Stress Management and Self-care:
Caring for yourself in the midst of caring for others.
Bethany Lacey and Erica Vagle
Let’s Get Centered!
Activity

› Write down 5 most stressful things in your life.
› Be as specific as possible (if you don’t like your job/boss list out why).
› These answers are confidential, no one forced to share.
The Helping Professional
The Helping Professional
The Helping Professional
Stress Inventory

› Score of 150 or less:
  Relatively low amount of life changes, low
  susceptibility to stress induced health breakdown

› Score of 150 to 300:
  Implies about 50% chance of major health
  breakdown in the next two years.

› 300 points of more:
  Raises the odds to about 80%
Every day you come to work, you could be faced with a stressful situation.
Can Someone give me a definition of Stress?
Definition of Stress

Stress is the body’s reaction to any stimuli that disturbs its equilibrium. When the equilibrium of various hormones is altered the effect of these changes can be detrimental.
There are two kinds of stress:

1. Acute Stress

2. Chronic stress
Effects of Chronic Stress

› **Chronic stress can cause various physical manifestations:**
  › asthma
  › back pain
  › arrhythmias
  › fatigue
  › headache
  › irritable bowel syndrome
  › ulcers
  › suppress the immune system

› **Chronic stress takes a more significant toll on your body than acute stress does:**
  › It can raise blood pressure
  › increase the risk of heart attack and stroke
  › increase vulnerability to anxiety and depression
  › contribute to infertility
  › and hasten the aging process
Stress may look different for different people.

Managing stress must be a priority, or it can be a barrier to self-care.

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”
— Eleanor Brown
The Magic A’s

› Avoid unnecessary stress
› Alter the situation
› Adapt to the stressor
› Accept the things you cannot change
Avoid unnecessary stress

› Learn how to say “no.”
› Avoid people who stress you out.
› Take control of your environment.
› Avoid hot-button topics.
› Pare down your to-do list.
Alter the situation

› Express your feelings instead of bottling them up.
› Be willing to compromise.
› Be more assertive.
› Manage your time better.
Adapt to the Stressor

› Reframe problems.
› Look at the big picture.
› Adjust your standards.
› Focus on the positive
Accept the things you can’t change

› Don’t try to control the uncontrollable.
› Look for the upside.
› Share your feelings.
› Learn to forgive.
The Magic A’s

› Which did you connect with?

› Avoid unnecessary stress
› Alter the situation
› Adapt to the stressor
› Accept the things you cannot change
Why is it important to take care of yourself?
“Many of us follow the commandment 'Love One Another.' When it relates to caregiving, we must love one another with boundaries. We must acknowledge that we are included in the 'Love One Another.'”

— Peggi Speers *The Inspired Caregiver: Finding Joy While Caring for*
The work you do makes you a Hero

https://www.youtube.com/watch?v=tgF1Enrgo2g
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21 Ways to Reduce Stress During the Workday
By Saki Santorelli

1. Take five to thirty minutes in the morning to be quiet and meditate, and/or lie down and be with yourself... gaze out the window, listen to the sounds of nature, or take a slow quiet walk.
2. While your car is warming up, try taking a minute to quietly pay attention to your breathing.
3. While driving, become aware of body tension, e.g., hands wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc., consciously working at releasing, dissolving that tension... Does being tense help you to drive better? What does it feel like to relax and drive?
4. Decide not to play the radio and be with your own sound.
5. On the interstate, experiment with riding in the right lane, going five miles below the speed limit.
6. Pay attention to your breathing and to the sky, trees, or quality of your mind, when stopped at a red light or toll plaza.
7. Take a moment to orient yourself to your workday once you park your car at the workplace. Use the walk across the parking lot to step in to your life. To know where you are and where you are going.
8. While sitting at your desk, keyboard, etc., pay attention to bodily sensations, again consciously attempting to relax and rid yourself of excess tension.
9. Use your breaks to truly relax rather than simply “pausing.” For instance, instead of having coffee, a cigarette, or reading, try taking a short walk – or sitting at your desk and renewing yourself.
10. For lunch, trying changing your environment. This can be helpful.
11. Trying closing your door (if you have one) and take some time to consciously relax.
12. Decide to stop for one to three minutes every hour during the workday. Become aware of your breathing and bodily sensations, allowing the mind to settle in as a time to regroup and recoup.
13. Use the everyday cues in your environment as reminders to “center” yourself, e.g., the telephone ringing, sitting at the computer terminal, etc.
14. Take some time at lunch or other moments in the day to speak with close associates. Try choosing topics that are not necessarily worked related.
15. Choose to eat one or two lunches per week in silences. Use this as a time to eat slowly and be with yourself.
16. At the end of the workday, try retracing today’s activities, acknowledging and congratulating yourself for what you’ve accomplished and then make a list for tomorrow. You’ve done enough for today!
17. Pay attention to the short walk to your car – breathing the crisp or warm air. Feel the cold or warmth of your body. What might happen if you open up to and accept these environmental conditions and bodily sensations rather than resist them? Listen to the sounds outside your workplace. Can you walk without feeling rushed? What happens when you slow down?

18. At the end of the workday, while your car is warming up, sit quietly and consciously make the transition from work to home – take a moment to simply be – enjoy it for a moment. Like most of us, you’re heading into your next full-time job – home!

19. While driving, notice if you are rushing. What does this feel like? What could you do about it? Remember, you’ve got more control than you might imagine.

20. When you pull into the driveway or park on the street, take a minute to orient yourself to being with your family members or to entering your home.

21. Try changing out of work clothes when you get home. This simple act might help you to make a smoother transition into your next “role” – much of the time you can probably “spare” five minutes to do this. Say hello to each of your family members or to the people you live with. Take a moment to look in their eyes. If possible, make the time to take five to ten minutes to be quiet and still. If you live alone, feel what it is like to enter the quietness of your home, the feeling of entering your own environment.

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'... she fooled them all... "How heavy is this glass of water?", she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow.

Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress
that you've conquered!"

1 * Accept the fact that some days you're the pigeon, and some days you're the statue!

2 * Always keep your words soft and sweet, just in case you have to eat them.

3 * Always read stuff that will make you look good if you die in the middle of it.

4 * Drive carefully... It's not only cars that can be recalled by their Maker.

5 * If you can't be kind, at least have the decency to be vague.

6 * If you lend someone $20 and never see that person again, it was probably worth it.

7 * It may be that your sole purpose in life is simply to serve as a warning to others.

8 * Never buy a car you can't push.

9 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 * Nobody cares if you can't dance well. Just get up and dance.

11 * Since it's the early worm that gets eaten by the bird, sleep late.

12 * The second mouse gets the cheese.

13 * When everything's coming your way, you're in the wrong lane.

14 * Birthdays are good for you. The more you have, the longer you live.

15 * Some mistakes are too much fun to make only once.

16 * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

17 * A truly happy person is one who can enjoy the scenery on a detour.
The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

<table>
<thead>
<tr>
<th>Life Event</th>
<th>Mean Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Death of spouse</td>
<td>100</td>
</tr>
<tr>
<td>2. Divorce</td>
<td>73</td>
</tr>
<tr>
<td>3. Marital Separation from mate</td>
<td>65</td>
</tr>
<tr>
<td>4. Detention in jail or other institution</td>
<td>63</td>
</tr>
<tr>
<td>5. Death of a close family member</td>
<td>63</td>
</tr>
<tr>
<td>6. Major personal injury or illness</td>
<td>53</td>
</tr>
<tr>
<td>7. Marriage</td>
<td>50</td>
</tr>
<tr>
<td>8. Being fired at work</td>
<td>47</td>
</tr>
<tr>
<td>9. Marital reconciliation with mate</td>
<td>45</td>
</tr>
<tr>
<td>10. Retirement from work</td>
<td>45</td>
</tr>
<tr>
<td>11. Major change in the health or behavior of a family member</td>
<td>44</td>
</tr>
<tr>
<td>12. Pregnancy</td>
<td>40</td>
</tr>
<tr>
<td>13. Sexual Difficulties</td>
<td>39</td>
</tr>
<tr>
<td>14. Gaining a new family member (i.e., birth, adoption, older adult moving in, etc)</td>
<td>39</td>
</tr>
<tr>
<td>15. Major business readjustment</td>
<td>39</td>
</tr>
<tr>
<td>16. Major change in financial state (i.e., a lot worse or better off than usual)</td>
<td>38</td>
</tr>
<tr>
<td>17. Death of a close friend</td>
<td>37</td>
</tr>
<tr>
<td>18. Changing to a different line of work</td>
<td>36</td>
</tr>
<tr>
<td>19. Major change in the number of arguments with spouse (i.e., either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)</td>
<td>35</td>
</tr>
<tr>
<td>20. Taking on a mortgage (for home, business, etc.)</td>
<td>31</td>
</tr>
<tr>
<td>21. Foreclosure on a mortgage or loan</td>
<td>30</td>
</tr>
<tr>
<td>22. Major change in responsibilities at work (i.e., promotion, demotion, etc.)</td>
<td>29</td>
</tr>
<tr>
<td>23. Son or daughter leaving home (marriage, attending college, joined mil.)</td>
<td>29</td>
</tr>
<tr>
<td>24. In-law troubles</td>
<td>29</td>
</tr>
<tr>
<td>25. Outstanding personal achievement</td>
<td>28</td>
</tr>
<tr>
<td>26. Spouse beginning or ceasing work outside the home</td>
<td>26</td>
</tr>
<tr>
<td>27. Beginning or ceasing formal schooling</td>
<td>26</td>
</tr>
<tr>
<td>28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)</td>
<td>25</td>
</tr>
<tr>
<td>29. Revision of personal habits (dress manners, associations, quitting smoking)</td>
<td>24</td>
</tr>
<tr>
<td>30. Troubles with the boss</td>
<td>23</td>
</tr>
<tr>
<td>31. Major changes in working hours or conditions</td>
<td>20</td>
</tr>
<tr>
<td>32. Changes in residence</td>
<td>20</td>
</tr>
<tr>
<td>33. Changing to a new school</td>
<td>20</td>
</tr>
<tr>
<td>34. Major change in usual type and/or amount of recreation</td>
<td>19</td>
</tr>
<tr>
<td>35. Major change in church activity (i.e., a lot more or less than usual)</td>
<td>19</td>
</tr>
<tr>
<td>36. Major change in social activities (clubs, movies, visiting, etc.)</td>
<td>18</td>
</tr>
<tr>
<td>37. Taking on a loan (car, TV, freezer, etc)</td>
<td>17</td>
</tr>
<tr>
<td>38. Major change in sleeping habits (a lot more or a lot less than usual)</td>
<td>16</td>
</tr>
<tr>
<td>39. Major change in number of family get-togethers (&quot;&quot;)</td>
<td>15</td>
</tr>
<tr>
<td>40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)</td>
<td>15</td>
</tr>
<tr>
<td>41. Vacation</td>
<td>13</td>
</tr>
<tr>
<td>42. Major holidays</td>
<td>12</td>
</tr>
<tr>
<td>43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)</td>
<td>11</td>
</tr>
</tbody>
</table>

Now, add up all the points you have to find your score.

**150pts or less** means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.

**150 to 300 pts** implies about a 50% chance of a major health breakdown in the next 2 years.

**300pts or more** raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.