

# Stress Management

## A Mind-Body-Spirit Approach

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# What Causes Stress?

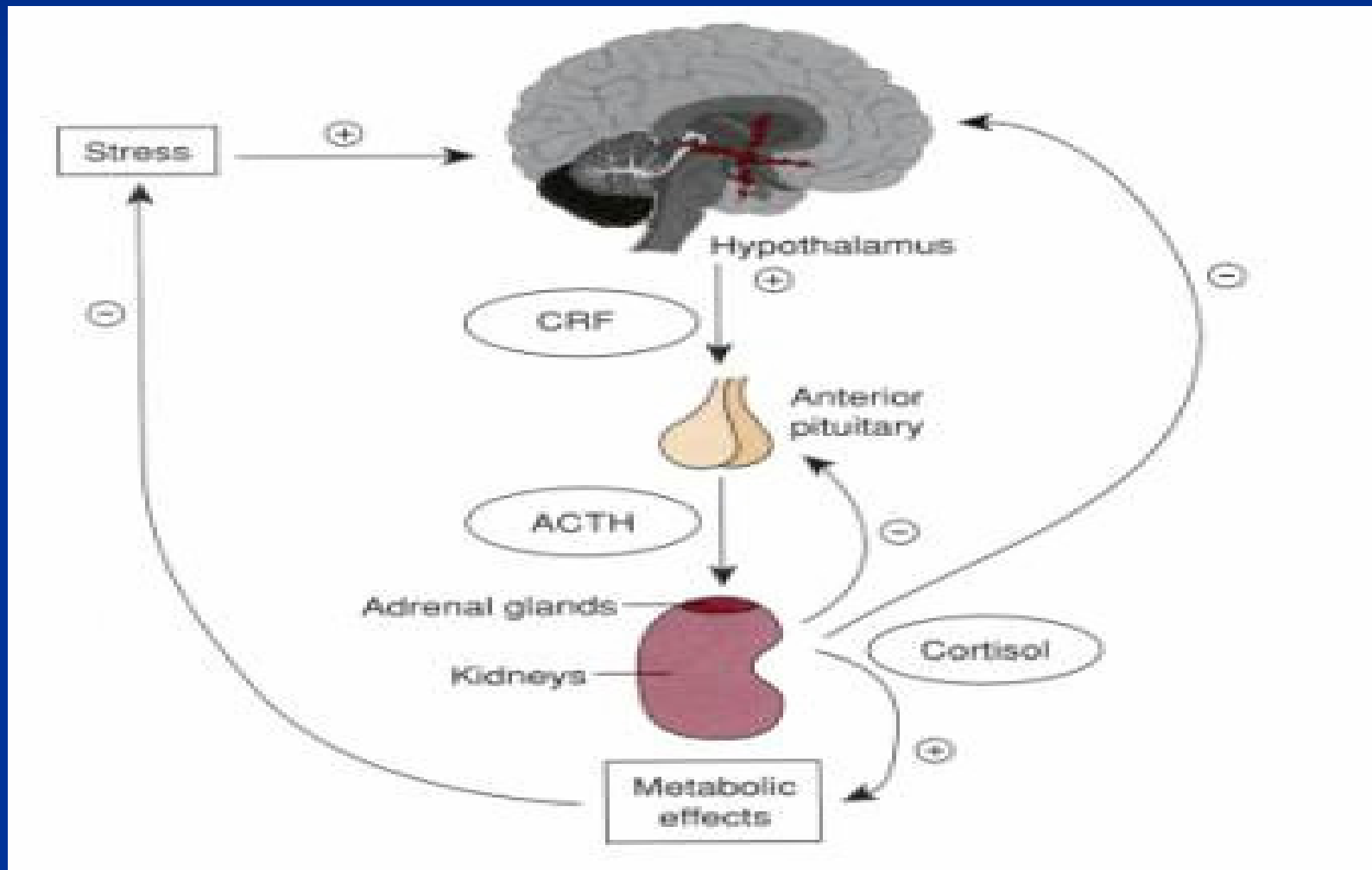
- Not enough time
- Change / Life Crisis
- Dealing with people
- Not knowing how to do something
- Not enough sleep
- Poor diet
- Illness
- Toxic exposures
- Attitude

# The Stress Experience

- Anxiety
- Stomach upset
- Butterflies
- Headache
- Grinding teeth
- Insomnia
- Heart Palpitations
- Restless

# Physiology of Stress Response

- Hypothalamic-Pituitary-Adrenal Response



# Health Effects of Stress

- Associated with increased incidence of disease.
- Diminished immune function
- Increase in inflammation
- Shift in metabolism (store more fat)
- Loss of memory, decreased cognitive function/  
job performance.
- Decreased creativity/ productivity.

# Physiology of Relaxation Response

- Serotonin levels increase
- Endorphin levels increase
- Melatonin levels increase
- Adrenalin levels decrease
- Norepinephrine levels decrease
- Hormonal levels rebalance
- Immune function enhanced

# Stress Reduction

- What can we do to stop or reverse stress?
  - Reprioritize
  - Time management
  - Self Care
    - Sleep
    - Diet
    - Exercise
    - Spiritual practice
    - Hydrate

# Stress Reduction

- Journaling
- Listening to Music
- Shopping
- Talk with friend
- Talk with Therapist/Counselor
- Walk in Nature
- Others

# Maladaptive Stress Responses

- “Hitting little brother”
- Anger
- Alcohol
- Drugs
- Binge Eating
- Spending Spree

# Well-Being of Mind and Body

## Health Benefits of the Relaxation Response

- Improved emotional state
- Improved health
- Greater creativity/performance/productivity
- Better appearance
- Better sleep

# Eliciting the Relaxation Response Body

- Exercise
  - Aerobic, Strength training, Flexibility
  - Yoga, Tai Chi, Qi Gong
  - Pilates
  - Running, Bicycling, Rowing, Swimming

# Eliciting the Relaxation Response Body

- Self-Care
  - Massage
  - Spa Day
  - Personal Hygiene

# Body

- Nutrition
- Healthy Foods
  - Raw, not processed
  - Natural Sweeteners
  - Avoid Food Additives and Coloring
- Water, Water, Water

# Mind

- Power of Positive Thinking
- Meditation
- Guided Imagery
- Hypnosis
- Counseling
- Biofeedback

# Spirit

- Meditation
- Prayer
- Contemplation

# Demonstration