



# Mastering Stress and Boosting Resiliency: Session 8

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# Today's Class

- Agenda
  - Acceptance
  - Personal Values
  - Learning to Relax on Demand
    - *Guided Exercise: Imagery - The Forest*

# 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

# Acceptance

Strategy #6

# Definitions

- What does *acceptance* mean to you?

# Acceptance

- Many sources of stress are beyond our control. We can't control people or situations around us. Often we can't control our thoughts, feelings, pain, or physical sensations in our body. Sometimes attempting to control something actually makes that something worse and even more stressful. Maybe control is the problem.
- Can you think of times when trying to control experiences, either around you or within you, made things more stressful?



# Acceptance

- Acceptance is an alternative. Acceptance doesn't mean approval. It means that you acknowledge that a situation/thought/feeling exists, that you can't change it, and that you can choose to live well despite it.
- When you accept a situation/thought/feeling and act consistent with your values despite it, you become more flexible. You struggle less and feel less stressed.

# Acceptance

- For example, if you get anxious around crowds of people, you could try to "control" your anxiety by avoiding situations involving crowds. However, that might mean missing activities you value, like your daughter's soccer game. Accepting anxiety and going to the game despite it might be stressful, but at least you are living according to your values.

- What do you value?
- What are you willing to accept in order to live by those values?

# Personal Values Sort

- Read the list of 100 personal values, and rate how important each one is to you.
- Remember, values are abstract concepts and it is not possible to perfectly attain them.
- Do NOT rate how well you are living according to each value - rather, rate how important each value is to you.
- You could highly value something (e.g., compassion) but there be no evidence in your life that you care about others' welfare

# Assignment

- **Step 1:** Complete the “What Do I Value?” worksheet, rating how important each value is to you.

- **Step 2:** Pick your top 5 values and list them here:

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_

- **Step 3:** How does your participation in the Cardiovascular Wellness Program (e.g., eating a plant based diet, being physically active, and managing stress) help you to live your values, putting your values into action in your life?

# 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

# Guided Imagery - The Forest

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?