

Managing Stress



About the Presenter

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Content



1

Aware

What is mental health and why is it important to take care of it.

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.

Poll





**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.

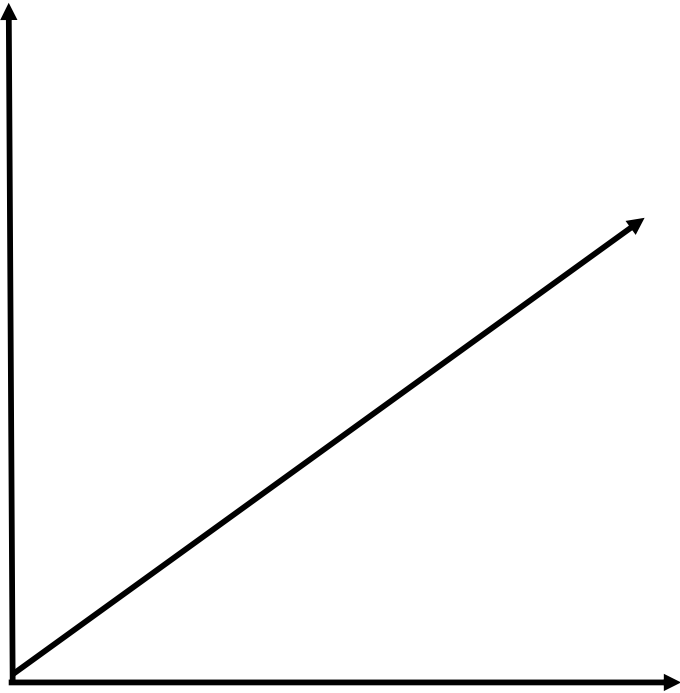
Includes how people view themselves, the world around them, and how they relate to other people.

**How would you
define mental
wellness?**

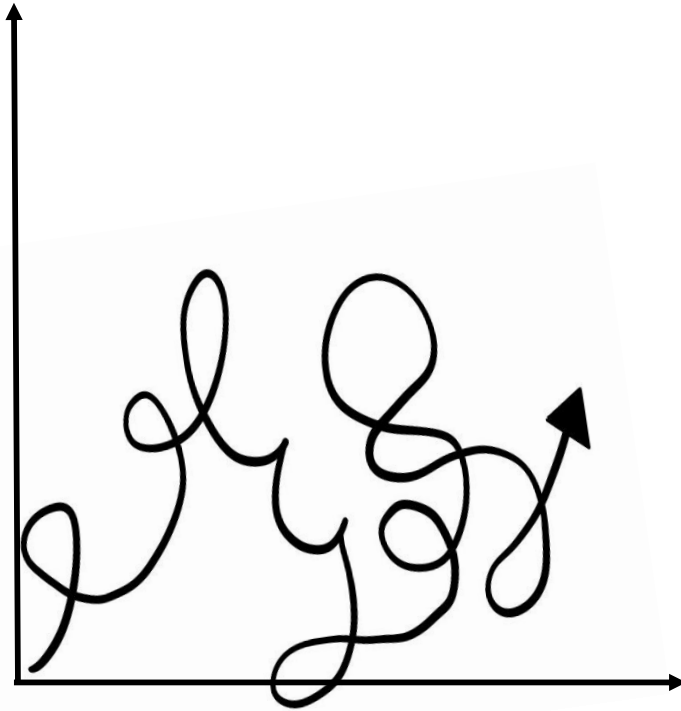
Wellness



Distress



What I planned

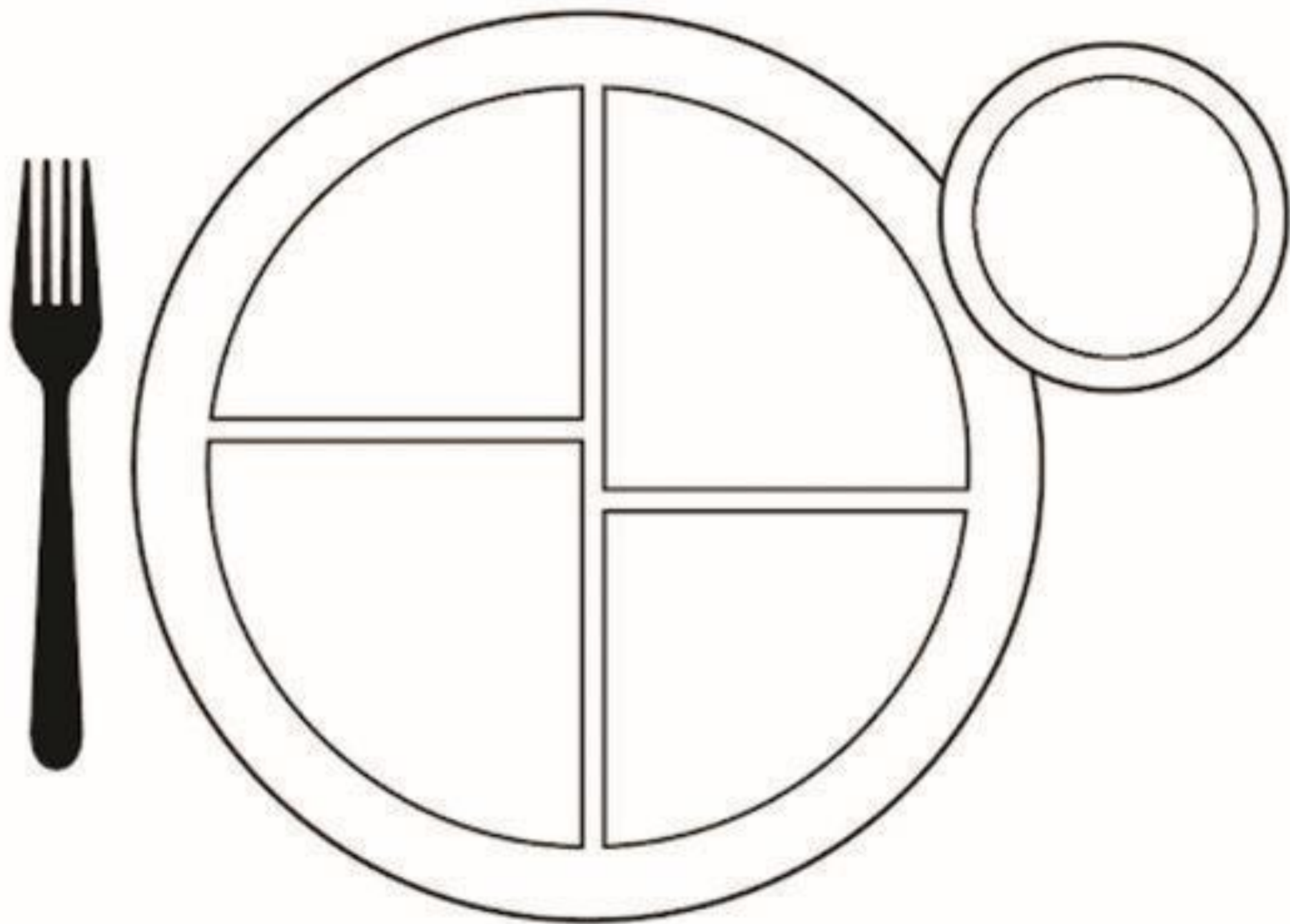


What happened

My Life

Poll







Role Overload

58% of Canadians report feeling role overload

- Care-giving
- Volunteering
- Work responsibilities
- Family commitments
- Community involvement

Where Does Stress Come From?

External Stressors

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

Internal Stressors

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

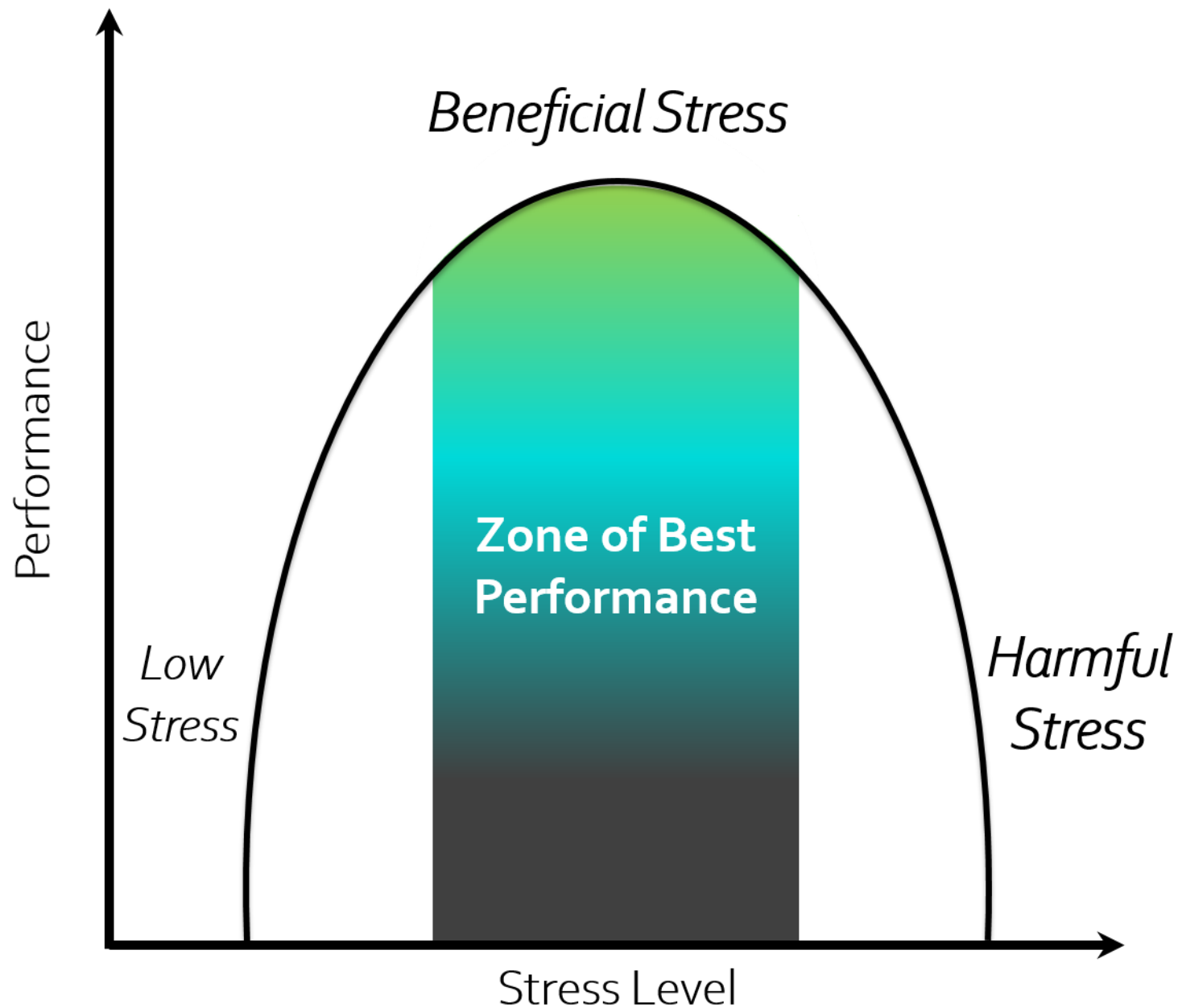
Types of Stress

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



Inverted U Theory of Stress

Body

Fatigue
Nausea
Insomnia
Dizziness
Headaches
Tight muscles
Increased heart rate

Anger
Anxiety
Sadness
Frustration
Indifference
Depression
Hopelessness

Emotions

Stress

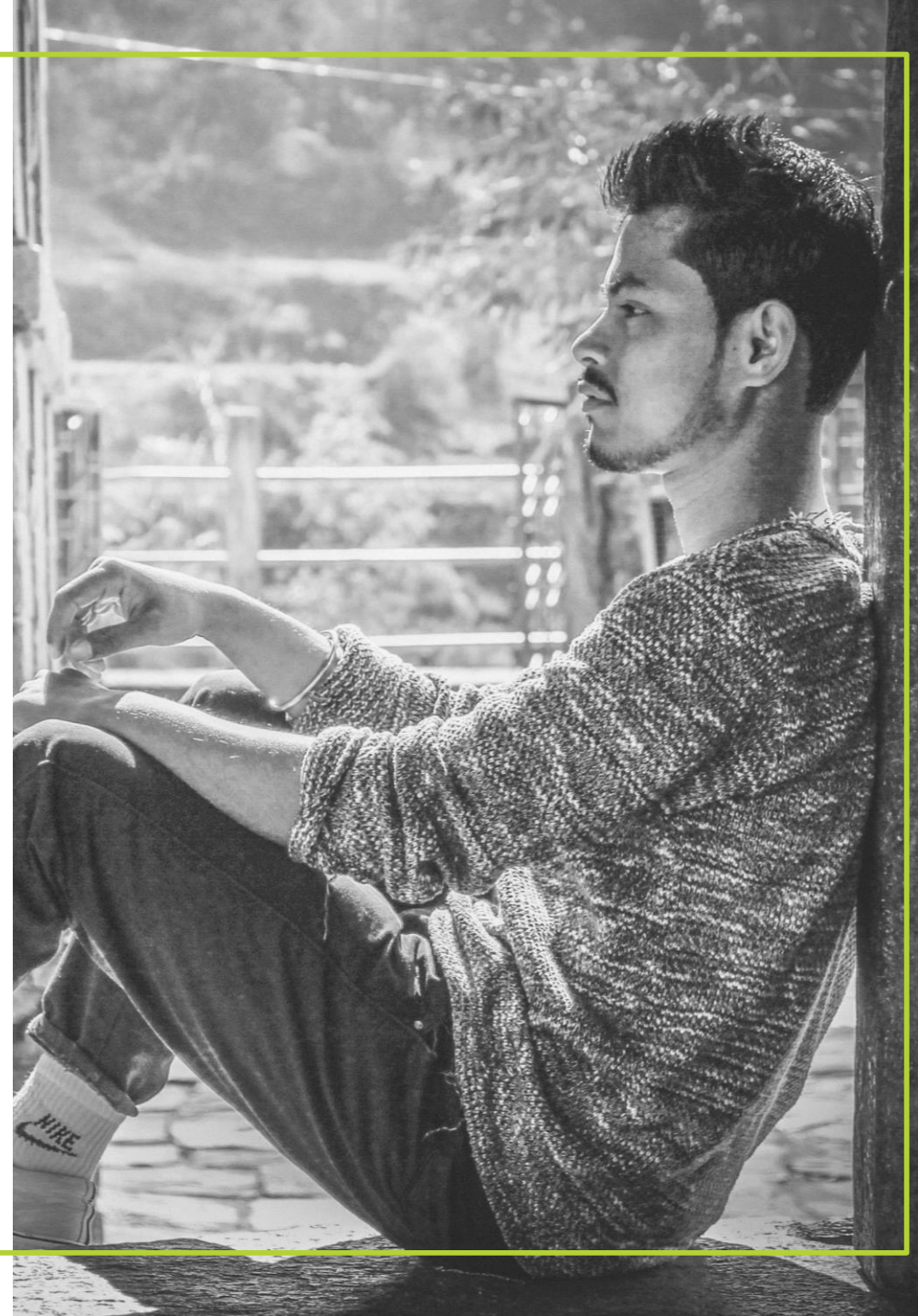
Mind

Trouble concentrating
Impaired judgement
Excessive worrying
Forgetfulness
False beliefs
Confusion
Indecision

Nervous behaviours
Substance use
Restlessness
Lashing out
Withdrawal
Self-Harm
Isolation

Actions

**Stress is 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)



Reactive



Subjective
Judgmental
Impulsive
May regret later

Responsive



Objective
Considered
In control
Less opportunity for regret

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



How Stress Affects Your Brain



**“If you always do what you’ve
always done, you’ll always get
what you’ve always gotten.”**

~Henry Ford

Alter

Adapt

Accept

Avoid

The 4 A's of Stress Management

Changing a Circumstance, Situation, or Environment

Alter

- Seeking diagnosis and 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

The New Normal

- 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

- Changing a circumstance, situation or environment

Adapt

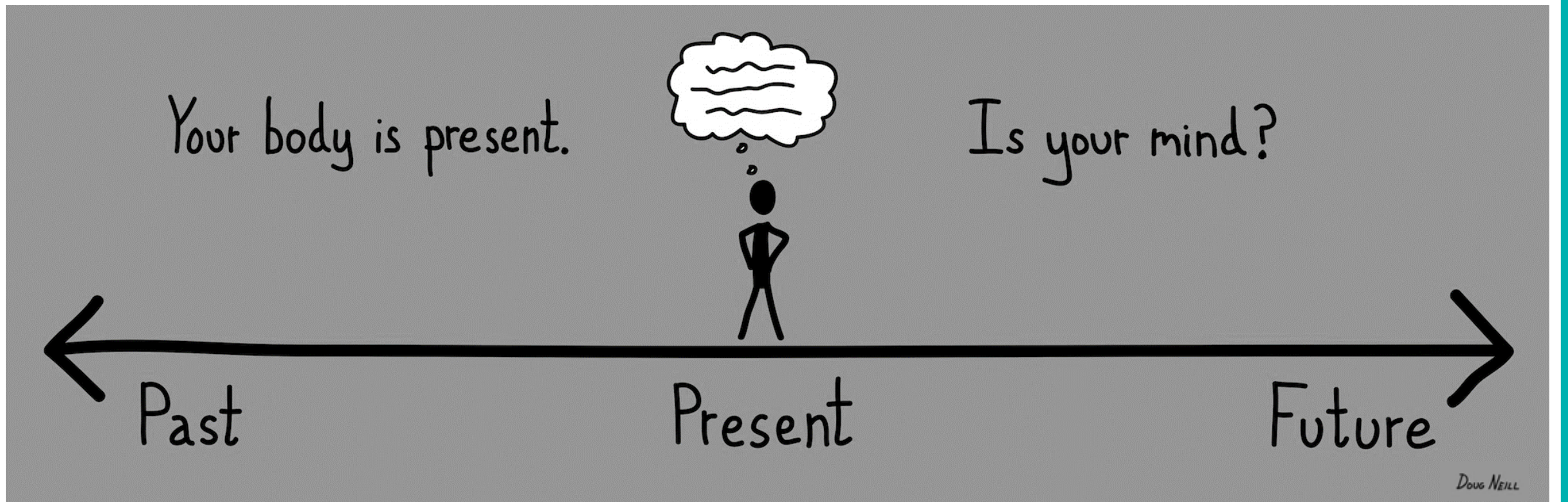
- Changing yourself

Accept

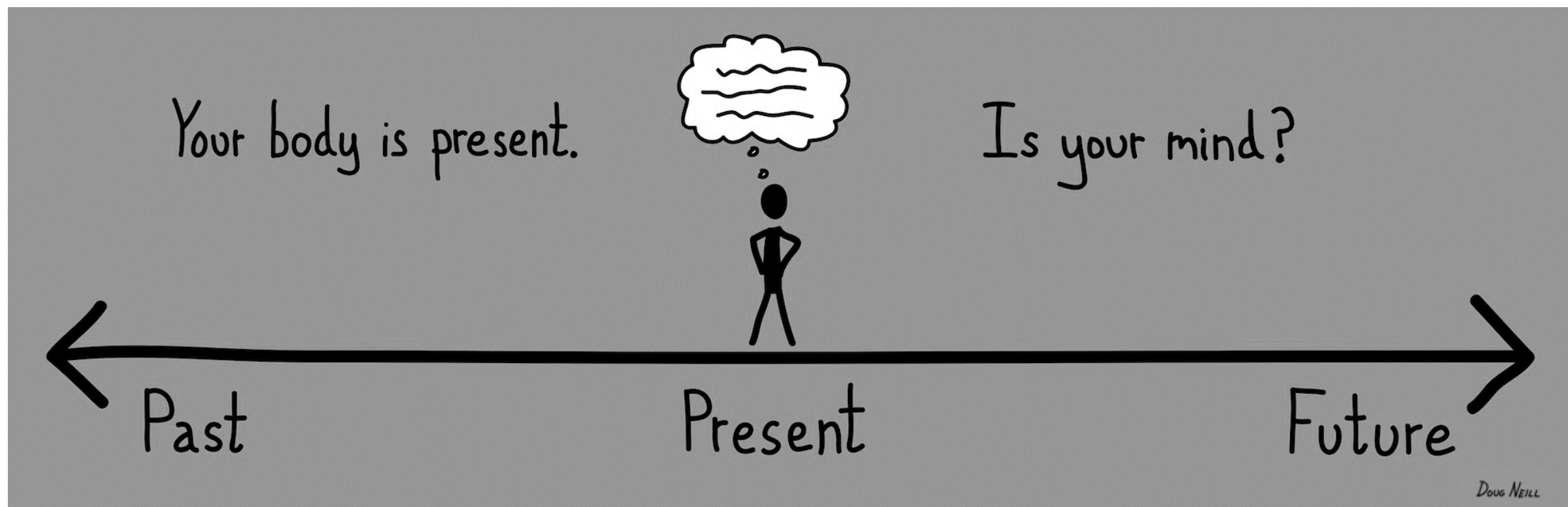
- The new normal

Avoid

- Withdrawing from situations and people



Relaxation Techniques



Mindfulness
Meditation

Visualization
Deep Breathing

Massage
Aromatherapy

<https://www.connectedbreath.co/>

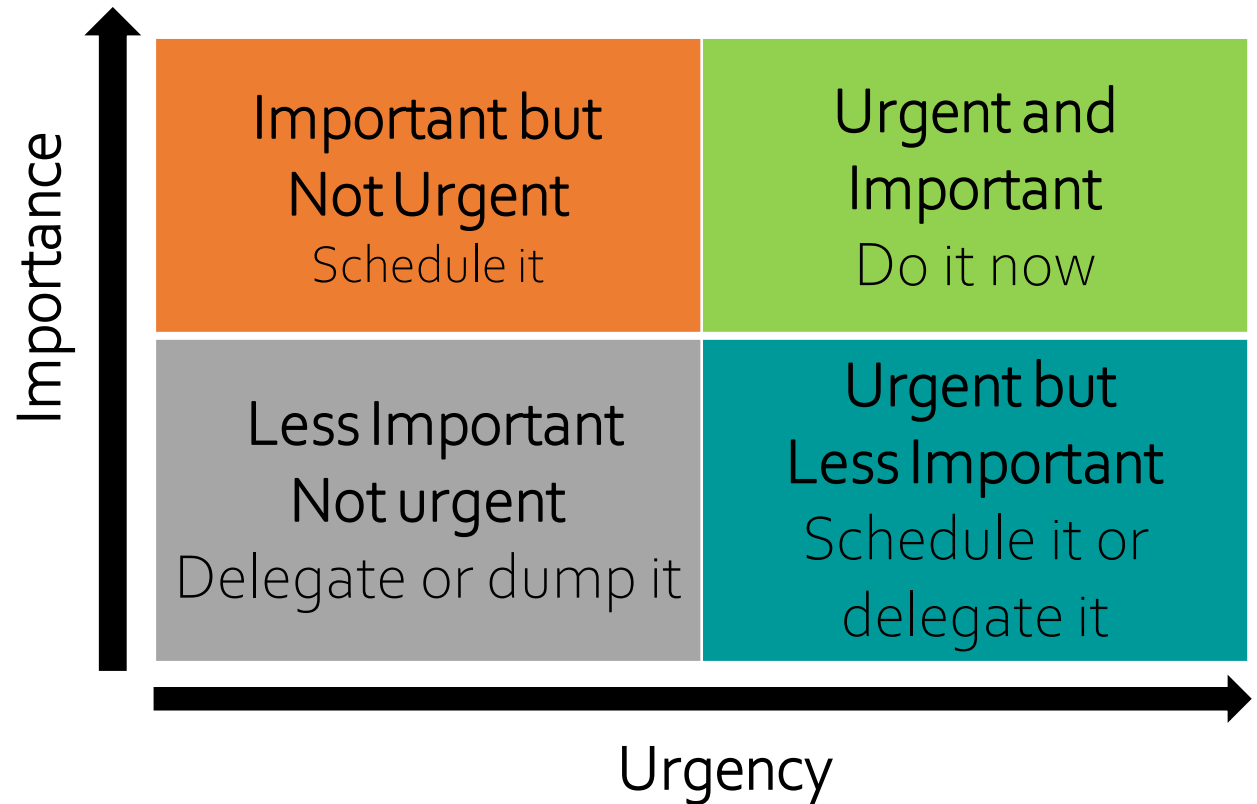


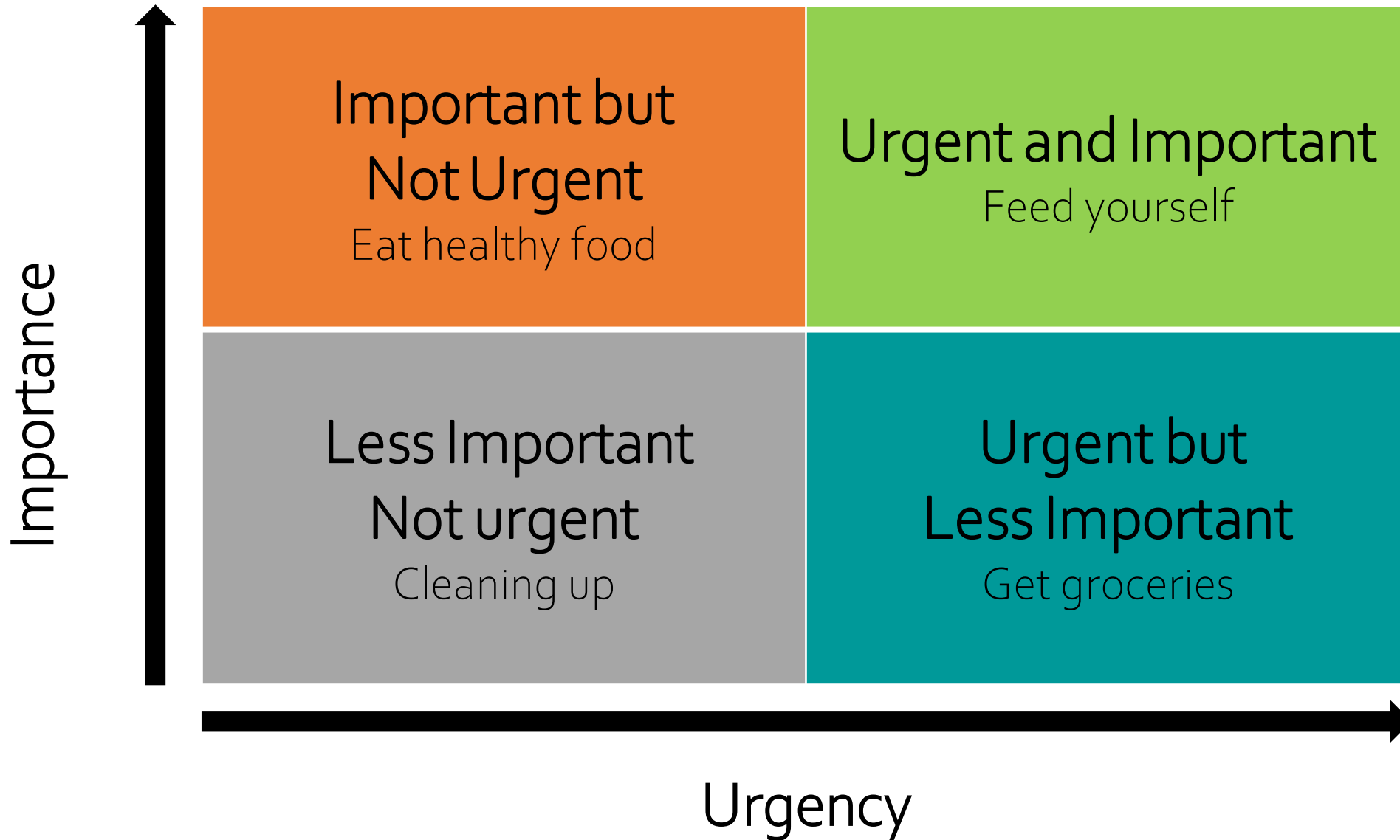
Set Goals

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

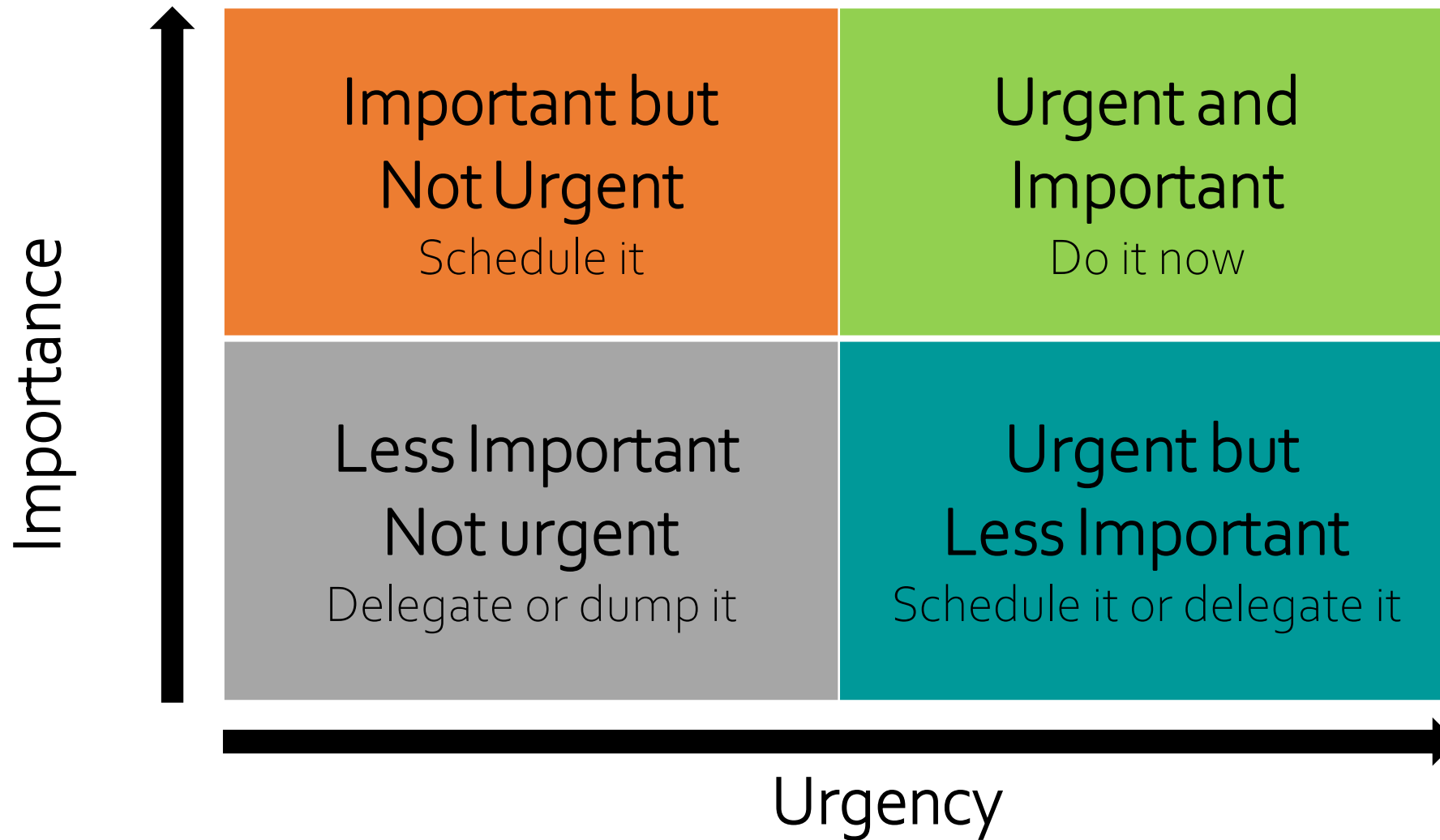
Work on Time Management

- 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.





Make it Personal



Set a Schedule

- Break your day into chunks
- Essential things, then high priority items, then free time
- Backwards plan
- Be consistent
- Keep your schedule in a planner or in lists
- Plan for self-care



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

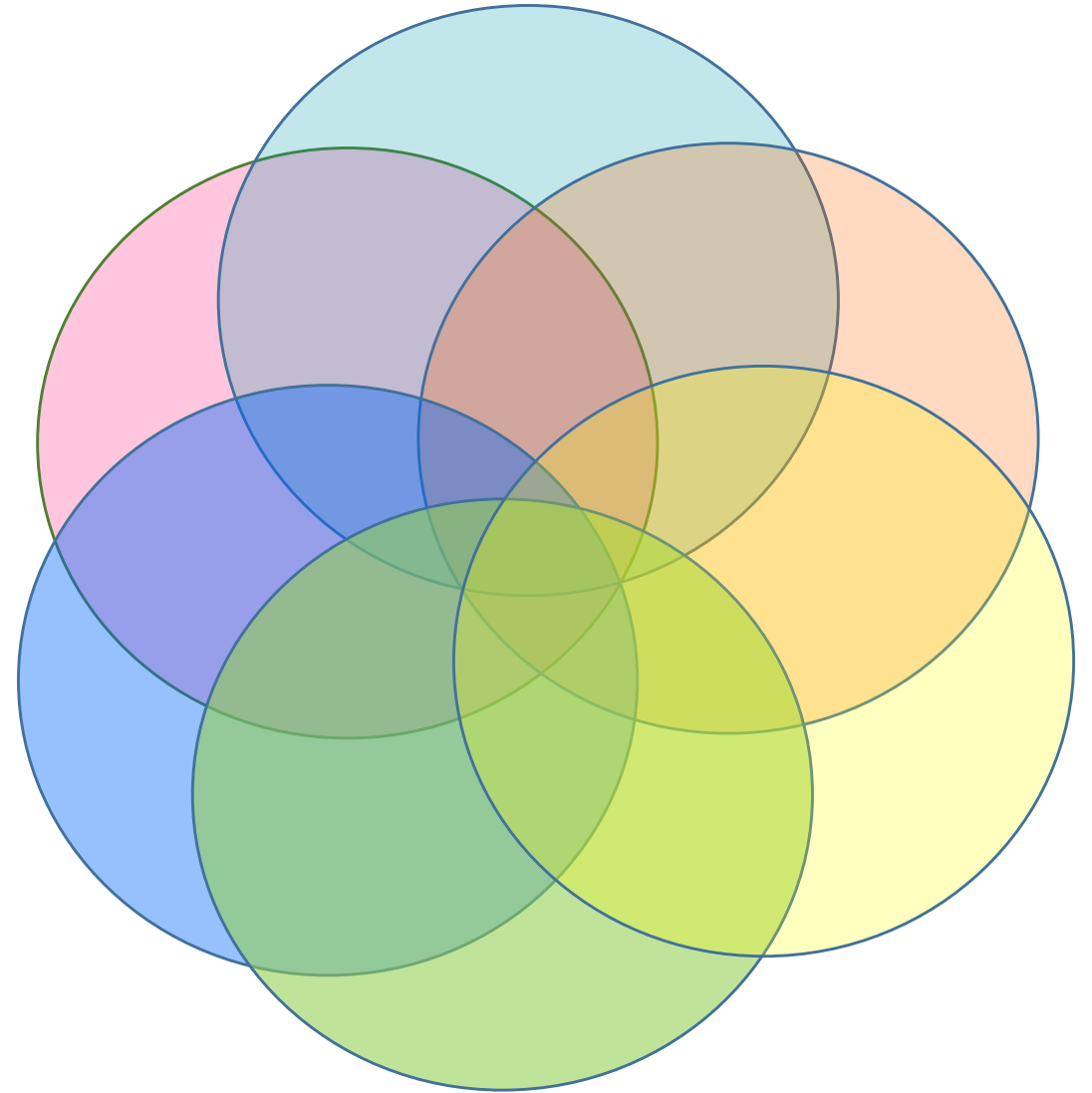
True self-care is not salt baths and chocolate cake.
It is making the choice to build a life you don't need
to regularly escape from.

~Brianna Weist



Dimensions of Self-Care

Physical
Social
Spiritual
Personal
Professional
Emotional





1 844 437 3247
(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

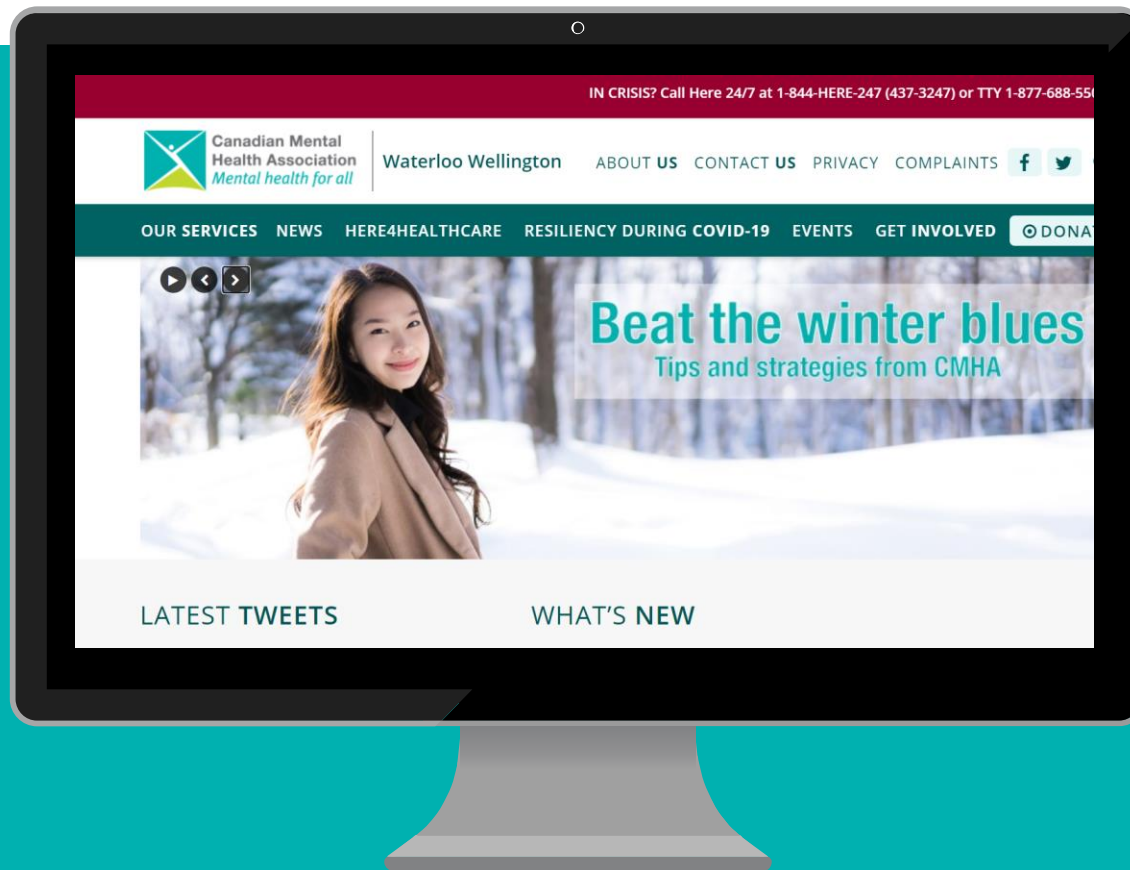


- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

Other Websites



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



Visit us online
cmhaww.ca

Promoting Wellness at Work

To book a training or webinar on topics related to mental health for your organization or place of work, including Mental Health in the Workplace, or for consultation on implementing Psychological Health and Safety in the Workplace Standards contact:

education@cmhaww.ca

If you have questions for me around the information presented today please contact me directly at:

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Questions?

