

# Stress Management Workshop

Presenter Name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

## I. Stress vs. Strain

- a. Stressors—triggers outside of you
- b. Stress—the way you responded to the trigger

## II. What is Stress?

- a. A basic human survival mechanism left over from our primordial ‘waste’ when we could feel inspired or provoked (angry) by either fighting or fleeing
- b. The body’s non-specific (physical and biochemical) responses to stressors
- c. Long-term consequences of being “too stressed, for too long”:
  - i. Digestion
  - ii. Reproduction
  - iii. Inhibited growth
  - iv. Inhibited tissue repair
  - v. Cardiovascular problems
  - vi. Heart disease
  - vii. Kidney disease
- d. Any change requiring you to adapt
  - i. Unavoidable and Necessary
  - ii. Stress can be Positive
    1. A source of high energy and increased awareness
    2. Some stress actually improves performance, but too much impedes performance

## III. OK, you’re stressed right now... What do you DO?

- |                                                  |                                                |                                                    |
|--------------------------------------------------|------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Listen to music         | <input type="checkbox"/> Put a puzzle together | <input type="checkbox"/> Rearrange furniture       |
| <input type="checkbox"/> Rock in a rocking chair | <input type="checkbox"/> Walk around the mall  | <input type="checkbox"/> Wander around a bookstore |
| <input type="checkbox"/> Play with your pet      | <input type="checkbox"/> Throw out at a tree   | <input type="checkbox"/> Play racquetball          |
| <input type="checkbox"/> Weed a garden           | <input type="checkbox"/> Beat a drum           | <input type="checkbox"/> Take pictures of nature   |
| <input type="checkbox"/> Scream into a pillow    | <input type="checkbox"/> Cook                  | <input type="checkbox"/> Light scented candles     |
| <input type="checkbox"/> Take a bath             | <input type="checkbox"/> Draw up a phone book  | <input type="checkbox"/> Beat a pillow             |
| <input type="checkbox"/> Watch a movie           | <input type="checkbox"/> Scram-let loose       | <input type="checkbox"/> Move books                |
| <input type="checkbox"/> Paint                   | <input type="checkbox"/> Play an instrument    | <input type="checkbox"/> Hit a punching bag        |
| <input type="checkbox"/> Pray/meditate           | <input type="checkbox"/> Search the internet   | <input type="checkbox"/> Build something           |
| <input type="checkbox"/> Go for a walk           | <input type="checkbox"/> Do your nails         | <input type="checkbox"/> Yoga                      |
| <input type="checkbox"/> Call somebody           | <input type="checkbox"/> Write a poem          | <input type="checkbox"/> Take a nap                |
| <input type="checkbox"/> Repair a plant          | <input type="checkbox"/> Organize CDs          |                                                    |

## IV. Stress-Reducing Techniques

### A. BREATHING

- i. When you’re stressed, you tend to breathe from your chest in short, shallow breaths. Take a break, get quiet somewhere and breathe deeply, from your diaphragm
- ii. Use bubbles to practice good and healthy breathing: they help you control your breathing, and you can’t stay mad while you blow a bubble!
- iii. Practice blowing bubbles right now, with your workshop leaves!