



## We Need Stress!

*"It's not stress that kills us, it's our reaction to it."*

Hans Seyle

### OBJECTIVES

1. See stress as something positive
2. Gain confidence that you can handle stressful situations
3. Learn tools that can help you reframe stress

### STRESS ON YOUR BODY

- Increased heart rate
- Digestive system shuts down
- Release of cortisol
- Fight or flight
- Higher blood pressure
- Blood sent to extremities
- Release of adrenaline
- Stronger heartbeat



*"If people actually embrace the concept of stress, it can make them stronger, smarter and happier."*

- Kelly McGonigal, Stanford psychologist

### AN INTERESTING STUDY

In 1998, 30,000 adults were asked two questions:

*"How much stress have you experienced in the last year?"*

*"Do you believe that stress is harmful to your health?"*

*High levels of stress increased your risk of dying  
by 43%!*

\*But this only applied to those that saw stress as harmful to their health. Those that viewed stress as not harmful *had the lowest risk of death of anyone in the study*, even lower than those who reported experiencing very little stress.



# RELAX

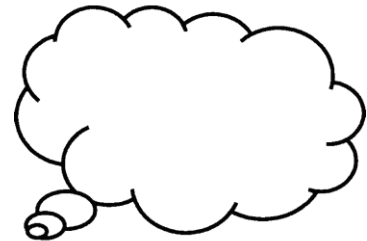


## RECOGNIZE YOUR STRESSORS

What causes you to experience stress...that is what situations, events or persons invite you to become stressed?

## ELIMINATE THOUGHT CIRCLES

Negative mental statements that begin with truth and move to fiction.



*ANTS - Automatic Negative Thoughts*

- Cindra Kampoff

## LEARN REFRAMING STRATEGIES

**The Power Breath** – Take 15 seconds to focus on your breathing. 6 seconds in through your nose, 2 second hold, 7 seconds out through your mouth. Repeat as needed.

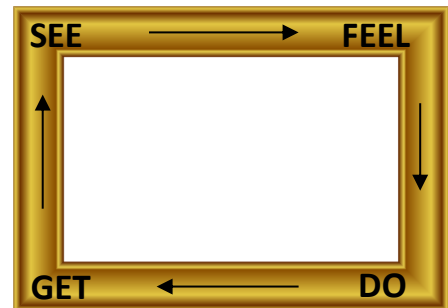
**Take a Hike** – Go on a brisk walk outside, or do some sort of exercise that causes you heart rate to increase to at least 100 beats per minute.

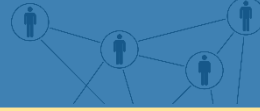
**The Last Chapter** – Visualize the most-probable outcome. Imagine also the worst-case scenerio.

**“I don’t have it that bad”**– Recognize that many other people have it much worst that you do and they are doing just fine.

**Sleep on it** – The biggest and most helpful way of reframing stress is to sleep on it...literally. All humans are wired the same way and we need 7-9 hours of quality sleep every day. Keep in mind:

- Cool, dark and quiet – Like a cave
- Screen free for at least 60 minutes before
- Follow a regular sleep schedule
- Avoid caffeine after 2p and alcohol before bed
- Take a nap, but not after 3p
- Get 30 minutes of natural light per day
- Don’t hit the snooze

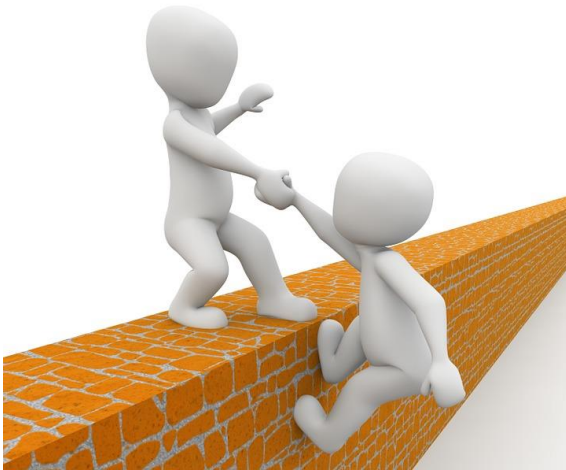




## ASK FOR HELP

Talking our problems out with another allows us to process and prioritize what is going on in our lives. Furthermore, our close ones can be great at helping us see a different perspective to our problems. Who could you ask for help from?

**Remember:** Venting is different than complaining!

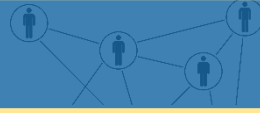


## X CROSS YOURSELF OUT, THINK ABOUT OTHERS

*"The happiest people I know are those who lose themselves in the service of others." - Gordon B. Hinckley*

## Homework

- Recognize your stressors by creating a list of the 10 most common things that stress you out.
- Use at least 2 reframing strategies. What did you try and how did it work?
- When the going gets tough, who could you reach out to?



## Session Pre-Work

**DIRECTIONS:** Read the prompt and circle 0-4 based upon your experiences in the last month.

0 – Never   1 – Almost Never   2 – Sometimes   3 – Fairly Often   4 – Very Often

<b>The Perceived Stress Scale (PSS)</b>						
<b>1</b>	In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
<b>2</b>	In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
<b>3</b>	In the last month, how often have you felt nervous and stressed?	0	1	2	3	4
<b>4</b>	In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
<b>5</b>	In the last month, how often have you felt that things were going your way?	0	1	2	3	4
<b>6</b>	In the last month, how often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
<b>7</b>	In the last month, how often have you been able to control irritations in your life?	0	1	2	3	4
<b>8</b>	In the last month, how often have you felt that you were on top of things?	0	1	2	3	4
<b>9</b>	In the last month, how often have you been angered because of things that happened that were outside of your control?	0	1	2	3	4
<b>10</b>	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

**Scoring:** First, reverse your scores for questions 4, 5, 7, & 8. On these 4 questions, change the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

My total score is \_\_\_\_\_

0-13 Low stress   14-26 Moderate perceived stress

27-40 High perceived stress