



STRESS BUSTERS

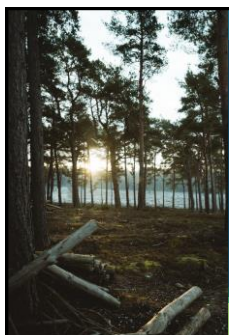
PRESENTER: Mark Arnold
DATE: March 16, 2022

EFAP INFORMATION

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I would like to begin by bringing to mind the Indigenous Peoples of all the lands we are on today, and the significance of these lands.

From coast to coast to coast, we acknowledge the ancestral and unceded territory of all the Inuit, Métis and First Nations people who call these lands home.

To learn more about whose land you are on please visit Whose Land at <https://www.whose.land> or download the app:



App available in English and French

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SOCIAL DETERMINANTS OF HEALTH: AN OVERVIEW

Social determinants of health are the living conditions that individuals experience:

- Education
- Gender identity
- Sexual orientation
- Ethnicity
- Housing
- Income and income distribution
- Social exclusion
- Social safety net
- Immigration status
- Unemployment and job security
- Food insecurity
- Indigenous status
- Disability
- Early life
- Health services
- Employment and working conditions

These determinants impact and influence our health, at all stages of life and beginning in childhood, and are critical when it comes to fully understanding and appreciating a person's health and why some people are healthier than others.

OVERVIEW

- ✔ Defining stress
- ✔ Understanding the physical, emotional, social, behavioural impacts of stress
- ✔ Understanding how to manage stress

OBJECTIVES

- ✔ Understand what stress is
- ✔ Become aware of what causes you stress
- ✔ Develop stress reduction skills
- ✔ Build a personal strategy for managing stress

WHAT IS STRESS?

Stress is an **emotional** and **physiological** response to any **perceived** threat, real or imagined.



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WORKING DEFINITION OF STRESS

Demands > **Resources**

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YOUR DEMANDS, THREATS AND STRESSORS



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THE IMPACTS OF STRESS

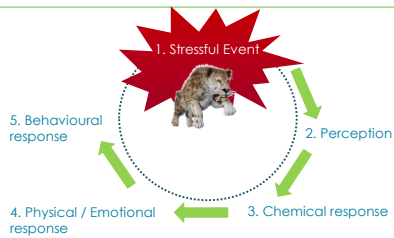


- ✔ Physical
- ✔ Mental/Emotional
- ✔ Social/Relational
- ✔ Behavioural

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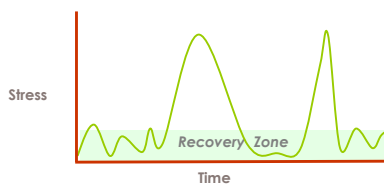
THE "FIGHT-OR-FLIGHT" RESPONSE



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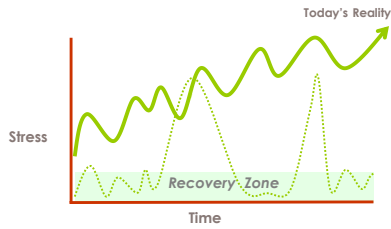
STRESS OVER TIME



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STRESS OVER TIME



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MANAGING STRESS

1. Review the situation
2. Change how you perceive the situation
3. Modify how you react to the situation

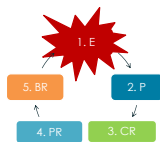


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1. HAVE YOU REVIEWED THE SITUATION?

- Prioritize
- Negotiate
- Delegate
- Start
- Stop
- Change



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REVIEWING THE SITUATION

- ✔ What need is the situation meeting?
- ✔ How else can you meet this need?



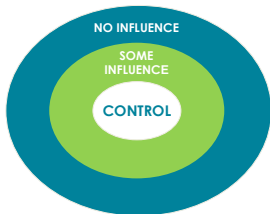
2. CAN YOU CHANGE YOUR PERCEPTION?

Watch out for thinking traps and know which you are prone to

- ✔ Snap judgments
- ✔ Overgeneralisation
- ✔ Predisposition
- ✔ Fortune telling
- ✔ Personalisation
- ✔ All or nothing
- ✔ Catastrophising
- ✔ Disqualifying the positive
- ✔ Magnification/minimisation
- ✔ Should statements

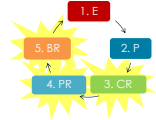


CHANGING HOW YOU LOOK AT THE SITUATION



3. IS IT POSSIBLE TO MODIFY YOUR REACTION?

1. Visualize your current way and your new way
2. Make small, achievable, concrete goals
3. Commit to a minimum of 21 days of practice
4. Define how you will measure success
5. Reward your new behaviours
6. Do not give up, forgive and start over



CHANGING HOW YOU BEHAVE IN THE SITUATION




- ✔ Empower yourself
- ✔ Set self-respecting boundaries
- ✔ Create choices
- ✔ Seek solutions

MODIFYING BEHAVIOUR



- ✔ Get sleep
- ✔ Eat well
- ✔ Exercise
- ✔ Moderate alcohol/ drug intake

 You can't be stressed and relaxed at the same time!

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ACTIVITY



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MANAGING MY STRESS



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IN SUMMARY...

- Take action to manage your stress:
 - Review the situation
 - Change your perception
 - Modify your reaction
- Make time to relax every day, even if just a few minutes
- Seek opportunities to generate greater health & wellbeing

REFERENCES

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