

Managing Stress With Self Care

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Key Topics:

- How Stress Impacts our Health
- Misconceptions about Self Care
- 3 Steps to Manage Stress
- Self Care Practices
- How to Prioritize Self Care
- Mindfulness and Deep Breathing

How Stress Impacts Health



Mental Health:

Stress hormones may alter brain chemistry and lead to difficulty concentrating and retaining new information. Chronic stress can lead to severe feelings of anxiety and anxiety disorders.



Emotional Health:

Research suggests a link between high levels of stress and the onset of depression. Irritability and anger are also more common in people who are chronically stressed.



Physical Health:

Long-term stress is linked with elevated blood pressure, increased risk of heart attack and stroke. Chronic stress suppresses the immune system, leaving you susceptible to infection.

Self Care Misconceptions

- Isn't Self Care selfish?
 - You can't pour from an empty cup.
- Does Self Care look the same for everyone?
 - There is no one size fits all "prescription" for self care.
- Is Self Care lavish and involve expensive activities?
 - Going to bed early or taking a walk are free ways to engage in self care. There are many more!



SELF care
IS NOT SELFISH

Self Care Misconceptions

- Self Care must be earned.
 - The point of self care is to prevent burn out, and prevent ourselves from running on empty. Don't wait until you've "earned it" to prioritize self care.
- Self Care is too time consuming.
 - Finding just 5-10 minutes a day for yourself can help you recharge and manage stress. You may even feel more productive and focused.
- Self Care is always healthy.
 - Choosing to engage in self care doesn't always mean you are choosing the healthiest or most productive option. Having balance is important for overall wellbeing.

3 Steps To Take When You're Feeling Stressed:

1. Recognize
2. Identify and Accept
3. Reflect and Correct



Step 1: Recognize



Recognize how stress impacts you without judgment.



Look out for warnings signs like irritability, insomnia, tense muscles or headaches.

Step 2: Identify



What triggered your stress response? Is the situation in your control? Can you shift your perspective?

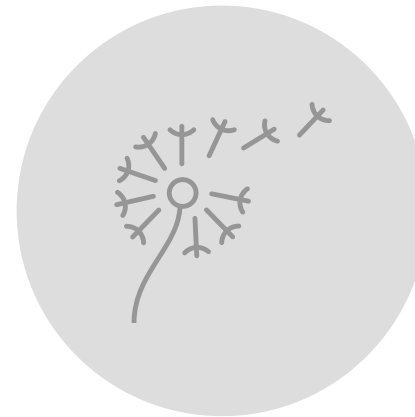


Practice acceptance for situations outside of your control and reach out for support.

Step 3: Reflect and Correct



COULD YOU BE TAKING ON TOO MUCH? ARE THERE THINGS YOU COULD DELEGATE? ASK FOR HELP.

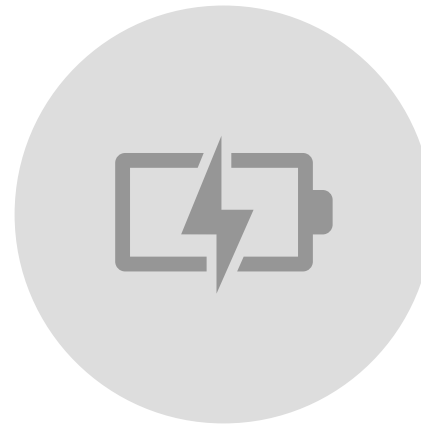


CAN YOU DO THINGS IN A MORE LEISURELY WAY? SLOW DOWN, FOCUS MORE ON THE PRESENT.

Step 3: Reflect and Correct



RE-PRIORITIZE OR RE-ORGANIZE ASPECTS OF YOUR ROUTINE. RELEASE THE PRESSURE OF DOING IT ALL.



PRACTICE ACCEPTANCE. EXPLORE WAYS YOU CAN RELAX AND RECHARGE WITH SELF CARE PRACTICES.

What is Self Care?

- Self care is the act of engaging in positive behaviors and thoughts that support your emotional well-being and physical health.
- What are some of your self care practices?



Self Care Practices



Take breaks from the news.



Prioritize activities you enjoy.



Stay healthy by eating well balanced meals.



Stay physically active.

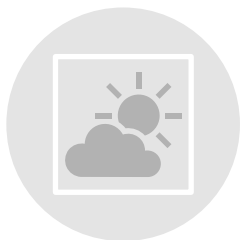
Self Care Practices



Nurture your relationships.



Talk with someone you trust or try journaling.



Spend time in nature.



Prioritize rest and relaxation.

Other Forms of Self Care



How to Prioritize Self Care

1. Understand the importance of self care.
2. Practice paying attention to what you need day-to-day.
3. Take steps to establish self-care practices that support your emotional well-being and physical health.
 - Set intentions to create a focus for your day.
 - Schedule self care time into your daily routine.
 - Start small. Even just carving out 10 minutes a day for self care can make a positive difference in your wellbeing.
 - Practice becoming more mindful in your daily life.
 - Practice communicating a personal boundary to protect your mental health.

Setting Boundaries

- Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways to other people to behave towards them.



Define the boundary.



Communicate it to the appropriate person or group.



Keep it simple; don't overexplain.



Declare why it's important to you.

Mindfulness & Meditation

- Meditation is an intentional practice, where you are focusing inward to increase calmness and emotional balance.
- Mindfulness includes the practice of meditation, but can be practiced anytime in our daily lives.
 - Mindfulness involves paying attention to your thoughts and feelings and being fully engaged in the present moment.

Breathing Exercise

- Box breathing is a technique that involves taking slow, deep breaths for count of four.
- Inhale through your nose for 4 seconds, then exhale through your nose for 4 seconds.
- Box breathing slows your regular breathing rate and calms the nervous system. This is a helpful tool any time you feel overwhelmed, or need to focus on the present moment.

**Thank you for your
time and attention!**