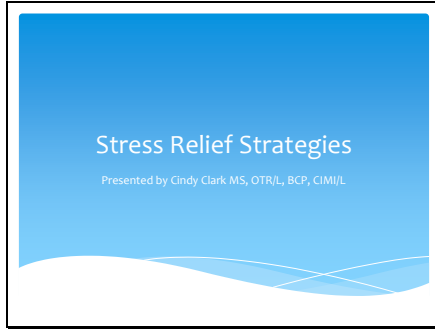


Slide 1



Slide 2



Slide 3

Introductions

- * All about you
- * All about me
- * What do you want to know?

Slide 4

What is Stress?

Stress is a state of mental tension and worry caused by problems in your life, work, etc.

Stress is a specific response by the body to a stimulus, such as fear or pain, that interferes with the normal physiological balance of an organism.

Slide 5

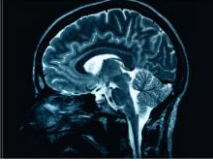
Causes of Stress

- * Biological or medical
- * Personal or social factors
- * Family Circumstances
- * Sociodemographic factors

Slide 6

Brain Structures

- * Brainstem
- * Limbic system
 - * Amygdala
 - * Hypothalamus
- * Cortex
- * Autonomic nervous system




Slide 7

How Stress Affects Your Body

“Fight or Flight” Reaction

Autonomic Nervous System
Sympathetic
Parasympathetic

HPA Axis
Hypothalamus
Pituitary
Adrenal glands - Cortisol



Slide 8

How Stress Affects Your Body

- * Increases blood sugar
- * Weight gain – initially fluid, then fat
- * Memory loss and difficulty learning
- * Muscle tension
- * Insomnia
- * Increases blood pressure

Slide 9

You are in Charge!

- * Identify – situations, thoughts, beliefs, memories
- * Assess – slow down your breathing and determine if you need to be in “fight or flight”
- * Decide –how will you respond
- * Respond – choose from many different stress relief strategies how you will respond

Slide 10

Stress Relief Strategies

- * Breathe
- * Mindfulness – guided visualization, prayer, put your phone away!
- * Physical Activity
- * Movement Based Learning Activities

Slide 11

Stress Relief Strategies

- * Sleep
- * Experience flashes of beauty
- * Do an activity that makes you feel personally competent
- * Practice forgiveness – including yourself

Slide 12

Resources

- * Link to 16 minute guided relaxation by Cathy Holway DPT <http://bit.ly/1e6ZKZp>
- * Stress Management, How to Reduce, Prevent and Cope with Stress. <http://www.helpguide.org>
- * 9 Stress Relief Strategies that Actually Work <http://alifeofproductivity.com/9-stress-relief-strategies-that-actually-work/>

Slide 13

Thank You!

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