



Managing Stress



About the Presenter


Angela Heeley is the Mental Health Promotion and Education Coordinator and has worked for CMHAWW for 11 years in a variety of roles, including crisis support, group facilitation, outreach, family education and suicide intervention.





Content

- 1 Aware**
What is mental health and why is it important to take care of?
- 2 Explore**
How does stress impact your daily life and affect your mental health?
- 3 Act**
How can you cope with, reduce, and even prevent stress?



**What comes to mind
when you think of
mental health?**

What is Mental Health?

How a person thinks, feels, and acts when
faced with life situations.

Affects how people evaluate challenges and problems,
explore choices make decisions, and handle stress.

Includes how people view themselves, the world
around them, and how they relate to other people.

Where Does Stress Come From?

External Stressors

- Physical Environment
- Social Interaction
- Organizational
- Major Life Events
- Daily Hassles

Internal Stressors

- Lifestyle Choices
- Negative Self-talk
- Thinking Traps
- Personality Traits
- Beliefs

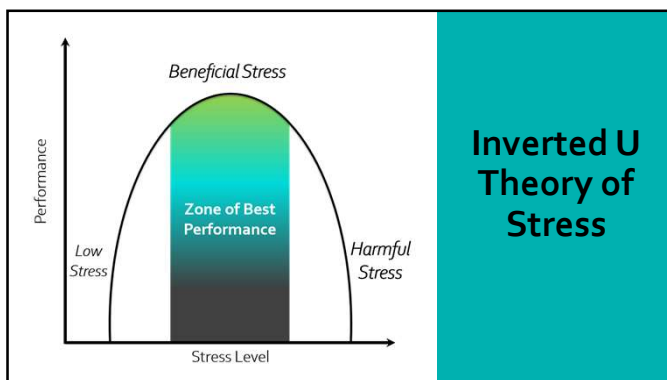
Types of Stress

Eustress

- "Good stress"
- Psychological or physiological
- Motivates, focuses energy
- Short-term
- Perceived as being within our coping abilities
- Feels exciting
- Improves performance

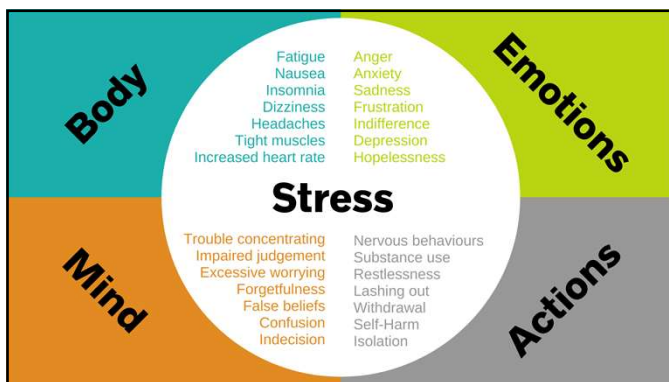
Distress

- "Problematic stress"
- Psychological or physiological
- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as being outside our coping abilities
- Feels unpleasant
- Decreases performance



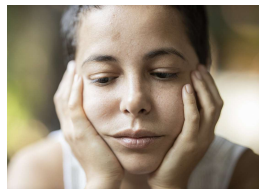




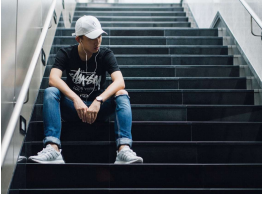


What Keeps us Stressed?

- Resisting change
- Negative self-talk
- Mistaken beliefs/cognitive distortions
- Withheld feelings
- Lack of assertiveness

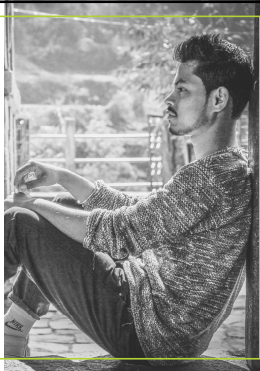


What Keeps us Stressed?



- High stress lifestyle
- Lack of meaning or sense of purpose
- Use of stimulants
- Drug/alcohol use
- Not seeking help

Stress is oftentimes less about the event itself and more about how we react to it



ABC's of Stress

Activating Event

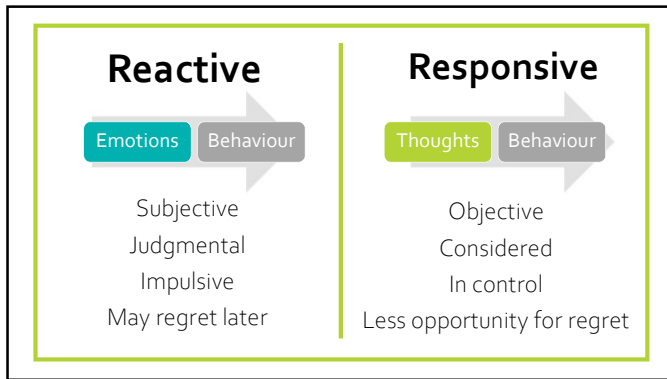


Beliefs, Thoughts, and Perceptions

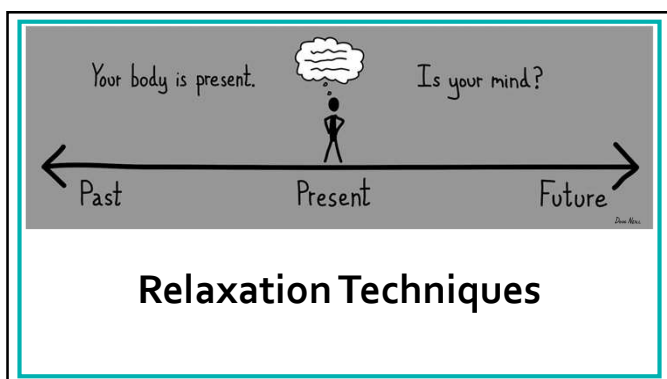


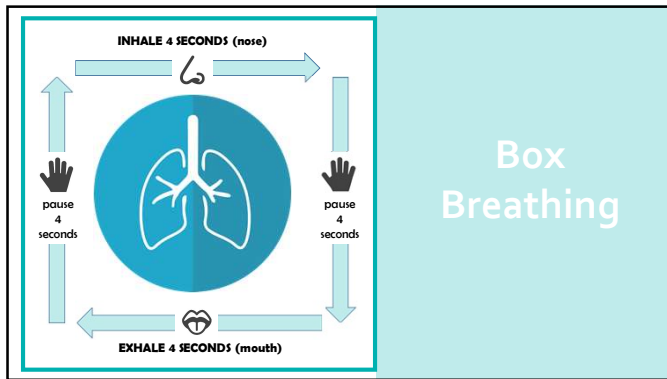
Consequence (Emotional)

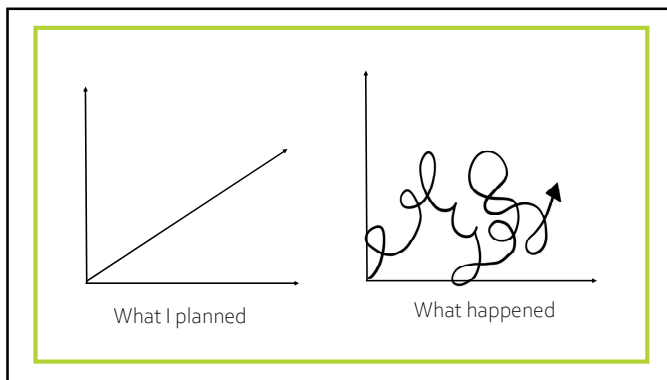


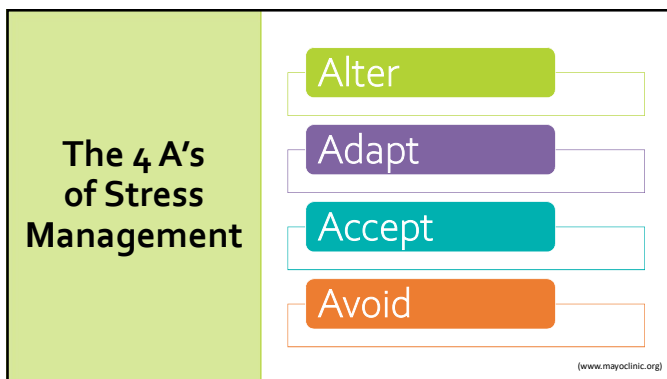
















Alter

Changing a Circumstance, Situation, or Environment


- Seeking treatment
- Accessing new resources
- Taking time off
- Asking for accommodations
- Advocacy
- Problem solving/new strategies
- New social connections



Adapt

Changing Yourself

- Integrating new circumstances into your life
- Changes in attitudes and beliefs
- Reach out
- Bring in new support networks
- Use new coping skills
- Build resiliency



Accept

New Circumstances

- Being grounded in the present
- Salvage and rebuild
- Considering new options and strategies
- Discovering the 'new' you
- Learning to be gentle with yourself
- It's okay not to feel well
- Don't 'should' on yourself

Avoid

Withdrawing from Situations and People

- Denial. "This isn't happening"
- Isolating
- Refusing to address issues
- Not participating
- Apathy - "Whatever, I don't care"
- Not communicating
- Not asking for help
- Avoidance can be positive

The 4 A's of Stress Management

Alter

Adapt

Accept

Avoid

"If you always do what you've always done, you'll always get what you've always gotten."

~Henry Ford

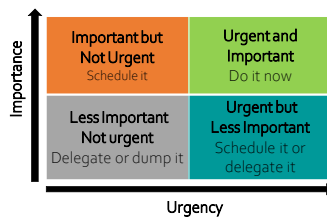


Set Goals

- Break major projects/tasks down into achievable goals
- Set milestones for goal achievement
- Track your progress
- Reward yourself
- Forgive yourself

Work on Time Management

- Take the time to get organized.
- Prioritize your to-do list.
- Learn to delegate.
- Make time for yourself.
- Learn how to say "no" to stress-inducing requests that are not essential.



Plan for Challenges

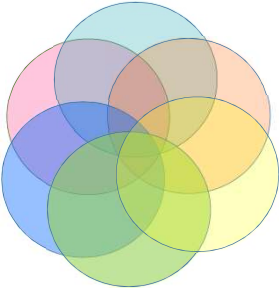
- Know your stressors
- Know your early warning signs
- Make a list of five things you can do when things feel stressful
- Know who your supports are and how to connect with them
- Let your supports know what you find helpful and unhelpful

Invest in Wellness

- Have conversations and interactions that are about things other than problems
- Reclaim your identity
- Be near positive people
- Engage in activities that you enjoy and discover new ones
- Use positive self talk
- Maintain a sense of humour

Dimensions of Self-Care

- Physical
- Social
- Spiritual
- Personal
- Professional
- Emotional






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(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington

COVID-19: HERE4HELP



- Here4Help.ca
- Resources, information, and guidance to support mental health as we navigate this new and temporary normal
- Sections specific to children, youth, parents, and guardians, adults, seniors and caregivers, employees and employers, and healthcare workers.



BounceBack[®]
reclaim your health


A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1-866-345-0224




Helpful Apps

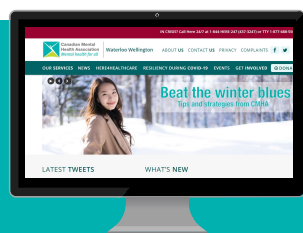
- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe. Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier
- Goal Wizard



Other Websites

- camh.net
- mentalhealthhelpline.ca
- wrspc.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca





Visit us online
cmhaww.ca

For more information:

Questions regarding this presentation:

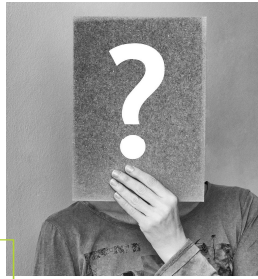
Angela Heeley

Email: aheeley@cmhaww.ca

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Questions?



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