

# Stress Management



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

# Land Acknowledgement



# About the Presenter

Jessica Schumacher

- Mental Health Promotion & Education Services Team
- Volunteer and Student Coordinator
- safeTALK, Living Life to the Full, Empathic Strain (CF) trainer

[jschumacher@cmhaww.ca](mailto:jschumacher@cmhaww.ca)





# 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?

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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.

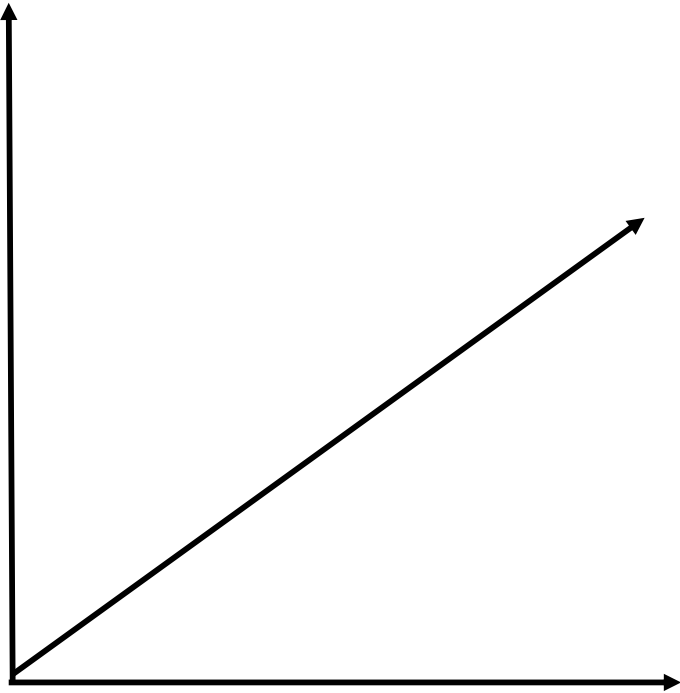
**How would you  
define mental  
wellness?**

Wellness

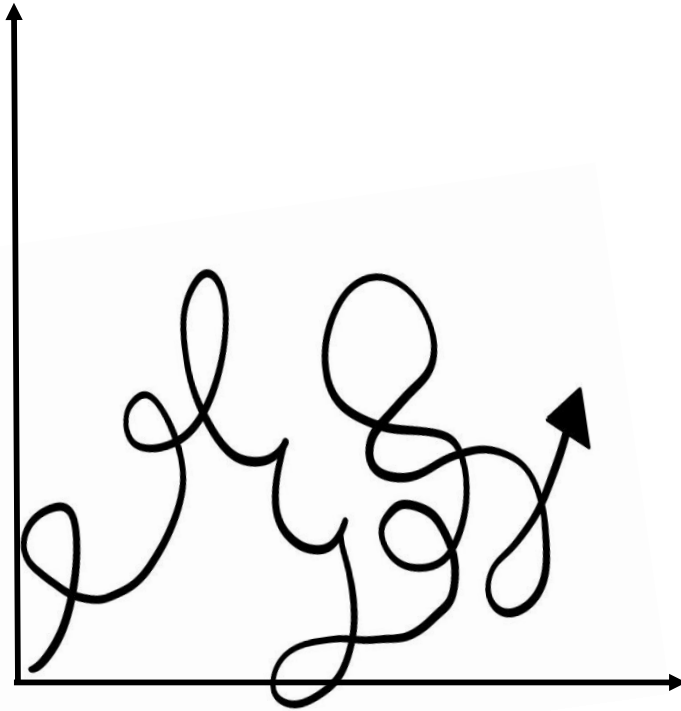


Distress





What I planned

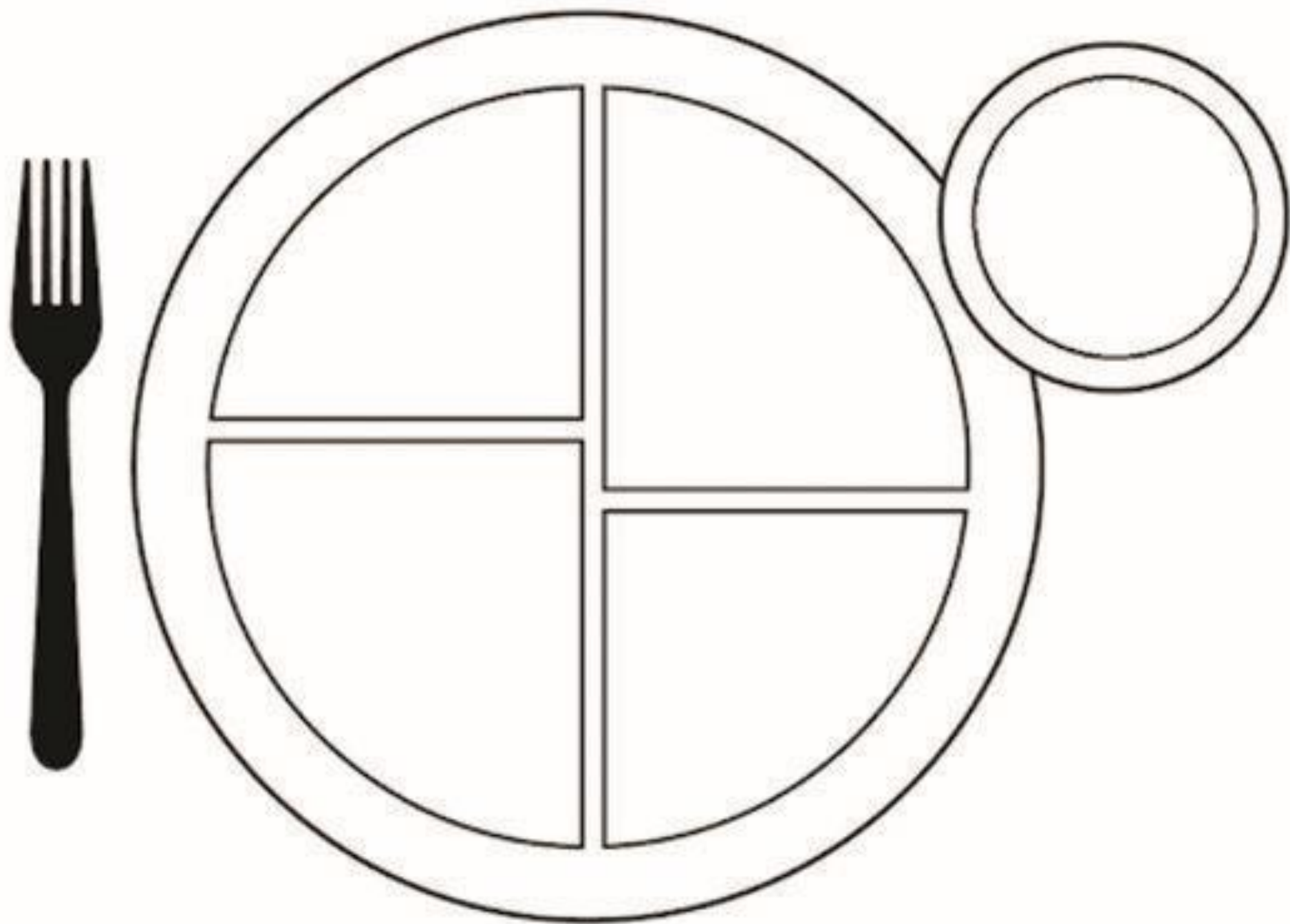


What happened

# 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?

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## External Stressors

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

## Internal Stressors

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



# Poll



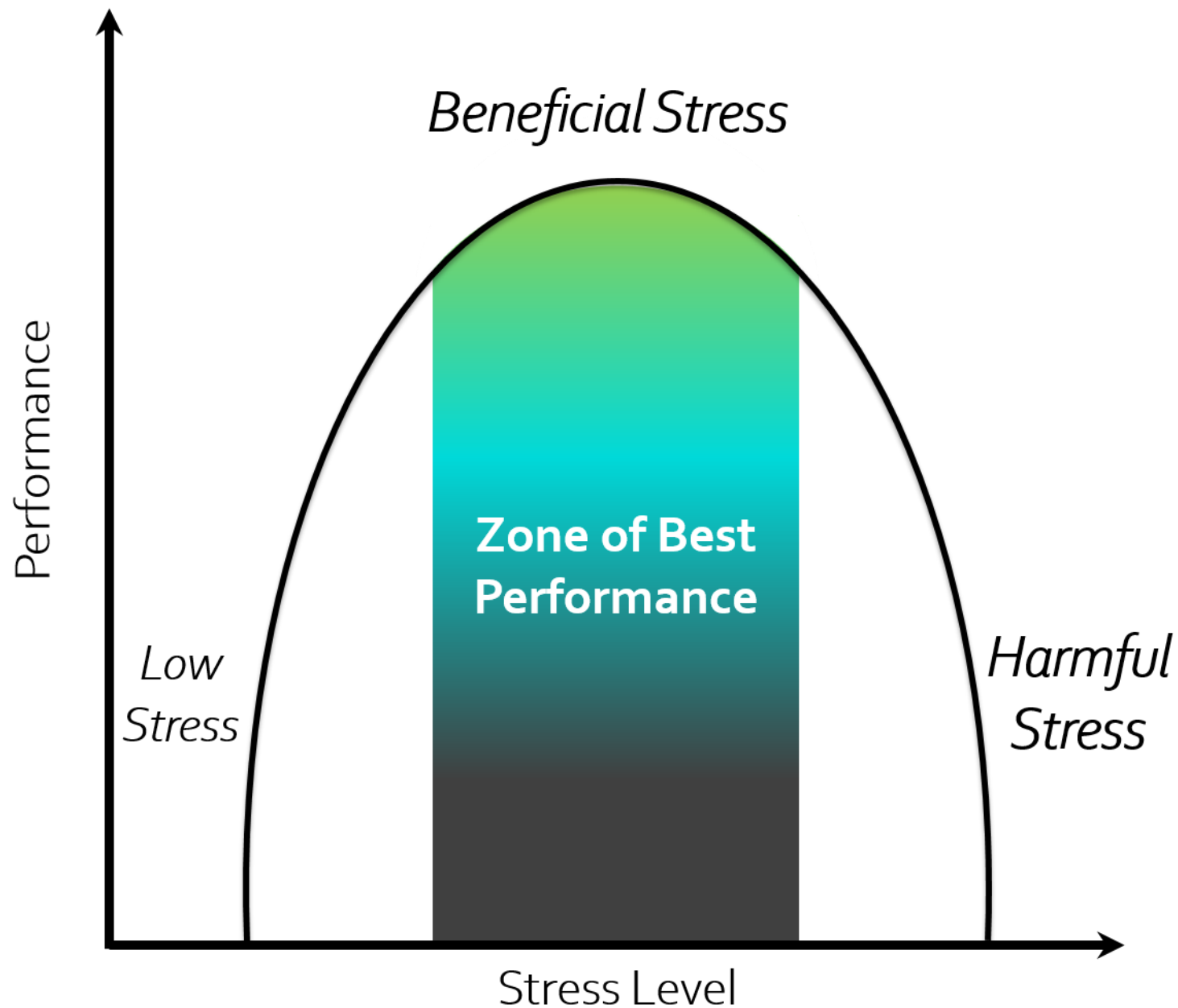
# Types of Stress

## 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

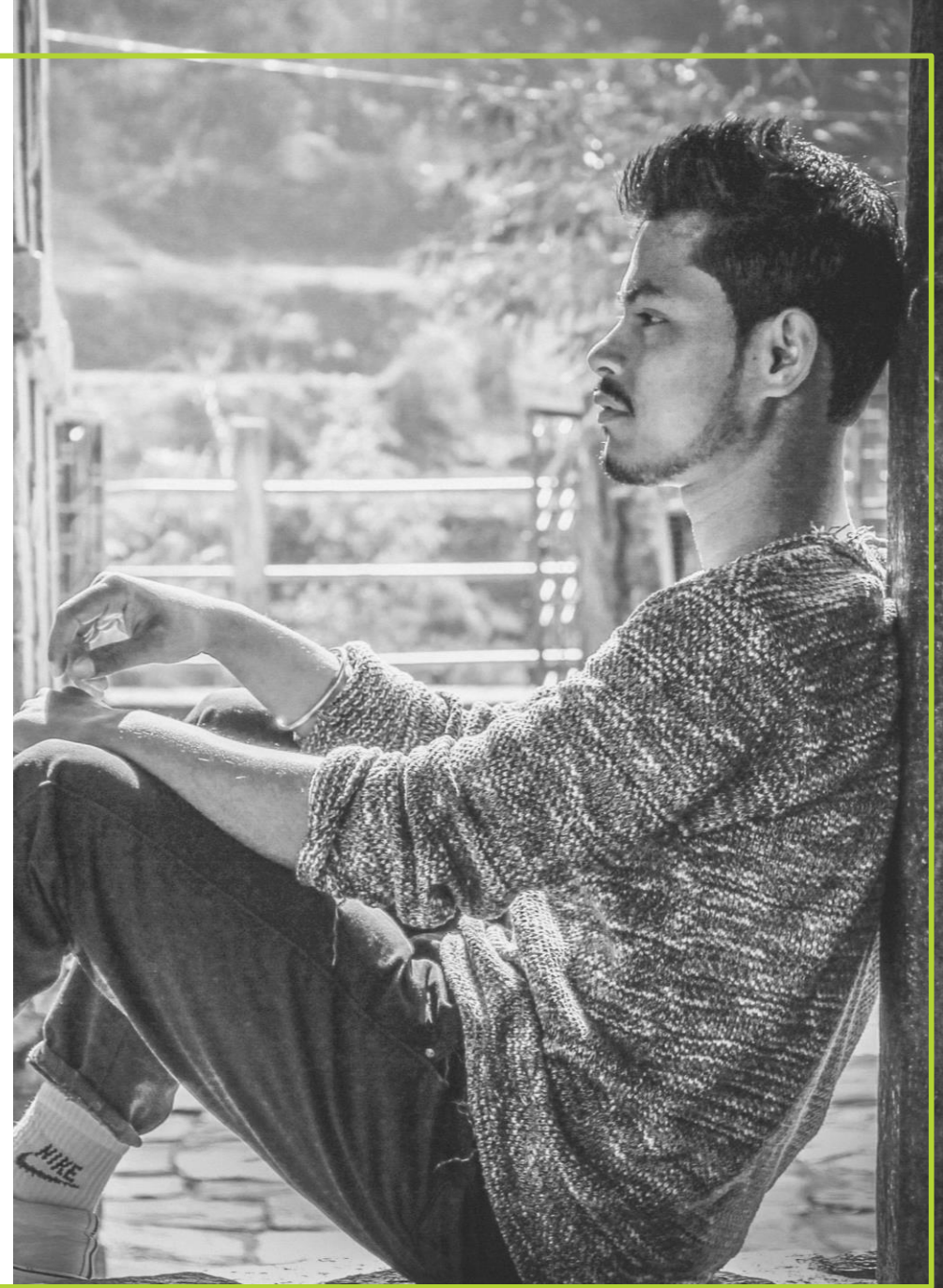
**Mind**

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

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## 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

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- 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

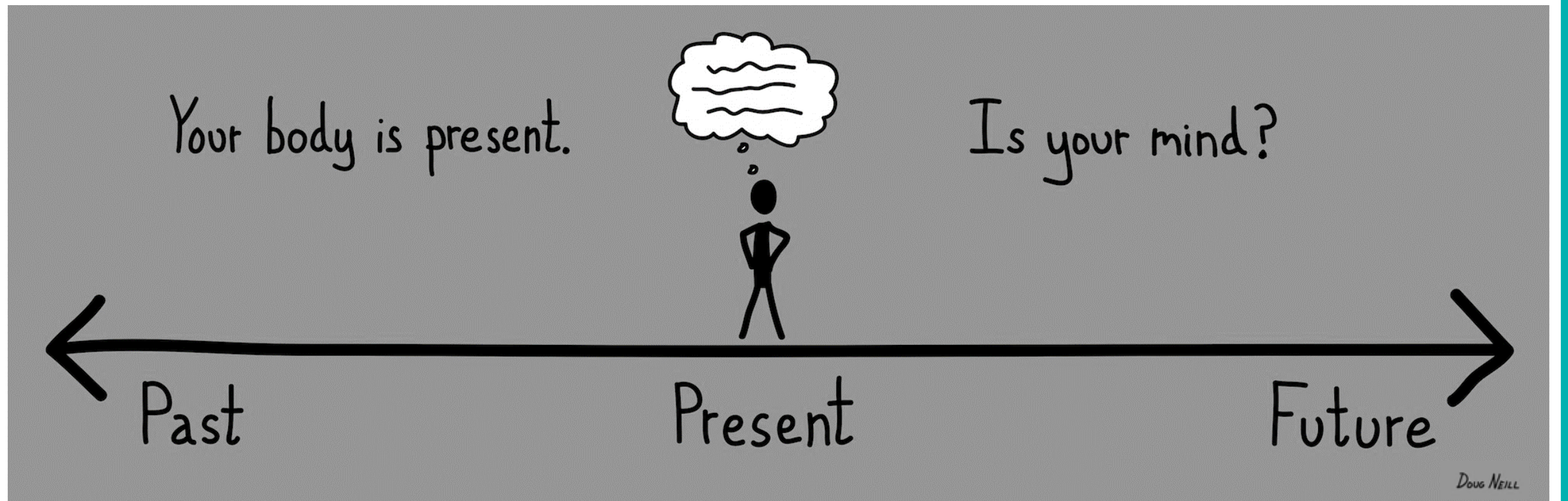
- Changing yourself

Accept

- The new normal

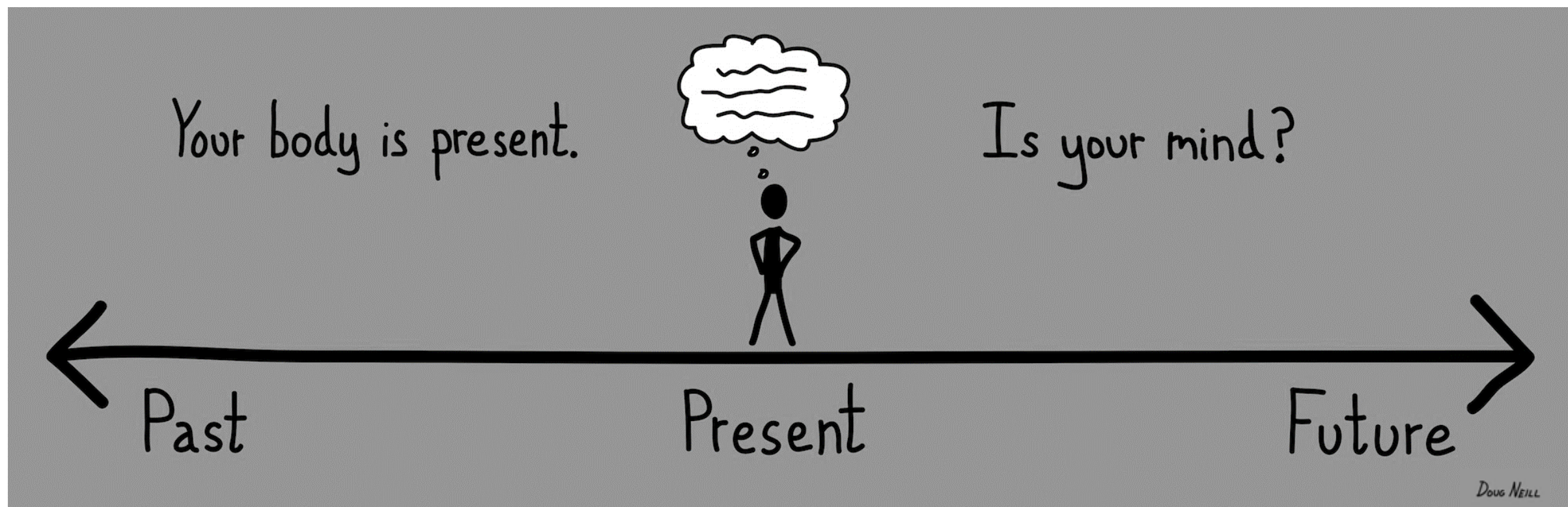
Avoid

- Withdrawing from situations and people



# Relaxation Techniques





Mindfulness  
Meditation

Visualization  
Deep Breathing

Massage  
Aromatherapy



1

Sit in a comfortable position with both feet on the floor and your hands resting in your lap

2

Close your eyes or find a spot on the floor or in your lap where you can rest your eyes when you get distracted

3

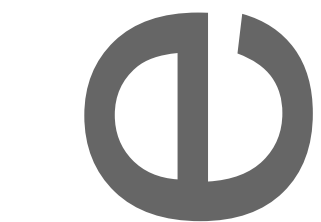
Turn one palm so that it is facing the ceiling. You'll use this hand for counting

4

Gently inhale through your nose until your lungs are full and then slowly exhale through your mouth

5

Tuck your finger into your palm and continue with breathing until all five fingers are folded in



# **Breathing Exercise**

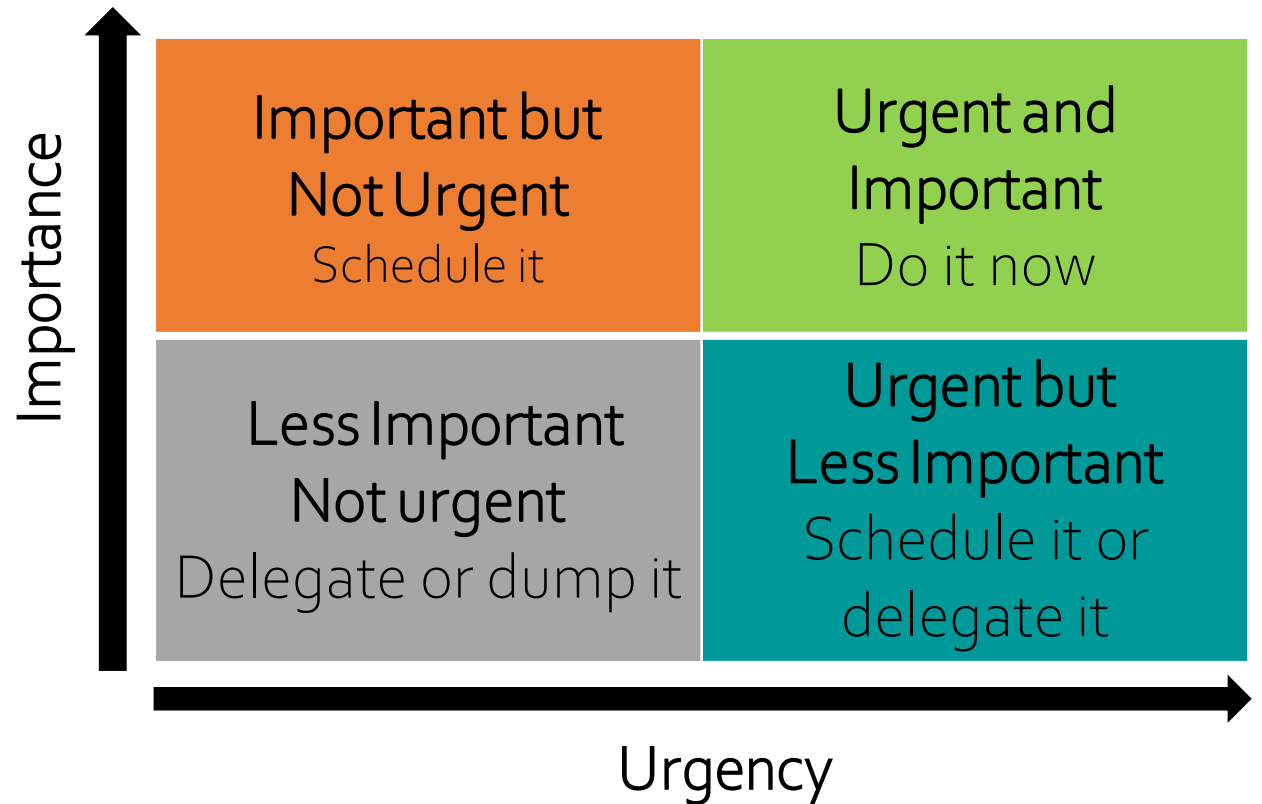
<https://www.connectedbreath.co/>

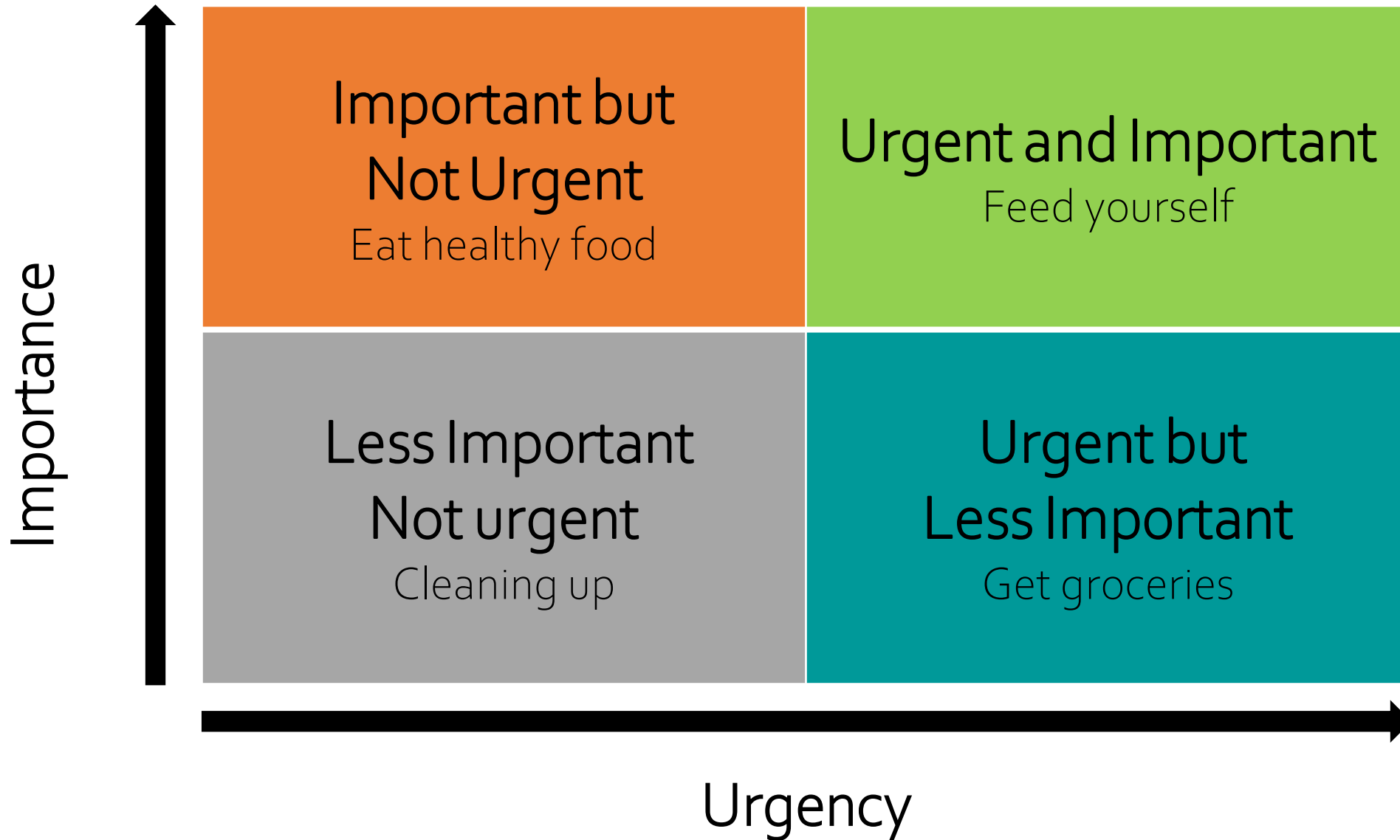


# Set Goals

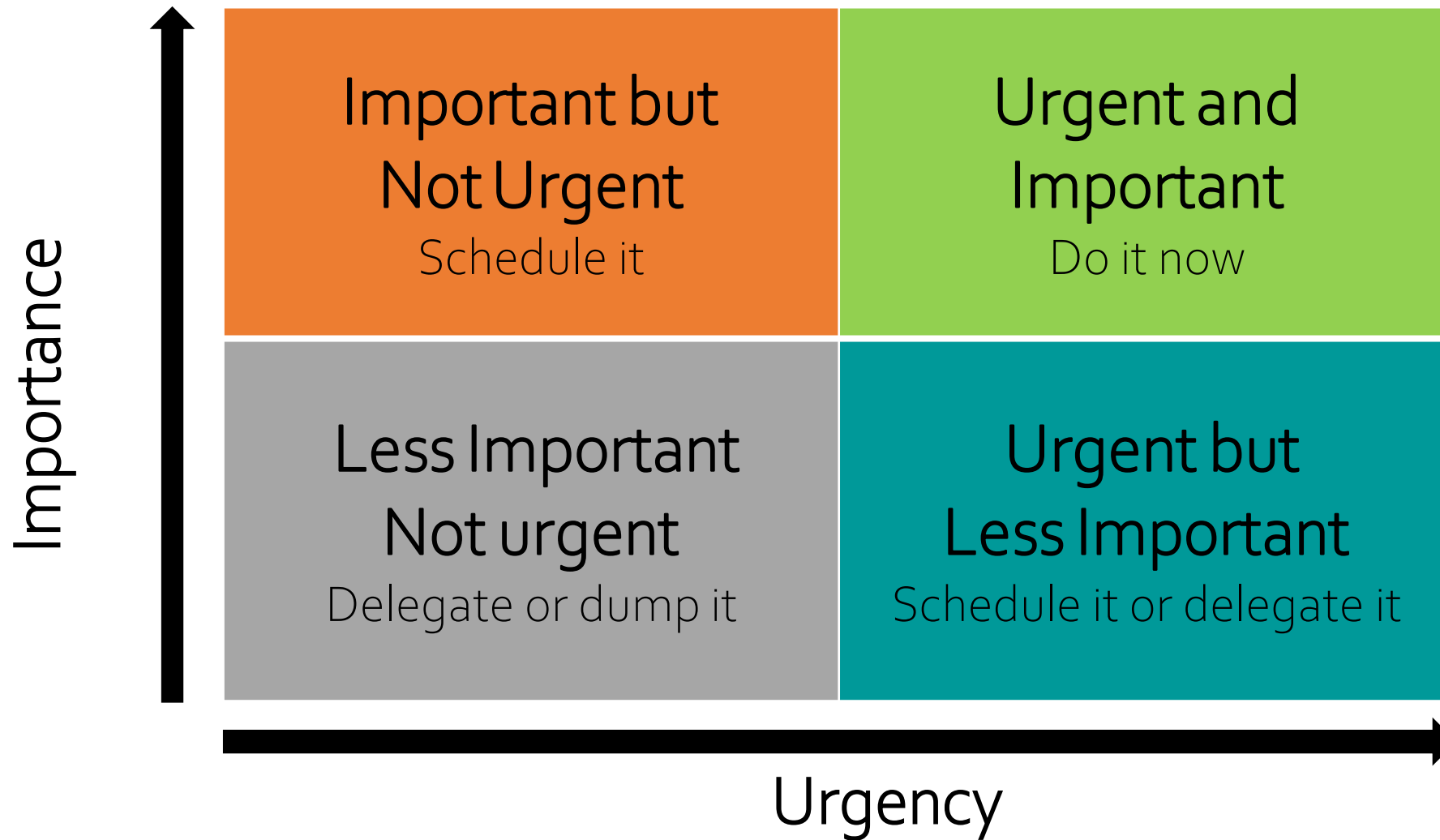
# Work on Time Management

- 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

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- 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.

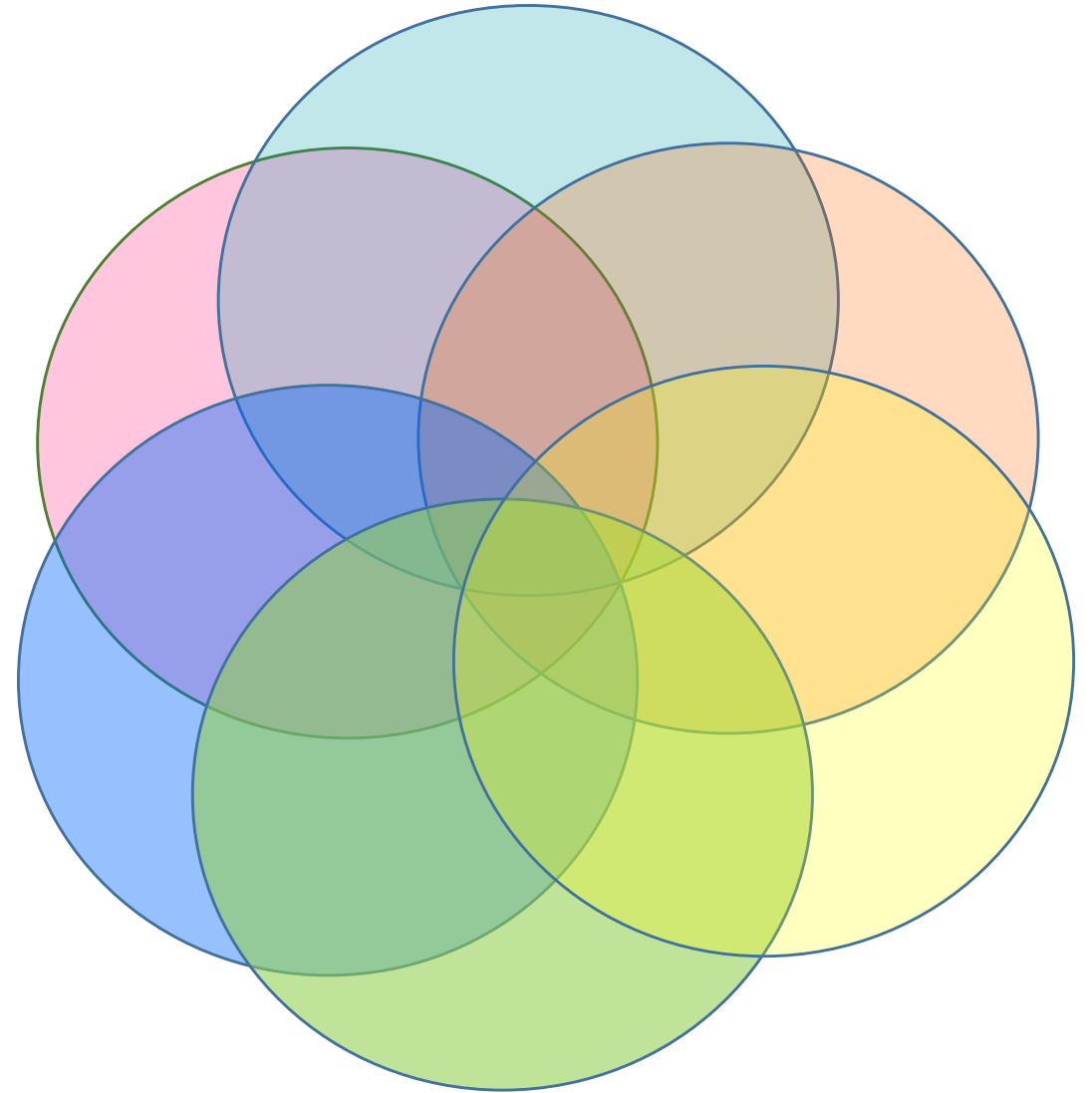
~Brianna Weist



# Dimensions of Self-Care

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Physical  
Social  
Spiritual  
Personal  
Professional  
Emotional





A Venn diagram consisting of two overlapping circles. The left circle is light green and contains the text 'Self Care'. The right circle is light blue and contains the text 'Coping'. The overlapping area in the center is a darker shade of green.

Self  
Care

Coping



**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<sup>®</sup>**  
reclaim your health

A free program to help  
you tackle depression  
and anxiety.

**bouncebackontario.ca**  
**1.866.345.0224**







- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
  1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
  2. **Online videos** provide practical tips at: [bouncebackvideo.ca](https://bouncebackvideo.ca) (access code: [bbtodayon](https://bbtodayon)) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **multiple languages**
- **No travelling required.** Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: [bouncebackontario.ca](https://bouncebackontario.ca).

If you're a healthcare professional seeking resources, email:

[bounceback@ontario.cmha.ca](mailto:bounceback@ontario.cmha.ca)





# Helpful Apps

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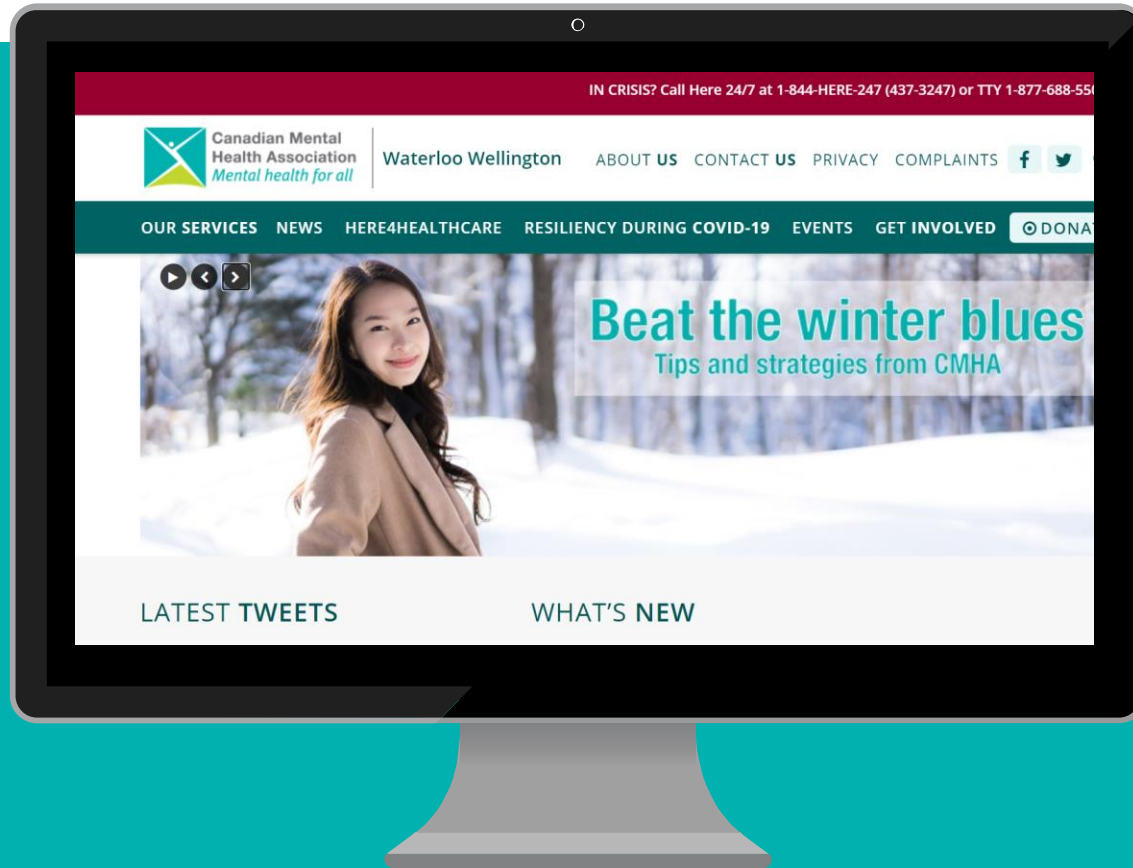
- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe. Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

# Other Websites

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- [camh.net](http://camh.net)
- [wrspsc.ca](http://wrspsc.ca)
- [mentalhealthhelpline.ca](http://mentalhealthhelpline.ca)
- [mentalhealthcommission.ca](http://mentalhealthcommission.ca)
- [211Ontario.ca](http://211Ontario.ca)
- [ccohs.ca](http://ccohs.ca)
- [www.isfglobal.org](http://www.isfglobal.org)
- Wellness Together Canada | Home ([portal.gs](http://portal.gs))



Visit us online  
[cmhaww.ca/events](https://cmhaww.ca/events)

# Promoting Wellness at Work

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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](mailto:education@cmhaww.ca)

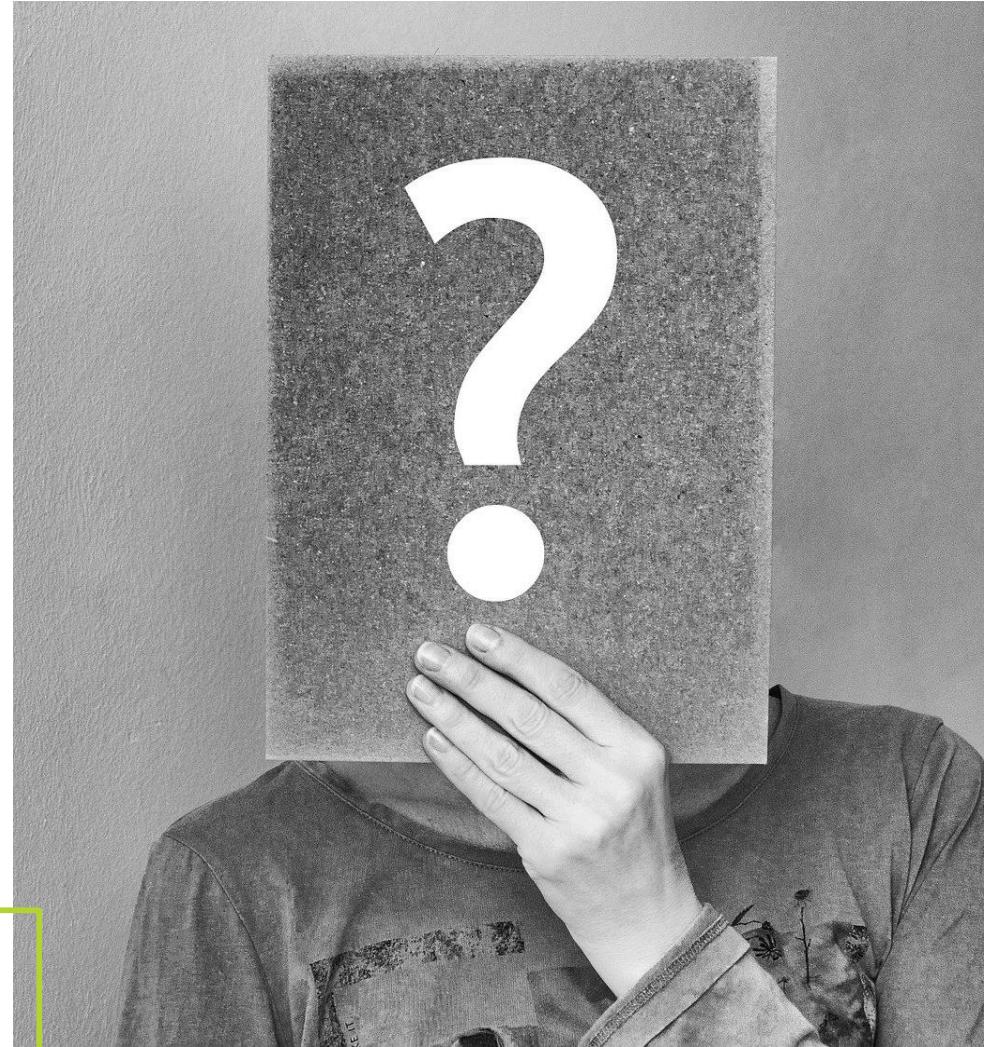
If you have questions for me around the information presented today please contact me directly at:

[jschumacher@cmhaww.ca](mailto:jschumacher@cmhaww.ca)



# Questions?

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