



Mastering Stress and Boosting Resiliency: Session 6

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Today's Class

- Welcome to the “Mastering Stress and Boosting Resiliency” class series
 - Tuesdays, 5:00 - 6:00 pm, Zoom Meeting
- Today's Topics
 - Mindfulness of Thoughts, Emotions, and Body Sensations
 - Dealing with Negative Thinking
 - *3 C's*
 - *Poem*
 - *Gratitude Diary*
 - Learning to Relax on Demand
 - *Guided Exercise: Autogenic 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

Dealing with Negative Thinking

Strategy #4

Notice Your Thoughts

- Are you overestimating the likelihood of something bad happening?
- Are you catastrophizing?
- Are you thinking in “all or nothing” terms?
- Are you thinking in a way that is making a bad situation *worse*?
- Is there another way to think of this?
- What would I tell a friend who had this thought?

Evaluating Our Thinking

- Once you are aware of your thoughts, then you can evaluate whether they are:
 - Helpful or Harmful
 - Accurate or Inaccurate

Other Coping Strategies

- Compile a list of your favorite quotes, which convey wisdom and balance
- Compile verses from scripture or other spiritual/religious writings that provide guidance on how to deal with the stressors you are facing
- Find TED talks that are powerful, and promote a positive outlook

3 C's: Pulling It All Together

- “The 3 C’s”
 - Catch It: identify automatic thoughts when they occur
 - Check It: Ask yourself, “Is this thought helpful or harmful?”
 - Change It: find a more helpful, adaptive, positive way to think about your problem (e.g., reframe the issue)

Poem

- Portia Nelson's "There's a Hole in My Sidewalk: Autobiography in Five Short Chapters"

Gratitude Diary

- 3 things you are grateful for each evening
- Imagine them again in your mind
- Try for 7 days in a row
- Try to include the big and small things
- Try to not repeat the same things - stretch yourself!

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

Autogenic 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?