,
ACT, KNOW



RECOGNIZE: Awareness
(in self & others)



ACT: Do or say something
(may be to someone closer
to individual)



KNOW: Have 2 resources
up your sleeve

SYMPTOMS OF
STRESS

PHYSICAL

COGNITIVE

BEHAVIORAL

STRESS FIRST AID MODEL



7 C's of Stress First AID

- **Check:** Assess observe and listen
- **Coordinate:** Get help, refer as needed
- **Cover:** Get to safety ASAP
- **CALM:** Relax, slow down, refocus
- **Connect:** Get support from others
- **Competence:** restore the effectiveness
- **Confidence:** Restore self-esteem and hope

STRESS CONTINUUM MODEL

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
<p>DEFINITION</p> <ul style="list-style-type: none"> Optimal functioning Adaptive growth Wellness <p>FEATURES</p> <ul style="list-style-type: none"> At one's best Well-trained and prepared In control Physically, mentally and spiritually fit Mission-focused Motivated Calm and steady Having fun Behaving ethically 	<p>DEFINITION</p> <ul style="list-style-type: none"> Mild and transient distress or impairment Always goes away Low risk <p>FEATURES</p> <ul style="list-style-type: none"> Feeling irritable, anxious or down Loss of motivation Loss of focus Difficulty sleeping Muscle tension or other physical changes Not having fun <p>CAUSES</p> <ul style="list-style-type: none"> Any stressor 	<p>DEFINITION</p> <ul style="list-style-type: none"> More severe and persistent distress or impairment Leaves a scar Higher risk <p>FEATURES</p> <ul style="list-style-type: none"> Loss of control Panic, rage or depression No longer feeling like normal self Excessive guilt, shame or blame <p>CAUSES</p> <ul style="list-style-type: none"> Life threat Loss Moral injury Wear and tear 	<p>DEFINITION</p> <ul style="list-style-type: none"> Clinical mental disorder Unhealed stress injury causing life impairment <p>FEATURES</p> <ul style="list-style-type: none"> Symptoms persist and worsen over time Severe distress or social or occupational impairment <p>TYPES</p> <ul style="list-style-type: none"> PTSD Depression Anxiety Substance abuse

RESOURCES

- How Stress affects your Brain

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

- Self Care & Organizational Support webinar

<https://acui.connectedcommunity.org/communitieslist/community-home/librarydocuments/viewdocument?DocumentKey=6535382a-3ffd-4d29-a4cf-4450d8e16310>

- Mindfulness Exercise

<https://www.7cups.com/exercises/mindfulness/>

- Stress Management Resources

<http://www.onlyhealthy.com/35-awesome-stress-management-resources/>

<https://nationaldaycalendar.com/calendar-at-a-glance/>

- Counseling Resources

Open Path Therapy Collective (\$59 one-time fee to be a member and then session costs as low as \$30) <https://openpathcollective.org/>
EAP <https://www.uh.edu/human-resources/PowerUP-Wellness/EAP/> or outpatient MH provider “Check insurance” or Psychology today
<https://www.psychologytoday.com/us>



THANK
YOU!

Eve Esch

emesch@uh.edu