

Stress Management

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TYPICAL PHYSICAL REACTIONS

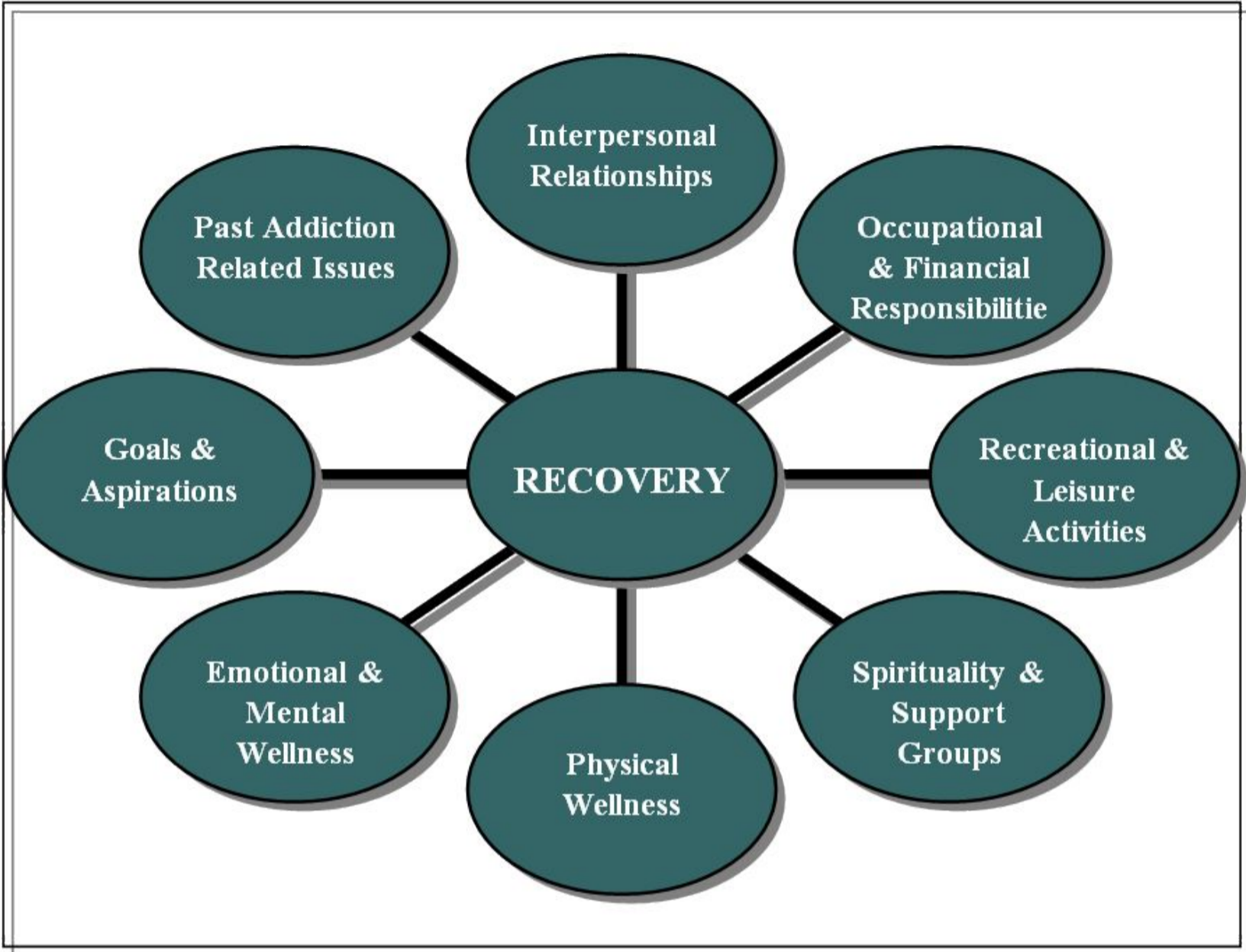
BODY ACHES/ PAINS
 FATIGUE
 DIFFICULTY FOCUSING/CONCENTRATING
 MEMORY CHALLENGES
 DIFFICULTY COMPLETING TASKS

Typical Physical Reactions

- Numbness
- Inability to concentrate
- Disturbed eating habits/patterns
- Disturbed sleeping habits/patterns
- Roller coaster of emotions
- Accidents and illnesses

EMOTIONAL ROLLER COASTER IS NORMAL

NO WARNINGS OF EMOTIONAL CHANGES
 VARIOUS EMOTIONAL PHASES
 CRYING SPELLS TO HIGH ENERGY - BUSY
 FEELING DISCONNECTED, ANGER
 NO PREDICTABILITY
 EACH PERSON RESPONDS & PROCESSES DIFFERENTLY



Life Events Scale Inventory Adapted from Thomas Holmes and Richard Rahe. Holmes-Rahe Social Readjustment Rating Scale, Journal of Psychosomatic Research. Vol II, 1967.

1. Death of spouse 100
2. Divorce 73
3. Marital Separation from mate 65
4. Detention in jail or other institution 63
5. Death of a close family member 63
6. Major personal injury or illness 53
7. Marriage 50
8. Being fired at work 47
9. Marital reconciliation with mate 45
10. Retirement from work 45
11. Major change in the health or behavior of a family member 44
12. Pregnancy 40
13. Sexual Difficulties 39
14. Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.) 39
15. Major business adjustment 39
16. Major change in financial state (i.e. a lot worse or better than usual) 38
17. Death of a close friend 37
18. Changing to a different line of work 36
19. Major change in number of arguments with spouse (i.e. a lot more or less) 35
20. Taking on a mortgage (for home, business, etc.) 31
21. Foreclosure on a mortgage or loan 30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.) 29
23. Son or daughter leaving home (marriage, college, military, etc.) 29
24. In-law troubles 29
25. Outstanding personal achievement 28
26. Spouse beginning or ceasing work outside the home 26
27. Beginning or ceasing formal schooling 26
28. Major change in living condition (i.e. new home, remodeling, deterioration, etc.) 25
29. Revision of personal habits (i.e. dress, associations, quit smoking, etc.) 24
30. Troubles with the boss 23
31. Major changes in working hours or conditions 20
32. Changes in residence 20
33. Changing to a new school 20
34. Major change in usual type and/or amount of recreation 19
35. Major change in church activity (i.e. a lot more or less) 19
36. Major change in social activities (i.e. clubs, movies, visiting, etc.) 18
37. Taking on a loan (i.e. car, tv, freezer, etc.) 17
38. Major change in sleeping habits (i.e. a lot more or less) 16
39. Major change in number of family get-togethers (i.e. a lot more or less) 15
40. Major change in eating habits (i.e. a lot more or less, eating hours, surroundings,) 15
41. Vacation 13
42. Major holidays 12
43. Minor violations of the law (i.e. traffic tickets, jaywalking, etc.) 11

Your Life Events Stress Score: _____

HOW STRESSED ARE YOU?

150 = NORMAL LOW STRESS

150-300 = MODERATE TO HIGH STRESS

>300 = HIGH TO MAJOR STRESS

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Take Care of YOU!

- Regular routine of sleep.
- Regular routine of eating healthy.
- Refrain from temporary stress relievers (drugs, alcohol, acting out).
- Get professional help when needed.
- Get some exercise.

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ASSESS LEVEL OF FUNCTIONING

- ANY MAJOR CHANGES IN ABILITY OF WORK, HOME RESPONSIBILITIES AND SOCIAL CONNECTIONS
- QUALITY TIME WITH SIGNIFICANT PEOPLE (FAMILY, CLOSE FRIENDS, MENTOR, PASTOR)
- IF ANY MAJOR ISSUES IN SIGNIFICANT RELATIONSHIPS (MARRIAGE), GET HELP
- HELPFUL TO GET PROFESSIONAL COUNSELING FOR DEALING WITH TRAUMA, UNRESOLVED GRIEF, AND MAJOR RELATIONSHIP ISSUES

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HEALTHY SOOTHING VS HARMFUL RELIEF

- EVEN HEALTHY THINGS NOT DONE IN MODERATION BECOME UNHEALTHY.
- OVER-EXERCISING, EATING TOO MUCH, OVER-SPENDING
- TURNING TO DRUGS AND ALCOHOL (DAILY DEPENDENCE, OVER-DRINKING, AND WEEKEND BINGES) ARE DANGEROUS AND DESTRUCTIVE.

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What soothes you?

7 Tools For Stress Management

1) VISIT YOUR PEACEFUL PLACE

What I will do to visit my peaceful place is ...

2) DAILY CHECK IN FOR EMOTIONAL HEALTH

Emotional Health

- Awareness of emotions.
- Acceptance & ownership of emotions
- Naming emotions.
- Communicating emotions

Daily Check In

- Scan body for presence of emotions.
- Accept the emotion as part of you.
- Name the emotion(s).
- Provide context for the emotion(s).

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Sad Angry Scared Happy Excited Tender

What I will do for my emotional health is ...

3) PRACTICE GRATITUDE

Gratitude

- Quality of being thankful
- Readiness to show appreciation
- Improves physical health
- Increases positive emotions
- Improves self esteem & well being
- Improves relationships



IF YOU CAN'T FEEL PEACE OR JOY

LIKE OIL DISPLACES WATER,
GRATITUDE DISPLACES NEGATIVE
EMOTIONS OPENING UP SPACE FOR
POSITIVE EMOTIONS.



What I will do to practice gratitude is ...

4) MOVE AND GROOVE

Move & Groove

- Body or body parts in motion
- Improves emotional regulation
- Improves physical health
- Increases positive emotions
- Improves self esteem & well being
- Improves memory



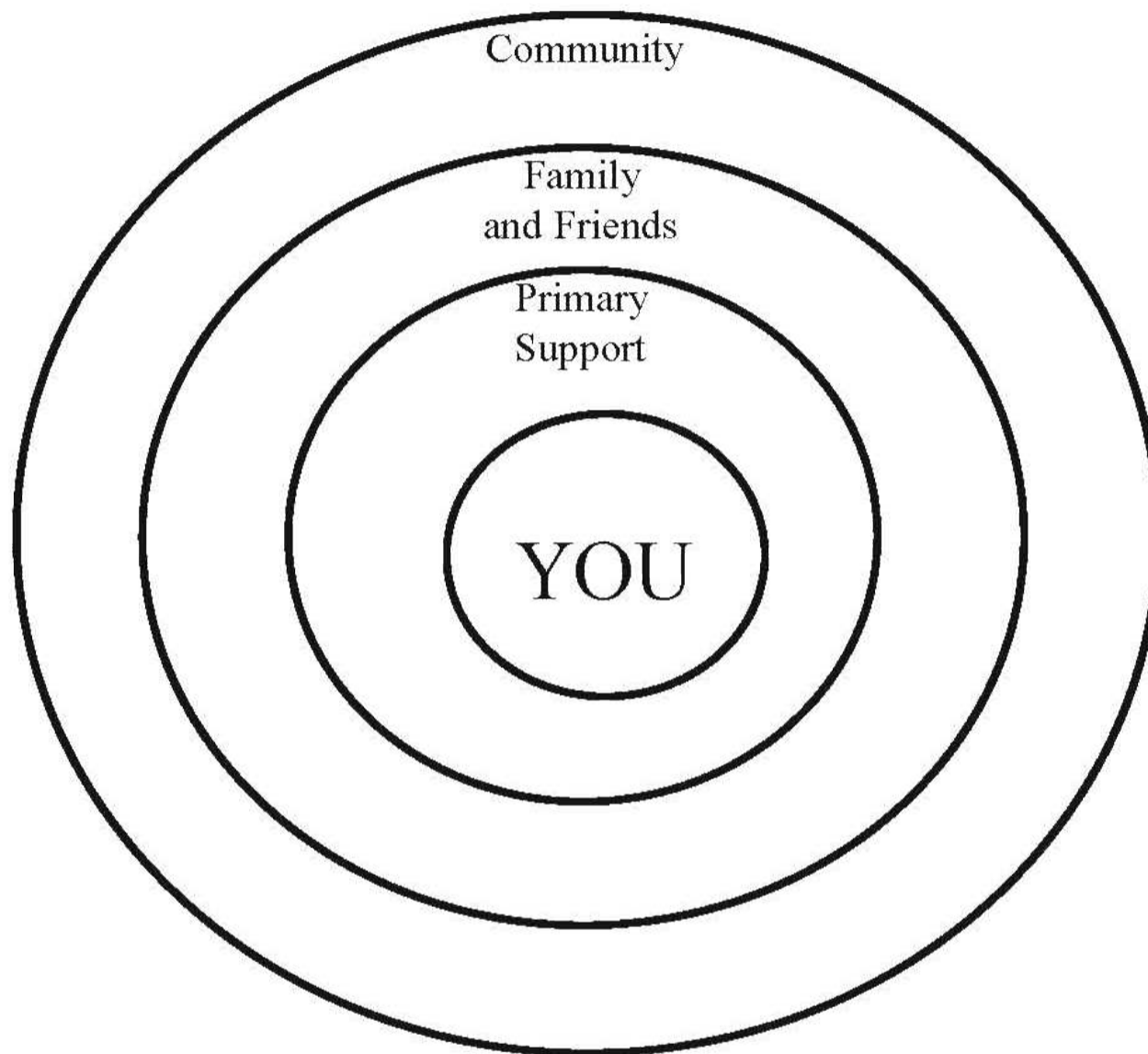
FREE Move & Groove

- Stretch
- Walk/Hike
- Dance
- Garden/Yard Work
- Community Service
- Work
- Window Shop
- Care for Pet
- Clean
- Babysit
- Balance/Yoga
- Bike/Skate



What I will do to move and groove is ...

5) CONNECT WITH OTHERS



What I will do to connect in healthy ways is ...

6) TELL YOUR STORY

Tell your story

- Expressing internal thoughts and feelings of an experience.
- Decreases negative emotions over time.
- Decreases "triggers".
- Improves emotional regulation.
- Supports safety for self and others

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Tell your story

- Bottle cap except for safe people.
- Find safe place.
- Tell in your preferred way.
- Retell as many times as needed.
- Self care when bottle capped.

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What I will do to tell my story is ...

7) SERVE

Service

- Helping or doing for others
- Increases social responsibility
- Improves job/school performance
- Increases communication & thinking skills
- Builds social connectedness
- Increases empathy & exposes diversity

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SERVING OTHERS HELPS YOU

"THE UNSELFISH EFFORT TO BRING CHEER TO OTHERS WILL BE THE BEGINNING OF A HAPPIER LIFE FOR OURSELVES" -HELEN KELLER

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What I will do to serve is ...

HOW TO BE HELPFUL TO OTHERS

- Be a Heart with Ears
- Stay in the moment
- Be empathetic
- When you hear about their loss, REACH OUT AND EXPRESS SUPPORT, NOT JUDGMENT OR EXPECTATION TO GET OVER IT

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UNHELPFUL COMMENTS

- "You shouldn't be feeling that way, *still*"
- "Don't be angry with God"
- "It was just a dog, cat, bird, etc."
- "Don't feel bad"
- "Time heals all wounds"
- "Keep busy"
- "I know how you feel"

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HELPFUL COMMENTS

- Being helpful -time to listen/pray together
- Not minimizing losses
- Validating with hopeful encouragement
- IT'S OKAY TO CRY - GOOD EMOTIONAL DETOX - CRYING DOES NOT MEAN YOU ARE UNGRATEFUL OR DOES NOT SHOW YOU ARE WEAK -SHOWS YOU ARE HUMAN.
- CAN SAY: "I'm sorry this happened. I can't imagine..."
"I'm here to listen and help in any way I can..."

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Share Tools For Recovery!

1. Visit Your Peaceful Place
2. Daily Check In
3. Gratitude
4. Move & Groove
5. Connect
6. Tell Your Story
7. Serve

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