

# Stress Less

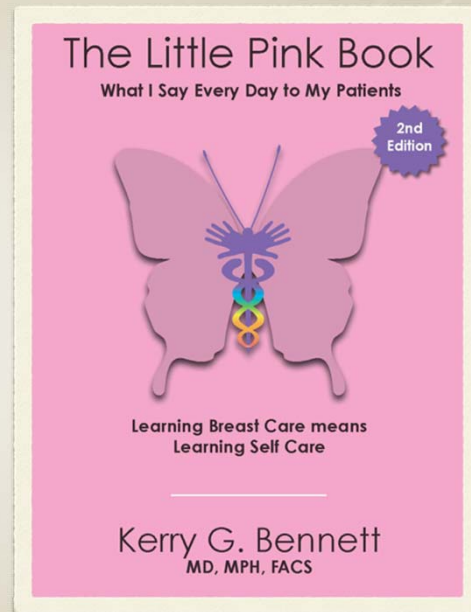
Tools to improve your relationship with yourself  
September 30, 2016  
MMS Women's Leadership Forum

## Goals

- \* Specific tools you can learn and use as you move forward in life
- \* Self care
- \* Start with self to be a full vessel to support others

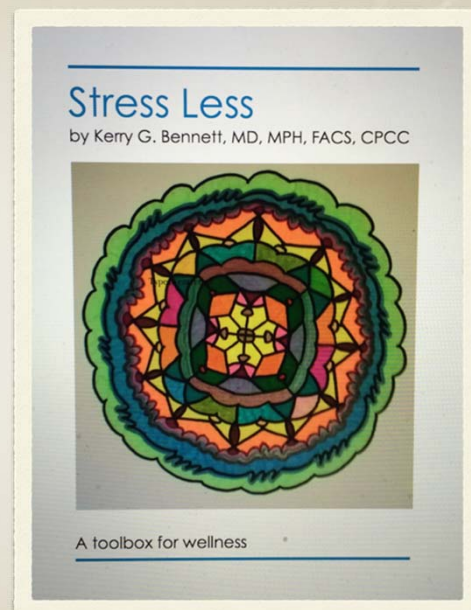
# The Little Pink Book

What I Say Every Day  
to my Patients



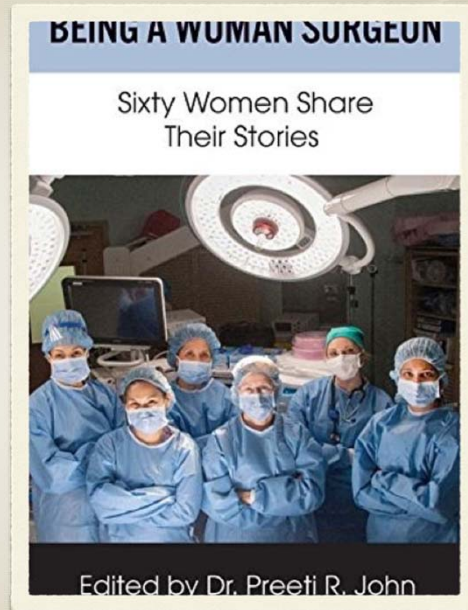
# Stress Less

A toolbox for wellness



# Power of Story

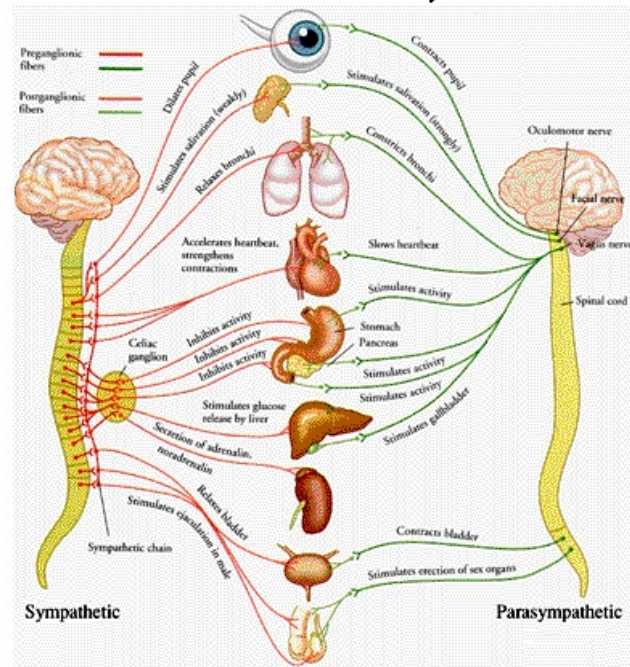
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## Parasympathetic and Sympathetic Nervous Systems

Brown & Benchmark Introductory Psychology Electronic Image Bank copyright © 1995 Times Mirror Higher Education Group, Inc.

### Autonomic Nervous System\*

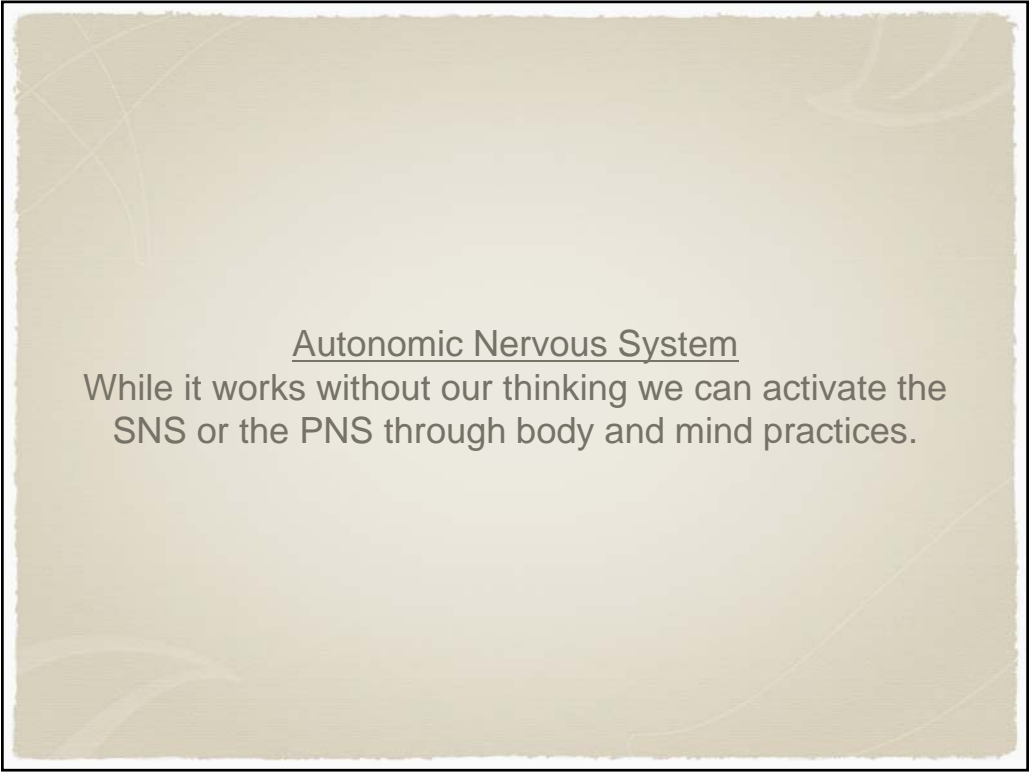


## Key is activate the PNS

We are teflon for the positive and velcro for the negative  
 Staying in fight, flight, freeze has been adaptive but presence and calm are now becoming more adaptive



# How?



## Autonomic Nervous System

While it works without our thinking we can activate the SNS or the PNS through body and mind practices.



# Basics of PNS activation

- \* Body - movement and breathe
- \* Mind - thought awareness and choice
- \* Connection - nature, people, animals, something larger than yourself

# Why?

- \* Stress relief
- \* Improve health
- \* Personal growth
- \* Strengthen relationships
- \* Increased energy
- \* Increased happiness/ sense of well being

# Why?

- \* Respond not react
- \* Deal with difficult people
- \* Cope with stressful circumstances
- \* Improve life with yourself, at work, & in your relationships



## Create a space

Between stimulus and response there is a space. In that space is our power to choose our response.

# Tools

- \* Long, slow deep breaths
- \* Washing your hands
- \* Laughing
- \* Practicing Gratitude (say Thank you)
- \* Going to the bathroom
- \* Putting a hand on your skin or heart
- \* Sighing
- \* Listening to music

# More tools

- \* Being with people who fill you up rather than drain you
- \* Think of someone you love before speaking to someone you dislike
- \* Watching You Tube or other videos
- \* Increase curiosity
- \* Scribble
- \* Move your body in the bathroom or locker room
- \* Feel your hands and feet and what they interface with



## More tools

- \* Gardening
- \* Reading
- \* Knitting
- \* Washing dishes
- \* Cooking
- \* Taking a shower
- \* Going outside
- \* Dancing
- \* Looking at nature
- \* Being with your pets

## S4r

- \* Stop
- \* Stay
- \* Sense
- \* Step
- \* Repeat

# HALT

- \* Hungry
- \* Angry
- \* Lonely
- \* Tired
- \* if you are any of these HALT.
- \* Eat, calm, connect and/or rest.

Remember:

The bigger the reaction, the more  
about it's about the person reacting.

Some critics will write 'Maya Angelou is a natural writer' — which is right after being a natural heart surgeon.

*—Maya Angelou*

*Practice*  
*Same way all the time*  
*Provides structure & flexibility*

## It's starts with you

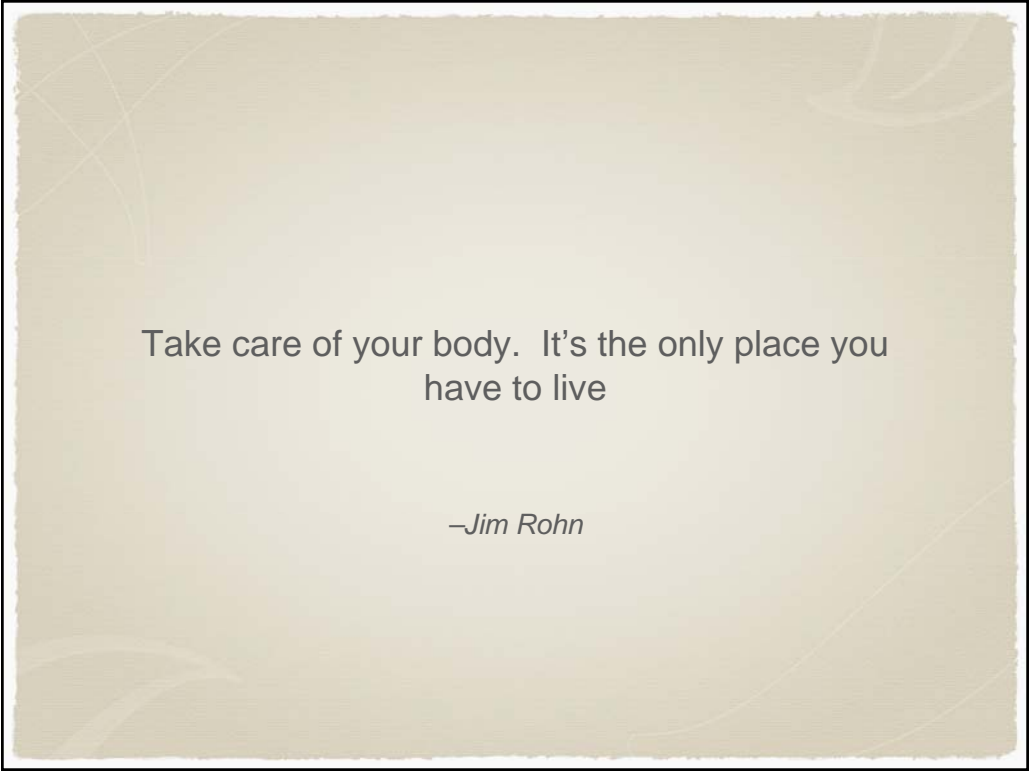
- \* It starts with each of us and then affects others around us and our world
- \* So I will offer what works for me
- \* "Stress Less" offers 46 tools, some of which we have discussed, I offer 3 more here

## Core practice

- \* Movement
- \* Meditation
- \* Nature
- \* Practice for body, mind and connection

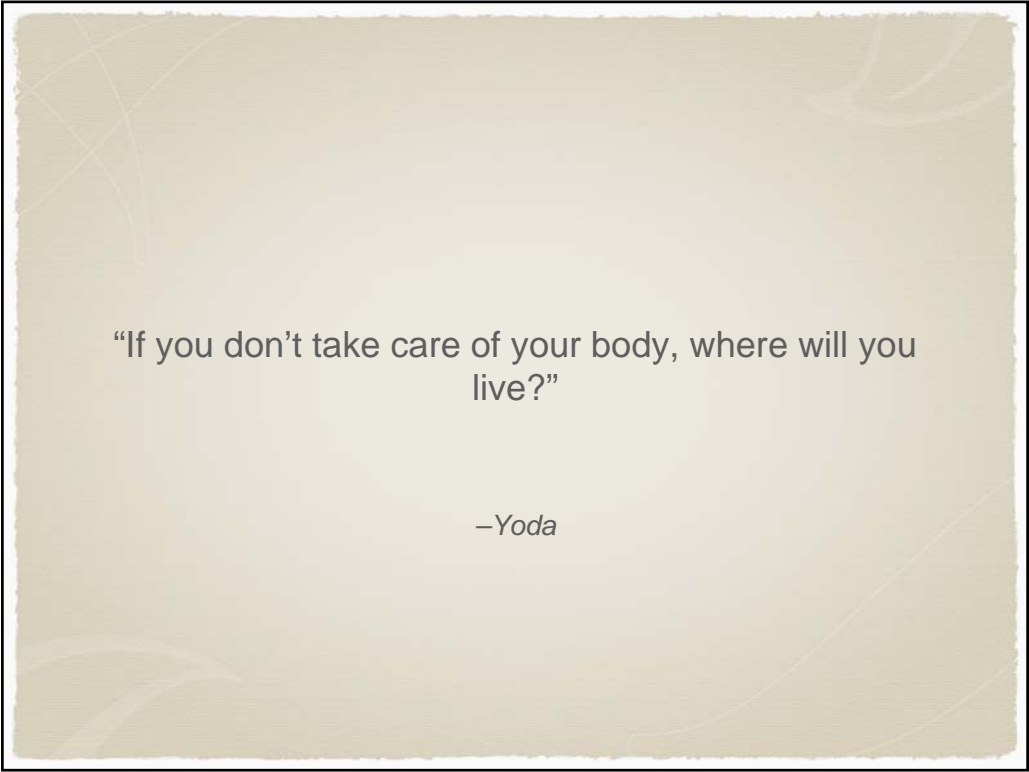
MMN  
Meditation Movement Nature  
leads to MAMA CAN  
Awareness, Appreciation, Acceptance,  
Connection

Movement



Take care of your body. It's the only place you  
have to live

*—Jim Rohn*



“If you don’t take care of your body, where will you  
live?”

*—Yoda*



# Movement

- \* We are animals and animals need to move
- \* Gets the blood flowing
- \* Cleanses body's waste
  - \* stool, urine, breath, sweat
- \* Improves health, prevents disease

# Movement practices

- \* Yoga
- \* Circle your joints as you ready for your day
- \* Walk as much as you can
- \* Stretch for 10 minutes
- \* Park far away
- \* Engage in activities you enjoy
- \* Do something you loved to do as a child

# Meditation

Research has shown that meditation offers many benefits, including regulating your stress and energy levels, improving your creative thinking, and, healing to contribute to professional and personal success.


*—Deepak Chopra*

# Meditation

- \* Many ways to do
- \* Anchor (ex. breath, light, mantra)
- \* Helps us dis-identify from our thoughts
- \* Training in releasing from “monkey mind”
- \* Most important is not what or how but staying with what is
- \* No right way
- \* Rewires the brain
- \* Can be uncomfortable/ face much resistance

# Mindfulness

- \* Defined as awareness through paying attention on purpose in the present moment without judgment
- \* Meditation is a type of mindfulness practice
- \* Become aware of what you are doing as you are doing it
- \* Increases happiness, appreciation, lowers bp and hr



Luke 6:31 As you wish that others would do to  
you, do so to them.

Be kind.



Let's practice

MMN

Movement, Meditation, Connection to Nature

## Chair Yoga

- \* Place your feet on the floor and set your feet hip width apart.
- \* Sit in the chair and straighten your spine as you feel it's natural curves
- \* Rest your hands on your lap
- \* Take a few deep breaths
  - \* at least 4 counts on the inhale and the exhale

## Chair Yoga (continued)

- \* Neck rolls
- \* Shoulder rolls
- \* Body circles
- \* Cat/ Cow
  - \* link movement with breath
- \* Cross one leg over the other, Seated Twist

## Chair Yoga (continued)

- \* Full body extension
- \* Wide legged forward bend
- \* Side bends, arm up and lean to opposite side
- \* Arms extended through the center of your body
- \* Cross ankle over opposite thigh, lean forward
- \* Chest out, hold onto sides, lean back

## Chair Yoga (completing)

- \* Rolls shoulders
- \* Neck rolls
- \* Continue to link breath with movement
- \* Letting go of any tightness left in your body
- \* Sit tall and come to stillness
- \* Rub hands together, create warmth, cup them over your eyes
- \* Extend your body in full body extension



# Meditation

- \* Relaxation
- \* Feel your feet resting on the floor.
- \* Lean back against back of chair
- \* Rest hands in lap, palms up
- \* Close your eyes, breathe and relax
- \* With your eyes closed, look at your nose
- \* Let the breath flow naturally. Notice the breath and your heart beat without trying to control them.





You cannot control what happens to you, but you can control your attitude towards what happens to you, and in that, you will be mastering change rather than allowing it to master you.

*—Brian Tracy*



Thank you