A Stress Relief Toolkit

Tips and Tools for Managing Your Stress

©2020, Magellan Health, Inc.
Our speaker: Paula Friedland

• Credentials/education:
  • LCSW, CPCC – “coachapist”
  • Speaking Circles/ Soul Speaks
  • Trainer, speaker

• Services I offer:
  • Individual sessions – phone, face to face, zoom, skype
  • Public speaking training – speaker training, workshops, conferences, organizations, teams
  • Keynotes, trainings, workshops, presentations
Objectives

• Understand how to work with your body’s alert system
• Learn how to shift your mindset around stress
• Practice changing our internal conversation
• Create practices and rituals to regulate stress
Definition

- **Stress** is a feeling of emotional strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Excessive amounts of stress, however, may lead to bodily harm.

- **Stress** is a psychological and physiological response to events that upset our personal balance in some way. When faced with a threat, whether to our physical safety or emotional equilibrium, the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” response.
Symptoms of stress

- Physical symptoms
- Emotional symptoms
- Cognitive symptoms
Controlling Stress: Field Of Perception

Narrow field
- Can’t see problem clearly
- Confusion
- Poor judgment
- Forget solutions

Wide Field of Perception
- Ability to see problem clearly
- Ability to make good judgments
- Able to remember previous solutions to similar problems
Factors that influence how we react to stress

• Some factors that are out of our control:
  What we come into the world with
  What circumstances we are exposed to and what experiences happen to us

• Some factors that are within our control or influence:
  o Our worldview
  o Our development
  o The choices we make
  o How we deal with change
Locus of Control
Stressful Thinking

- Filtering
- Polarized thinking
- Overgeneralization
- Mind reading
- Catastrophizing
- Personalization
- Control fallacies
- Fallacy of fairness
- Blaming
- Shoulds
- Fallacy of change
- Being right
- Heaven’s reward fallacy
Stressful Behaviors

• Worrying about situations we can't control
• Failure to see choices – tunnel vision
• Being a “Professional Procrastinator”
• Perfectionism – expecting it of ourselves and/or others
• Being inflexible, rigid
• Constantly competitive - all situations are win-lose
• Being self critical - focusing on faults vs. strengths
• Failure to set limits or say “No”
• Poor self-care (less sleep, eating poorly, stopping exercise, drink/smoke more when stressed.)
• Expect all problems should be neatly resolved
Additional Practices and Rituals

• Worry log
• Bubble
• Morning ritual
• Breaks
• Exposure to nature
• Unplugging
• Breathing exercises
• Truth Vitamins
• Avoiding toxicity of all types
Balance Wheel

- Spirit:
  - Spiritual Journey
  - Meditation
  - Religious Faith
  - Nature

- Body:
  - Body Relaxation
  - Exercise
  - Diet
  - Medication
  - Meditation

- Social:
  - Assertive behavior
  - Asking for help
  - Reaching out
  - Friendship
  - Fun, humor

- Mind:
  - Visual imagery
  - Challenging stress producing thoughts
  - Positive affirmation
  - Meditation
  - Change beliefs/attitudes

- Emotion:
  - Expressing emotions
  - Using self-talk
  - Talk with trusted others
  - Breathing & relaxation

Magellan HEALTHCARE
Resources - Books

Super Better – Jane McGonigal
The Upside of Stress – Kelly McGonigal
The Power of Full Engagement – Jim Loehr & Tony Schwartz
The 4 Agreements – Don Miguel Ruiz
Why Zebras don’t get Ulcers – Robert Sapolsky
Rising Strong – Brene Brown
Happy For No Reason – Marci Shimoff
The Nature Fix – Florence Williams
Resources - APPS

• Headspace
• Insight Timer
• Calm
• Personal Zen
• GPS for the soul
• Happify
Stress Management is a PRACTICE

Must take it seriously

“I put a dollar in one of those change machines. Nothing changed” by George Carlin

Must do something differently

“It’s not the load that breaks you down; it’s the way you carry it.” by Lena Horne
Contact me

- PaulaFriedland.com
- SoulSpeaks.biz
- 303-283-0083

- Free initial consultation/coaching session.

Decide what kind of life you actually want.

Then say no to anything that isn’t that.
Prevailing during trying times

“You must confront the brutal facts of your reality, whatever they may be [while] at the same time, retain the faith that you will prevail in the end, regardless of those difficulties.”

by Admiral James Stockdale

How do we choose to live?
Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

CONFIDENTIAL INFORMATION

The information presented in this presentation is confidential and expected to be used solely in support of the delivery of services to Magellan members. By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential and that the information will not be photocopied, reproduced, or distributed to or disclosed to others at any time without the prior written consent of Magellan Health, Inc.
Addendum – Stressful thinking (defined)

- **Filtering:** You take the negative details and magnify them while filtering out all positive aspects of a situation.

- **Polarized Thinking:** Things are black or white, good or bad. For example, you have to be perfect or you're a failure. There is no middle ground.

- **Overgeneralization:** You come to a conclusion based on a single incident or piece of evidence. If something bad happens once, you expect it to happen over and over again.

- **Mind Reading:** Without their saying so, you know what people are feeling and why they act the way they do. You are even able to divine how people feel about you.

- **Catastrophizing:** You expect disaster. You notice or hear about a problem and start "what ifs:" What if tragedy strikes? What if it happens to you?

- **Personalization:** Thinking that everything people do or say is some kind of reaction to you. You also compare yourself to others, trying to determine who’s smarter, better looking, etc.

- **Control Fallacies:** If you feel externally controlled, you are helpless, a victim of fate. If you feel immense internal control you feel responsible for the pain and happiness of everyone around you.
Addendum – Stressful thinking (defined), part two

- **Fallacy of Fairness:** You feel resentful because you think you know what is fair and right but other people don't agree with you.

- **Blaming:** You hold other people responsible for your pain, or take the other tack and blame yourself for every problem or reversal.

- **Shoulds:** You have a list of rules about how you and other people should act. People who break the rules anger you and you feel guilty when you violate the rules.

- **Fallacy of Change:** You expect other people will change to suit you if you “help them” enough. People need to change because your happiness seems to depend on them.

- **Being Right:** You are continually trying to prove that you are right. Being wrong is unthinkable and you will go to any length to demonstrate your “rightness”.

- **Heaven's Reward Fallacy:** You expect all your sacrifice and self-denial to pay off, as if there was someone keeping score. You feel bitter when the reward doesn't come.