

Let's Talk About STRESS!



Workshop Guidelines

- Please be courteous and respectful to the host and other participants
- This is an interactive session - we welcome you to ask questions at any time (unmute your microphone or send questions via chat)
- The workshop presentation and other materials will be sent to all participants who provided an email address
- Follow up with your nearest Oakland County Michigan Works! service center for additional assistance

Remember

This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition.

Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.

Descriptions of Stress

- Something that causes frustration, anger, nervousness or anxiety
- Something that creates pressure in your life
- Something that feels overwhelming to you
- Something that threatens your well-being
- Something that puts you in survival mode
- Something that is adverse
- Something that causes mental or emotional distress
- Something that exceeds your resources or capacity
- Something that exerts excessive pressures or demands

Stress Can Be Positive or Negative

Positive Stress / Eustress

- Starting a new job
- Planning a wedding
- Going on vacation
- Holidays
- The excitement of falling in love

Negative Stress / Distress

- Not enough money to pay the bills
- Not getting enough sleep
- Health concerns
- Physical threats
- Divorce

Some Examples of the Sources of Stress

- Negative thinking, attitudes and beliefs about people and the world
- How we interpret the actions, words, intentions of other people
- Result of life experiences, losses or traumas
- Childhood fears of being abandoned, engulfed or annihilated
- Financial insecurity / Food insecurity / Unstable home life
- Worry about things that are out of one's control
- Work or school harassment, bullying, shaming
- Injuries / Health Status / Chronic Illness
- Children leaving home/ Children returning home
- New job / Retirement / Work environment
- Neurobiology (hormones, neuropeptides, neurotransmitters, neural circuits that affect heart rate, sleep, appetite, mood and fear, and our resilience or vulnerability to stress)

Three Types of Stress

Acute:

- Occurs in short period of time
- Activates fight, flight or freeze

Physical manifestation in the short term:

- Headache
- Fatigue
- Difficulty sleeping or concentrating
- Upset stomach. Digestion stops or slows. IBS
- Reflux / Heartburn
- Irritability

Types of Stress (continued)

Chronic:

Persistent source of frustration or anxiety

Chronic illness, negative work or home environment, something that causes long-term stimulation of fight, flight or freeze response

Physical manifestation:

- Depression, anxiety
- High blood pressure, cardiovascular disease, abnormal heart beats
- Asthma and arthritis flare-ups.
- Diabetes, weight gain or loss
- Gastrointestinal problems, skin problems

Types of Stress (continued)

Traumatic: Life threatening event to you or to someone else that evokes fear and helplessness or hopelessness; can sometimes lead to post traumatic stress disorder (PTSD)

Physical manifestation:

- Insomnia or nightmares
- Being startled easily
- Racing heart
- Aches and pains, muscle tension
- Fatigue
- Difficulty concentrating
- Edginess and agitation

How The Body Prepares Itself to Protect You From a Threat

- When you are threatened the body reacts quickly to give you a chance to protect yourself from imminent danger.
- It prepares you to fight the threat, or run away from the threat.
- The body releases chemicals such as Cortisol and Adrenaline to modify how your body functions. These increase your heart rate, increase your oxygen to the blood, dilate the blood vessels in your muscles, increase your glucose levels and suppress the immune and digestive systems to conserve energy.
- This response is designed for the short term until the danger has passed. But in the long-term, like with chronic stress, these reactions in our bodies work against us. They make us feel like we always need to fight or flee. They affect the body system negatively. Some alter the way our brains function causing poor concentration, mood swings, agitation, depression and anxiety. They can suppress our immune system and make us more susceptible to disease.
- They can even cause our hair to gray prematurely.

Are You Experiencing Stress?

Some of the psychological and emotional signs of stress:

- Anger, irritability, or restlessness
- Depression or anxiety
- Feeling overwhelmed, unmotivated, or unfocused
- Racing thoughts or constant worry
- Trouble sleeping or sleeping too much
- Problems with your memory or concentration
- Making bad decisions

WebMD Medical Reference Reviewed by [Smitha Bhandari, MD](#) on November 26, 2018

Some Signs it's Time to Get Help

- Your work or school performance is suffering
- You're using drugs, alcohol, or tobacco to deal with your stress
- Your eating or sleeping habits change significantly
- You have irrational fears and anxiety
- You have trouble getting through your daily responsibilities
- You're withdrawing from friends and family
- You're behaving in ways that are dangerous to yourself (including self-mutilation) or things that are dangerous to others
- You think about committing suicide or hurting other people

National Suicide Prevention Lifeline. [800-273-8255](tel:800-273-8255)

<https://suicidepreventionlifeline.org/>

Michigan Suicide Prevention Coalitions and Crisis Lines

https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html

WebMD Medical Reference Reviewed by [Smitha Bhandari, MD](#) on November 26, 2018

Self Care

First: Acknowledge that stress is affecting your life in ways that you feel are physically or mentally unhealthy, or that are affecting your quality of life.

Second: Avoid comparing yourself to other people. We are all different in the ways that we experience life, and in how we respond to different situations and different conditions.

Third: Know yourself. Identify what creates stress in you, how stress impacts you, and how you respond to it. Then takes steps to reduce the stress and find coping mechanisms that are more effective.

Physical Approaches to Reducing Stress

***Check with your doctor before you begin new exercise routines or make dietary changes.*

EXERCISE: Start slow. For some physical activities consider getting professional instruction. If you do them incorrectly, you can cause injuries.

Try: Walking, biking, hiking, bowling, working out, swimming, Yoga, Tai Chi...etc.

But also...try just stretching, or just focusing on intentionally relaxing your muscles. Identify where you hold stress in your body and bring it to a point of relaxation. (frowning face, tight jaw, clenched fists, tension in back or legs, etc.)

Holding tension in your body prevents you from being able to get rid of your stress both physically and mentally.

DIET: What are you eating and drinking? How much sugar and caffeine are you consuming?

Department of Health and Human Services

www.hhs.gov/fitness/resource-center/nutrition-resources/index.html

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
- Do activities that take your mind off your worries like watching a movie

Mindful Ways to Reduce Stress (continued)

- Reduce your time watching the news.
- Take breaks when you are doing something that creates stress to let yourself calm down.
- Connect with others by phone or Internet.
- Write down how you are feeling in a journal, and then walk away from the journal and the feelings.
- Do hobbies that distract your brain from worries. Like crossword and jigsaw puzzles.
- Create a daily gratitude list.
- Mindful movement: Move slowly and gracefully through your day
- Check in with yourself on a frequent basis as you go through your day. Check for the tension in your body and the negative thinking in your mind.
- Challenge your belief system.

Mindful Ways to Reduce Stress (continued)

- Make a list of the signs and symptoms of stress that you see in yourself and begin to address them.
- Get outside. Even if its just having your cup of coffee on the porch in the morning.
- Stop judging yourself and others. It just promotes negative thinking.
- Read. Listen to music.
- Train yourself to avoid catastrophic thinking—worse case scenario.
- Develop an attitude of acceptance.
- Bring your life down to a size that you can manage, rather than taking on more.
- Check your posture and your facial expression. They both impact how you feel.

Resources

National Suicide Prevention Lifeline. 800-273-8255

<https://suicidepreventionlifeline.org/>

Michigan Suicide Prevention Coalitions and Crisis Lines

https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271_91689---,00.html

Center for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Common Ground: 800-231-1127

<https://www.commongroundhelps.org>

Community Network Services: 800-615-0411

<https://www.cnsmi.org>

Resources (continued)

Oakland Community Health Network: 248-858-1210

<https://www.occmha.org>

HAVEN (Sexual Assault / Domestic Violence) 877-922-1274

<https://www.haven-oakland.org>

Oakland Family Services: 877-742-8264

<https://www.oaklandfamilyservices.org>

Lighthouse of Oakland County: 248-920-6100

<https://www.lighthouseoakland.org>

Substance Abuse 24 hour access line: 800-467-2452

Alcoholics Anonymous: <https://aa-semi.org>

Narcotics Anonymous: <https://na.org>

Remember

This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition.

Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.

At Your Service

Monday-Friday, except state holidays

Telephone and Virtual Appointments Only

NOVI

31186 Beck Road
Novi, MI 48377

(248) 926-1820

OAK PARK

22180 Parklawn Street
Oak Park, MI 48237

(248) 691-8437

PONTIAC

1850 N. Perry Street
Pontiac, MI 48340

(248) 276-1777

SOUTHFIELD

21415 Civic Center Drive, Suite 116
Southfield, MI 48076

(248) 796-4580

TROY

550 Stephenson Highway, Suite 400
Troy, MI 48083

(248) 823-5101

WATERFORD

7500 Highland Road
Waterford, MI 48327

(248) 617-3600

A Proud Partner of the American Job Center Network

Equal Opportunity Employer: Program auxiliary aids and services are available upon request to individuals with disabilities | Michigan Relay Center or 711

Funded by: David Coulter, Oakland County Executive, Oakland County Workforce Development Board, Michigan Department of Labor and Economic Opportunity



DAVID COULTER
OAKLAND COUNTY EXECUTIVE