

Let's Talk About STRESS!



WELCOME!
We are glad you're here!

Workshop Guidelines

- Please be courteous and respectful to the host and other participants
- 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 your 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.
- Consider completing the survey

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.



What we'll cover today



- Understanding STRESS
- STRESS in life + Covid-19 in 2020, 2021 to the present
- 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
- Mindfulness – A guided meditation
- Resources for following up later



COVID & STRESS



Years with COVID-19

Many of us have lost someone dear to us.

We have been impacted in so many ways...

- We have experienced this illness up close
- We have been ill ourselves, or cared for others
- We've mourned the death of family, friends, co-workers
- Gatherings to honor those that passed have been challenging, or we've been unable to visit the sick.

We have been dealing with grief and loss.





What we've been dealing with...

- \$\$ worries
- Food Insecurity
- Housing & transportation challenges
- Isolation from family & friends
- Schools Closed - Homeschooling - Childcare issues
- Caregiving others
- Some jobs not coming back any time soon.
- Unemployment: A large # of people out of the workforce & women impacted in greater numbers*

*The **COVID-19** pandemic **has** significantly affected the U.S. **female workforce**, with 2.5 million **women leaving** the job market since the beginning of the public health crisis, compared to 1.8 million men, according to data from the U.S. Bureau of Labor Statistics.



Let's reflect for a minute



Let's take a moment to reflect...What would you add to this list?

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

(write or chat)

So let's define ***STRESS***



Something that:

- causes frustration, anger, nervousness or anxiety
- creates too much pressure in your life - Maxed out!
- feels overwhelming
- threatens your well-being
- puts you into survival mode
- causes mental, emotional or physical distress
- pushes you past your resources or limits
- exerts excessive pressures or demands

How STRESS shows up in us

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

How STRESS shows up in us

- ☐ 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.
- ☐ Everything feels like it is just too much
- ☐ Personal & Work problems / conflicts

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



- “Re-cycle & Re-use” what has worked for you.
- Look back at how you have handled stress before.
- Reflect on how much you have overcome.



What helps you with Stress?



Let's take a PAUSE & write 3 down.

- Feel good about your tools – your **“Stress coping capabilities”**
- **Use them & Re-use them**
- Practice daily those things that work well for you.



Tip: Watch for Coping that leads into a Downward Spiral

STRESS

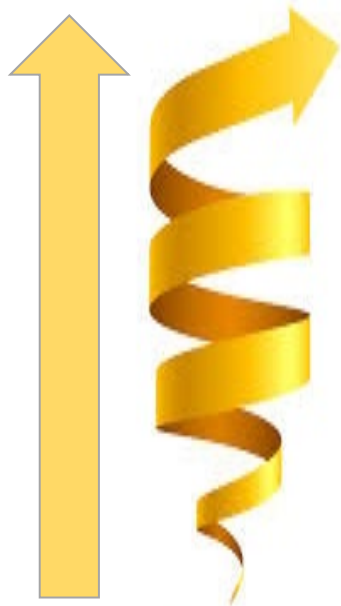


NOT COPING WELL

- Excessive Alcohol
- 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
- Dark or suicidal thoughts

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



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



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:

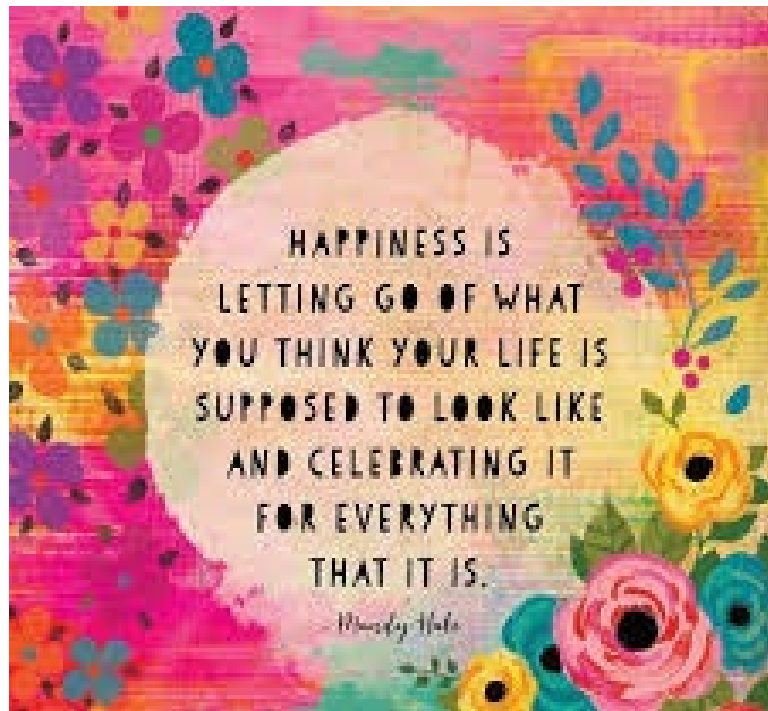


Gratitude
is The Best
Attitude

Gratitude



Stand up to stress and feelings of lack with GRATITUDE



Acknowledging
THE GOOD
THAT YOU
ALREADY HAVE IN YOUR LIFE
IS THE FOUNDATION
FOR
ALL
ABUNDANCE

Eckhart Tolle
"The Power of Now"



Building Resilience

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

—such as family and relationship problems, serious health problems, or workplace and financial stressors.

American Psychological Association

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

Building Resilience to deal with Stress

Psychological Resilience

- Be **Self-Compassionate**.
- How are you talking to yourself?
- How does it make you feel when you think that thought?
- Be Flexible - more like a willow tree.
- Be the observer



Stress and how we think

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




The Four Questions

- 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?

BYRON KATIE
<https://thework.com/>

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

A quote by Steve Maraboli is displayed in white text on a chalkboard background. The chalkboard has a dark green surface with a horizontal line of orange and yellow chalk. The quote is: “Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

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

Steve Maraboli

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

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

Radical Acceptance

Radical Acceptance

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



Radical acceptance is **when you accept things the way they are without resistance**. Instead of fighting reality, you're accepting reality by letting things go. When you practice radical acceptance, you accept things when they don't go your way, making it easier to break a cycle contributing to emotional struggles.

Radical Acceptance

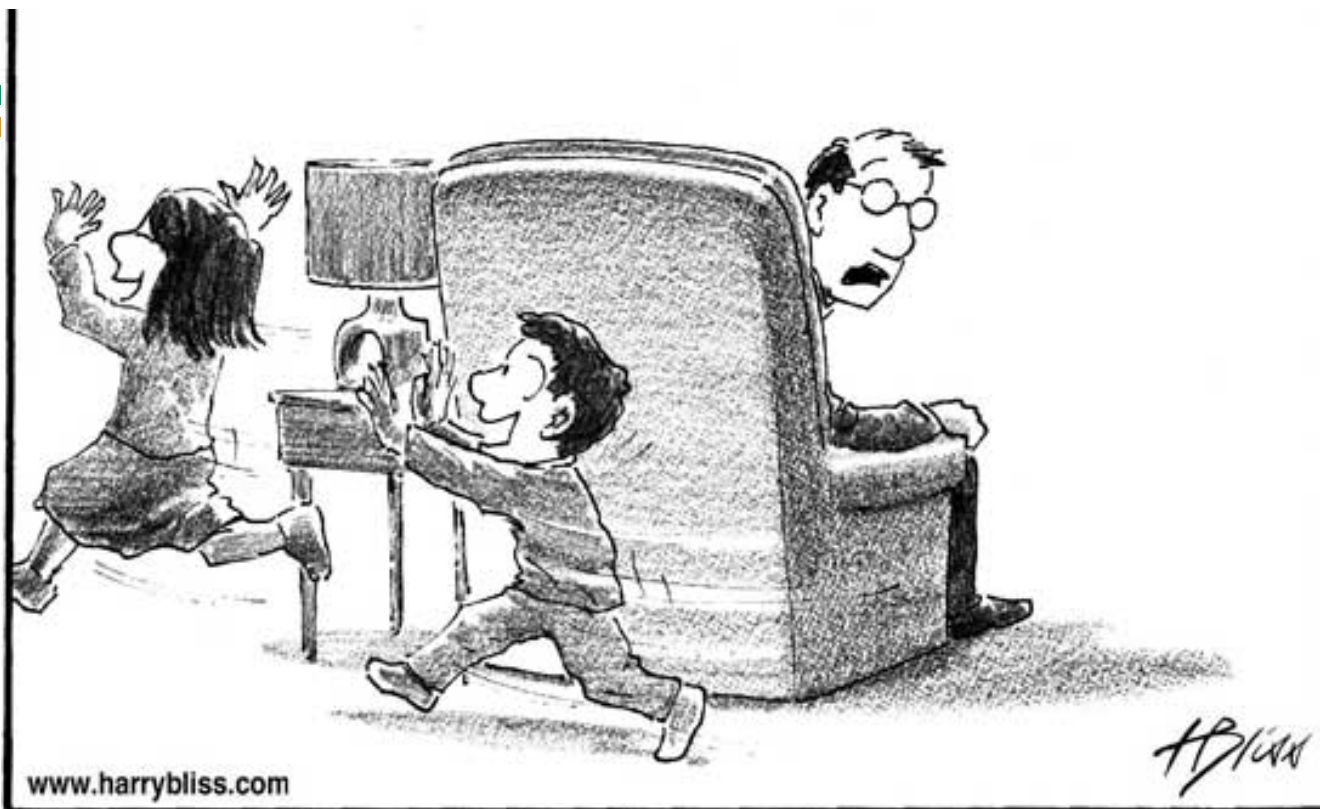
Radical acceptance is a great tool to cope with hard situations. Start by trying it out in smaller situations like when you're stuck in traffic or your internet is acting up.

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/>

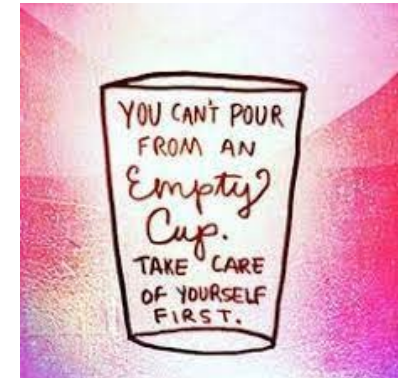


“You kids are making ‘the radical acceptance of now’ very, very difficult!”

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

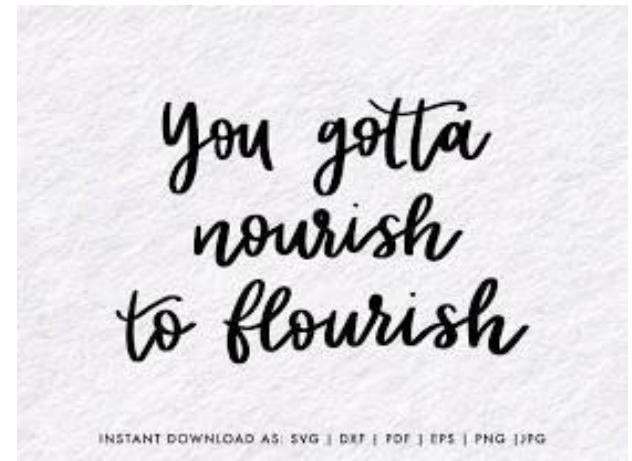




Coping with Stress Through Self Care

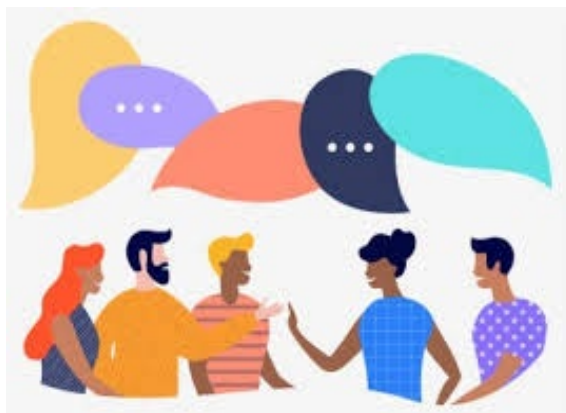
We may view self-care as a luxury, rather than a priority.

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





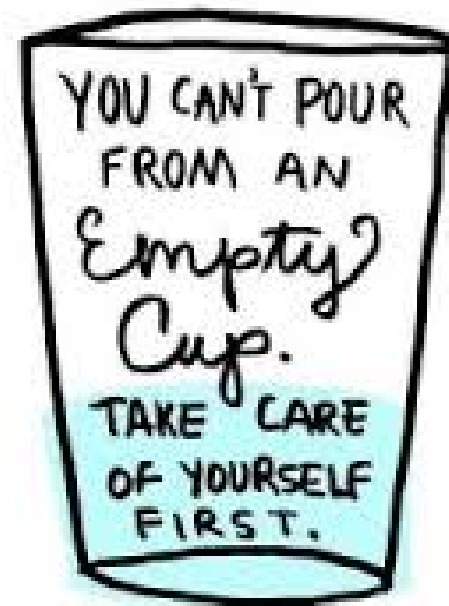
How do you nourish you?



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.”



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>



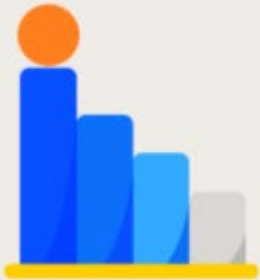
Free Meditation & Stress Reduction



 headspace

headspace.com/mi

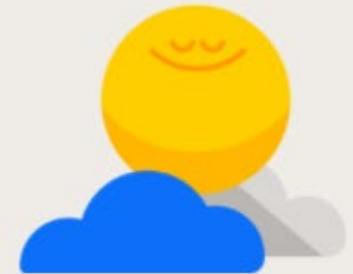
Headspace is science-backed meditation and mindfulness



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



 headspace

17 WAYS TO BEAT STRESS

**make a
to-do
list**

**deep
breathing**

**take a
nap**

meditate

**enjoy
nature**

**go for
a walk**

exercise

tai chi

organize

**guided
meditation**

**8 hrs of
sleep**

**eat
well**

**find a
hobby**

journaling

**watch a
movie**

**positive
affirmations**

yoga

So...What is in YOUR toolbox?

Music

Gratitude

Exercise

Hobbies

Self-Care

Dance

Plants

Nature

Friends

Pets

Talking & Sharing

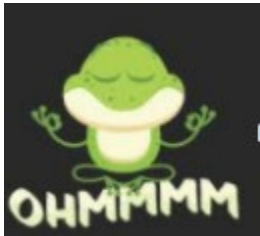
Meditation

Self-Awareness

What has worked before



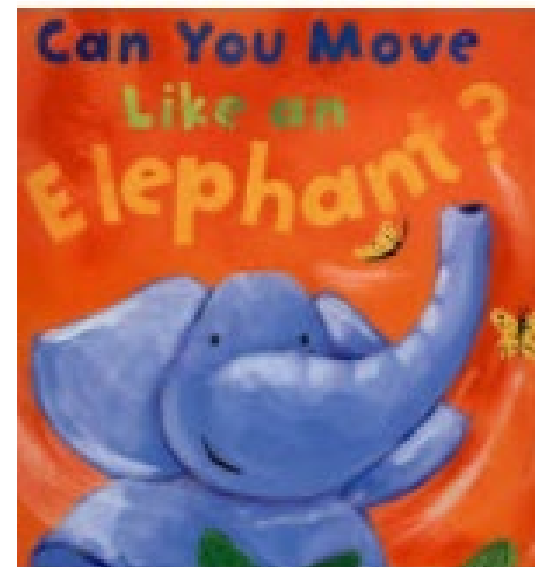
Takeaways: Mindful Ways to Reduce Stress



- **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!





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.

Remember too...

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 matter!**



It's OK to get help



A black-framed sign with white text is centered on a rustic wooden surface. To the left of the sign is a white ceramic vase containing dried, golden-brown grass. The background is a light-colored, textured wall. The entire image is framed by a white border with orange and green horizontal stripes on the left and right sides.

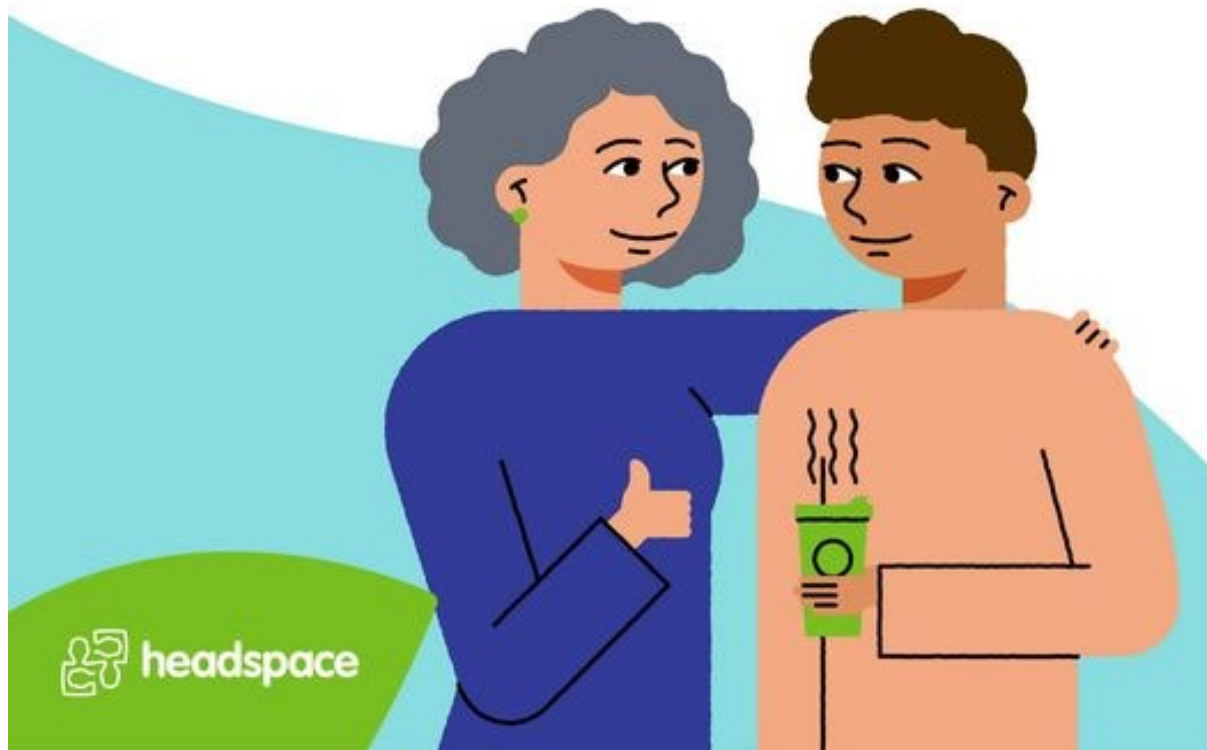
Between stimulus and
response there
is a space.

In that space is our
power to choose
our response.

In our response
lies our growth and
our freedom.

Viktor E. Frankl

**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/)

Resources

- 911
- 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.org/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>

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!

Balance is key!



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

thank you for joining us today!

SURVEY