STRESS RESILIENCE

Turn stress into growth opportunities and recognize stress before it becomes a problem.

STRESS

Stress is an external or internal influences that disrupt an individual's normal state of well being.

TYPES OF STRESS

Positive Stress – results from adverse experiences that are short - lived

Tolerable Stress – refers to adverse experiences that are more intense but still relatively short lived.

Toxic Stress – results from intense adverse experiences that may sustained over a long period of time – weeks, months or even years.

SYMPTOMS OF STRESS

Physical

* Decreased appetite
* Headache
* Bedwetting
* Nightmares
* Sleep disturbances
* Stuttering

Emotional or Behavioral

* Anxiety
* Worries
* Inability to relax
* Fears
* Clinging, unwilling to let go
* Inability to control emotions
* Aggressive Behaviors

COPING SKILLS

Emotion-Focused coping Strategies

- Efforts to manage or reduce the emotional distress that aroused in stressful situation.

Problem-Focused coping Strategies

- Efforts to manage or modify the source of the stressful situations, such as finding a solution to the problem.

HOW CAN I IMPROVE MY RESILIENCE TO STRESS?

Start with small changes in your routine to help build resilience to stressful circumstances. **Work in time to exercise, eat healthy foods, participate in relaxing activities and sleep**. In fact, including a regimen of exercise, which for some may include yoga or meditation, can be very important when feeling stressed.

5 TIPS TO MANAGE STRESS

- Use guided meditation. Guided meditation is a great way to distract yourself from the stress of day-to-day life. ...
- Practice deep breathing. ...
- Maintain physical exercise and good nutrition. ...
- Manage social media time. ...
- Connection with others.

PRINCIPALS TO RESILIENCE

- Gratitude
- Compassion
- Acceptance
- Meaning
- Forgiveness

HELPFUL TIPS

- Changing the perceptions and expectations
- Break jobs/task into manageable parts
- Set reasonable/realistic goals
- Avoid procrastination
- Set Boundaries
- Don’t compromise your values/beliefs
- Schedule “me” time
- Avoid/Limit Caffeine

The Healthy Mind Platter

The Healthy Mind Platter for Optimal Brain Matter

Seven daily essential mental activities to optimize brain matter and create well-being

Focus Time	When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
Play Time	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
Connecting Time	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
Physical Time	When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
Time In	When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
Down Time	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
Sleep Time	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.