Stress Less: 
Celebrate Self-Care Through the Holidays!

We will begin at 12:15pm.

Today’s Guide For A Healthy Conversation

• Be respectful and open of others.
• Please type your questions in the Q&A box and comments into the chat box for our moderators.
• Today’s session will be recorded and will be posted to our Living Well Wednesday web page: https://bit.ly/KSRELivingWellWebinars

Presenters

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Stress Less: Celebrate Self-Care Through the Holidays

Living Well Wednesdays
November 17, 2021
12:15 – 1:00 p.m.
Objectives

• Learn how stress affects the body
• Identify your specific stressors
• Learn how to develop a self-care plan
What is Stress?
“State of tension that arises when you experience demands from your environment or from inside yourself.”
Acute vs Chronic Stress

**Acute Stress**
- Often sudden, generally short-lived
- Physical or emotional challenge/threat
- Examples: robbery, MVA, giving a speech, wedding

**Chronic Stress**
- Ongoing exposure/demand
- Family conflict, work stress, financial stressors
- Examples: high pressure work environment, relationships, indebtedness
- Subtle in nature so more difficult to recognize
Eustress: The Positive Stress

- Prefix “Eu-” comes from Greek.
- Means “well or good.”
- Like Euphoria.

![Diagram showing Eustress and Distress]

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What is Eustress?

Form of stress that is beneficial to either:

* Health  * Motivation  * Performance  * Well-being

It can be:

* Psychological  * Physical  * Biochemical
Stress & Your Body
Our bodies are uniquely designed to handle stress. When presented with a threatening situation it is our most basic survival instinct to either:

- Engage in a fight
- Or run for our lives
Your Body during Fight or Flight Response

- Adrenaline is secreted from the kidneys
- Cortisol (a hormone) is released providing bursts of energy
- The heart suddenly beats faster
- Breath rate and blood pressure increase
- Blood sugar is released into the bloodstream
- Hearing and sight are enhanced
- Digestive system and urine production slow to divert blood to more critical areas, such as the brain and muscles
Our brain on oxygen
WHAT CHRONIC STRESS DOES TO YOUR BODY

BRAIN AND NERVES
- Headaches
- Feelings of despair
- Lack of energy
- Sadness
- Nervousness
- Anger
- Irritability
- Increased or decreased eating
- Trouble concentrating
- Memory problems
- Trouble sleeping
- Mental health problems (such as panic attacks, anxiety disorders and depression)

SKIN
- Acne and other skin problems

MUSCLES AND JOINTS
- Muscle aches and tension (especially in the neck, shoulders and back)
- Increased risk of reduced bone density

HEART
- Faster heartbeat
- Rise in blood pressure
- Increased risk of high cholesterol and heart attack

STOMACH
- Nausea
- Stomach pain
- Heartburn
- Weight gain

PANCREAS
- Increased risk of diabetes

INTESTINES
- Diarrhea
- Constipation
- Other digestive problems

REPRODUCTIVE SYSTEM
- For women: irregular or more painful periods
- Reduced sexual desire
- For men: impotence
- Lower sperm production
- Reduced sexual desire

IMMUNE SYSTEM
- Lowered ability to fight or recover from illness
How Stress Uniquely Affects You
We are all unique individuals,
so how you experience stress will be uniquely individualized.
What PHYSICAL symptoms do you experience when you are stressed?

<table>
<thead>
<tr>
<th>Symptoms</th>
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</thead>
<tbody>
<tr>
<td>Heart races</td>
</tr>
<tr>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Increased appetite</td>
</tr>
<tr>
<td>Decreased appetite</td>
</tr>
<tr>
<td>High blood pressure</td>
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<tr>
<td>Dizziness</td>
</tr>
<tr>
<td>Tapping fingers</td>
</tr>
<tr>
<td>Sweaty palms</td>
</tr>
<tr>
<td>Neck stiffness</td>
</tr>
<tr>
<td>Muscle tightness</td>
</tr>
<tr>
<td>Legs feel shaky</td>
</tr>
<tr>
<td>Backache</td>
</tr>
<tr>
<td>Tightness of chest</td>
</tr>
<tr>
<td>Upset stomach</td>
</tr>
<tr>
<td>Grind teeth</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Headache</td>
</tr>
<tr>
<td>Nausea</td>
</tr>
<tr>
<td>Feel like you are in a fog</td>
</tr>
<tr>
<td>Face feels hot</td>
</tr>
<tr>
<td>EMOTIONAL symptoms when you are stressed</td>
</tr>
<tr>
<td>------------------------------------------</td>
</tr>
<tr>
<td>Easily angered</td>
</tr>
<tr>
<td>Nervous</td>
</tr>
<tr>
<td>Crying</td>
</tr>
<tr>
<td>Feeling depressed</td>
</tr>
<tr>
<td>Trouble making decisions</td>
</tr>
<tr>
<td>Restlessness</td>
</tr>
<tr>
<td>Lower sex drive</td>
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<tr>
<td>Irritable</td>
</tr>
<tr>
<td>Feeling bored</td>
</tr>
<tr>
<td>Exhausted</td>
</tr>
<tr>
<td>Cynical</td>
</tr>
<tr>
<td>Can’t turn your mind off</td>
</tr>
<tr>
<td>Can’t concentrate</td>
</tr>
<tr>
<td>Aggressive</td>
</tr>
</tbody>
</table>
What BEHAVIORAL symptoms do you experience when you are stressed?

- Undereating
- Increase smoking
- Sleeping to escape
- Overeating
- Taking drugs
- Withdraw from people

- Yelling
- Arguing
- Drinking
- Breaking things
- Stop doing things I like to do
Self-Care Plan
What tools are already in your Self-Care Toolbox?

A set of predetermined tools you can draw on whenever you feel you're not coping.
Proven Tools

Breathing

Meditation

Exercise

Stretching

Muscle Relaxation

Self-talk
Think “B-R-A-I-N”

B – **Breathe** deeply 5 times. Release the air slowly.

R – **Relax**. Tell yourself to relax, whether in your head or out loud. Notice areas of tension in your body, and try to release that tension.

A – **Ask** yourself what you need or want to feel. We usually ask why the other person is such a jerk or why we messed up. Instead, ask yourself what you need to feel: calm, in control, at peace, and other comforting feelings.

I – **Imagine** feeling that way.

N – **Now**,** now**, after doing those 4 things, ask yourself, “How do I feel now?”
We are all unique individuals, so how you manage stress will be uniquely individualized.
What tools could you add to your toolbox?

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Emotional / Spiritual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get a medical checkup</td>
<td>Take 10 minutes and reflect on your blessings</td>
<td>Tell a loved one what you appreciate about him/her</td>
</tr>
<tr>
<td>Eat a healthful breakfast</td>
<td>Write your thoughts in a journal or notebook</td>
<td>Play with a child or grandchild</td>
</tr>
<tr>
<td>Drink four to eight glasses of water daily</td>
<td>Listen to relaxing music</td>
<td>Volunteer to help with a cause important to you</td>
</tr>
<tr>
<td>Eat more fruits, vegetables and healthful snacks</td>
<td>Spend 30 minutes doing something with your hands (draw, carve, etc.)</td>
<td>Go out for a meal with a friend or loved one</td>
</tr>
<tr>
<td>Exercise at least 20 minutes daily (walk, swim, ride a bike, etc.)</td>
<td>Read a book you enjoy</td>
<td>Reflect on and forgive yourself for mistakes</td>
</tr>
<tr>
<td>Get at least seven to eight hours of restful sleep</td>
<td>Watch TV or videos that make you laugh</td>
<td>Share concerns with a counselor or other professional</td>
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<tr>
<td>Receive a neck or back massage</td>
<td>Do a hobby</td>
<td>Explore your spiritual life and activities</td>
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<tr>
<td>Take a relaxing bath or shower</td>
<td>Attend a class or seminar to learn something new or of interest to you</td>
<td>Pray or meditate</td>
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<tr>
<td>Hug a loved one or friend</td>
<td>Visit with a counselor or spiritual leader</td>
<td>Do random acts of kindness</td>
</tr>
<tr>
<td>Practice restful, deep or slow breathing</td>
<td>Reach out to someone for support or help</td>
<td>Express “thank you” to someone daily (send a note, etc.)</td>
</tr>
<tr>
<td>Abstain from alcohol, tobacco or other drugs</td>
<td>Spend 10 minutes to plan your day and priorities</td>
<td>Write down three things you are grateful for daily</td>
</tr>
<tr>
<td>Do gentle stretching during a break or to warm up or cool down</td>
<td>Take regular five- to 10-minute breaks in your day to relax and recharge</td>
<td>Go for a walk or drive in nature</td>
</tr>
</tbody>
</table>
What tools could you add to your toolbox?

<table>
<thead>
<tr>
<th>Personal / Relational</th>
<th>Work / Professional</th>
<th>Financial / Practical</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Clean or organize your personal space(s)</td>
<td>• Focus on factors you can control in your work</td>
<td>• Assess your family finances and needs</td>
</tr>
<tr>
<td>• Reflect on and write down your goals</td>
<td>• Take time for lunch and a “work break” daily</td>
<td>• Create a family budget and live within your means</td>
</tr>
<tr>
<td>• Spend time with a pet</td>
<td>• Plan your next day at the end of the work day and set priorities ahead of time</td>
<td>• Learn new strategies to stretch your family finances</td>
</tr>
<tr>
<td>• Take 15 minutes each day to have uninterrupted conversation with a spouse or family member</td>
<td>• Be flexible with time and tasks as things come up</td>
<td>• Schedule time to organize your records monthly</td>
</tr>
<tr>
<td>• Spend time playing games with family members</td>
<td>• Set boundaries and do not overcommit yourself</td>
<td>• Take a seminar to learn more about financial management</td>
</tr>
<tr>
<td>• Learn more about your family history</td>
<td>• Say “no” more often</td>
<td>• Spend 15 minutes a day reviewing your tasks and setting priorities</td>
</tr>
<tr>
<td>• Begin or renew a friendship</td>
<td>• Do not let the farm operation intrude on all other aspects of life</td>
<td>• Select three healthy habits you will try to practice daily</td>
</tr>
<tr>
<td>• Get involved or stay connected with a group of friends</td>
<td>• Talk to other farmers about their strategies</td>
<td>• Ask for positive feedback from others and build on it</td>
</tr>
<tr>
<td>• Plan a getaway with a family member</td>
<td>• Take a seminar and learn new ways to handle issues</td>
<td>• Ask for constructive feedback from others and learn from it</td>
</tr>
<tr>
<td>• Go on a vacation</td>
<td>• Seek feedback on your farm operation and ways to grow or improve</td>
<td>• Investigate new ways for doing things in your work</td>
</tr>
<tr>
<td>• Eat or make your favorite meal</td>
<td>• Schedule time away from work to relax and then take the time</td>
<td>• Read something new every day</td>
</tr>
<tr>
<td>• Do an activity you personally enjoy (fishing, see a movie, etc.)</td>
<td>• Minimize and resolve conflicts with others</td>
<td>• Let go of what you cannot control</td>
</tr>
</tbody>
</table>
Plan Ahead

Prioritize your needs

Set boundaries

Make self-care a DAILY routine

Find support
QUESTIONS

COMMENTS

DISCUSSION

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Thank you for attending!
Please take a few seconds to complete our Living Well Wednesday Survey.

Scan the QR code with your camera phone or follow this link:

Recording of presentations and handouts will be posted on our Living Well Wednesday website.