Let’s Talk About STRESS!

OaklandCountyMiWorks.com
WELCOME!
We are glad you’re here!

OaklandCountyMiWorks.com
Workshop Guidelines

▪ This is an interactive session - we welcome you to type into the chat box to ask questions or add to the conversation.

▪ The presentation and other materials will be sent to all participants to your email that your used for your registration for this event.

▪ For additional career assistance, connect with your Oakland County Michigan Works! service center. Contact information is listed on the web at OaklandCountyMiWorks.com or call 800-285-9675.
Remember...

Always check with your doctor and get medical help when needed.

The information provided is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment.

Do not use this information to diagnose or treat a health problem or condition.

Get help as needed. Reach out for assistance.
Stress is a BIG TOPIC

We’ll touch on some aspects of STRESS today. However, because it is such a big topic, we’ve added many links, phone numbers, articles & general resources at the end of the presentation. You’ll be able to refer to these.

You’ll see the “PAUSE” button during the presentation. It signals a pause to enter your ideas into the chat box or to just write them down for your own reflection.
What we’ll cover today

• Understanding STRESS
• STRESS in 2020
• How Stress Manifests in us
• Upward & Downward coping
• STRESS Coping Strategies
  o What’s worked for you before
  o Gratitude as a daily practice
  o Building up Resilience
  o A toolbox of techniques
  o Self Care - A daily priority
  o Mental Health matters
• Mindfulness Practice & Sleep Help
• Resources for following up later
2020 → What a year of STRESS
A year with COVID-19

One in five of us have lost someone dear to us.

We have been impacted in so many ways...

- We have mourned the death of family & friends
- We have experienced this illness up close
- We’ve been unable to gather to honor those that have passed and to comfort the sick.

We have been dealing with grief and loss.
Stress in 2020 → too many to list

• $$ worries
• Food Insecurity
• Housing & transportation challenges
• Isolation from family & friends
• Schools Closed - Homeschooling - Childcare issues
• Caregiving others
• Some jobs not coming back any time soon.
• Unemployment: A large # of people out of the workforce & women impacted in greater numbers*

*The COVID-19 pandemic has significantly affected the U.S. female workforce, with 2.5 million women leaving the job market since the beginning of the public health crisis, compared to 1.8 million men, according to data from the U.S. Bureau of Labor Statistics.
Stress in 2020 → too great to list

- Increased anxiety
- Increased depression
- ______________________________
- ______________________________

Let’s take a moment to reflect...

What would you add to this list?

... What are your top stressors now and over the last year. (write or chat)
So let’s define STRESS

Something that:
• causes frustration, anger, nervousness or anxiety
• creates too much pressure in your life - Maxed out!
• feels overwhelming
• threatens your well-being
• puts you into survival mode
• causes mental, emotional or physical distress
• pushes you past your resources or limits
• exerts excessive pressures or demands
How STRESS shows up in us

- Can’t sleep or Sleep too much
- Agitation
- Anxiety | Depression
- Anger | Outbursts | Personality change
- Withdrawal - Isolating - Not sharing
- Hopelessness
- Bodily sensations
- Negative self talk | Shaming thoughts
How stress shows up in us

- Self-Neglect (poor hygiene, poor eating)
- Over or under eating - bingeing
- Overuse of Alcohol or Drugs - gambling or other addictive behaviors like shopping
- $$$ Money mismanagement - overspending - ignoring bills and mail.
- Physical pain - tight muscles - stomach aches - headaches - elevated blood pressure
- Everything feels like it is just too much
- Personal & Work problems / conflicts
Let’s start with this:

➡ Look back at how you have handled stress before.
➡ Reflect on how much you have overcome.
➡ “Re-cycle & Re-use” the coping strategies that have worked for you.
All the things you have gone through...how did you cope with stress?

PAUSE & write 3 down.

- Feel good about your tools – your “Stress coping capabilities”
- Use them & Re-use them
- Practice daily those things that you know work well for you.
Tip: Watch for Coping that leads into a Downward Spiral

STRESS

- Excessive Alcohol
- Overuse of Drugs, Rx, Stimulants
- Food Issues: Too little - too much
- Sleep Issues: Too little or too much
- Isolating
- Not sharing feelings
- Dark or suicidal thoughts
- Avoiding getting support & help

NOT COPING WELL
Focus on Coping UPWARD!

COPING WELL

- Feeling OK about life
- Regular exercise
- Spending time in nature
- Appropriate use of Rx
- Balanced food & exercise
- Sleeping OK most of the time
- Staying connected to people
- Staying verbal - Sharing feelings
- Getting help as needed

STRESS
Now, let’s see if we can add some tools to your coping with stress toolbox.
gratitude:
Practicing Gratitude for Stress Release

Gratitude is related to optimism, resilience, and other positive emotions that combat stressful emotions.

Additionally, lack of gratitude is linked to increased depression and stress.

(Young & Hutchinson, 2012)
Practicing Gratitude for Stress Release

Gratitude is the Best Attitude

How to Start a Gratitude Log and Feel Thankful Everyday
Stand up to stress with
GRATITUDE = Abundance

Acknowledging
THE GOOD
THAT YOU
ALREADY HAVE IN YOUR LIFE
IS THE FOUNDATION
FOR
ALL
ABUNDANCE

Eckhart Tolle
"The Power of Now"
Building Resilience
to help with stress

Psychologists define **resilience** as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress...

—such as family and relationship problems, serious health problems, or workplace and financial stressors.

American Psychological Association

“Building Your Resilience” https://www.apa.org/topics/resilience
Building Resilience to deal with Stress

Psychological Resilience

Be **Self**-Compassionate. How are you talking to yourself? How does it make you feel when you think that thought?

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

Steve Maraboli
Stress management with Self Care

Life is like an airplane. You have to put your own oxygen mask on first.

You gotta nourish to flourish.

Self care is not selfish.

Make time for self-care.

Be good to yourself.

Self-care
Coping with Stress Through Self Care

Self-care is vital for building resilience toward STRESSORS in life that you can't eliminate.

When you've taken steps to care for your mind and body, you'll be better equipped to live your best life.
We may view self-care as a luxury, rather than a priority. Consequently, we’re left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.
How do you nourish you?
Self Care - What fills your cup?

Write down OR type into the chat box a few of the ways you do self-care.
Exercise to manage stress

Get moving!

Exercise in any form can act as a stress reliever!

Physical activity bumps up the production of your brain's feel-good neurotransmitters, called **endorphins**.
Exercise reduces... the negative effects of stress.

It's meditation in motion! After a fast-paced game of racquetball, a long walk or run, or several laps in the pool, you may often find that you've forgotten the day's irritations and concentrated only on your body's movements.
Exercise improves mood

“Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.”

From “Exercise and Stress” by the Mayo Clinic
www.MayoClinic.org
Stress impacts Mental Health

YOUR MENTAL HEALTH IS A PRIORITY

BE KIND TO YOUR MIND
It’s OK to get help
Some Signs it’s Time to Get Help

- Performance is suffering - school / work / family life
- Coping by using drugs, alcohol, or tobacco
- Eating or sleeping habits change significantly
- Irrational fears and anxiety getting too much
- Trouble getting through daily responsibilities
- Withdrawing from friends and family & not talking about feelings & situations
- Behaving dangerously to yourself or others
- Suicidal thoughts - can’t go on - it’s all too much - feeling like giving up

RESOURCES will be provided
Coping Strategies at a Glance

**Physiological**
- Controlled Breathing
- Relaxation
- Diet and Exercise
- Sleep Management
- Environmental Change

**Cognitive/Emotional**
- Challenging Thinking
- Controlling Emotions
- Positive Thinking
- Self Awareness

**Behavioral**
- Time Management
- Acting Relaxed
- Assertiveness
- Working with Others
- Changing Behavior

Wright.edu “Coping with Stress”
17 WAYS TO BEAT STRESS

- make a to-do list
- deep breathing
- take a nap
- enjoy nature
- meditate
- go for a walk
- exercise
- tai chi
- organize
- positive affirmations
- yoga
- watch a movie
- journaling
- find a hobby
- eat well
- 8 hrs of sleep
- guided meditation
Free Meditation & Stress Reduction

headspace.com/mi

Headspace is science-backed meditation and mindfulness

Reduce stress in just 10 days so you can feel less overwhelmed

Boost compassion and resilience to help build greater empathy for others

Reduce negative emotions to help you navigate through tough moments
Stress less, move more, and sleep soundly

### Meditations

- **Stressed**
  - Guided exercises to help you cope with staying at home.
  - Duration: 2:50

- **Feeling Overwhelmed**
  - Duration: 3:00

- **Panicking**
  - Duration: 3:00

- **Listen to Alone Time – 5 minutes**
  - Duration: 4:59

[headdspace.com/mi](http://headdspace.com/mi)
So...What is in YOUR toolbox?

- Gratitude
- Plants
- Friends
- Pets
- Self-Awareness
- Self-Care
- Meditation
- Exercise
- Dance
- Nature
- Music
- Hobbies
- Talking & Sharing
- What has worked before
Mindful Ways to Reduce Stress

- Practice **meditation** to quiet your mind
- Create **routines** that give you order and direction in a chaotic world
- Set aside time to **rest** instead of always having to be busy
- Practice **staying in the moment** rather than thinking ahead to what will happen in the future
- Keep your **eating and sleeping** on a schedule
- Focus on your **breathing**. Breathe deeply and exhale slowly
- **Breakdown tasks** into individual steps and tackle them one step at a time
- Use **resources** to learn more about stress management
- Access **professional help** to learn better lifestyle techniques
- Find humor - funny animal videos - humorous TV Shows
- Do activities that **take your mind off your worries** like watching a movie
Mindful Ways to Reduce Stress

- **CUT BACK:**
  - On the news - On screen time
  - On overdoing things
  - On taking on more & more

- **Practice a LOT of Self-COMPASSION**

- **Take breaks** when you are doing something that creates stress

- **Stay connected** to those that are important to you.

- **Write down** how you are feeling in a journal then put it down.

- Do **hobbies** that distract your brain from worries.

- Create a daily **gratitude** list.

- “**Move at the pace of an elephant.**”

- **Check for the tension** in your body & negative thinking.

- **Challenge your negative assumptions** about people & situations.
Mindful Ways to Reduce Stress

- **Be Aware**: of your stress symptoms & begin to address them.
- **Get Outside**: Even if it is just having your cup of coffee on the porch in the morning.
- **Stop Judging**: Both yourself and others. It just promotes negative thinking.
- **Bring Joy & Distract**: Read. Listen to music. Pet the pets.
- **Watch those thoughts**: Train yourself to avoid negative thinking.
- **Practice Gratitude & Acceptance**: Change your mindset.
- **Take it easy**: Make life more manageable - slower - less can be more.
- **Check it**: How is your body feeling? Your posture? Try a smile :)}
Take steps now to feel better!
SLOW DOWN  KEEP CALM  BE POSITIVE  TAKE IT EASY

UNPLUG  ENJOY LIFE  HAVE FUN  BREATHE

RELAX  GO OUTSIDE  SMILE  MEDITATE
Remember:

... all the effective ways you use to bounce back from stress!
Remember

This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment.

It isn’t to diagnose or treat a health problem or condition.

Consult your physician. Get help if needed. Because...You matter!
12 step Support Groups:

Web information - Online meetings - Phone meetings - In person meetings (as allowed by Covid):

- Alcoholics Anonymous: [https://aa-semi.org](https://aa-semi.org)
- Narcotics Anonymous: [https://na.org](https://na.org)
- Al-Anon [www.al-anon.org](http://www.al-anon.org)
- Co-Dependents Anonymous [www.coda.org](http://www.coda.org)
Resources

- 911
- SAMHSA - Substance Abuse and Mental Health Administration National Helpline – 1-800-662-HELP (4357) [https://www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)
  - Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
- Center for Disease Control: [https://www.cdc.gov](https://www.cdc.gov)
- Common Ground: 800-231-1127 [https://www.commongroundhelps.org](https://www.commongroundhelps.org)
- Community Network Services: 800-615-0411 [https://www.cnsmi.org](https://www.cnsmi.org)
- Oakland Community Health Network: 248-858-1210 [https://www.occmha.org](https://www.occmha.org)
- HAVEN (Sexual Assault / Domestic Violence) 877-922-1274 [https://www.haven-oakland.org](https://www.haven-oakland.org)
- Oakland Family Services: 877-742-8264 [https://www.oaklandfamilyservices.org](https://www.oaklandfamilyservices.org)
- Lighthouse of Oakland County: 248-920-6100 [https://www.lighthouseoakland.org](https://www.lighthouseoakland.org)
- Substance Abuse 24 hour access line: 800-467-2452
- Alcoholics Anonymous [https://www.aa.org/](https://www.aa.org/)
- Al-Anon [www.al-anon.org](http://www.al-anon.org/)
- For those worried about someone with a drinking problem
- CoDA [www.coda.org](http://www.coda.org/) For people seeking healthy & satisfying relationships 888-444-2349
- “Building Your Resilience” [https://www.apa.org/topics/resilience](https://www.apa.org/topics/resilience)
- Article on resilience: “I'm a survivor! How resilience became the quality we all crave.” [https://bit.ly/3t2bcOC](https://bit.ly/3t2bcOC)
- “Exercise and Stress” Mayo Clinic [https://mayoocl.in/3vvFyBq](https://mayoocl.in/3vvFyBq)
- Guided Meditations [https://www.umsystem.edu/totalrewards/wellness/mindfulness/mindfulness_practices](https://www.umsystem.edu/totalrewards/wellness/mindfulness/mindfulness_practices)
Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.

Viktor E. Frankl
Remember :) Balance is key

Thank you for sharing this time with me! I’m grateful!
Connect with us via Social Media on Facebook & Twitter

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Twitter.com/OaklandMIWorks
Visit us on the web!

You'll find it on our website
www.OaklandCountyMiWorks.com

+ Training opportunities
+ Young Professionals program
+ Employers Hiring
+ Daily Career Workshops
+ Business Resources

#MoveForward
#Back2WorkMI
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