

Managing stress

→ *From minor challenges to major life crises, stress is apart of all life.*

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Stress affects each person differently, and for different reasons.

→ Today, I am going to go over ways to reduce stress from the body, focusing developing stress management techniques for older adults. We can feel stress over problems with family, finances, friends, health, and any different reasons.

→ The impacts of stress on the body can lead to some serious health problems, including high blood pressure, heart disease, diabetes, and others.

What is stress?

- *Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.*



Effects of stress on the body...

When we are stressed, our:

- *Blood pressure rises.*
- *Breathing becomes more rapid.*
- *Digestive system slows down.*
- *Heart rate (pulse) rises.*
- *Immune system goes down.*
- *Muscles become tense.*
- *Sleeping can be more of a problem.*

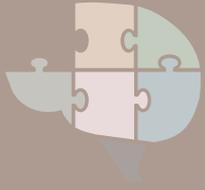
Work	Roommate	Legal matters
Classes	Childcare	Mental health
Studying	Finances	Law violation
Relationship with partner	Appearance	Spiritual/Religious issues
Relationship with family	Physical Health	Major/Career decisions
Relationship with friends	Not “fitting in”	Attitudes/thoughts
Trauma	Getting married	Buying a house
Change in residence	Change to a new school	Change in amount of recreation
Change in amount of social activities	Change in eating habits	Death of friend/family member



Increase mindfulness

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Mindfulness can help reduce stress by removing any negative feelings or emotions from the past or present, and allow us to connect with our bodies and clear our minds.





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“With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment.” - Thich Nhat Hanh

Increase exercise

Exercise improves energy, but also has some direct stress-reducing benefits. By pumping up our endorphins through exercise, in result it increases the body's "feel good" emotions. Exercise also clears the mind and decreases depression. At CWP, we offer Tai Chi classes multiple times a week, which immensely reduce stress and personally help clear my mind for the day ahead. Martial arts in general is a powerful tool to use to tackle stress, and also be educated in defense skills.



At CWP, we offer Tai Chi classes multiple times a week with David, which immensely reduce stress and personally help clear my mind for the day ahead. Martial arts in general is a powerful tool to use to tackle stress, and also be educated in defense skills.

While most elders are not going to be participating strenuous exercise, light martial arts such as Tai Chi is still beneficial to health...

For seniors, the focused, low-impact movements can help clear the mind, just like meditation. Tai Chi also has many positive health benefits.



<https://www.greatseniorliving.com/articles/tai-chi-for-seniors>

*When starting
any form of
martial arts,
check with your
loved one's doctor
beforehand to
make sure it's
advised*

Begin slowly with a relaxed schedule until their skill level and health are built up adequately, slowly increasing attendance as comfortable.

As martial arts for older adults continues to grow in popularity, more community centers and YMCAs are offering classes specifically for this demographic.

Classes geared toward older adults can be tailored for different levels of fitness, injury issues, and mobility ranges. Whatever class they attend, make sure the instructor is familiar with the requirements and considerations of older adults' bodies.

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Whatever class or form of martial arts they attend, make sure the instructor is familiar with the requirements and considerations of older adults' bodies.



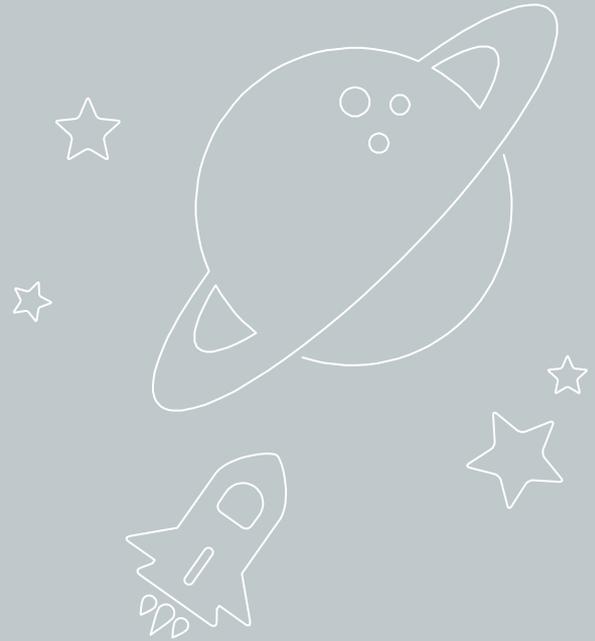
How do you deal with stress?



↳ I deal with stress by taking baths, getting away from my electronics, taking a walk, being in nature, taking a nap, and organizing in my calendar when I am overwhelmed.

What does stress do to your body personally?

*I feel stress up in my shoulders and neck.
When I'm stress, I feel my body is on higher alert and I can always feel my heart beating faster.*



*Thank you for
listening!
I hope you take the
time each day to
practice self care and
techniques to relieve
stress.*

