

What's On Your Plate?

<p>SOUP & SALAD</p> <p>What is Stress</p> <p>Types of Stress</p> <p>Attributes of Stress</p>	<ul style="list-style-type: none"> • Holistic effects of stress on holistic beings <ul style="list-style-type: none"> ○ Physical – ulcer, headache, intestinal, HA, stroke, nervous breakdown ○ Mental – brain blips, nervous breakdown, reality disconnect, overthink, Attention deficit trait, forgetfulness ○ Spiritually & Emotionally - nervous breakdown, depression, withdrawal/reclusiveness, anger, tense, impatient • Good or Acute Stress <ul style="list-style-type: none"> ○ Reactive thinking ○ Normal <ul style="list-style-type: none"> ▪ Motivation for everyday life ▪ Fight or flight ○ Short lived ○ How Acute stress works <ul style="list-style-type: none"> ▪ releases adrenaline & cortisol ▪ a self-protective mechanism - <i>flight or fight</i> ▪ increases blood flow/give more energy • Bad or Chronic Stress <ul style="list-style-type: none"> ○ Results in serious health issues <ul style="list-style-type: none"> ▪ Excessive – Sick & tired of being sick and tired ○ Episodic acute stress <ul style="list-style-type: none"> ▪ Occurs with frequent triggers of acute stress ▪ Typical of a chaotic or crisis filled life ▪ Typically associated with type A or The Worrier personality types ▪ Negative thought processes ▪ Fed by: Poor time management, too much responsibility, unorganized, always in a hurry, pressurized, • Confucius quote: “Life is really simple but we insist on making it complicated.”
<p>APPETIZER</p> <p>Stress in the workplace</p>	<ul style="list-style-type: none"> • Organizational intervention is of little or no impact... <ul style="list-style-type: none"> ○ <u>acculturation</u> <ul style="list-style-type: none"> ▪ globalization ▪ changing culture ▪ diversity ○ <u>changing skills sets & qualifications</u> • Top stressors in the healthcare field: heavy patient load – overly high expectations – work/home crossovers • Internal vs. external • Stress on the Run <ul style="list-style-type: none"> ○ No time to chill = no time to deal ○ Take 5 minutes to regroup & reframe
<p>MAIN COURSE</p> <p>Managing stress</p>	<ul style="list-style-type: none"> • Coping vs. Masking vs. Numbing • Finding your technique <ul style="list-style-type: none"> ○ Varies depending upon the situation ○ You have to remember to do it before getting stressed out ○ Practice: “Perfect practice makes perfect.” Vince Lombardi • Establishing safeguards <ul style="list-style-type: none"> ○ Avoidance: as a coping mechanism? <i>yea or nay?</i> ○ Triggers ○ Mindfulness (see link to quiz) ○ Busyness <ul style="list-style-type: none"> ▪ Multitasking ▪ Time management • Expect – Expose – Extinguish <ul style="list-style-type: none"> ○ Expect stress – don’t schedule it ○ Expose stress – acknowledge and reason it out ○ Extinguish – reason it out and cope – do not suppress – cope!
<p>DESSERT</p> <p>Closing</p>	<ul style="list-style-type: none"> • Because you matter <ul style="list-style-type: none"> ○ Health risks ○ Wherever you go, there you are ○ Home & work crossover <ul style="list-style-type: none"> ▪ Decompress ▪ Take time to be still ▪ The overstuffed filing cabinet • Q & A

WHAT ARE YOU BRINGING TO THE TABLE?

ANGER	S	T	R	E	S	S	E	D	O	U	T	T	X	S	P	I	B	V	Q	W	R	T	R	U	Y	O	
COMPASSION	L	P	U	M	N	T	B	T	D	X	V	Z	N	M	P	H	O	B	B	I	E	S	O	D	M	T	
DEPRESSION	A	P	T	C	W	P	M	B	C	I	U	C	Y	T	W	P	M	L	O	T	V	D	X	O	W	R	
DISCONTENTMENT	F	I	N	A	N	C	I	A	L	N	O	M	P	L	I	S	T	E	N	F	I	X	I	N	X	E	
DON'T SCHEDULE STRESS	B	Y	E	B	Y	E	X	I	B	I	N	S	E	C	U	R	I	T	Y	A	K	O	B	O	I	G	
EMOTIONAL	O	T	V	D	E	O	Y	L	G	C	B	K	K	I	I	Y	B	T	P	I	X	I	G	T	X	R	
EXPECT	M	G	D	A	L	P	S	P	I	B	V	E	M	O	T	I	O	N	A	L	I	B	V	S	I	D	
EXPOSE	P	X	R	T	S	E	T	W	P	M	L	O	P	R	S	S	I	T	T	I	O	M	L	C	I	T	
EXTINGUISH	D	S	D	E	P	R	E	S	S	I	O	N	I	L	P	U	M	N	T	B	T	B	X	H	X	S	
FAILURE	X	V	Z	N	M	P	O	M	P	L	G	D	A	J	U	S	T	F	I	X	I	T	A	E	D	I	
FAITH	G	D	A	L	P	D	A	L	I	L	P	U	M	C	Y	T	W	P	M	T	R	I	T	D	X	I	
FAMILY	L	O	T	V	D	U	F	A	I	T	H	M	X	T	I	O	N	E	L	A	Z	I	N	U	S	S	
FEAR	X	R	T	S	E	S	P	I	B	V	Q	M	Y	M	P	N	I	B	G	N	C	P	O	L	G	I	
FINANCIAL	B	T	V	A	F	M	P	O	L	G	D	M	I	R	T	I	M	L	N	I	I	Y	T	E	S	L	N
HEALTH ISSUES	M	B	X	X	A	T	W	P	M	L	O	Y	P	T	T	N	B	X	N	X	N	E	S	X	N	B	
HELPLESS	R	S	C	O	M	P	A	S	S	I	O	N	E	N	T	S	G	A	Z	D	W	I	B	T	A	Z	
HOBBIES	O	T	N	N	I	G	D	A	L	P	H	O	K	B	V	E	I	T	I	X	O	U	R	R	T	I	
HOPE	B	X	X	I	L	L	O	T	V	D	E	Y	Y	L	G	C	B	T	Q	V	R	Y	T	E	P	M	
INSECURITIES	E	S	I	R	Y	X	E	T	S	E	L	O	O	M	L	U	P	H	L	G	K	I	O	S	F	B	
INSECURITY	E	B	X	R	T	S	X	E	I	N	L	U	U	B	X	R	W	E	M	L	M	P	N	S	A	G	
JUST FIX IT	S	S	I	T	T	I	T	N	E	B	O	A	C	G	A	I	N	L	B	X	C	A	T	L	I	V	
PRIDE	P	U	M	N	P	B	I	D	X	V	Z	R	C	N	X	I	T	I	P	G	A	Y	O	C	Y	L	W
REGRETS	H	P	I	B	R	M	N	O	Q	T	E	K	I	X	I	U	L	I	A	M	T	T	I	U	N		
RESPONSIBILITY OVERLOAD	E	P	O	L	I	B	G	D	X	V	Z	S	X	X	D	E	I	E	B	T	W	N	M	P	R	I	
SPIRITUAL	A	W	P	M	D	M	U	C	L	G	D	P	R	I	X	S	U	S	B	A	D	C	L	P	E	U	
STRESSED OUT	L	N	E	B	E	R	I	S	A	N	G	E	R	P	N	L	P	S	P	A	X	I	X	E	T	I	
SUBSTANCE ABUSE	T	I	B	G	A	O	S	V	D	X	R	C	N	M	T	P	H	A	T	X	I	X	A	B	C	M	
WORK	H	U	R	I	E	B	H	R	T	S	E	I	I	N	H	T	X	E	X	P	E	C	T	M	R	B	
YOU ARE SPECIAL	I	I	Y	B	T	O	C	I	H	E	Y	A	C	A	N	T	D	O	I	F	S	T	I	G	S	K	
	S	O	T	V	D	X	R	W	N	Z	I	L	S	U	B	S	T	A	N	C	E	A	B	U	S	E	
	S	P	I	R	I	T	U	A	L	K	I	I	Y	B	T	P	X	I	H	A	G	D	A	L	P	X	
	U	N	T	B	T	D	X	V	Z	N	M	P	O	L	G	D	A	L	P	R	L	O	T	V	D	Y	
	E	W	P	M	B	C	I	U	C	E	X	P	O	S	E	O	T	V	D	X	X	R	T	S	E	T	
	S	E	P	R	S	S	I	T	D	I	S	C	O	N	T	E	N	T	M	E	N	T	H	T	X	I	
	R	E	S	P	O	N	S	I	B	I	L	I	T	Y	O	V	E	R	L	O	A	D	H	O	P	E	

Top stressors in the health care arena:

<https://carrington.edu/blog/medical/top-stresses-health-care-workers/>

https://www.cochrane.org/CD002892/OCCHEALTH_preventing-occupational-stress-in-healthcare-workers

<https://www.webmd.com/men/features/work-stress#1>

The CDC's occupational suicide list: <https://www.cbsnews.com/news/these-jobs-have-the-highest-rate-of-suicide/>

Exposure to stress handout <https://www.cdc.gov/niosh/docs/2008-136/pdfs/2008-136.pdf>

Mindfulness quiz: https://greatergood.berkeley.edu/article/item/can_mindfulness_help_stop_health_worker_burnout

Wellness guide home remedies for stress <http://yourwellness.guide/2017/10/09/18-home-remedies-for-stress/5/>

<http://thehill.com/opinion/healthcare/389999-american-health-care-workers-are-committing-suicide-in-unprecedented>

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