

# Stress, Drugs & Rock 'n' Roll



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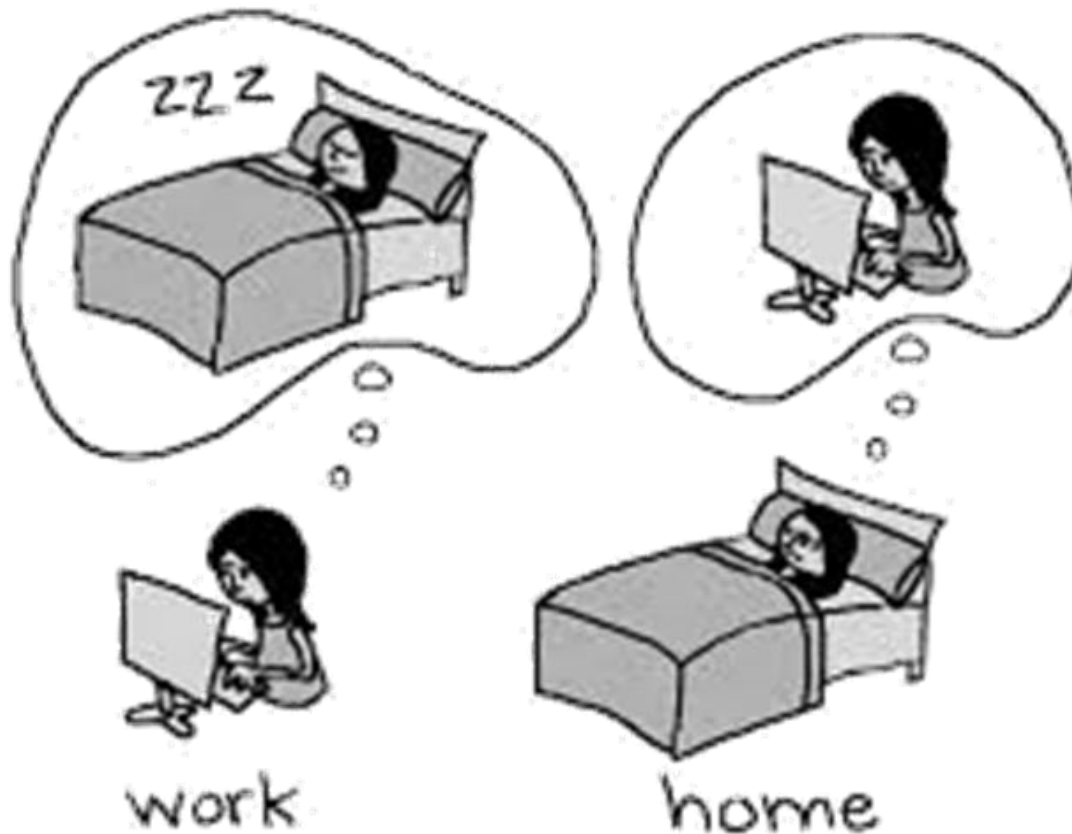
Knowledge is Power  
Consulting & Wellness Services



# What would you do if you had one more hour in the day?



# WORK-LIFE BALANCE



# WHY is this such a struggle for us?

**Cognitive dissonance:** we have an unrealistic picture of “balance”

- You don't stop living just because you are at work
- For many of us work is a huge part of our identity and a reflection of our values and purpose in life
- Work and life do not fall into nice 8 hour categories. It all overlaps during the day (your kid's ball game, a family supper and the big staff meeting).
- There is no “perfect hourly formula” for happiness, health and success
- We are under the impression that the “life” part is relaxing and fun and fulfilling and peaceful. That's vacation; LIFE is a lot of work....



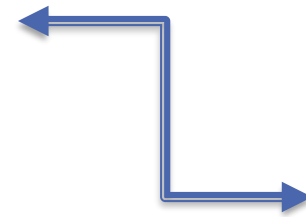


Most people come to realize that they don't have a problem with **balance** per se (they can for the most part determine how they could "work less..." and "play more") so much as they have a problem with highly stressful environments, **expectations**, **feeling purpose**, commitments and **challenges**.....

# Instead, we need to focus on managing the stresses that exist in whatever balance or expectations we are in at any given time...

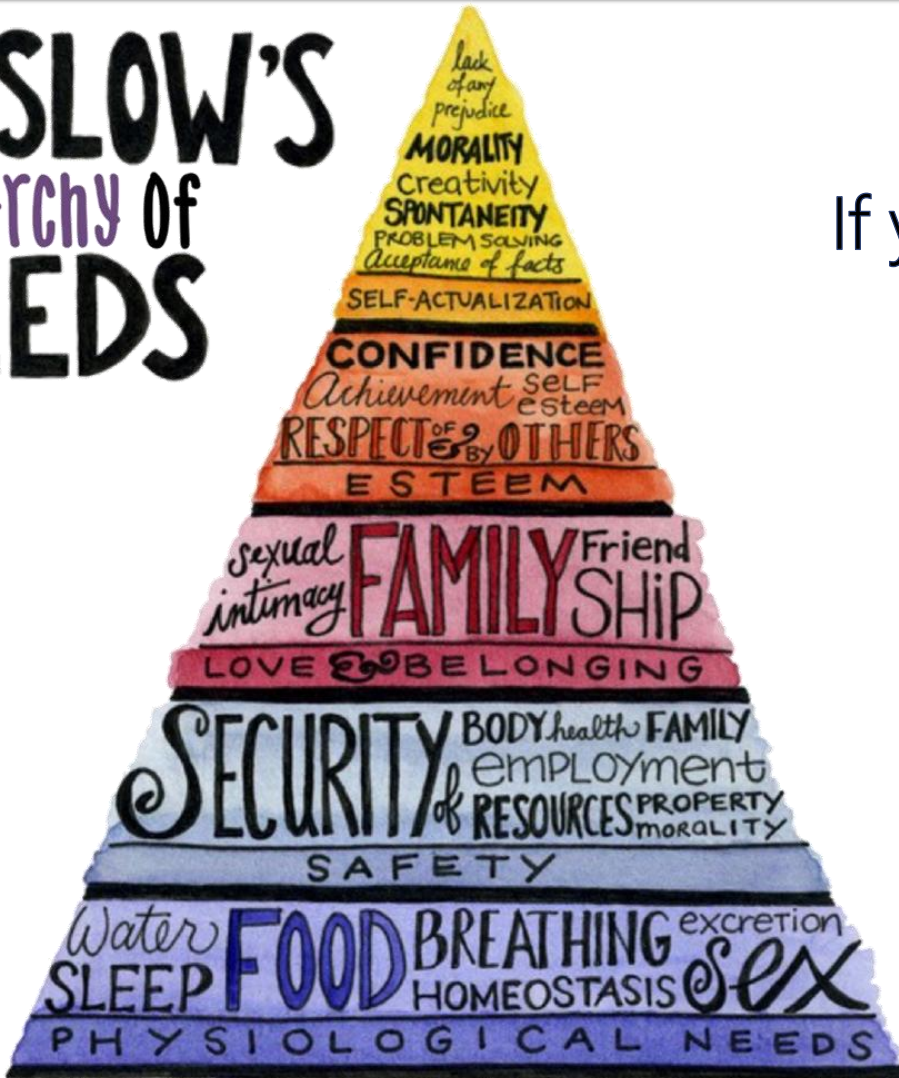
Even in the most ideal of life and work situations, we will always encounter:

- Changes to the requirements or situation
- The unpredictable
- The uncontrollable
- The frustrating, fearful, fouled-up and unfair!
- The reactions and consequences of not meeting our own basic needs





# MASLOW'S Hierarchy of NEEDS



If you aren't getting your core needs met, you will have stress.

# What is "stress?"

Any real or perceived change or threat that causes

- a) pressure to change and/ or
- b) disruption to the **balance** of the system

- Physical
- Emotional
- Mental



\*stress and anxiety become cyclical and even identical in the brain & body



# STRESS

- Can be internal (we place on ourselves) or external (placed upon us by others or circumstance)
- Can be positive (eustress) or negative (distress)
- Is **UNIQUE** to everyone in intensity, cause and symptoms
- The 3 C's are often key players in our interpretation of stress



# All of the things I have to do & be....



*What causes you stress?*

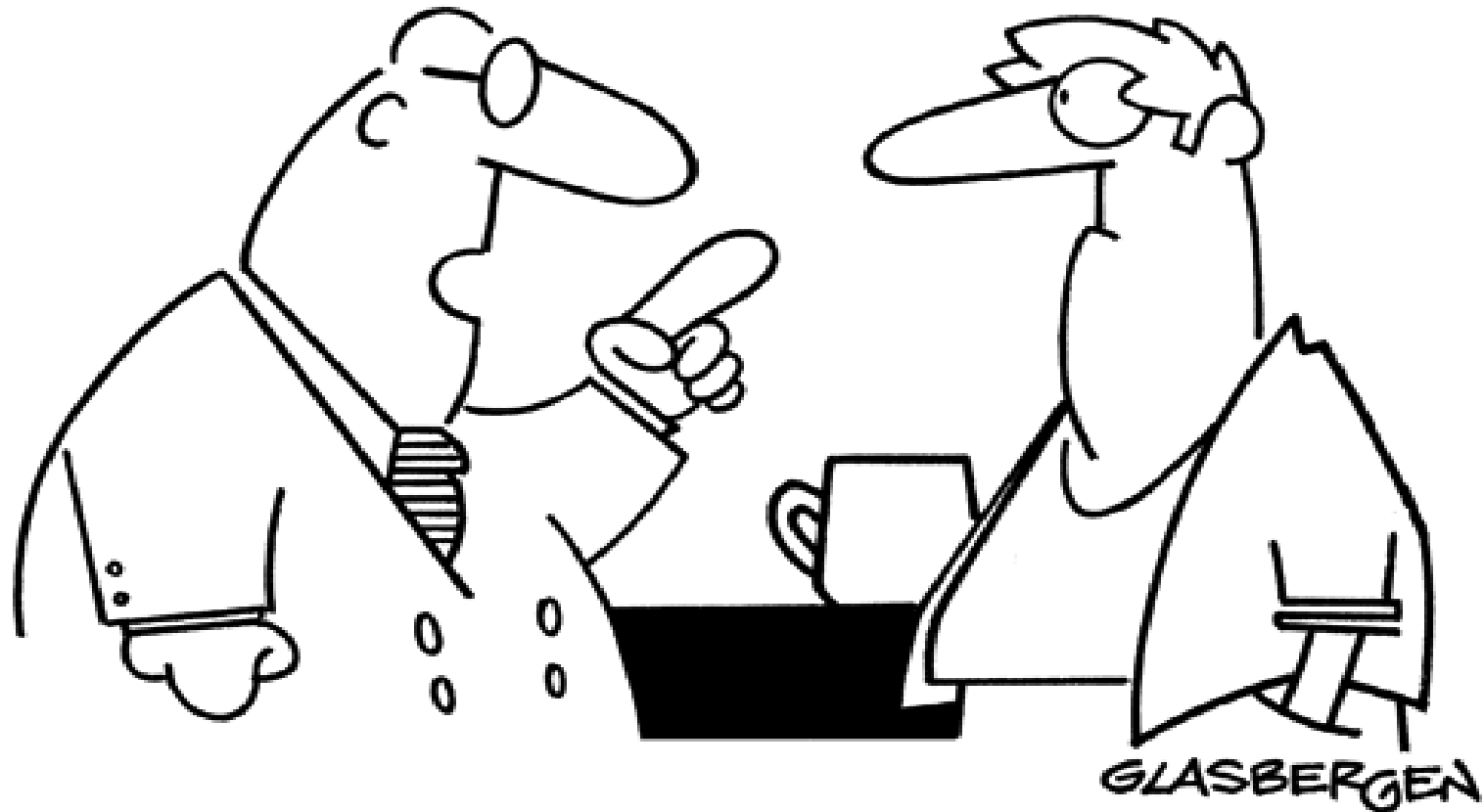


# FACTS ABOUT STRESS

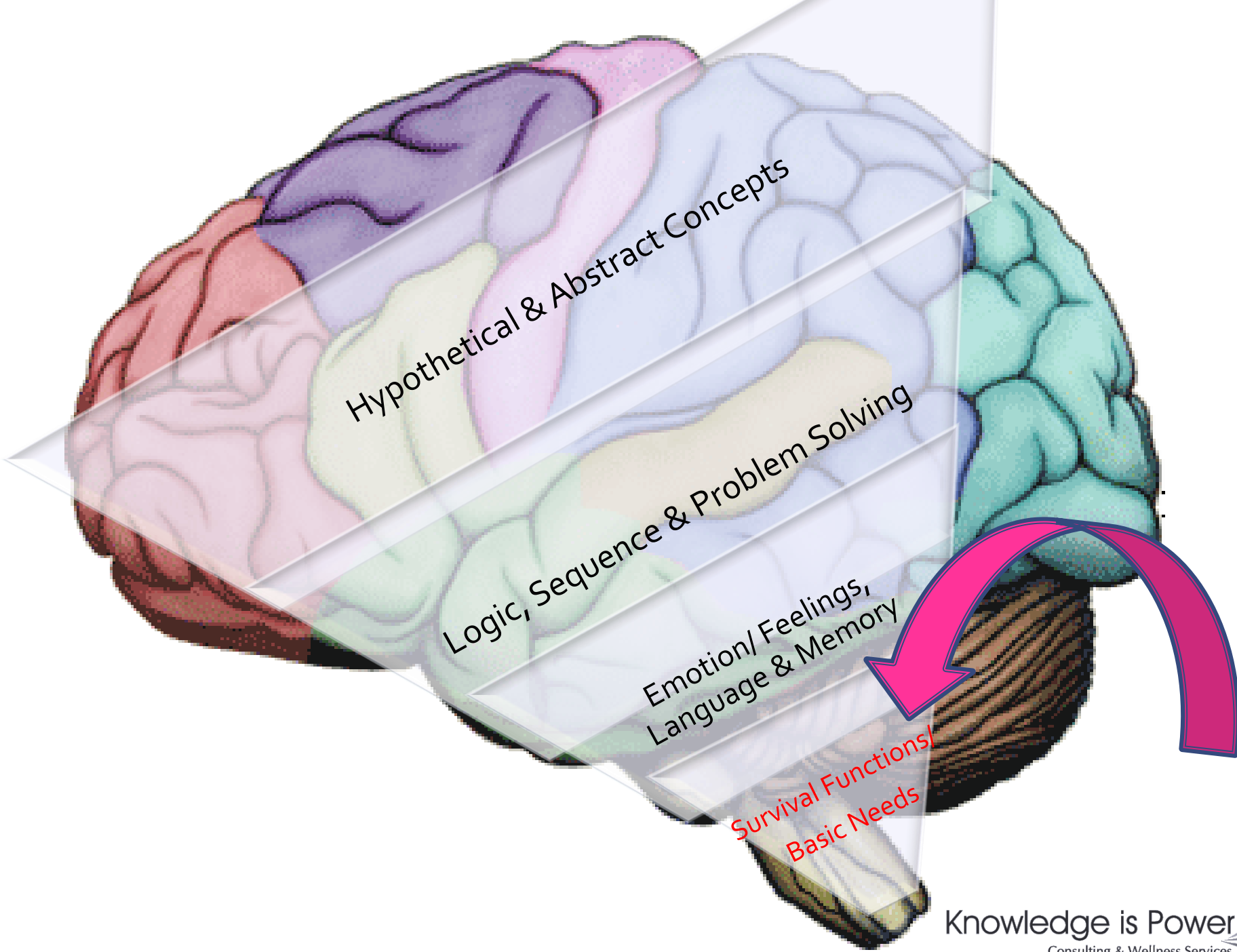
Did you know that in America...

- 68% of workers indicated they feel 'burned out' & that job stress is the cause of their frequent health problems, in addition to making them less productive?
- 40% of worker turnover is due to job stress?
- Over 40% of all adults suffer adverse health effects from stress?
- 75% - 90% of all doctor visits are for stress-related ailments & complaints?
- Stress is linked to the leading causes of death, including: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver due to alcoholism & suicide?
- More than 1/2 of deaths between the ages of 18 & 65 result from stressful lifestyles?
- Stress leads to the breakdown of the immune system, which makes people especially susceptible to arthritis, fibromyalgia & a host of other diseases & sicknesses, including the common cold & the flu?
- Over \$8 billion dollars is spent annually on anti-depressants & anxiety medications?





**“Aside from ulcers, heart attacks, bypass surgery,  
drug and alcohol problems, and broken families,  
a little hard work never hurt anyone!”**



# The body is the great unconscious...

~Carl Jung



*How and where does stress show  
itself in your body?*



# Other common emotional and mental symptoms of STRESS

- Irritability
- Mood swings
- Emotionality
- Apathy
- Anger
- Over controlling/ bossy
- Detachment
- The “crash”
- Worry (especially anticipatory)
- Avoidance
- Attention to threat
- Fast/sustained physiological arousal
- Psychosomatic complaints
- Difficulty in resting and going to sleep
- Shyness/ Social withdrawal
- Perfectionism



**WHO JAMMED THE COPIER**

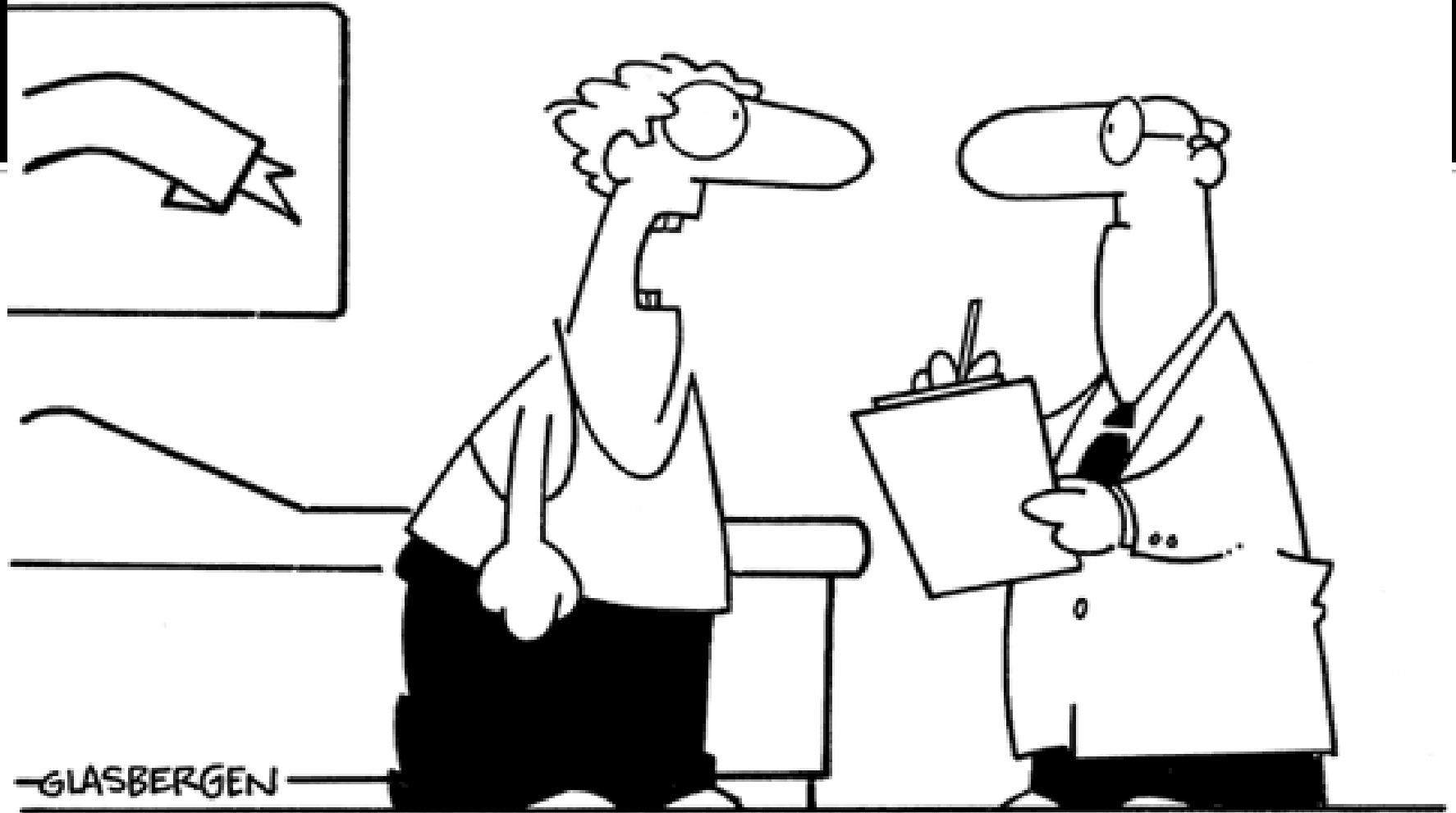
**AND LEFT IT LIKE THAT?**

*No problem can be solved from the  
same state of consciousness which  
created it!*

*~Albert Einstein*

# How do I Cope?





**“I’m learning how to relax, doctor —  
but I want to relax *better and faster!*  
*I want to be on the cutting edge of relaxation!”***





*Time is the disease....*

*Time is the cure*



***You can never have enough of  
what doesn't quite work...***





I'll have a Cafe-Mocha  
Vodka-Valium  
Latte to go, please!

# The "Keep Calm" Commands



KEEP  
CALM  
AND  
CALL  
MOM



KEEP  
CALM  
AND  
CALL A  
COUNSELOR



FREAK  
OUT  
AND  
THROW  
STUFF



KEEP  
CALM  
AND  
EAT  
CHOCOLATE



KEEP  
CALM  
AND  
GO  
SHOPPING

KEEP  
CALM

# Get some sleep

- Sleep “resets” your body
- Ways to get better sleep:
  - Get some exercise
  - Turn off the lights
  - Use essential oils, aromatherapies, bath salts, etc
  - Kill the caffeine
  - Stay away from food
  - Cool off
  - Unplug





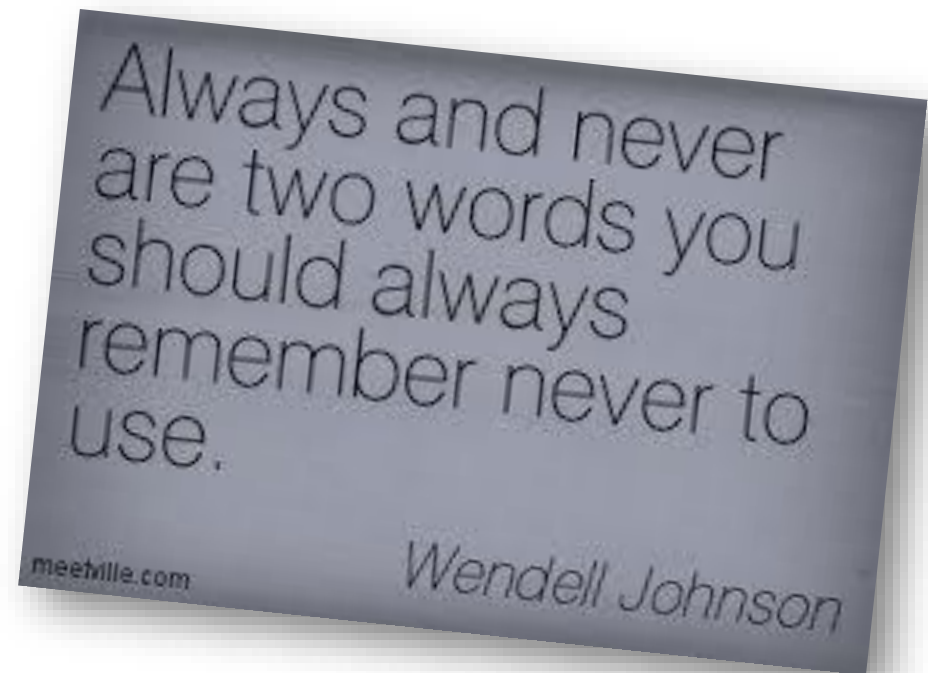
# Don't SHOULD on yourself!

- There's LOTS of things we "should do" ....be happy with what you are and do well!
- We are each doing the best we can with what we have



# 80% is awesome!

- **80/ 20 rule (73 days, 4.5 hours)**
- Erase black and white thinking! Get comfortable in “the grey” area
- Always & Never have no place in parenting, dieting, work, living or self-care: remember nobody’s perfect.





# Don't do what you don't do!

- You are amazing at a lot of things! Embrace them
- Try new things, but don't force yourself to bake or sew or cook from "scratch" or run a marathon if you just can't or don't want to...
- It's ok to say "no..."



# Don't procrastinate

- When you procrastinate, you repeatedly (every time you think about it) send the message to your brain that the task is to be **avoided, feared or hated**. This will become a reinforcement loop making the task more and more difficult and the brain **less willing to engage** when required.
- BEWARE the “I work better under pressure!!” myth



# Forget the starving kids in Africa

- Just because your “thing” isn’t tragic, fatal, devastating or urgent doesn’t mean it doesn’t matter.
- Perspective is important, but it’s for another time...
- Honour your things...big or small

Saying someone can't be sad because someone else may have it worse is just like saying someone can't be happy because someone else might have it better.

# Don't hold in your pee



- What you resist ...will persist
- Find a safe/ effective way to vent, talk, share or express your 'feels' ....for they WILL be felt.

# Learn to Count

- Figure out where you are on a scale of one to ten with an area you'd like to change.
- Next, determine where you'd like to be on that scale of one to ten (and what that will look like).
- Set goals **ONE STEP/NUMBER** at a time!!

***COUNT WITH ME!!***



# Learn you ABC's

- Prioritize & Delegate
- Make a list/ chart



**A** = Only only *only* me, and I want to

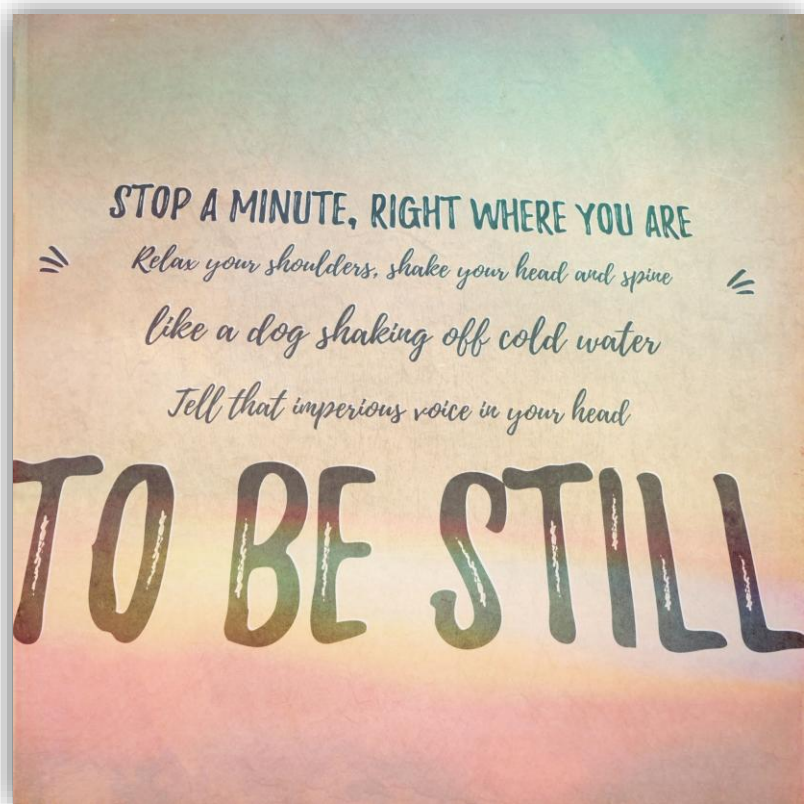
**B** = Very important to me, but someone I trust can do it

**C** = It must be done, but really anyone can do it

**D** = if it gets done or not is a-ok!



# Shake it off



- Provides a physical release
- Uses up adrenaline
- Signals to the brain to regroup/ reevaluate
- "Resets" the sympathetic nervous system

# Listen to Music

- Music accesses the emotional and memory parts of our brains
- It is a great way to lift your mood and feel great!
- Be careful of your intention: to feel good, pump it up! To RELAX, keep it slow and easy
- Your heart-rate will match the music



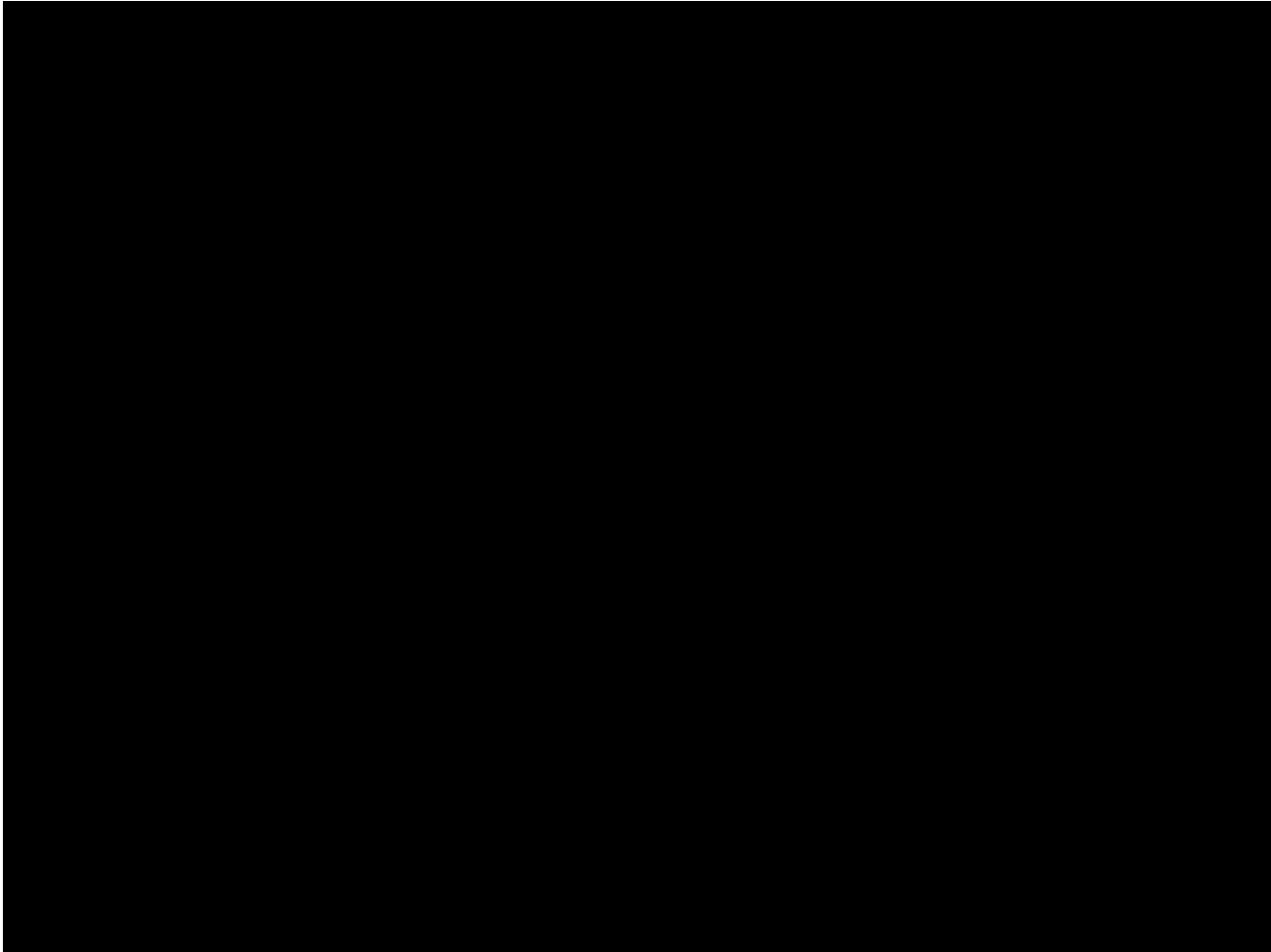
# HALT!

- Don't make any major decisions, try new things, evaluate your life or judge yourself or others when you are:
  - HUNGRY
  - ANGRY
  - LONELY
  - TIRED



# Talk to Yourself





# Carry around a Q-Tip

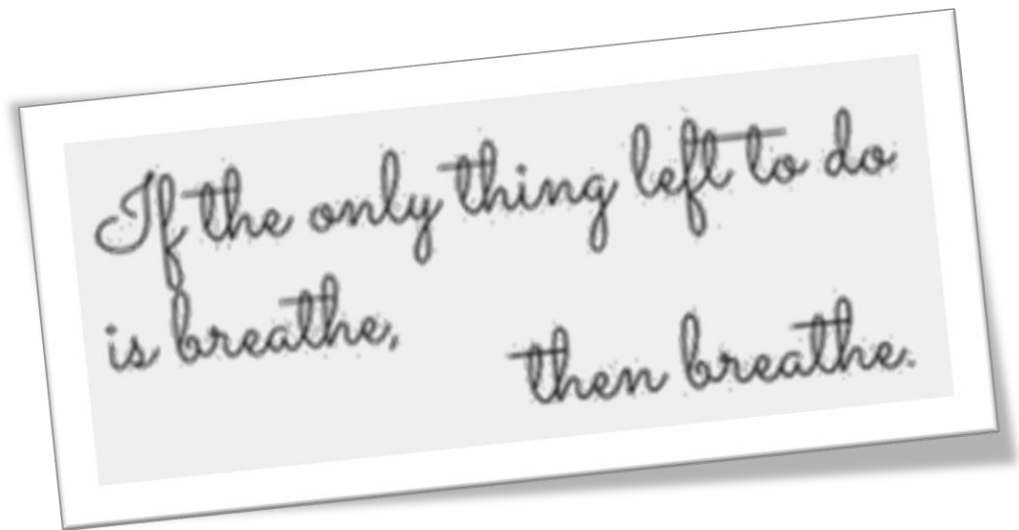


Q-TIP: QUIT  
TAKING IT  
PERSONALLY



# Catch your breath!

- ❑ Increases circulation (particularly to the BRAIN)
- ❑ Releases “happy hormone” endorphins (the body’s natural pain killers)
- ❑ Forces a focus and slowing down of bodily processes like blood pressure
- ❑ Slows reaction time



The body naturally does this for us at times it feels stress.....

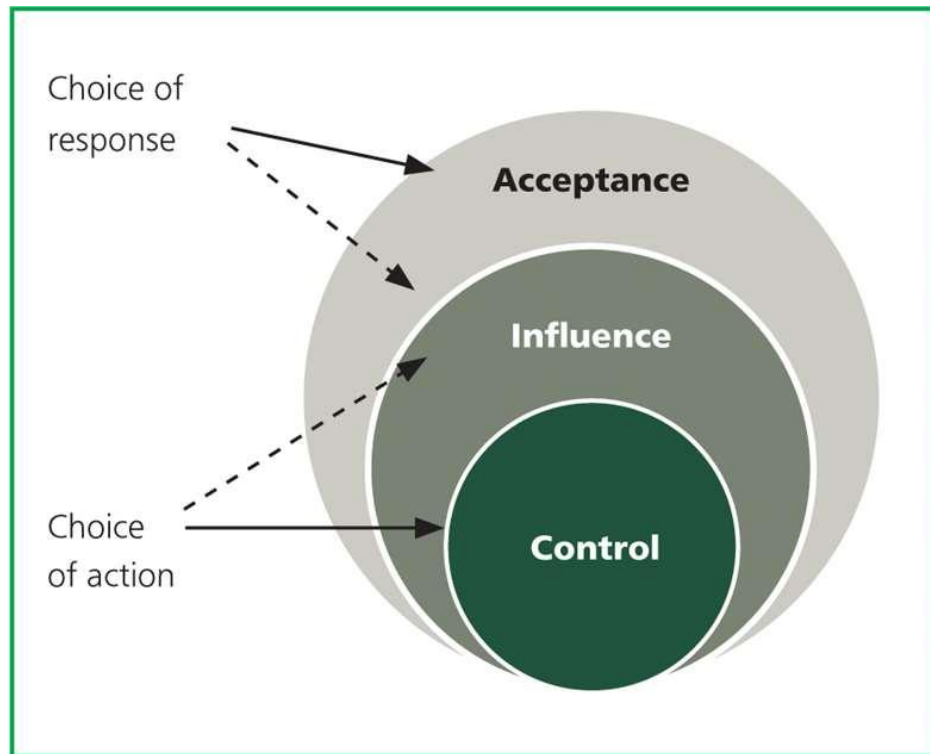
# Beware Sunday Nights...

- \*Watching Netflix peacefully\*
- \*Remembers responsibilities\*
- \*Watches Netflix stressfully\*

# Move in the right circles

Ask yourself: is this something I can...

- control
- influence
- accept



# Handle with Care

## What is Self Care?

- ▶ Self-care is literally taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.
- ▶ Self care is attending to our basic needs, so that **we can be our best selves** (parents, employees, friends, spouses, coaches etc.)
- ▶ Self-care is not self-indulgence or being selfish (why do we feel....guilty?)



# When we were young...

Our parents/ caregivers made sure we had:

- ▶ Food
- ▶ Shelter
- ▶ Exercise/ Movement
- ▶ Bed Time
- ▶ Routine
- ▶ Boundaries
- ▶ Love & affection
- ▶ Learning
- ▶ Hobbies
- ▶ Less Screen Time
- ▶ Good friends & supportive family
- ▶ Positive self-talk, success & confidence!
- ▶ And sometimes.....TREATS!

Note...this is how  
we define  
"good"  
caregiving!



**Now, we need to ensure these things for ourselves! = Self Care**

# Let people Help You

- Put aside perfection, pride and perceptions....When people ask what they can do, tell them
- Freezer food, baby-sitting, errands?
- Sometimes, it's easier to just give them something to do than so "no, no no, it's okay" all the time!
- **Helping makes people HAPPY....**





# What makes people Happy?

- Healthy & positive relationships
- Hopeful/ optimistic outlook
- Health
- Faith
- Gratitude
- **Service/ Charity**
- Meaning & Engagement
- Money (<\$75,000)
- Autonomy
- Pets
- Pleasure
- Accomplishment

Happiness is like a butterfly;  
the more you chase it,  
the more it will elude you,  
but if you turn your attention  
to other things, it will  
come and sit softly  
on your shoulder...

(Thoreau)



# Laugh & Cry

- **Crying** releases endorphins and helps to “free” emotions, anxiety and encourages deep breathing
- **Laughter** is the best medicine: it boosts immunity and reduces blood pressure!



# Things that teachers say...



**Thank you!**



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