



PIVOT, again...

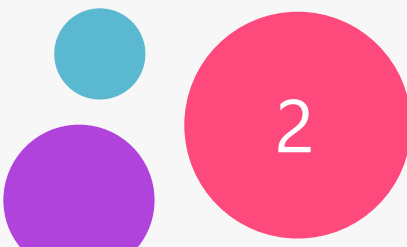
How to break free from stress overload



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In this Workshop

- 1 Roots of stress
- 2 Types of stress
- 3 Tips and tools
- 4 Break-out rooms
- 5 Debrief
- 6 Closing remarks



Pressure



Tension

STRESS



Stress
affects
every part
of you

HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

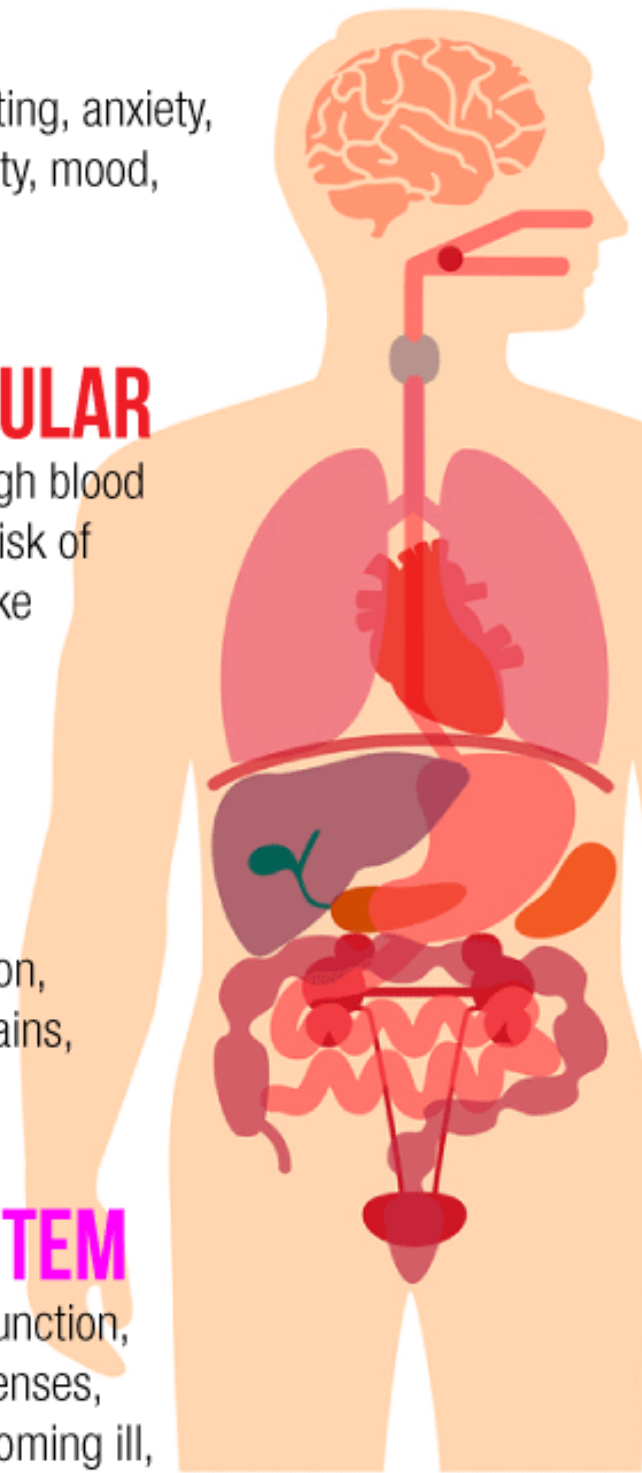
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

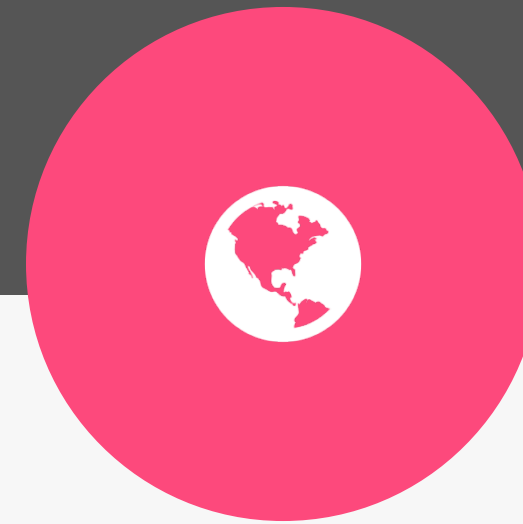
This is your body on stress



Thinking



**Emotional/
Behavioral**



Physical

Your stress
will weigh you down.



ROOTS OF
STRESS...
FIRST, THE
GOOD NEWS

THINK

FEEL

WHAT YOU CAN CONTROL

ONLY 4 THINGS

SAY

DO

Eustress

EU=Good

: a positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being



Eustress: It's good for you!

Energy

Time-limited

Coping

Exciting

Performance

Distress

: physical or mental pain or suffering: a state of danger or desperate need

When too much is too much

- 1 **Burnout**
- 2 **Depression**
- 3 **Addiction**
- 4 **Anxiety**
- 5 **Suicidal thoughts**

4 CATEGORIES OF STRESS

● TIME

T

● ANTICIPATION

● SITUATION

S

E

● ENCOUNTER

Time Stress



- **Planner**
- **Time-management**
- **Organizational skills**

Anticipation

- Positive visualization
- Consider possible outcomes and contingency plans

SITUATION



Conflict resolution skills

Learn to manage emotions

Anger

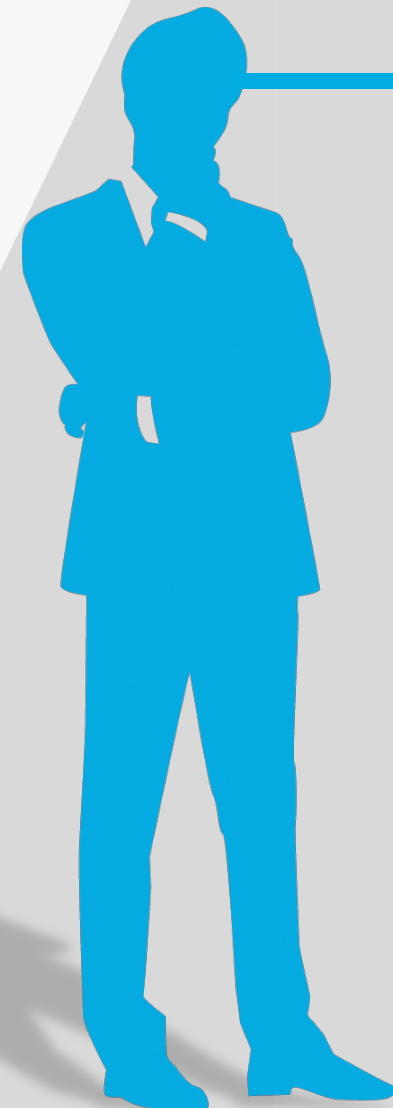
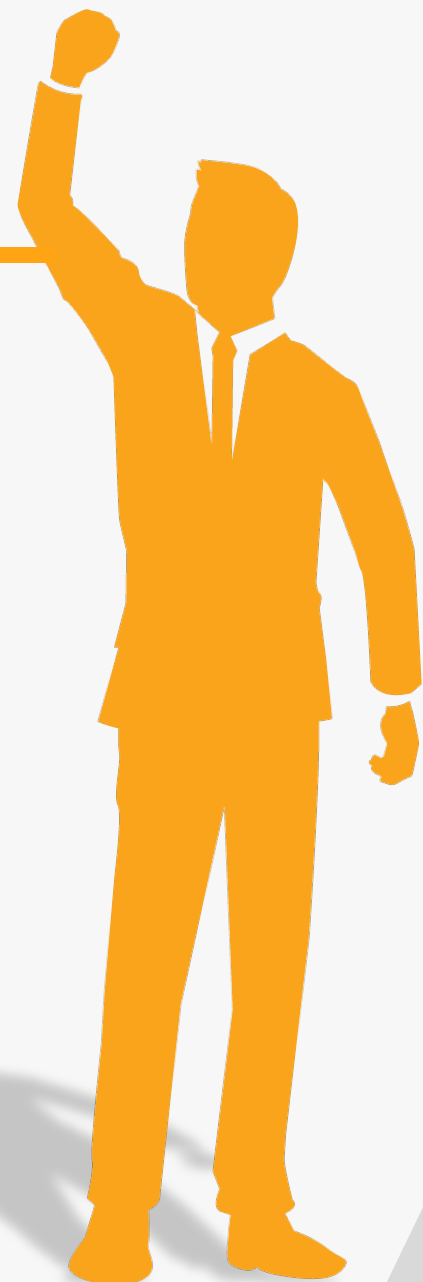
Fear

What am I afraid of?

● Emotional intelligence (Daniel Goleman)

● Take a break

● Deep breathing



● empathy

● People skills



ENCOUNTER

A close-up photograph of a chain-link fence, showing the diamond-shaped pattern of the metal links. The background is blurred, featuring warm, golden-brown bokeh lights, suggesting an outdoor setting at dusk or dawn. The entire image is framed by a solid blue border.

BOUNDARIES

Using your mind to stop stress

Thought-stopping

Rethinking

Mental
Diversion

6 WAYS TO
DECREASE
STRESS
LEVELS

Rehearsal

Desensitization

Deep Relaxation

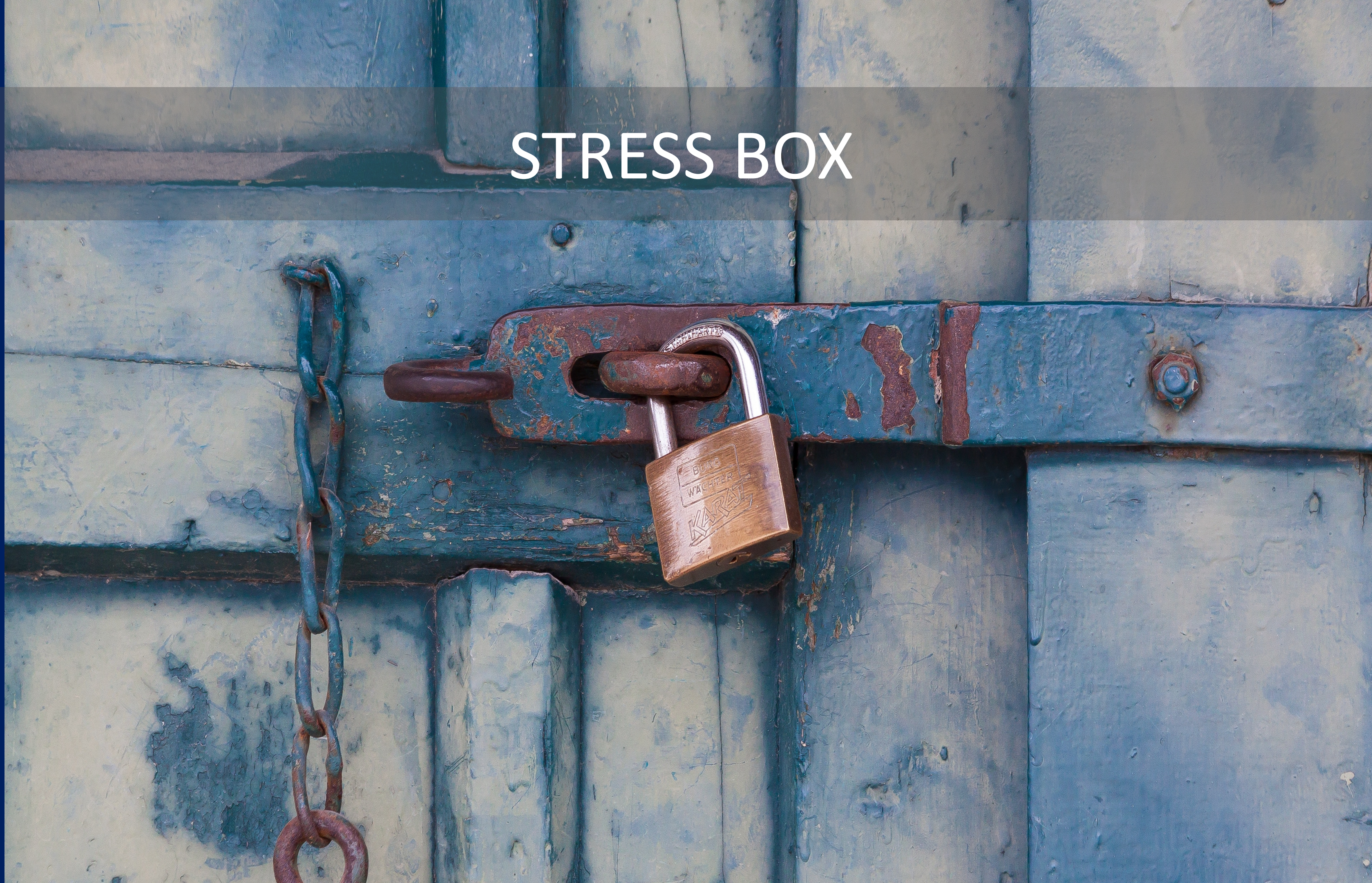
Thoughts

Feelings

Behaviors



STRESS BOX



**Improve
With
IMPROVE**



Choice v. Obligation

Choice: I will, I'm going to...

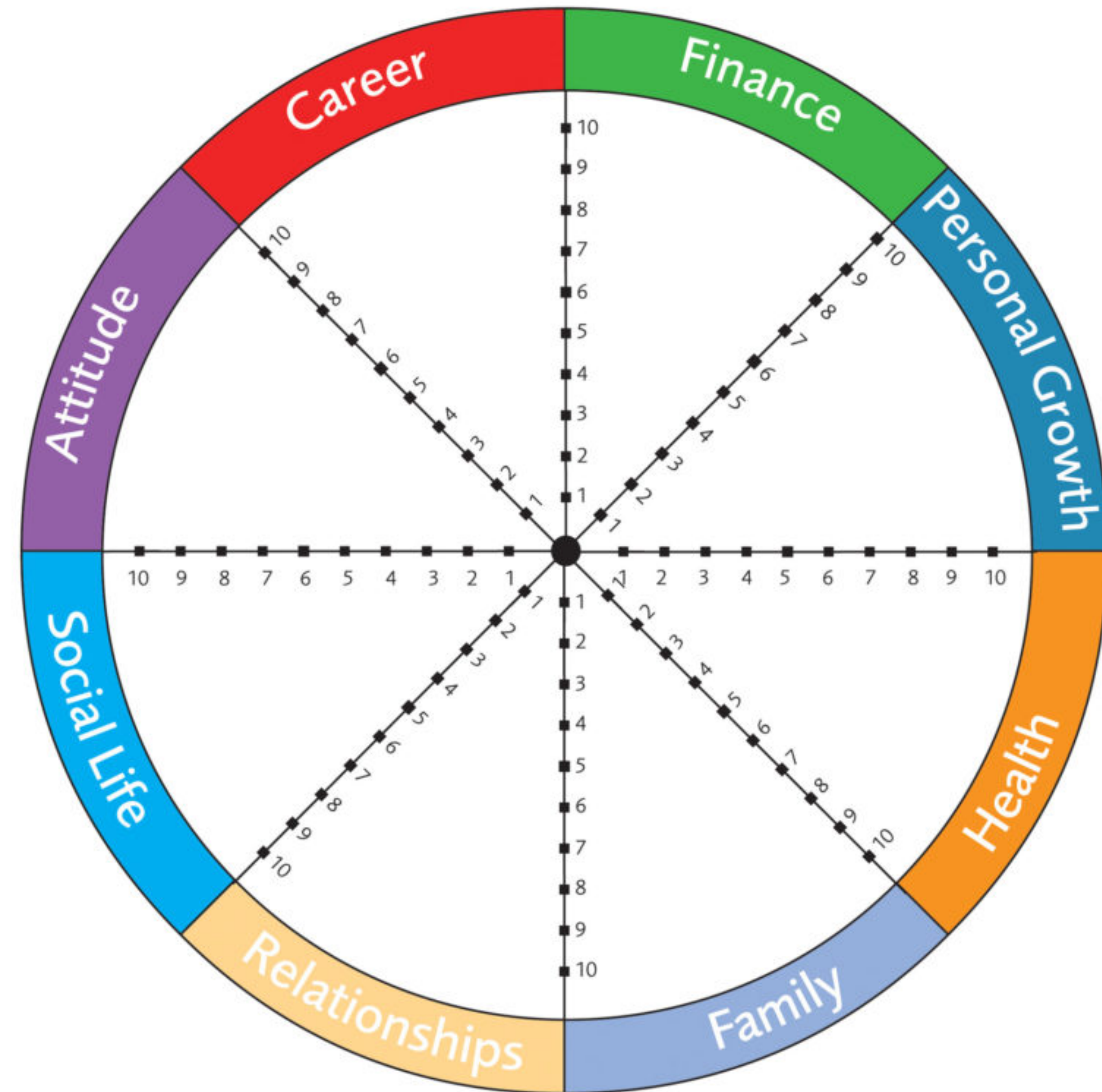
- Freedom/take-charge attitude
- Empowered refusal
- Greater willpower in developing habits

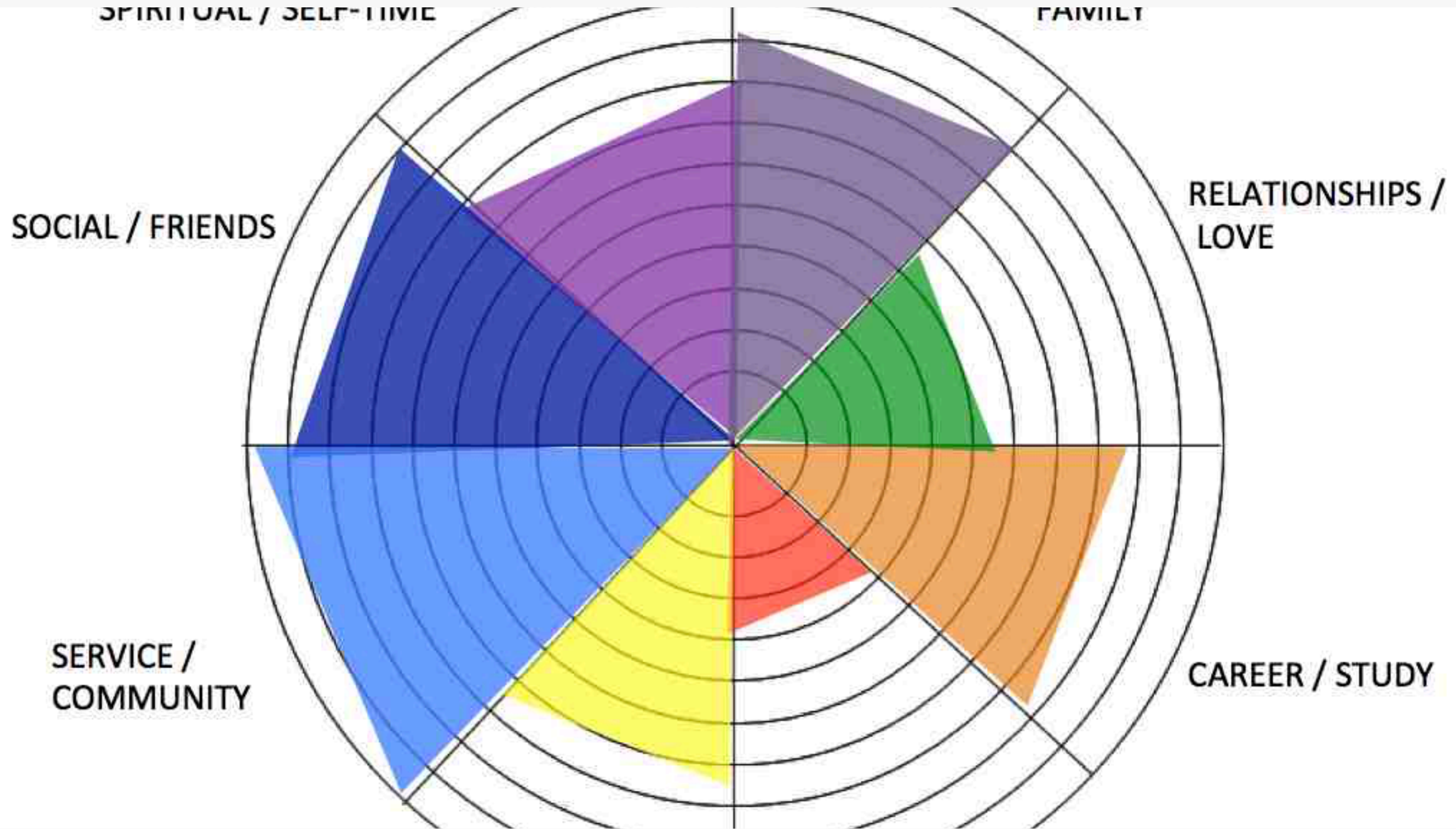
Obligation: I should, I have to...

- Gives your power away
- Makes you feel victimized

Wheel-of-Life:

- Start here
- What is working?
- What is out of whack?







How do
YOU
self-care?

How do you need to self-care?

- 15 minutes
- Reporter/scribe
- Report back