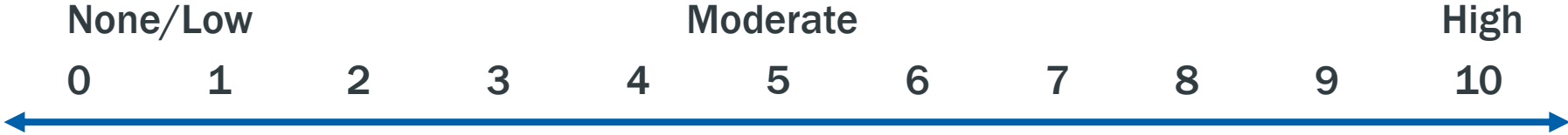




**STRESS
DOESN'T
HAVE TO BE
A MESS**

HOW WOULD YOU RATE YOUR STRESS LEVEL RIGHT NOW?



WHAT CAUSES STRESS IN YOUR LIFE?

EXERCISE: BREATHING

- Long, slow breath
- Breath into your diaphragm
- Exhale longer than inhale

WHAT IS THE PURPOSE OF STRESS?



YOUR BODY ON STRESS

Adrenaline & Cortisol

- Direct blood to muscles
- Increase heart rate & blood pressure
- Trigger release of glucose to the bloodstream
- Dilate airways



UNFORTUNATELY, IT HAS TURNED INTO....



YOUR BODY ON STRESS

Long Term Impact



- High blood pressure
- Memory loss
- Weight gain
- Higher risk for cancer, heart disease, stroke
- Greater risk for depression and anxiety disorders
- Shorter telomeres

EXERCISE: FIVE SENSES

Give equal attention to....

- Everything you see
- Everything you hear
- Everything you feel
- Everything you taste and smell

STRESS, IT'S NOT ALL BAD

Good

- Moderate intensity
- Transient
- Have appropriate resources to deal with it



Bad

- High intensity
- Chronic
- Lacking resources to deal with it



REFRAMING STRESS



Kelly McGonigal

- Professor at Stanford
- Author of “The Upside of Stress”

COPING METHODS

What coping strategies do you use?

AVOIDANT VS. POSITIVE COPING METHODS

Avoidant

- Emotional eating
- Drinking
- Compulsive spending
- Smoking
- Excessive sleeping
- Ignoring the issue



COPING STRATEGIES

Use "Approach" Coping



Care for others



Meditate



Focus on
Positives



WHAT ARE YOU GOING TO DO TO CARE FOR YOURSELF?



Thank you!



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