

Let's Talk About STRESS!





WELCOME!

We are glad you're here!



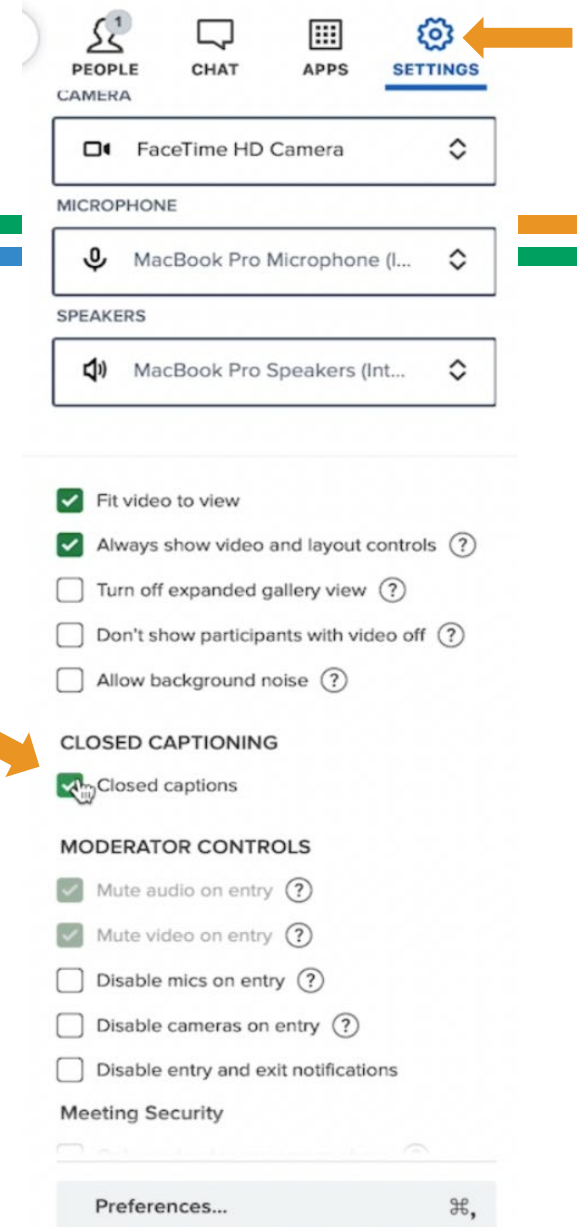
Workshop Guidelines

- This is an interactive session - we welcome you to type into the chat box to ask questions or add to the conversation.
- The presentation and other materials will be sent to all participants to your email that you used for your registration for this event.
- For additional career assistance, connect with your Oakland County Michigan Works! service center. Contact information is listed on the web at:
OaklandCountyMiWorks.com or call 800-285-9675.
- Please complete the survey at the end of the workshop

Turning on Closed Captioning

To turn on live closed captioning:

1. Download the BlueJeans app on your desktop or mobile device
2. Select 'Settings' at the top right of your screen
3. Scroll down to the 'Closed Captioning' option and select the option



Remember...

Always check with your doctor and get medical help when needed.

The information provided is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment.

Do not use this information to diagnose or treat a health problem or condition.

Get help as needed. Reach out for assistance.



Stress is a BIG TOPIC



We'll touch on some aspects of STRESS today. However, because it is such a big topic, we've added many links, phone numbers, articles & general resources at the end of the presentation. You'll be able to refer to these.

You'll see the "PAUSE" button during the presentation. It signals a pause to enter your ideas into the chat box or to just write them down for your own reflection.



Let's reflect for a minute

Let's take a moment to reflect...

What are your top stressors now and over the last years?



(write or chat)

What we'll cover today

- STRESS in life caused by Covid-19 from 2020 to the present
- Understanding STRESS
- How Stress Manifests in us
- Upward & Downward coping
- STRESS Coping Strategies
 - What's worked for you before
 - Gratitude as a daily practice
 - Building up Resilience
 - A toolbox of techniques
 - Self Care - A daily priority
 - Mental Health matters
- Breathing Techniques + Mindfulness
- Resources for following up later



COVID & STRESS



Stress we are always dealing with

- \$\$ worries – financial challenges
- Health
- Food Insecurity
- Housing & transportation challenges
- Relationships
- Children challenges: Schools - Childcare issues - Behavior
- Caregiving others
- Employment: Virtual work from home, back from virtual and not used to being in person, reduced workforce numbers causing overworked staff, some jobs not coming back, job loss

So let's define *STRESS*



Something that:

- causes mental, emotional or physical distress
- exerts excessive pressures or demands
- causes frustration, anger, nervousness or anxiety
- feels overwhelming
- pushes you past your resources or limits

How STRESS shows up in us

- Can't sleep or Sleep too much
- Agitation | Anxiety | Mood changes
- Anger | Outbursts | Personality changes
- Bodily sensations | physical pain | tight muscles
| stomach aches | headaches | elevated blood
pressure
- Withdrawal | Isolating | Not sharing
- Negative self talk | shaming thoughts

How STRESS shows up in us

- ❑ Everything feels like it is just too much
- ❑ Self-Neglect (poor hygiene, poor eating)
- ❑ Over or under eating - bingeing
- ❑ Overuse of Alcohol or Drugs - gambling or other addictive behaviors like shopping
- ❑ \$\$\$ Money mismanagement - overspending - ignoring bills and mail.
- ❑ Personal & Work problems / conflicts in relationships

Let's start with re-use & re-cycle



What helps you with Stress?



Let's take a PAUSE -- chat in or write a few:

- What helps you with Stress?
- **Use & Re-use**
- Those are your “**Stress coping capabilities**”
- Build in those to your daily routines



Now, let's see if we can ADD some tools to your coping with stress toolbox.

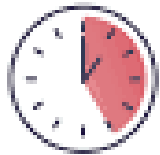
SLEEP and Stress Relief



SLEEP



20% of people say they're "sleep-deprived"



35% get less than 7 hours of sleep per night



48% of parents say the level of stress in their life has increased



Heart Health via CNN - Thursday 06.30.22

In today's hectic world, the blessings of a good night's sleep may seem difficult to find. But if you can manage to regularly get seven hours of quality sleep, you'll be doing your heart a favor. Scientific findings have found [sleep is closely tied to heart health](#), and if you get enough of it, you can reduce your risk of developing **obesity**, **hypertension** and **diabetes**, the American Heart Association says.

SLEEP TIPS



1. Stick to a sleep schedule. Even when off work. Set aside no more than eight hours for sleep.
2. Pay attention to what you eat and drink. Don't go to bed hungry or stuffed.
3. Create a restful environment. Keep your room cool, dark and quiet.
4. Limit daytime naps.
5. Include physical activity in your daily routine.
6. Manage worries.

MAYO CLINIC
<https://mayocl.in/3cFkgG9>

Practicing Gratitude for Stress Release

Gratitude is related to optimism, resilience, and other positive emotions that combat stressful emotions.

Additionally, lack of gratitude is linked to increased depression and stress.

(Young & Hutchinson, 2012)



Practicing Gratitude Daily




A daily list at the end of the day:



Capture gratitude during the day with sticky notes!





HAPPINESS IS
LETTING GO OF WHAT
YOU THINK YOUR LIFE IS
SUPPOSED TO LOOK LIKE
AND CELEBRATING IT
FOR EVERYTHING
THAT IT IS.

- Mandy Hale

natural  life
give love laugh.



Stand up to stress and feelings of lack with ABUNDANCE

“

Acknowledging the good
that you already have in
your life is the foundation
for all abundance.

ECKHART TOLLE

Eckhart Tolle's books:

“The Power of Now”

and

“A New Earth”

Building Resilience



Psychologists define **resilience** as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress...

American Psychological Association

“Building Your Resilience” <https://www.apa.org/topics/resilience>

Building Resilience



“Life doesn’t get easier
or more forgiving,
we get stronger
and more resilient.”

Steve Maraboli

Good news on getting older!

In a study, “The older adults were the more resilient group especially with respect to emotional regulation ability, and problem solving.”

<https://pubmed.ncbi.nlm.nih.gov/21472780/>

Radical Acceptance

Radical acceptance is a great tool to cope with hard situations. Start by trying it out in smaller situations like when you're stuck in traffic or your internet is acting up.

By practicing radical acceptance on a daily basis, it will be easier to use when tougher challenges come.

From Mental Health America



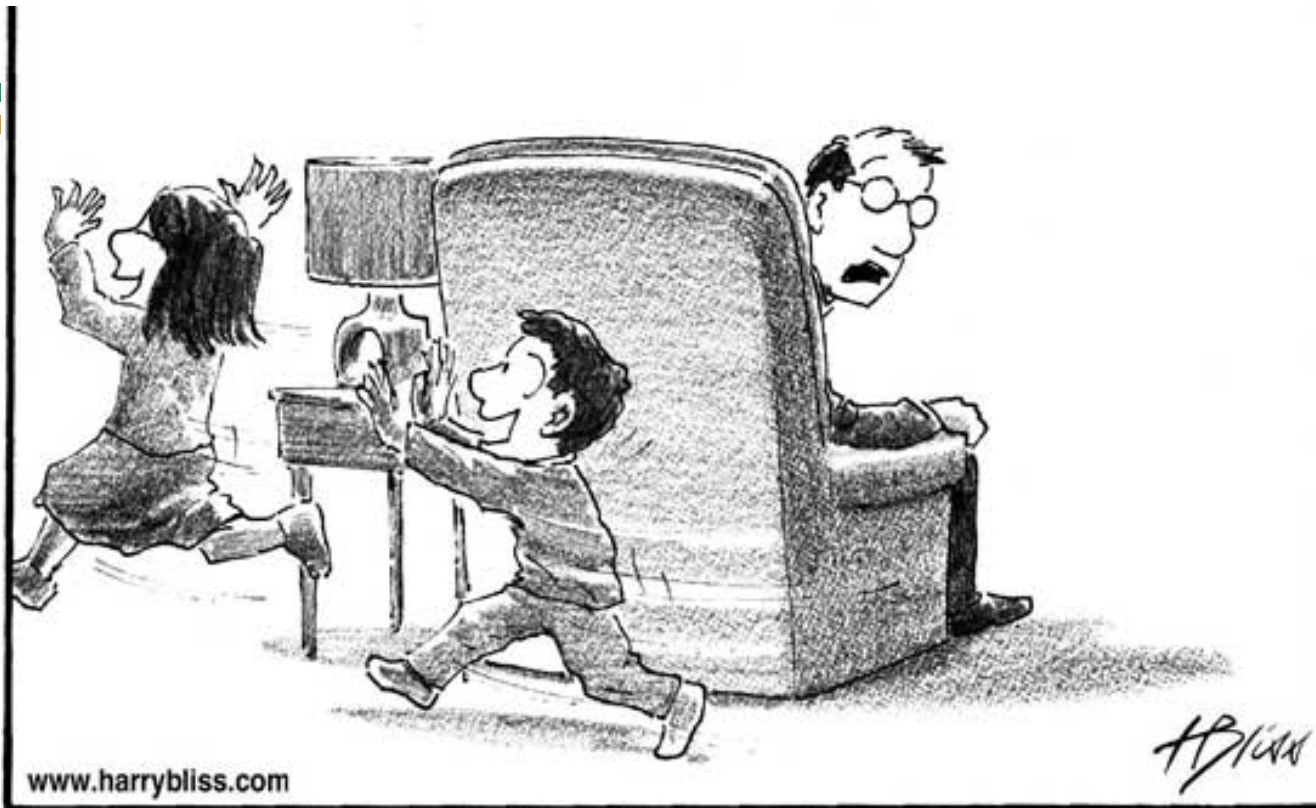
<https://mhanational.org/>

Practicing radical acceptance has been shown to reduce feelings of shame, guilt, and anxiety.

Radical Acceptance

Radical acceptance is to acknowledge that a situation exists, without judging it or yourself.





“You kids are making ‘the radical acceptance of now’ very, very difficult!”

Stress and how we think

- Our judgements can cause stress.
- “He shouldn’t have said that!” She shouldn’t have ___!
- How are we thinking about what is going on around us?
- Are we increasing our stress with our judgements and thoughts about events, people, ourselves?



The Four Questions

BYRON KATIE

<https://thework.com/>

Q1. Is it true?

Q2. Can you absolutely know that it’s true?

Q3. How do you react, what happens, when you believe that thought?

Q4. Who would you be without that thought?

EFT – Emotional Freedom Technique or “The Tapping Technique”



<https://www.webmd.com/balance/what-is-eft-tapping>

Stress and clutter

- ❑ Having too much clutter has been linked to increased levels of the stress hormone cortisol, which leads to tension and anxiety.
- ❑ As those feeling **increase**, so may your sense of helplessness of ever digging out of the mess.

CHECK OUT THESE RESOURCES:

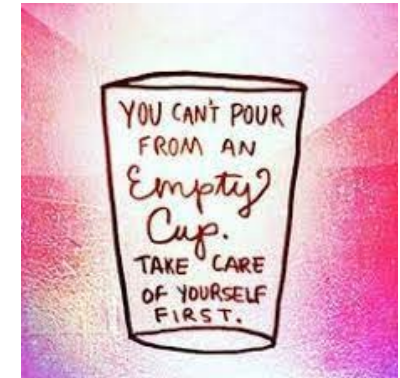
- ❑ www.pinchofhelp.com
- ❑ www.TheHomeEdit.com
- ❑ www.orgjunkie.com
- ❑ www.theminimalists.com
- ❑ **AARP** - <https://www.aarp.org/home-family/your-home/info-2021/simple-decluttering-and-organization-tips.html>



Stress management with Self Care

**Life is like an airplane.
You have to put
your own
oxygen mask
on first.**

SELF
care
IS NOT SELFISH



be good to yourself

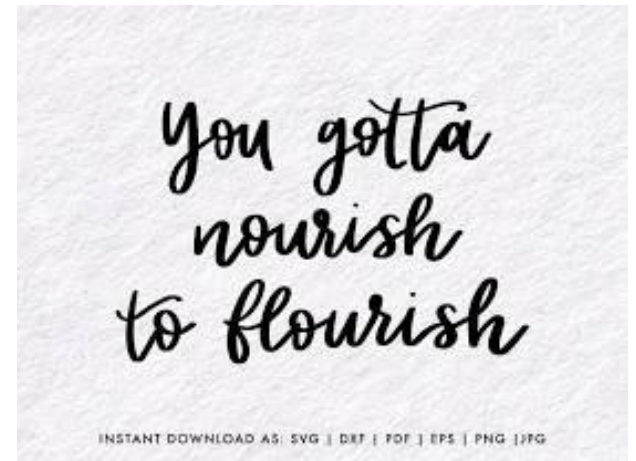


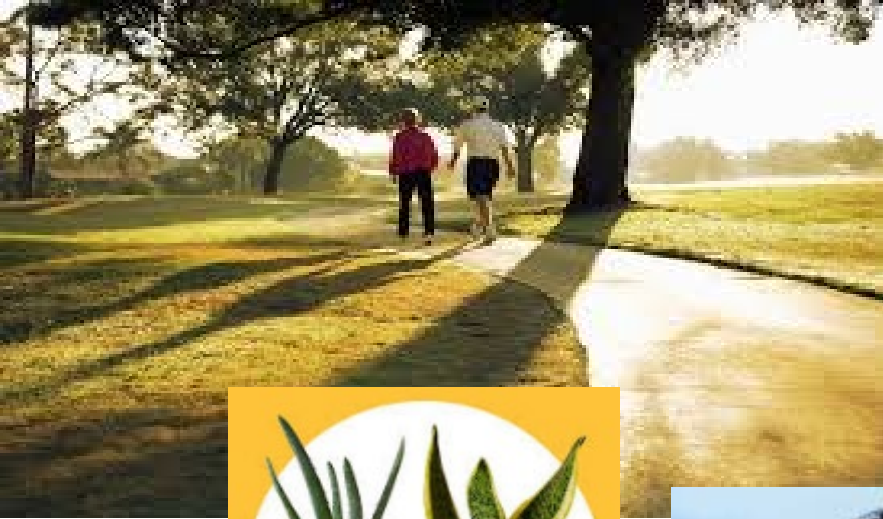


Coping with Stress Through Self Care

We may view self-care as a luxury, rather than a priority.

Consequently, we're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.





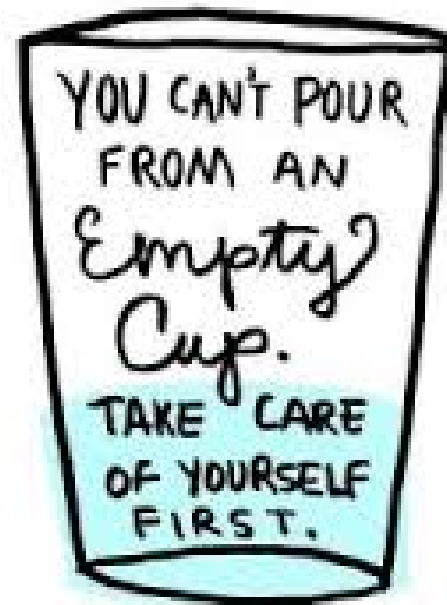
How do you nourish you?



Self Care - What fills your cup?



Write down OR
type into the chat box
a few of the ways
you do self-care.



Exercise reduces the negative effects of stress

Physical activity bumps up the production of your brain's feel-good neurotransmitters, called **endorphins**.



You may often find that you've forgotten the day's irritations and concentrated only on your body's movements.



Exercise improves mood



From “Exercise and Stress”
by Mayo Clinic

[MayoClinic.org](https://www.mayoclinic.org)

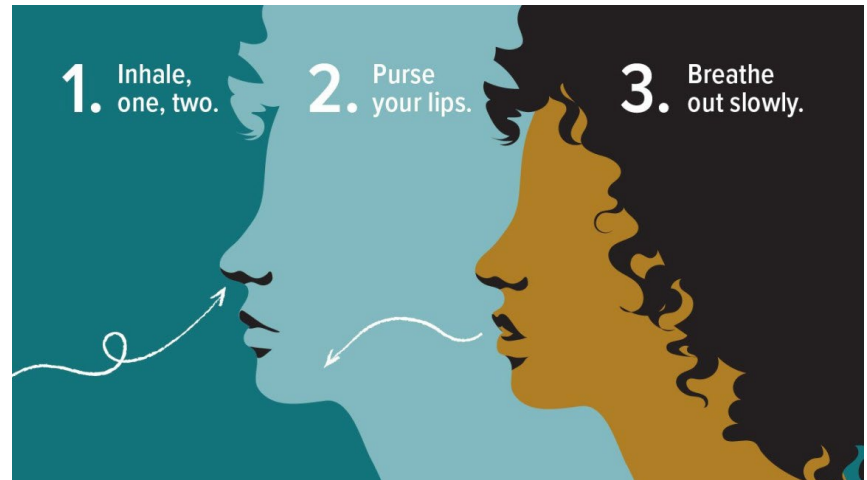
“Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.”

Breathing techniques



Help reduce stressful emotions
Improve situational anxiety
Lower cortisol stress hormones

- **Pursed lips**
 - **Box or 4 square**
 - **Pranayama – Indian breathing**
- + Many more via a Google search**





Stress impacts Mental Health



BE **KIND** TO YOUR **MIND**

Some Signs it's Time to Get Help

- Performance is suffering - school / work / family life
- Coping by using drugs, alcohol, or tobacco
- Eating or sleeping habits change significantly
- Irrational fears and anxiety getting too much
- Trouble getting through daily responsibilities
- Withdrawing from friends and family & not talking about feelings & situations
- Behaving dangerously to yourself or others
- Suicidal thoughts - can't go on - it's all too much - feeling like giving up



It's OK to get help

RESOURCES provided

COPING STRATEGIES AT A GLANCE

Physiological

- Controlled Breathing
- Relaxation
- Diet and Exercise
- Sleep Management
- Environmental Change

Cognitive/ Emotional

- Challenging Thinking
- Controlling Emotions
- Positive Thinking
- Self Awareness

Behavioral

- Time Management
- Acting Relaxed
- Assertiveness
- Working with Others
- Changing behavior

Wright.edu "Coping with Stress"
<https://bit.ly/3vhiMqz>



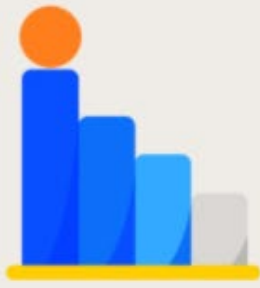
Free Meditation & Stress Reduction



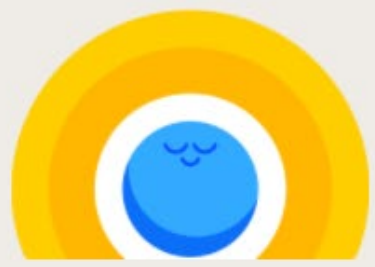
 headspace

headspace.com/mi

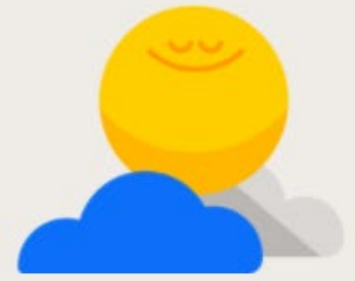
HeadSpace is science-backed meditation and mindfulness



Reduce stress in just 10 days so you can feel less overwhelmed



Boost compassion and resilience to help build greater empathy for others











Reduce negative emotions to help you navigate through tough moments



Stress less, move more, and sleep soundly

Meditations

Guided exercises to help you cope with staying at home.

-  **Stressed**
2:50  9:59
-  **Feeling Overwhelmed**
3:00  3:00
-  **Panicking**
0:00  3:00
-  **Listen to Alone Time - 5 minutes**
0:00  4:59



[headspace.com/mi](https://www.headspace.com/mi)



 headspace

So...What is in YOUR toolbox?

Music

Gratitude

Exercise

Hobbies

Self-Care

Dance

Plants

Nature

Friends

Pets

Talking & Sharing

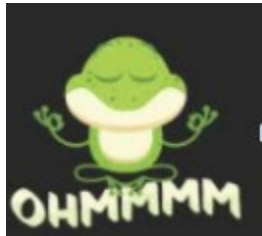
Meditation

Self-Awareness

What has worked before



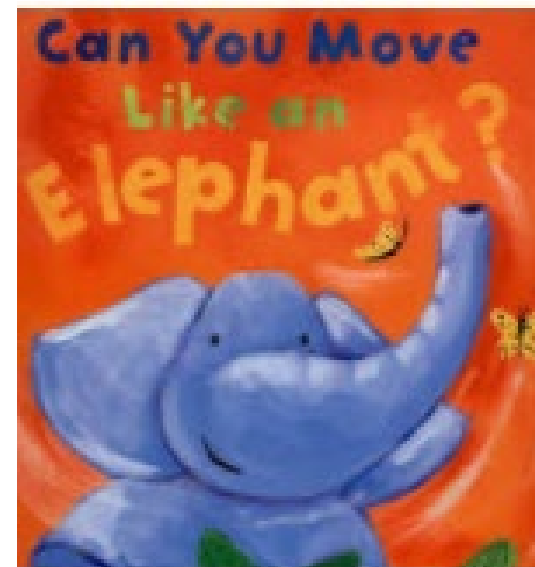
Takeaways: Mindful Ways to Reduce Stress



- **Practice meditation** to quiet your mind
- **Create routines** that give you order and direction in a chaotic world
- Set aside time to **rest** instead of always having to be busy
- Practice **staying in the moment** rather than thinking ahead to what will happen in the future
- Keep your **eating and sleeping** on a schedule
- Focus on your **breathing**. Breathe deeply and exhale slowly
- **Breakdown tasks** into individual steps and tackle them one step at a time
- **Use resources** to learn more about stress management
- **Access professional help** to learn better lifestyle techniques
- **Find humor - funny animal videos - humorous TV Shows**
- Do activities that **take your mind off your worries** like watching a movie

Takeaways: Mindful Ways to Reduce Stress

- **CUT BACK:**
 - On the news - On screen time
 - On overdoing things
 - On taking on more & more
- **Practice a LOT of Self-COMPASSION**
- **Take breaks** when you are doing something that creates stress
- **Stay connected** to those that are important to you.
- **Write down** how you are feeling in a journal then put it down.
- Do **hobbies** that distract your brain from worries.
- Create a daily **gratitude** list.
- **“Move at the pace of an elephant.”**
- **Check for the tension** in your body and negative thinking.
- **Challenge your negative assumptions** about people & situations.




Takeaways: Mindful Ways to Reduce Stress

- ❑ **Be Aware:** of your stress symptoms & begin to address them.
- ❑ **Get Outside:** Even if it is just having your cup of coffee on the porch in the morning.
- ❑ **Stop Judging:** Both yourself and others. It just promotes negative thinking.
- ❑ **Bring Joy & Distract:** Read. Listen to music. Pet the pets.
- ❑ **Watch those thoughts:** Train yourself to avoid negative thinking.
- ❑ **Practice Gratitude & Acceptance:** Change your mindset.
- ❑ **Take it easy:** Make life more manageable - slower - less can be more.
- ❑ **Check it:** How is your body feeling? Your posture? Try a smile :)



Take steps now to feel better!



A black-framed sign with white text is mounted on a light-colored, textured wall. To the left of the sign is a white ceramic vase containing dried, golden-brown grasses. The sign is placed on a wooden surface. The background features decorative horizontal bars in blue, green, and orange on the left and right sides.

Between stimulus and
response there
is a space.

In that space is our
power to choose
our response.

In our response
lies our growth and
our freedom.

Viktor E. Frankl



Beware of coping that leads to poor outcomes

STRESS

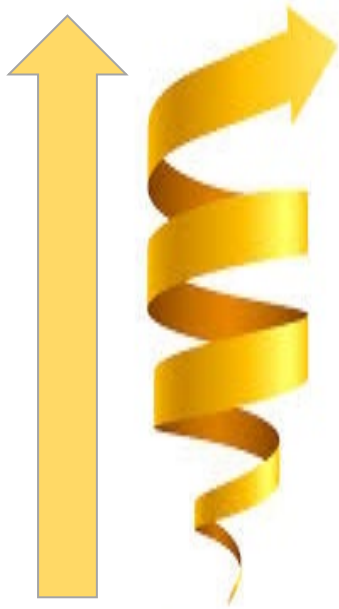


NOT COPING WELL

- Excessive Alcohol consumption
- Overuse of Drugs, Rx, Stimulants
- Food Issues: Too little - too much
- Sleep Issues: Too little or too much
- Isolating | Not sharing feelings
- Avoiding getting support & help when needing medical assistance:
 - Such as dark or suicidal thoughts, wanting to harm self or others, excess anxiety, depression, inability to sleep

Focus on Coping UPWARD!

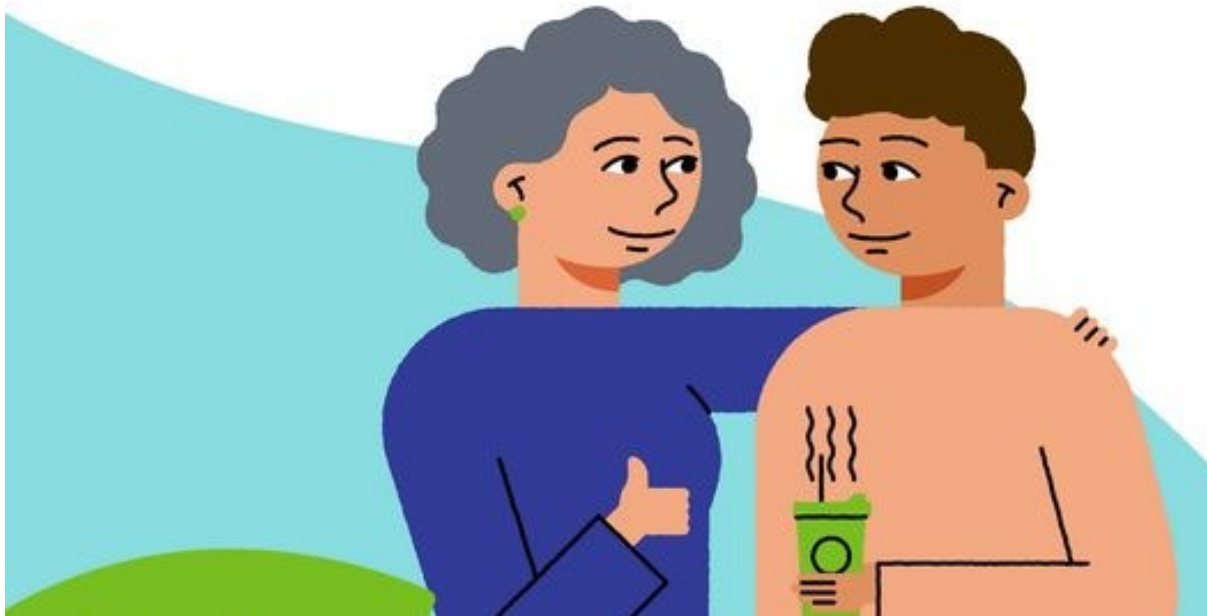
COPING WELL



STRESS

- Regular exercise
- Spending time in nature
- Appropriate use of Rx
- Balanced food & exercise
- Sleeping OK most of the time
- Staying connected to people
- Staying verbal - Sharing feelings
- Getting help as needed
- A general feeling of being OK is maintained

**looking for
work can be
overwhelming**



At Your Service

Monday-Friday, except state holidays

NOVI

31186 Beck Road
Novi, MI 48377

(248) 926-1820

OAK PARK

22180 Parklawn Street
Oak Park, MI 48237

(248) 691-8437

PONTIAC

1850 N. Perry Street
Pontiac, MI 48340

(248) 276-1777

SOUTHFIELD

21415 Civic Center Drive, Suite 116
Southfield, MI 48076

(248) 796-4580

TROY

550 Stephenson Highway, Suite 400
Troy, MI 48083

(248) 823-5101

WATERFORD

7500 Highland Road
Waterford, MI 48327

(248) 617-3600

A Proud Partner of the American Job Center Network

Equal Opportunity Employer: Program auxiliary aids and services are available upon request to individuals with disabilities | Michigan Relay Center or 711

Funded by: David Coulter, Oakland County Executive, Oakland County Workforce Development Board, Michigan Department of Labor and Economic Opportunity



DAVID COULTER
OAKLAND COUNTY EXECUTIVE

Visit us on the web!

You'll find it on our website

www.OaklandCountyMiWorks.com

- + **Training opportunities**
- + **Young Professionals program**
- + **Employers Hiring**
- + **Daily Career Workshops**
- + **Business Resources**

#MoveForward
#Back2WorkMI



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[Facebook.com/OaklandCountyMIWorks](https://www.facebook.com/OaklandCountyMIWorks)



[Twitter.com/OaklandMIWorks](https://twitter.com/OaklandMIWorks)



[Instagram.com/OaklandMiworks/](https://www.instagram.com/OaklandMiworks/)

Stress related RESOURCES

- STAY WELL Michigan <https://bit.ly/37rze0r> Support groups & resources
- www.headspace.com/mi Guided meditations for stress, sleep and for children
- Michigan Suicide Prevention Coalitions and Crisis Lines <https://bit.ly/3ep2NAH>
- SAMHSA - Substance Abuse and Mental Health Administration National Helpline – 1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>
 - confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
- Center for Disease Control: <https://www.cdc.gov>
- Common Ground: 800-231-1127 <https://www.commongroundhelps.org>
- Community Network Services: 800-615-0411 <https://www.cnsmi.org>
- Oakland Community Health Network: 248-858-1210 <https://www.occmha.org>
- HAVEN (Sexual Assault / Domestic Violence) 877-922-1274 <https://www.haven-oakland.org>
- Oakland Family Services: 877-742-8264 <https://www.oaklandfamilyservices.org>
- Lighthouse of Oakland County: 248-920-6100 <https://www.lighthouseoakland.org>
- Substance Abuse 24 hour access line: 800-467-2452
- Alcoholics Anonymous <https://www.aa.org/>
- Al-Anon www.al-anon.org For those worried about someone with a drinking problem
- CoDA www.coda.org For people seeking healthy & satisfying relationships 888-444-2349
- “Building Your Resilience” <https://www.apa.org/topics/resilience>
- Article on resilience: “I’m a survivor! How resilience became the quality we all crave.” <https://bit.ly/3t2bcOC>
- “Mindfulness & Self-Compassion” in Psychology Today <https://bit.ly/3cmoZcb>
- Stress Management Help Guide <https://bit.ly/3viXglf>
- Outstanding in-depth presentation on Stress: <https://bit.ly/3vhiMqz>
- The Trevor Project: <https://bit.ly/3qCP3F3> Support for LGBTQ Youth 1-866-488-7386
- Make your bed in the morning Video -> <https://bit.ly/3tldqbY>
- “Exercise and Stress” Mayo Clinic <https://mayoclinic.in/3vvFYBg>
- Guided Meditations https://www.umssystem.edu/totalrewards/wellness/mindfulness/mindfulness_practices
- On Being - “What’s Happening in Our Nervous Systems?” <https://bit.ly/31djneR>
- SLEEP TIPS: <https://www.wellnessworksdetroit.com/sleep-for-health-tips-for-a-better-nights-rest/>

Stay Well Michigan at www.Michigan.gov/StayWell

BE
KIND TO YOUR MIND

SUPPORT FOR EVERYONE
Every Monday at 7 p.m.

STAY-WELL
Michigan.gov/StayWell

A poster with a yellow background. At the bottom, several hands of different colors (purple, blue, orange, yellow) are shown holding each other in a supportive grip. The text is in a playful, rounded font.

STAY WELL

Support for people who are grieving

Tuesdays at 12 p.m.
and Fridays at 6 p.m.

STAY-WELL
Michigan.gov/StayWell

A poster with a background image of a sunset over a field of tall grass. The text is centered and uses a clean, sans-serif font.

TEEN TALK

Every Wednesday at 4 p.m.

STAY-WELL
Michigan.gov/StayWell

A poster with a purple background and abstract shapes in orange, blue, and white. The text is in a white, outlined font.

Cultivating Joy

A video series produced by the Stay Well program.

12 step Support Groups:



Web information - Online meetings - Phone meetings -
In person meetings (as allowed by Covid):

- Alcoholics Anonymous: <https://aa-semi.org>
- Narcotics Anonymous: <https://na.org>
- Al-Anon www.al-anon.org
- Co-Dependents Anonymous www.coda.org

Remember:



. . . all the effective ways you use
to bounce back from stress!



It's OK to get help


This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment.

It isn't to diagnose or treat a health problem or condition.

Consult your physician. Get help if needed.

Because...





You're actually not a mess at all.

You're just a feeling person in a messy world.

You are exactly right to feel a lot right now.

It does not mean you're weak- it means you're strong enough to be paying attention.

Be gentle with you, please.

Balance is key!



**Thank you for sharing this time with me!
I'm grateful!**

thank you

for joining us today!

SURVEY