

# Stress: Learning Today for a Better Tomorrow

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# Objectives

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Current situation

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Types of stress

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Symptoms of stress

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Stress Management

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Toolkit

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Mindfulness

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Health and Wellness

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Teleworking tips

# Current Situation

- Pandemic
  - Teleworking
  - Isolation
  - Possible illness
  - Traumatic event
- CHANGE
  - Children at home
  - Job status and security
  - Routines and schedules
  - Economy
  - How we interact with people

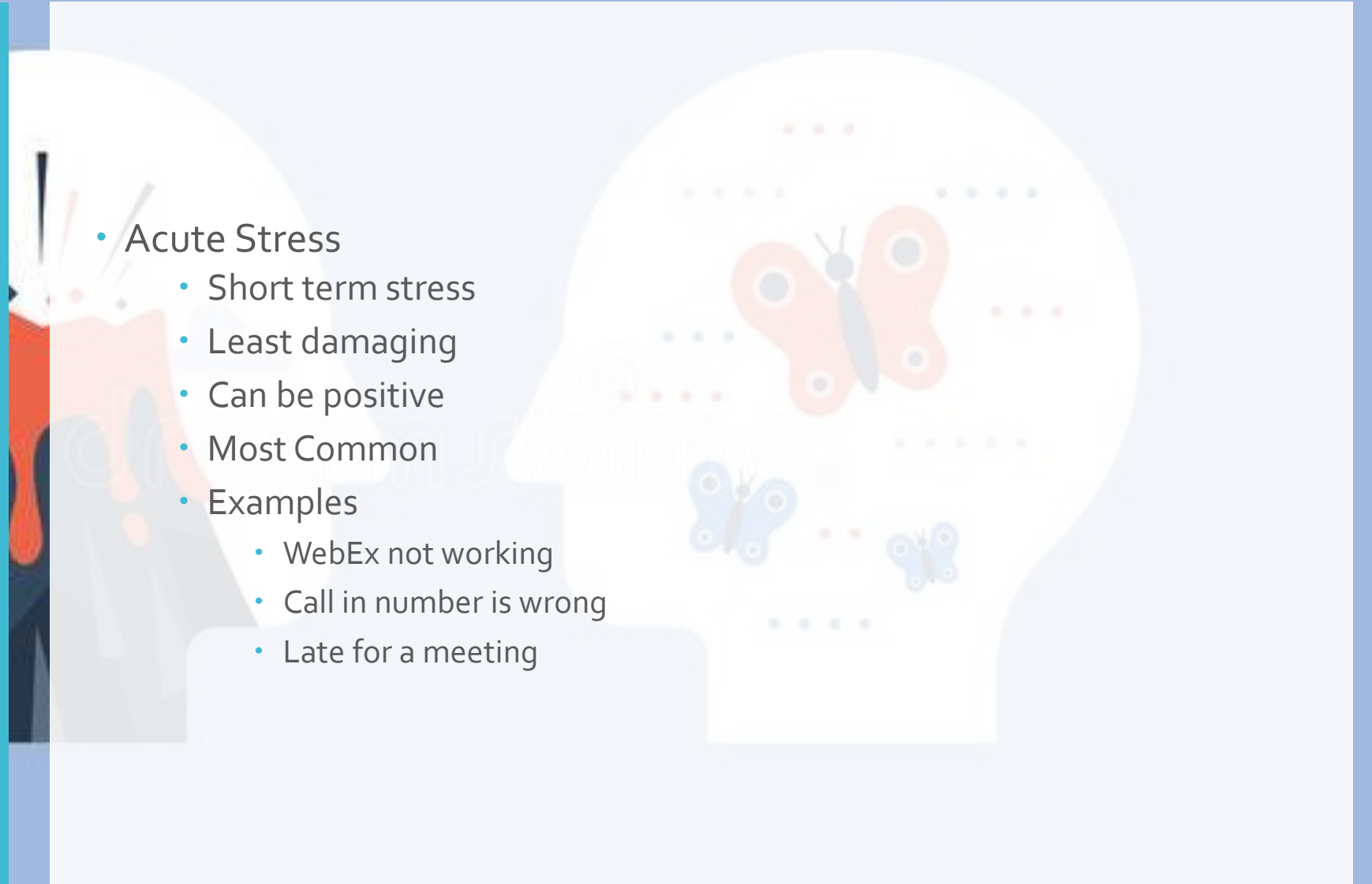


# Stress

- Emotional or physical tension
- Is a normal feeling
- Your bodies reaction
  - Challenge
  - Demand
- Acute or chronic
- Stressor
- Anxiety

# Stress

- Acute Stress
  - Short term stress
  - Least damaging
  - Can be positive
  - Most Common
  - Examples
    - WebEx not working
    - Call in number is wrong
    - Late for a meeting



# Stress

- Chronic Stress
  - Long term stress
    - Emotional pressure
    - Individual feels they have no or little control
  - Association with traumatic events
  - Chemicals in the body are released
    - Corticosteroids
    - Norepinephrine/epinephrine
    - Build up over time
    - Flight or fight all the time

# Stress

## Impacts of Chronic Stress

- High blood pressure (stroke)
- Damage to muscle (heart attack)
- Growth inhibition
- Suppress the immune system
- Anxiety, depression
- Headaches
- Sleep problems
- Concentration problems
- Weight gain



# Symptoms

- Change in bowel habits
- Trouble sleeping/sleeping too much
- Upset stomach
- Use of drugs or alcohol
- Change in weight
- Forgetfulness
- Tiredness
- Inability to concentrate



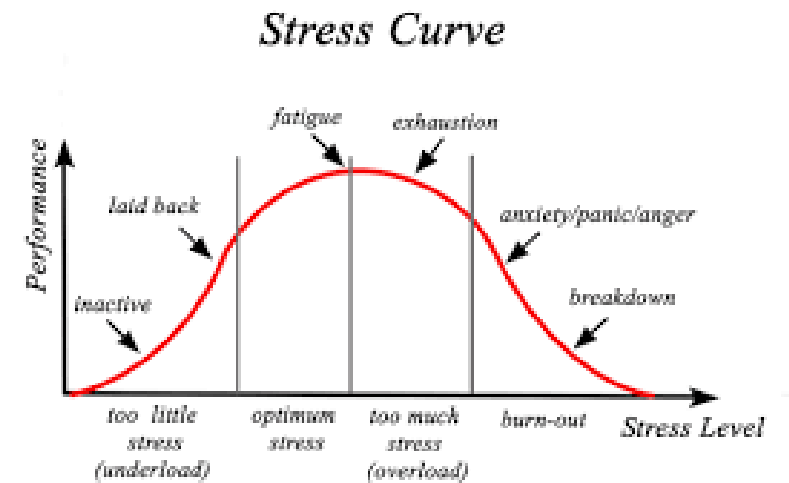


# Classifications

Routine

Change

Traumatic event



# Your Feelings

## Feelings you may be experiencing

- Sadness
- Guilt
- Loneliness
- Isolation
- Fear
- Anger
- Despair
- Panic
- Anxiety
- Confusion

## IT'S OK TO HAVE THESE FEELINGS

- Everyone is experiencing similar feelings right now
- Time for processing

# Managing stress

- Be observant
- Talk to your provider



# Managing stress

- Regular exercise
  - 30 minutes a day
  - Help boost your mood
  - Helps you sleep better
- Relaxing activities
  - Meditation
  - Breathing exercise
  - Mindfulness



# Stress management

## Eat healthy

- 5 fruits and veggies a day
- More food cooked at home

## Sleep well

- Develop a sleep routine
- Stop electronics 60 minutes prior to bed
- Keep your bedroom for sleeping



# SET GOALS

- 1.
- 2.
- 3.



## Managing stress

Set goals and priorities

Say no

Note what you have accomplished

Stay connected

Stay connected

Consider community groups

# Managing Stress

- Be positive
  - Assertive
  - Accept that you can not control everything
  - Write your feelings down
  - Celebrate the small stuff





## Toolkit: the four A's

### Avoid

- Take control of surroundings

- Avoid people

- Say no

- Ditch the list





~~PLAN A~~  
PLAN B

## Toolkit: the four A's

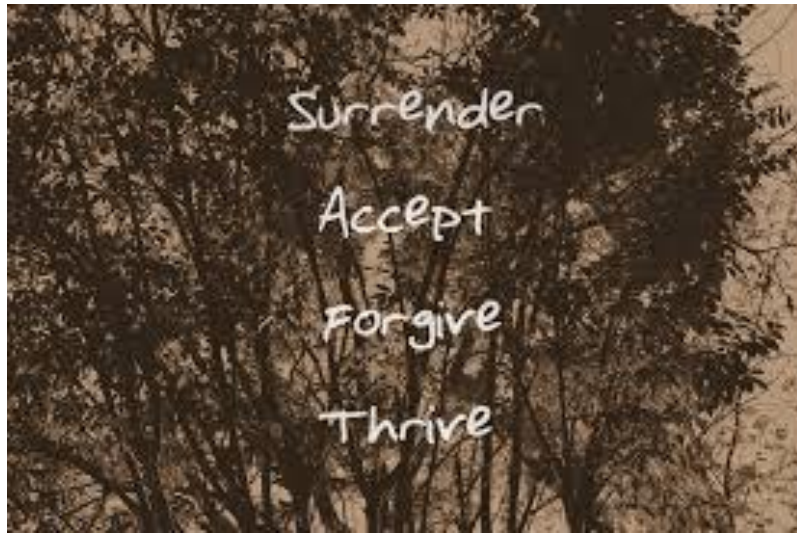
### Alter

Ask for a change

Communicate feelings

Manage time better

Limits in advance



# Toolkit: the four A's

## Accept

Talk to someone

Forgive

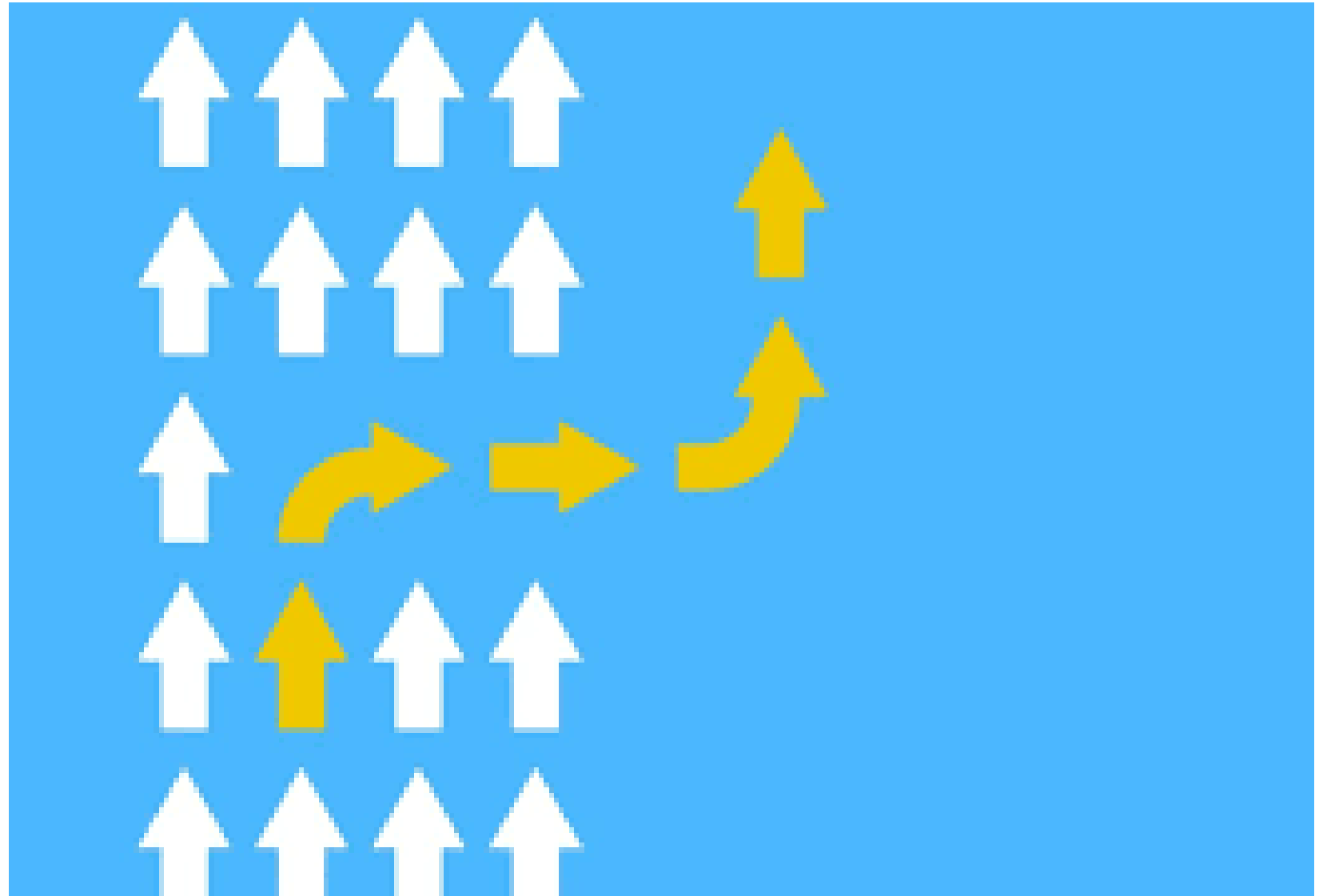
Positive self-talk

Learn from mistakes

## Toolkit: the four A's

### Adapt

- Adjust standards
- Thought stopping
- Rethink the issue
- Adopt a mantra
- Create an assets column
- Look at the big picture

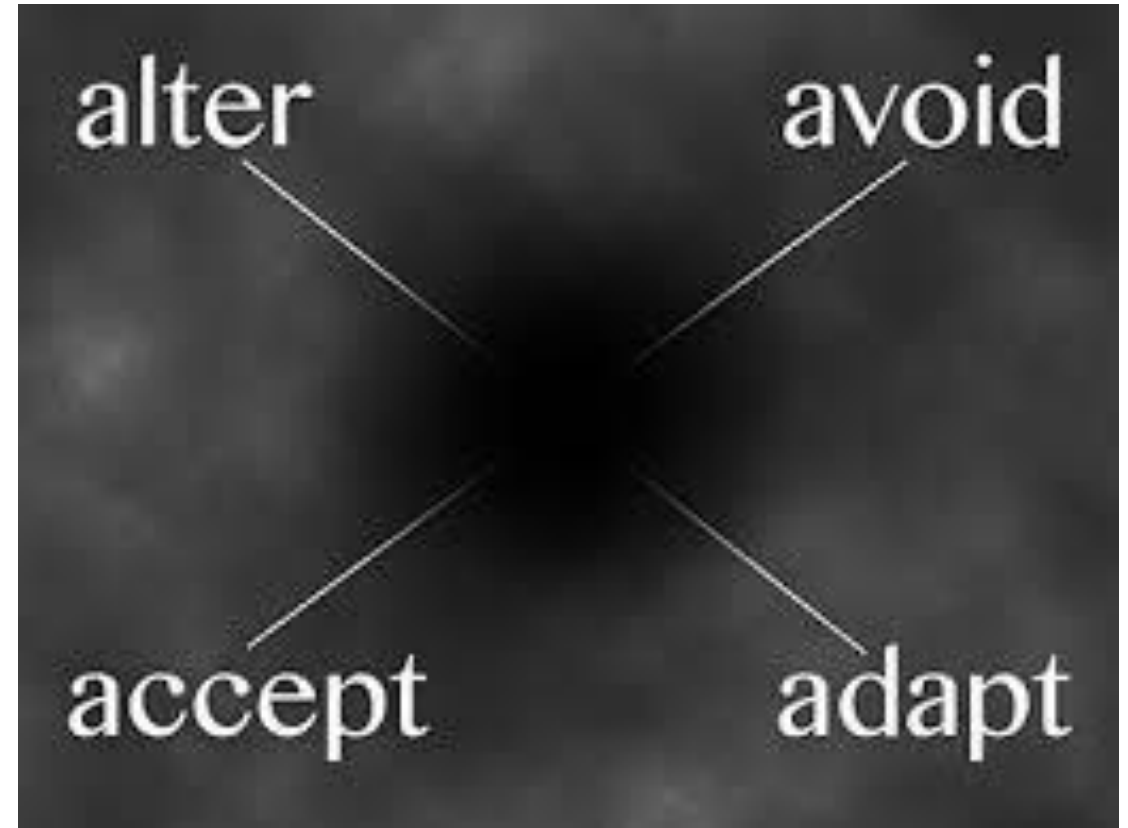


# Thought Break

Think about it

A true example

What A would work



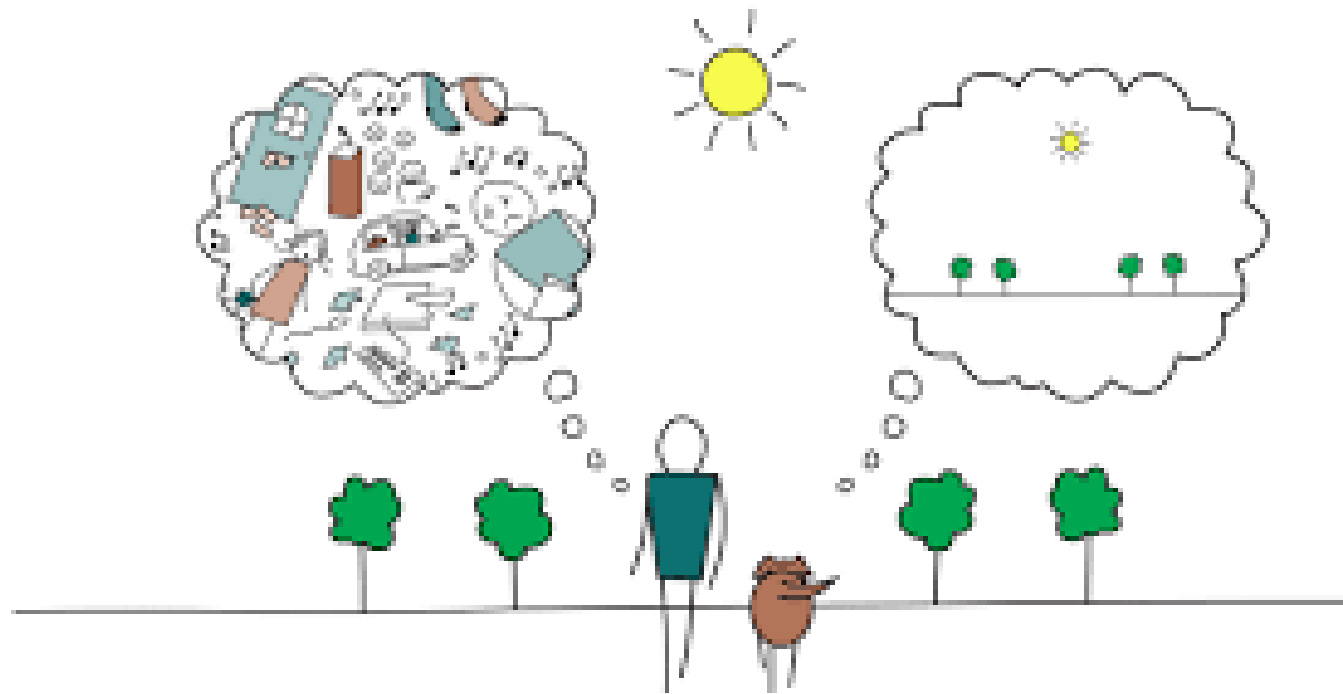
# Mindfulness

- Quality of being aware
- Mental state
  - Focus awareness
  - Accept feelings



# Mindfulness

- Aware of your thoughts
- Stop immediate reaction
- Being Mode
- Aware of your needs



Mind Full, or Mindful?

# Mindfulness

- Aware of emotions
- Compassion
- Reduces brain activity
- Better able to focus
- Switch your attitude to stress





# Live mindfully

Mindful wakeup

Mindful eating

Mindful pause

Mindful workout

Mindful driving



# Minute Activities

- Yawn and stretch
- Three hugs, three breaths
- Stroke your hands
- Mindfully eat
- Clench and breath
- STOP
- Breath for a minute
- Love/kind
- Aspirations



# Health and Well Being



Create new routines



Take time to disconnect



Accept negative emotions

It is ok

Write down your feelings



Remember self care

Schedule this every day: i.e..  
take a walk, facetimeing with  
friends, draw, listen to music



Play

Play games with family inside or out  
Use this time to connect with family

# Health and Well Being

Meditate

Complete mindful activities

Reduce exposure to social media

Avoid complaining and gossiping

- You invite criticism and unwanted advice
- You increase negative stress hormones

# Tips for Teleworking



Have a morning routine



Try to have a schedule for you and children



Engage when you can by video



Schedule breaks



Get outside or at least leave your office space

# Tips for Teleworking

Have a firm quitting time

Your office space is your office space

- Only work from this space
- The rest of your house should remain work free
- When possible, the workplace should be outside of your bedroom

Share thoughts with co-workers

Click [here](#) for the Adult Resource page that the state has prepared.

- There is information about mental health services, recovery and addiction support, health and fitness information, and resources for financial concerns as well.

Click [here](#) to be taken to the CDC website about managing stress and anxiety during the pandemic.

- It offers information to help with children that may be experiencing stress as well.

Click [here](#) to be taken to the CDC website about dealing with a traumatic event.

- It also offers resources for others in your family.

Click [here](#) to see SAMHSA and their information about mental wellbeing during an infectious disease outbreak.

Click [here](#) to watch a video that discusses stress and management.

They also have provided information [here](#) about dealing with a traumatic event.

# Resources



Click [here](#) for information about sleep



Click [here](#) for information about nutrition



Click [here](#) for information about physical activity



Click [here](#) for more information about Mindfulness

## Resources

# Questions

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