



***Managed
Stress=
Happy Life***

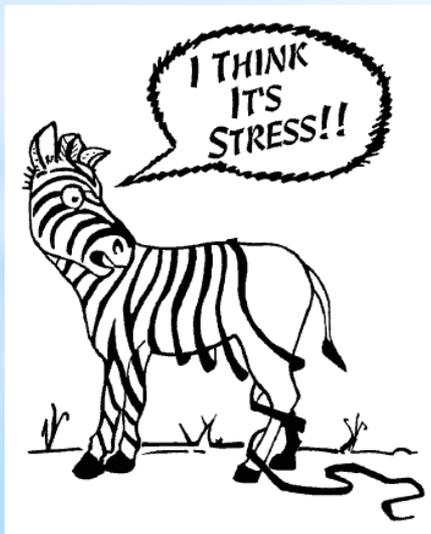
Presenter

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Case Manager

Upon completion of program, participants should be able to:

1. Define Stress and Stressors
2. Discuss the Physiology of Stress and How to Recognize its Symptoms
3. Apply Relaxation Techniques to De-Stress One's Life and Effectuate a Happy Life



* Objectives

Agents or conditions capable of producing stress

- A.** Systemic - Stress that produces generalized systemic responses
- B.** Topical - Stress that causes mild inflammation or local damage

Cause ... Effect

Stressor ... Stress



* Definition of Stressors

Figure 8. The Stress Response

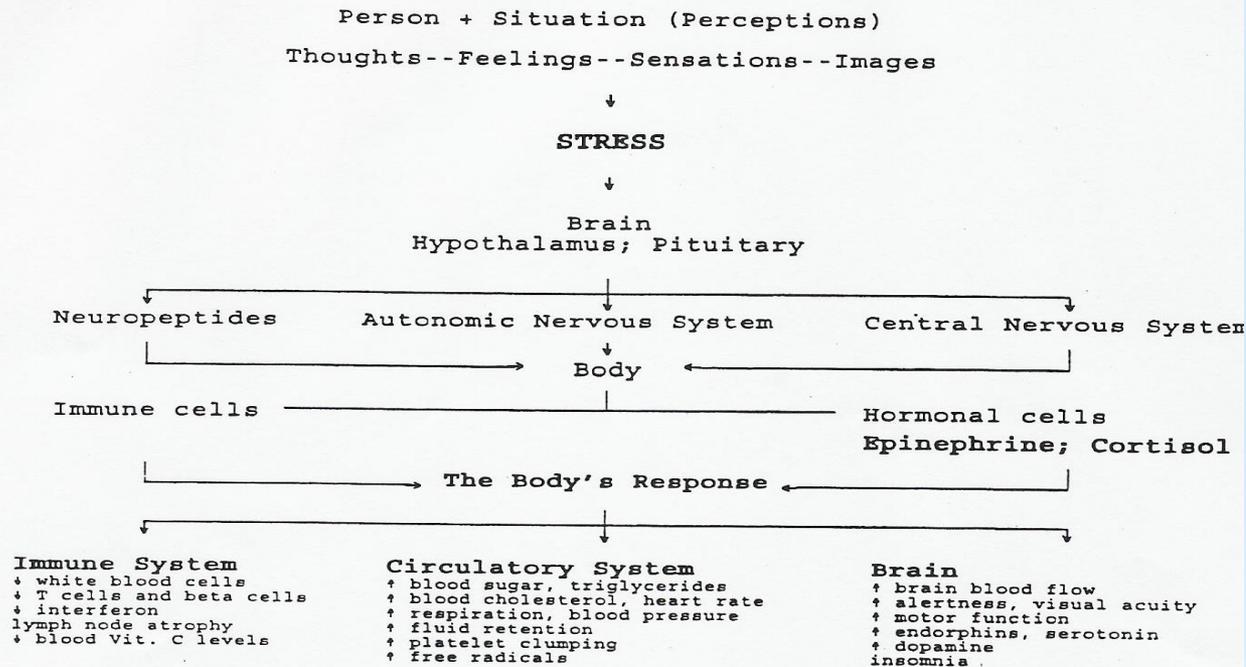


Table 24. Signs and Symptoms of Stress

PHYSICAL

Leg movements
Nail biting
Tight shoulders
Dry mouth
Frequent urination
Weight gain/loss

Diarrhea/Constipation
Heart pounding
Neck pain
Dry skin
Stuttering
Bruxism

Upset stomach
Headache
Back pain
Clenched fists
Nervous twitch
Increased/decreased appetite

EMOTIONAL

Mood swings
Depression
Hostility
Decreased sex drive

Anxiety
Anger
Insomnia
Hopelessness

Cries easily
Fear
Apathy
Withdrawn

COGNITIVE

Foggy thinking
Mental block
Disorganized

Unable to concentrate
Increased errors
Daydreaming

Forgetfulness
Decreased alertness
Increased speed of talking

BEHAVIORAL

Decreased exercise
Sleeping pills
Increased smoking

Increased drug use (caffeine)
Difficulty sitting still
Increased fat intake

Easily startled
Increased sugar intake
Increased alcohol

SURVIVAL TRIANGLE

**SURVIVAL
ATTITUDES**

WELLNESS

**SURVIVAL
SKILLS**

**SURVIVAL
RESOURCES**

SURVIVAL ATTITUDES

SELF-RESPECT
WILLINGNESS TO FORGIVE
HOPEFULNESS
APPRECIATION

SURVIVAL SKILLS

DETECTING STRESS CUES
RELAXATION
PROBLEM-SOLVING
COMMUNICATION
TIME MANAGEMENT

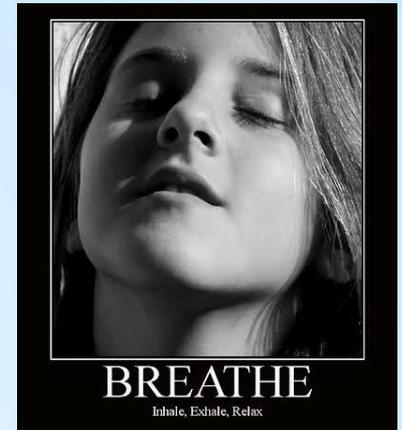
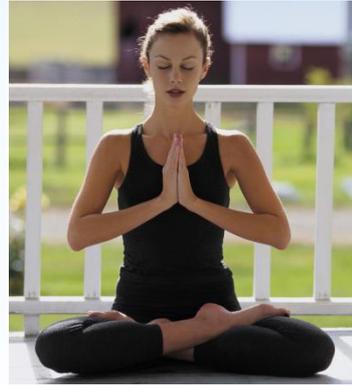
SURVIVAL RESOURCES

PHYSICAL FITNESS
NUTRITION
SOCIAL SUPPORT
SPIRITUAL SUPPORT

1. Physical approaches
 - a. Progressive muscle relaxation
 - b. Deep breathing
 - c. Exercise

2. Psychological Techniques
 - a. Humor
 - b. Visualization
 - c. Meditation
 - d. Yoga

3. Cognitive Methods
 - a. Cognitive restructuring (positive thinking)
 - b. Thought stopping
 - c. Music

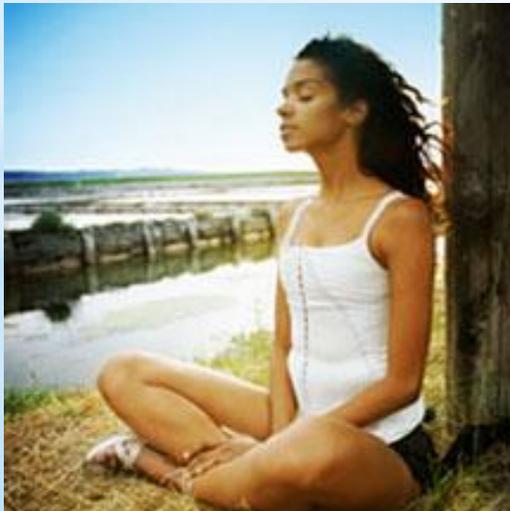


* “What you can do to develop healthy coping behaviors”



Procedure:

1. Sit in Pharaoh's Posture
2. Give yourself you intention (any intention is OK)
3. Close Your Eyes
4. Breathe Out and In, the Prescribed Number of Times
5. Begin To Do your Specific Imagery Exercises



*Exercise 1

- 1. Breathing:** Bring your attention immediately to your breathing. Breathing is always altered when we are anxious. Controlled breathing brings control of anxiety. Start to let out long, slow exhalations through your mouth, and take in normal, not exaggerated inhalations through your nose. Continue to do this until you feel quiet. Do not take in big deep inhalations as this will increase your anxiety and may make you feel faint.
- 2. Desert Storm:** Close your eyes and breath out three times. See yourself entering a desert carrying a backpack. As you walk, you notice darkness looming ahead of you. You know this means that a sandstorm of anxiety is coming toward you. As it approaches, see yourself removing a folded tent from your backpack. Unfold it and set it up, driving the 4 pegs into place, raising the tent, then going in through the flap and closing it behind you. Sit peacefully in your tent as you hear the sand blowing around and over the tent. Know that when you hear the sandstorm pass completely, your anxiety has passed. Then open your eyes.
- 3. Calm Water:** Close your eyes. Breathe out three times. See and sense your entire being becoming like the surface of calm water reflecting the starry sky. When you have fully sensed this, know that your anxiety has gone and open your eyes.



* Imagery Exercises for Anxiety -

Do any exercise or combination when you experience anxiety, up to 3 minutes each.

1. For a general feeling of blueness: Blowing away the dark clouds. Close your eyes and see dark clouds above you. As you stand under these clouds, see yourself blowing them away; to the left by blowing out three breaths (in imagery, not physically). Then look up in the sky to the upper right and watch the sun enter the sky above you. When finished, know that the blues have gone and open your eyes.
2. Depression associated with loss of energy and motivation.
3. Clean a space. Physically clean a small area of your home - - a sink, mirror, window, floor, desk, etc. Clean it with the intention of cleaning yourself out inside at the same time of your gloom, morbidity or whatever else you choose.
4. Finger-painting. Have a drawing pad of unlined white paper. Using finger-paints, paint free-form, knowing that your mood is lifting.
5. Spiral of Energy. On a drawing pad, using a pencil, draw spirals from inside going out, any number of times, with the intention of giving yourself energy.
6. For depression connected with feelings of hopelessness, isolation, or for internal mood shifts not connected to outside circumstances: Swallowing the Rainbow. Close your eyes. Breathe out three times and see yourself swallowing a rainbow. Sense and feel the uplift this taking in gives you. Stay with this feeling for a minute. Then open your eyes.



* Imagery Exercises for Depression -

As needed, for up to one minute. May continue for up to 21 days

* Imagery Exercises for Stress -

Daily as needed (30 seconds to 1 min.) for each of the interrelated exercises.
For each exercise, close your eyes, breathe out one to three times.
See yourself _____:

After finishing, open your eyes.

- * Feeding powerful giants.
- * Making friends with hostile beings.
- * Calling forth hidden inhabitants of a cavern.
- * Facing ghosts in an old castle.
- * See how, in order to fulfill your true self, you have to struggle with the tide
- * See why, after the struggle, we may then be still.
- * Know when it is good to speak and good to remain silent
- * See that what is hastily made is quickly destroyed.
- * Looking into clear quiet calm water see what you wish to see.
- * Looking into clear calm water, change your appearance as you would like to change it.





* Imagery Exercises for General Well Being - The Red Suit

- * Once daily, for 2 minutes.
- * Close your eyes. Breathe out three times and see yourself putting on a red jogging suit and red sneakers. See yourself going out of your home and walking to the park. Enter the park and begin to run around it clockwise, becoming aware of everything you see. Become aware of your stride and your breathing. Notice the trees, grass, sky. Complete the run by coming back to the point at which you started. Walk out of the park and back to your home. Take off the jogging clothes, shower, dry off and see yourself put on the clothes you are going to wear for that day. Then open your eyes.

* Exercise 2. Progressive Relaxation



Lie down on your back, on a good, firm mattress or on a comfortable floor. Allow your breathing to become deep and even. Then inhale, hold your breath, and stiffen one arm while lifting it. Clench it as tightly as you can contracting the muscles. When you are ready, exhale, slowly, while relaxing the arm and letting it drop. Repeat this process with the other arm; with each leg (pointing your toe as you raise the leg); with your abdomen (tighten it and lift it from the floor); with your shoulders and upper back (tensing up off the floor, to look at your toes); and with your face (contorting it tightly). Then say to yourself, “I am completely relaxed, and I feel wonderful.” Allow yourself to remember the feeling, and to recall it at other moments so that you can bring it into your life.

Lie down, breathe deeply. The purpose of this exercise is to work your way through every part of your body, relaxing it. Begin with your toes, then your heels, then your ankles, calves, thighs, buttocks. Relax your abdomen and chest, the muscles around the base of your spine, middle of your back, upper back and shoulders . Work your way down your arms, relaxing your shoulders again, then your neck, then your chin, your face, your eyes, and your forehead. Linger on each part of your body. If you feel tension, tell it to go away. When you are completely relaxed, say to yourself, “It’s safe to let go.” Then stretch and sit up slowly. Allow the relaxed feeling to remain with you, as you move back into your activities.



* Exercise 3. Overall Body Relaxation

Statement of Intention

I am now tuning in to the best of who I am - the part of me that is loving, giving, confident, appreciative, peaceful, and patient. I open my heart and allow loving energy to flow through me. I am aware that my life makes a difference and that every action I take helps to heal the hurts within and around me.

I move into life knowing there is nothing to fear. Within me is an endless source of wisdom and strength that will handle all that needs to be handled. I am being shown the way. I move into the light and see the huge expanse of possibility. Today I push away all self-doubt and replace it with self-trust. I constantly remind myself my life is unfolding in a perfect way. I trust the Grand Design.

I am grateful for the opportunity to create love in this world. I am listening to the Divine within me. I appreciate all the opportunities this life gives me for becoming a more caring and compassionate human being.

*** Feel the Fear ... and Beyond**

*“Life is wonderful,
the world is beautiful,
strive to be happy!”*

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