

STRESS & RESILIENCE

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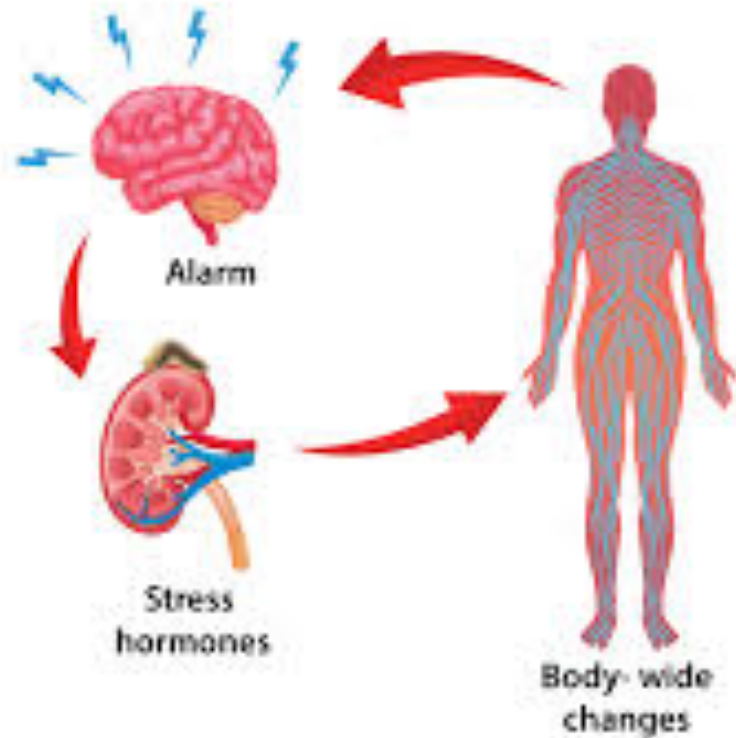


WHAT IS STRESS?

- Everyone experiences stress.
- Your body's reaction to perceived pressure from a certain situation or life event.
- Physical, mental, or an emotional reaction.



THE STRESS RESPONSE



Triggering
the nervous
system.



Fight, Flight,
or Freeze
mode.

TYPES OF STRESS: GOOD VERSUS TROUBLESOME STRESS.

Positive Stress

- Not all stress is bad!
- Stress can create motivation.
- The ability to learn from your stress.
- Better prepared to handle similar stressors the next time around.



TYPES OF STRESS: TROUBLESOME STRESS



- Continually in an aroused state and can't return to a relaxed state.
- Avoid what is causing you stress, anticipate a stressor in the future or replay something stressful that happened over and over again in your head.
- Acute or Chronic.
- Leads to mental and physical exhaustion and illness.

TYPES OF STRESS: ACUTE VERSUS CHRONIC

Acute

- Stressed for a short period of time.
- Typically single events.

Chronic

- Daily stressors.
- Consistent and can accumulate.



EFFECTS OF CHRONIC STRESS

Physical Effects

- Headache
- Trouble Sleeping , or sleeping too much
- Muscle pain or tension
- Digestive issues
- Change in sex drive
- High blood pressure

Emotional & psychological Effects

- Feeling you can't get things done/ Lack of motivation
- Moodiness
- Anxiety
- Restlessness
- Burnout
- Sadness or depression

CAUSES OF STRESS

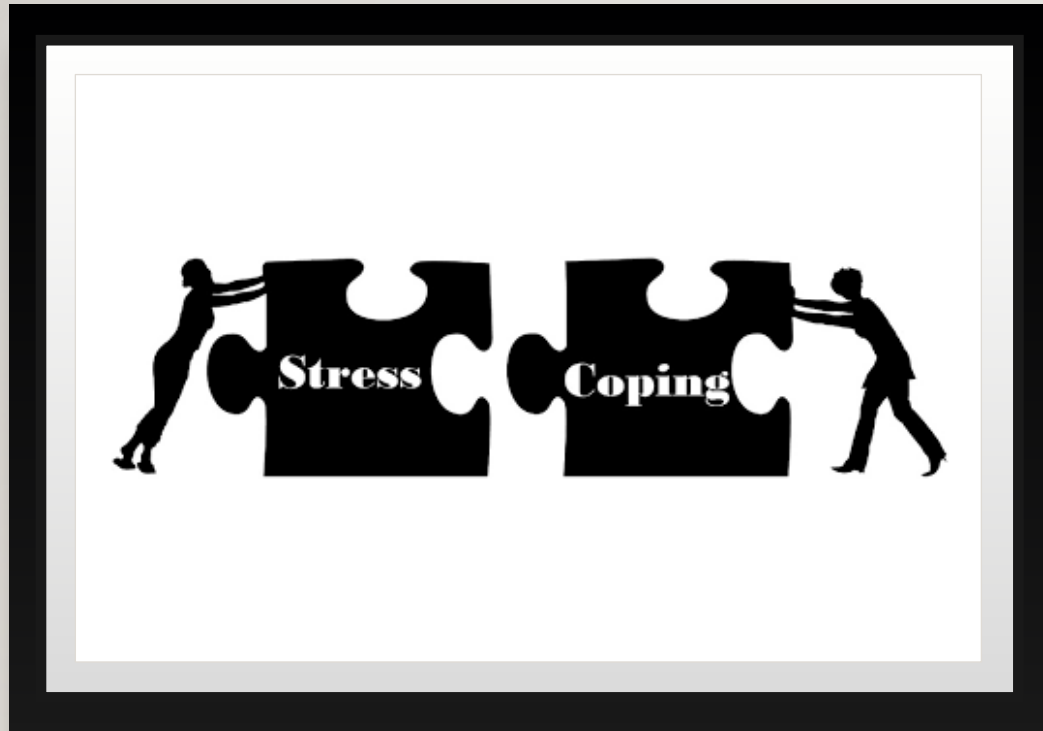
- Conscious and/or unconscious
- When the demands on the person exceeds the person's reasonable capacities to fulfill them.
- Relationships (family, friends, partner), Academic pressure, Loss and grief, Living arrangements, new environments, time management, balancing social life, unrealistic expectations, Physical health, acute and chronic health conditions, Social media comparisons, Communication, and Gender identity and sexual orientation.



SYMPTOMS OF STRESS

- Lack of concentration, Memory problems, Trouble thinking clearly, Inability to problem-solve, Depression and sadness, Irritability, Frustration, Anger, Nervous, Worried, Fearful, Feeling out of control, Racing heart, Rapid breathing, Upset stomach, Stomach "butterflies", Weight gain or loss, Back, shoulder or neck pain, Tension or migraine headaches, Skin problems (i.e., acne, hives), Hair loss, Sweaty palms or hands, Fatigue or trouble sleeping, Substance abuse, etc.

STRESS & COPING



**HOW DO WE MANAGE & COPE
WITH STRESS?**

GROWTH, RESILIENCE & STRESS MINDSET

- The **way you view** stress has an impact on your wellbeing.
- Learning new coping skills and habits will help you get better at stress and build **resilience**.
- Recipe for managing stress involves having **resistance resources**, a variety of **coping strategies**, and **building resilience**.



COPING WITH STRESS

Resistance Resources

- Personal and social resources that may buffer a person from the impact of stress.

Coping

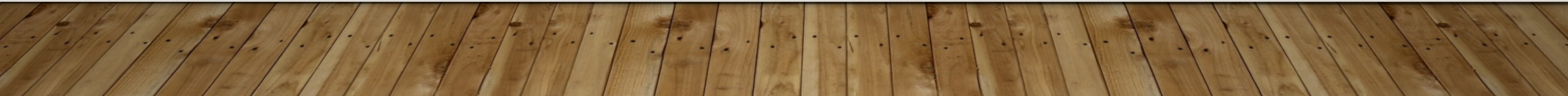
- All the things you might think, feel, and do in response to stressful events.



COPING WITH STRESS: TYPES OF COPING

- **Problem-Solving Focused:** Directed at problem solving or taking action to change the source of the stress.
- **Emotion Focused:** Directed toward managing one's emotional response to the problem.
- **Social:** Involves seeking both emotional and concrete aid from others or advice.
- **Meaning Focused:** Involves trying to see the positive or meaningful aspects of the situation, especially with severe or chronic stressors.

How would you define your coping style? Which one(s) do you already use? Are they effective?



EXAMPLES OF COPING WITH STRESS

- Identify what causes you stress.
- Get plenty of sleep.
- Do a digital detox.
- Get comfortable with feelings, and share with others.
- Manage your time.
- Practice relaxation, gratitude, mindfulness and self-compassion.
- Go outside and be with nature.
- Set boundaries.
- Nourish your body with food and movement.
- Laugh- A lot!
- Get social and help others.
- Everyday, do something that brings you joy.
- Take small steps

FLEXIBLE COPING STRATEGIES



- Coping strategies should be looked at as proactive and not simply reactive responses to our environment.
- Put emphasis on the flexible nature of coping, the focus is on how individuals cope with particular situations and, coping strategies are meant to vary across situations.
- Having more “tools in your toolbox”.

COPING & RESILIENCE

- There is a close association between coping and resilience such that a person's resilience affects what coping strategies are used, and the ability to cope effectively with stress affects a person's resilience.
- Resistance Resources, Coping, & Resilience are all intertwined in how effectively we manage stress.



WHAT IS RESILIENCE?

- The degree to which a person can respond adaptively to stressful experiences is referred to as resilience.
- Resilience is an umbrella term encompassing a number of overlapping facets, including social, psychological, and cultural factors.
- Resilience is being able to turn towards your personal strengths to transform difficult or challenging experiences into learning opportunities.
- **Resilience is a journey, and each person will take their own time along the way.**

RESILIENCE FACTORS



- **Trust**
- **Identity**
- **Independence**
- **Relationship/Support Systems**
- **Initiative & Problem Solving Skills**

DEVELOPING A RESILIENCE PLAN

Prepare for a difficult situation

- What do I think is going to be the outcome of this difficult task/situation?
- Who will be affected by this problem and how?
- What are the obstacles that I need to overcome to deal with this problem?
- Who should know about the task or situation?
- Who can I ask for help?
- What strengths do I have that I can rely on?
- What skills and knowledge do I need to use to get through this task/situation?

DEVELOPING A RESILIENCE PLAN

Live through a difficult situation

- How am I feeling today?
- How are the other people involved handling the situation?
- What new actions need to be planned or taken?
- What is going well? What is challenging?
- Fill in the blanks. What resilience factors will you draw on as you live through the problem?
 - I have...
 - I can...
 - I am....

DEVELOPING A RESILIENCE PLAN

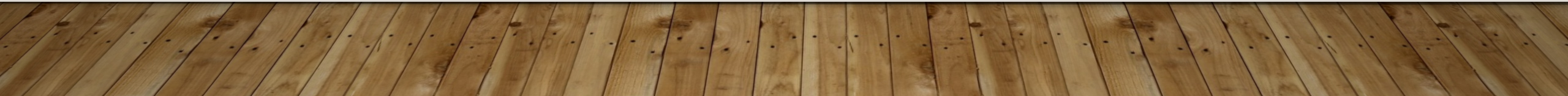
Learn from a difficult situation

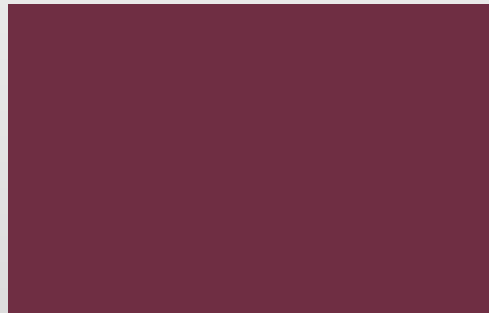
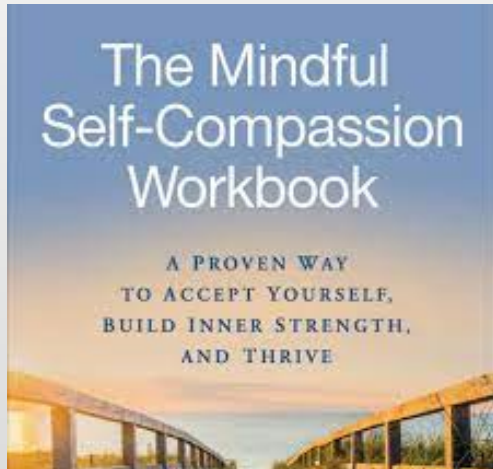
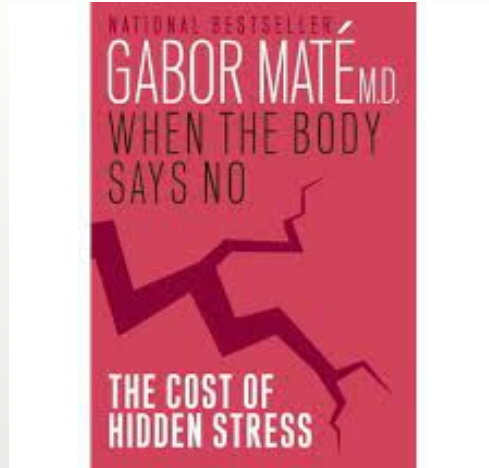
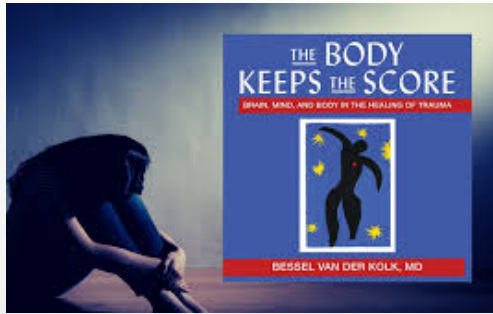
- What did you learn about yourself?
- What did you learn about your friends?
- What did you learn about yourself when you had to ask for help?
- Why was this a meaningful experience for me?



REVIEW

- Stress is a universal human experience.
- Your body experiences hormonal changes and physiological responses when you are faced with a stressor, known as the stress response.
- Not all stress is bad, but it can lead to troublesome and chronic detriments to our physical, emotional and psychological well-being.
- Causes of stress can be conscious or unconscious, and avoiding symptoms of your stress will make them intensify and become more challenging.
- Coping with stress means having a variety of strategies in place, to better manage the symptoms and lessen or eliminate the effects.
- Resilience is a key component to meeting stress, and developing an achievable resilience plan will help you better prepare, live through and learn from a difficult situations.





ADDITIONAL RESOURCES

- When the Body Says No, by M.D. Gabor Mate
- The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma,, by Bessel Van Der Kolk
- The Mindfulness Self-Compassion Workbook, by Christopher Germer and Kristin Neff

THANK YOU

Any questions or comments?

