

## Stress Management & Easy Relaxation/Meditation

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## Topics To Discuss

- ▶ What is stress?
- ▶ What causes stress?
- ▶ What are manifestations of stress?
- ▶ How to manage stress?

## Define Stress..

- ▶ A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
  - ▶ A physical response
  - ▶ The body's natural defense against predators and danger
  - ▶ A normal psychological and physical reaction to the demands of life

## Causes Of Stress

- ▶ Work
- ▶ Family
  - ▶ Spouse/Kids/Parents
- ▶ Money
- ▶ Life Events
  - ▶ Getting married
  - ▶ Divorce
  - ▶ Having kids
  - ▶ Moving
  - ▶ New Job
- ▶ Illness – Chronic/Acute
- ▶ Emotional state
  - ▶ depression, anxiety, anger, grief, guilt, low self-esteem

## Not All Stress Is Bad

- ▶ **Distress** is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities. It is the all encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.
  - ▶ Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.
- ▶ **Eustress** is the other form of stress that is positive and beneficial. We may feel challenged, but the sources of the stress are opportunities that are meaningful to us. Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.
  - ▶ Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.

## Manifestations Of Stress

- ▶ Physical impairment
  - ▶ Energy level declines/Insomnia
  - ▶ Acne
  - ▶ Chronic Pain
  - ▶ Frequent illness
  - ▶ Appetite changes
  - ▶ Upset stomach
  - ▶ Depression
  - ▶ Rapid Heartbeat
  - ▶ Sweating
  - ▶ Headaches
- ▶ Emotional Impairment
  - ▶ Sadness
  - ▶ Depression
  - ▶ Psychological disorders

## Stressors at Work



## Sadness In The News (RIP)...

▶ Kate Spade



▶ Anthony Bourdain



## Stress Management

### IDEAS TO DECREASE STRESS

## #1 - Exercise

- ▶ Exercise helps release built-up tension in the body.
- ▶ Exercise can give you a venue for releasing emotional tension as well
- ▶ Exercise releases endorphins and other "happy hormones" in your body, promoting a feeling of well-being
- ▶ Exercise helps promote overall health and wellbeing, which can also lessen your experience of stress

## Types Of Exercises

- ▶ Walking
- ▶ Running
- ▶ Swimming
- ▶ Yoga



## What is Yoga?

- ▶ Meditation
- ▶ Relaxation
- ▶ Poses/Stretch



## Why Yoga!?

- ▶ Lowers stress hormones such as cortisol
  - ▶ Lowers blood pressure and heart rate, improving digestion and boost immune system
- ▶ Ability to unplug and focus on what's going on in your body and in your life right now
- ▶ It reminds us to breathe

## History of Yoga

- ▶ Created 5,000 years ago in Northern India in the Indus-Sarasvati civilization
- ▶ In the 1800-1900s, Yoga masters traveled to the Western world
  - ▶ 1<sup>st</sup> studio opened in California in 1947

## #1 – Yoga Poses In The Workplace

- ▶ Seated Crescent Moon



## Yoga Poses In The Workplace, #2

- ▶ Wrist and Finger stretches



## Yoga Poses In The Workplace, #3

- ▶ Chair Pigeon Pose



## Yoga Poses In The Workplace, #4

- ▶ Desk Plank



## Yoga Poses In The Workplace, #5

- ▶ Sit and Stand Chair Pose



## #2 – Essential Oils

- ▶ Using essential oils proven to relieve (work) stress is probably the easiest and fastest way to get that break you need when you are overwhelmed at work.

## Types Of Essential Oils

- 1) **Lavender Oil** – helps with stress, anxiety and short term memory enhancement
- 2) **Lemon Balm** – helps with stress, anxiety and insomnia
- 3) **Rosemary** – improves mental speed and accuracy
- 4) **Vanilla** – anti-anxiety remedy

## #3 – Develop A Social Network



## #4 – Laugh & Smile



## #5 – Take A Break At Work

- ▶ Every 20 minutes of self-care is important
- ▶ Take time to breath
- ▶ Take time to run to the bathroom
- ▶ Take time to go for a walk
- ▶ Take time to stretch
- ▶ Take time to eat!



## #6 – Know Your Limits

- ▶ Know your limits and cut down on the number of things you try to do each day, particularly if you do not have enough time for them or for yourself.
  - Be realistic about what you can accomplish effectively each day.
  - Monitor your pace. Rushing through things can lead to mistakes or poor performance. Take the time you need to do a good job.
    - ◆ Poorly done tasks can lead to added stress

## #7 – Learn To Say “NO”

- ▶ Learn to pick and choose which things you will say “Yes” to, and which things you will not.
- ▶ Protect yourself by not allowing yourself to take on every request or opportunity that comes your way

## #8 – Get Organized

- ▶ **Get organized and take charge.** Being unorganized or engaging in poor planning often leads to frustration or crisis situations, which most always leads to feeling stressed.
  - ▶ Plan your time, make a schedule, establish your priorities.

## #9 – Simple Steps

- |                     |                     |                           |
|---------------------|---------------------|---------------------------|
| ▶ Watch a sunset    | ▶ Take a break      | ▶ Read a book             |
| ▶ Go to the beach   | ▶ Do it now         | ▶ Light a candle          |
| ▶ Be positive       | ▶ Stretch           | ▶ Laugh out loud          |
| ▶ Sing a song       | ▶ Keep a journal    | ▶ Lie the sun             |
| ▶ Pet a dog         | ▶ Practice patience | ▶ Talk to a friend        |
| ▶ Tell a joke       | ▶ Get up early      | ▶ Take a bubble bath      |
| ▶ Listen to music   | ▶ Meditate          | ▶ Take a deep breath      |
| ▶ Blow bubbles      | ▶ Do Tai Chi        | ▶ Give a compliment       |
| ▶ Take a nap        | ▶ Prioritize        | ▶ Say a prayer            |
| ▶ Dance a jig       | ▶ Give a hug        | ▶ Go to bed on time       |
| ▶ Take a walk       | ▶ See a movie       | ▶ Play with your children |
| ▶ Write a letter    | ▶ Plant a flower    | ▶ Watch the sunrise       |
| ▶ Have a cup of tea | ▶ Say “No”          |                           |
| ▶ Ask for help      | ▶ Set limits        |                           |
| ▶ Smile             | ▶ Eat a snack       |                           |

## Conclusion

Stress Management