



# Mastering Stress and Boosting Resiliency: Session 7

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# Today's Class

- Agenda

- **Dealing with Negative Thinking**

- *5 Factor Wheel*

- *Thought Record - ABCDE method*

- **Coping**

- Problem-Focused Coping

- Emotion-Focused Coping

- **Learning to Relax on Demand**

- *Guided Exercise: Light Meditation*

# 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

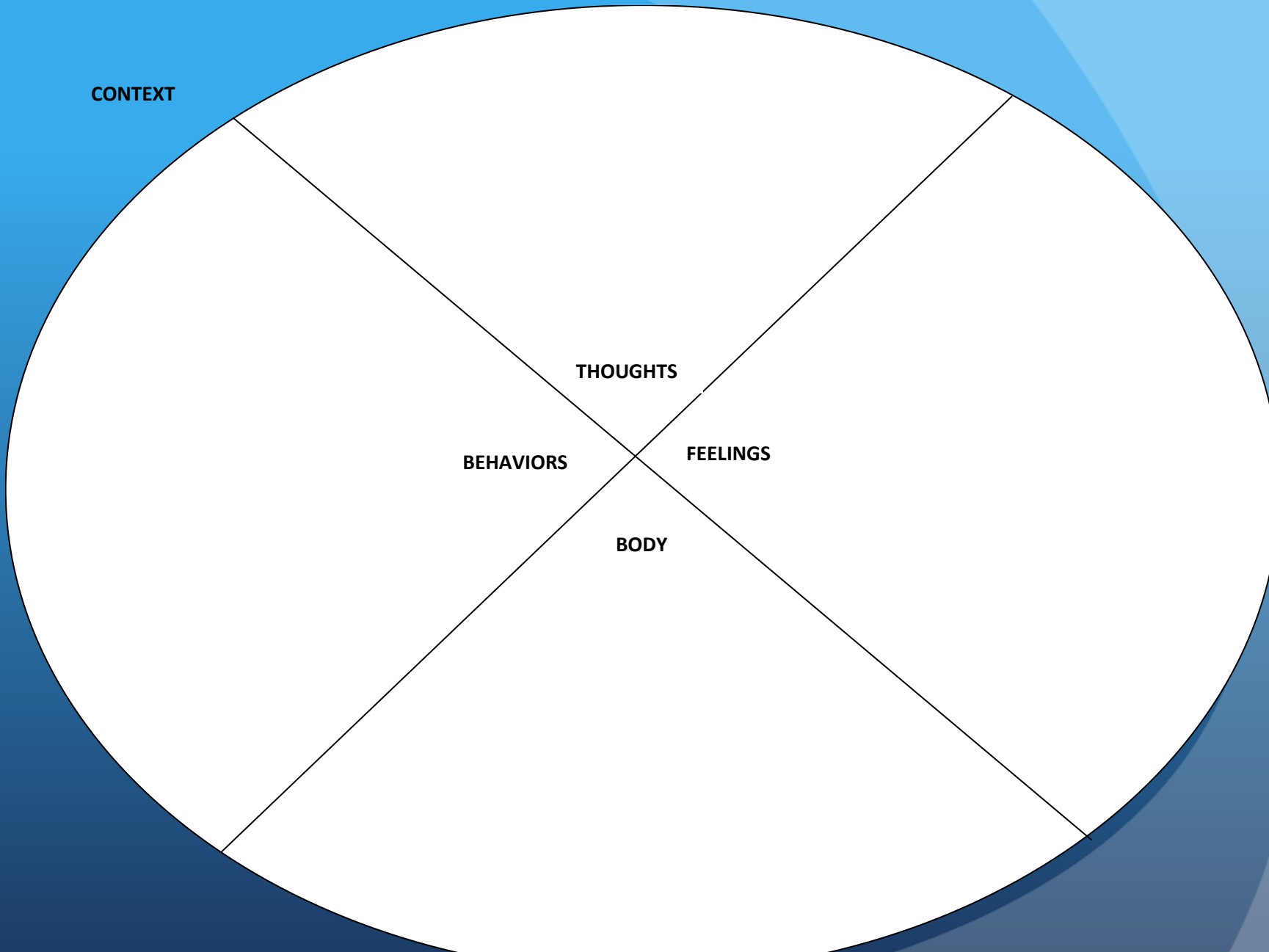
**CONTEXT**

**THOUGHTS**

**BEHAVIORS**

**FEELINGS**

**BODY**



**THOUGHT RECORD**

<b>DATE/ TIME</b>	<b>(A) ANTECEDENT/ ACTIVATING EVENT</b>	<b>(B) BELIEFS/SELF-TALK/ AUTOMATIC THOUGHTS</b>	<b>(C) CONSEQUENCES/ EMOTIONS/ PHYSICAL REACTIONS</b>	<b>(D) DISPUTING/ ALTERNATIVE RESPONSES</b>	<b>(E) EFFECT/ IMPACT OF DISPUTING</b>

Directions: When you notice your mood getting worse or your stress increasing, ask yourself: "What's going through my mind right now?" and as soon as possible jot down the thought or mental image in the Automatic Thoughts column. Then consider how realistic those thoughts are:

- What is the **evidence** that the automatic thought is true? What is the evidence that it is not true?
- Are there **alternative explanations** for that event, or alternative ways to view the situation?
- What are the **implications** if the thought is true? What is upsetting about it? What is most realistic? What can I do about it?
- Is the automatic thought helpful? Even if it is true, does it help me to focus on it or to repeat it to myself?
- What would I tell a good friend in the same situation?

Possible cognitive distortions: All-or-nothing thinking, Overgeneralizing, Discounting the positives, Jumping to conclusions, Mind reading, Fortune telling, Magnifying/Minimizing, Emotional Reasoning, Making "should" statements, Labeling, Inappropriate blaming.



# Coping: Appraisal of the Situation

Strategy #5

# Match Coping Response to the Situation

- Step 1: Recognize your triggers and stress symptom
- Step 2: Break the situation into controllable and uncontrollable parts
- Step 3: Generate possible coping strategies for each part (choose active strategies)
- Step 4: Set goals and priorities for each part of the situation

# 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](http://sageusa.org)
- **National Suicide Prevention Lifeline**
  - 800-273-8255, or online chat
- **Veterans Crisis Line (confidential, 24/7)**
  - [www.veteranscrisisline.net](http://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

# Light Meditation

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?