



Mastering Stress and Boosting Resiliency

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Today's Class

- Overview of the “Mastering Stress and Boosting Resiliency” class series
 - Tuesdays, 5:00 - 6:00 pm, Zoom Meeting
- Today's Topics
 - Dealing with Negative Thinking: Introduction
 - The Hook Metaphor
 - Learning to Relax on Demand
 - *Guided Exercise*: Postural Relaxation

What is Stress Management?

- Stress Management Training = Enhancing skills to withstand adverse situations by directly addressing problems, improving emotional flexibility, increasing the sense of control, cultivating optimism, and possibly finding greater meaning in life
- Stress management training is NOT:
 - Just for “mentally weak people”
 - Helpful only if you are overwhelmed

Stress Management Training: 3-Month Series

- Build Stress Awareness
- Learn to Relax on Demand
- Identify and Change Unhelpful Thinking
- Build Coping Skills
 - Solving Problems
 - Managing Emotions & Acceptance
 - Making Sense and Meaning
- Improve Social Support
- Promote Lifestyle and Medication Treatments
 - Nutrition, Exercise, Medication Treatments

Best Time To Reverse Chronic Disease is NOW

- Our Mission: Comprehensive lifestyle changes, with the high aim of reversing hypertension, diabetes, and atherosclerotic heart disease
- Directly targets the factors that appear associated with higher risk of severe COVID-19
- Reverse chronic disease for today's threat (COVID-19), and for the long-term threat of premature death and disability

What did you learn last week?

- Stress triggers?
- Stress symptoms?
- Unhelpful or unhealthy coping habits?

Dealing with Negative Thinking

Strategy #4



Barlow et al., 2011, Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (1st ed.), Figure 8.1, pg. 111

Answer these questions

- What was your first, automatic interpretation of this picture?
- What factors affected your interpretations of the picture? (e.g., past experiences, memories, specific parts of the picture that you focused on)
- Generate 3 alternative interpretations of the picture
 - If your automatic, initial interpretation was negative, try to come up with a positive one (or vice versa)
 - Be creative

Cognitive Appraisal: Making Sense

- The world consists of a series of positive, negative, and neutral events
- You interpret the events with a series of thoughts that continually flow through your mind. This is called your internal dialogue
- Your feelings are created by your thoughts and not actual events. All experiences must be processed through your brain and given a conscious meaning before you experience any emotional response

Anger Management



Injustice

Incompetence

unfair

selfish

immoral

unqualified

stupid

lazy



Spot the bait,
Swim on by...

DON'T BITE THE HOOK!

Learning to Relax on Demand

Review

Guided Relaxation

- Mobile Phone Apps

- Headspace
- Calm
- Breathe2Relax
- Tactical Breather
- Mindfulness Coach
- Virtual Hope Box
- CBT-I Coach (for insomnia, has guided relaxation tracks)

Websites

- Ornish Lifestyle Medicine, Stress Management Youtube Channel:

https://www.youtube.com/watch?v=lF7_EBCjDYE&list=PLglFExOeYAZjqEX2Jxq7jWGpUrXQCHOx-

- UC San Diego Center for Mindfulness, Guided Audio & Video:

<https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>

- War Related Illness and Injury Study Center, Palo Alto VA Health Care System, Yoga Nidra (sleep) meditation:n

<https://www.warrelatedillness.va.gov/WARRELATEDILLNESSES/meditation/default.asp#yoganidra>

8 Week Integrative Restoration (iRest™) Meditation Series

- led by Louise Mahoney, MS, RYT-500

- iRest™ is a version of an ancient yoga nidra (sleep) meditation developed with a military/veteran population in mind. This 8-session series was adapted from an 8 week iRest™ meditation series and recorded live during weekly phone meditation sessions offered by the CA WRIISC.
- Each recording cycles through the 10 stages of iRest™ while emphasizing a different stage each week in the introduction.
- [Introduction to iRest™](#)
- [Session 1 - Heartfelt Mission and Purpose](#)
- [Session 2 - Inner Resource](#)
- [Session 3 - Body Sensing](#)
- [Session 4 - Feelings and Emotions](#)
- [Session 5 - Thoughts and Beliefs](#)
- [Session 6 - Joy](#)
- [Session 7 - Awareness](#)
- [Session 8 - Integration](#)

Resources

Reminders for All

Seek Professional Help When Needed

- Seeking treatment from a professional can help:
 - Counseling (marital)
 - Psychotherapy
 - Psychiatric medication
- UC Davis Behavioral Health Center (Adult/EDAPT Clinic): (916)734-3574
- UC Davis Children's Behavioral Health Center: (916)734-3574
- Psychology Today Find a Therapist:
<https://www.psychologytoday.com/us/therapists>
- Association for Behavioral and Cognitive Therapies, Find a Therapist: <http://www.findcbt.org/FAT/>
- Therapy Apps: Talkspace, BetterHelp, Regain - Couples Therapy

Hotlines

- **Friendship Line (Institute on Aging)**
 - Toll Free 800-971-0016
 - Friendship and support for older adults who may be lonely, isolated, grieving, depressed, or anxious
- **Services & Advocacy for LGBT Elders (SAGE) Hotline**
 - Toll Free 877-360-5428
 - Offer support without judgment, answer questions factually and confidentially
 - Provide info about community resources such as healthcare, transportation, counseling, legal services, and emotional support programs
 - Available in English and Spanish, in 180 languages
 - sageusa.org
- **National Suicide Prevention Lifeline**
 - 800-273-8255, or online chat
- **Veterans Crisis Line (confidential, 24/7)**
 - www.veteranscrisisline.net
 - 800-273-8255 (Press 1 at the prompt if you are a veteran)
 - Text 838255
 - Chat (connect online)
 - Support for deaf and hard of hearing: 800-799-4889

More Hotlines & Other Resources

- For Caregivers

- CaregiverAction.org, free hotline 855-227-3640. Lots of resources related to caregiving during COVID-19
- The Family Caregiver Alliance: 800-445-8106
- Alzheimer's Association: if you are caring for someone with Alzheimer's or any type of dementia, they can help (24/7 Helpline: 800-272-3900)

- Domestic Violence

- **WEAVE 24 Hour Support & Information Line: (916) 920-2952**
- **Counseling and Service Locations:**
 - **WEAVE Midtown Counseling Center**
1900 K Street
Sacramento, CA 95811
Phone: 916.448.2321
- **Other 24/7 Support Lines:**
National Domestic Violence Hotline 1.800.799.7233
National Sexual Assault Hotline 1.800.656.4673

Postural Relaxation

Today's Guided Relaxation

My challenge to you:

- What are at least 1-2 things you can do (from today's presentation, or your own ideas) to help you better manage stress, and/or help you be resilient moving forward?
- How can you use this time to make your life better, in some way?

Your Stress Management Plan

- What are my most common sources of stress (triggers)?
- What are the signs and symptoms I get when stressed?
- What are my helpful ways of coping?
- What are my unhelpful ways of coping?
- What problem or source of stress have I been avoiding dealing with? Is it time to deal with it more actively?
- What resource(s) could I turn to for help with this problem?
- What are 1-2 practices I could start doing, to help me cope better with stress?

Questions and Comments?