



# Stress and Resilience: How to thrive when faced with multiple stressors

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Office A



Office B

**“When you find yourself stressed, ask yourself one question: Will this matter in 5 years from now? If yes, then do something about the situation. If no, then let it go.”**

*Catherine Pulsifer*

## Presentation Outcomes

Define stress and resilience

Six dimensions of wellness

Health outcomes

Types of stress

Resilience building

Steps to thrive from stress



Can you name the six  
dimensions of  
wellness?

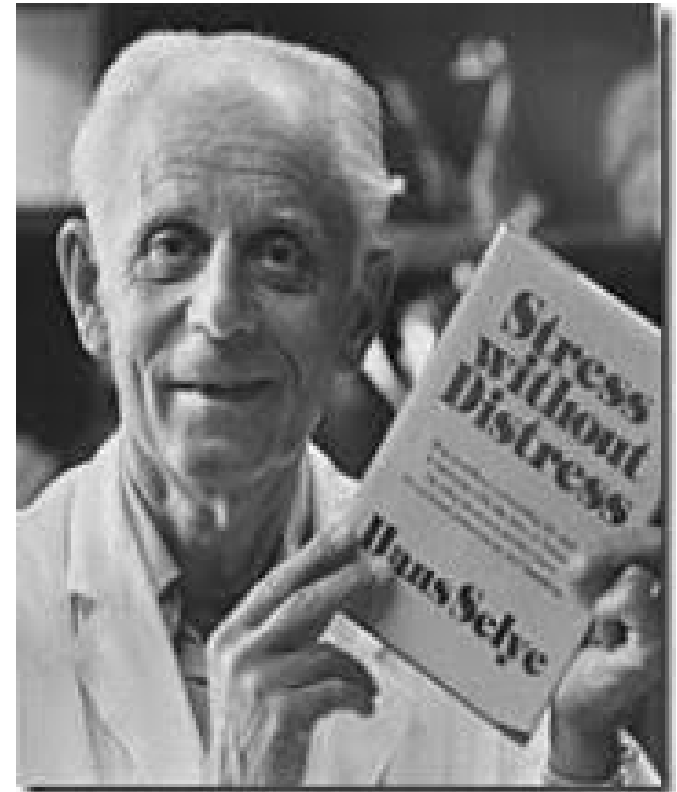


National Wellness Institute. (2020). Retrieved [https://www.nationalwellness.org/page/Six\\_Dimensions](https://www.nationalwellness.org/page/Six_Dimensions)

# What is stress?



- The body's reaction to any change that requires an adjustment or responses (Cleveland Clinic, 2018)
- General Adaptation Syndrome
- Stressors
- Eustress and distress
- Acute and chronic stress





## Selye's General Adaptation Syndrome



Integrative Therapeutics (2016). Retrieved from <https://www.integrativepro.com/Resources/Integrative-Blog/2016/General-Adaptation-Syndrome-Stages>

## HOW **STRESS** AFFECTS THE BODY

### **BRAIN**

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### **CARDIOVASCULAR**

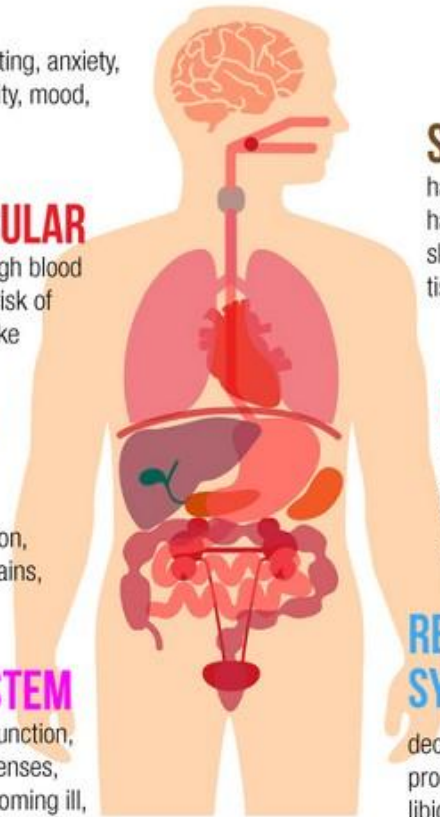
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### **JOINTS AND MUSCLES**

increased inflammation, tension, aches and pains, muscle tightness

### **IMMUNE SYSTEM**

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



### **SKIN**

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### **GUT**

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

### **REPRODUCTIVE SYSTEM**

decreased hormone production, decrease in libido, increase in PMS symptoms

- Remember that not all reactions will take place
- Some may stay 'on' longer than others



43%

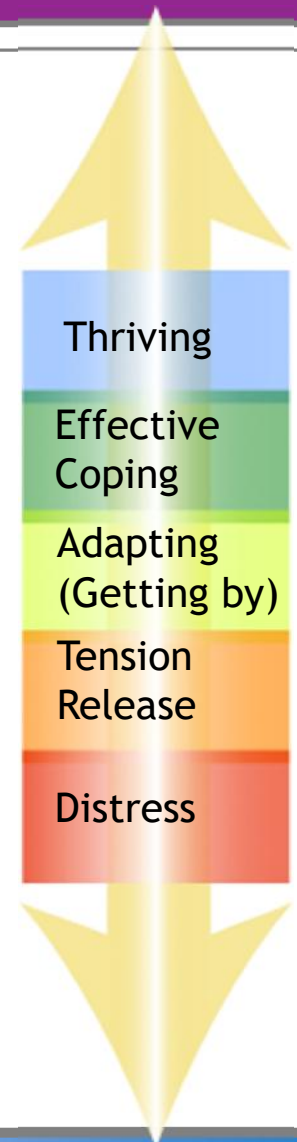
75-90%

6

# Set-Point

Our baseline for expected happiness or return point after positive or negative experiences

- What do you “settle” for?
- Are you just “getting by”?
- How can you thrive?





Know your early stress  
warning signs



What is resilience?

# Resilience

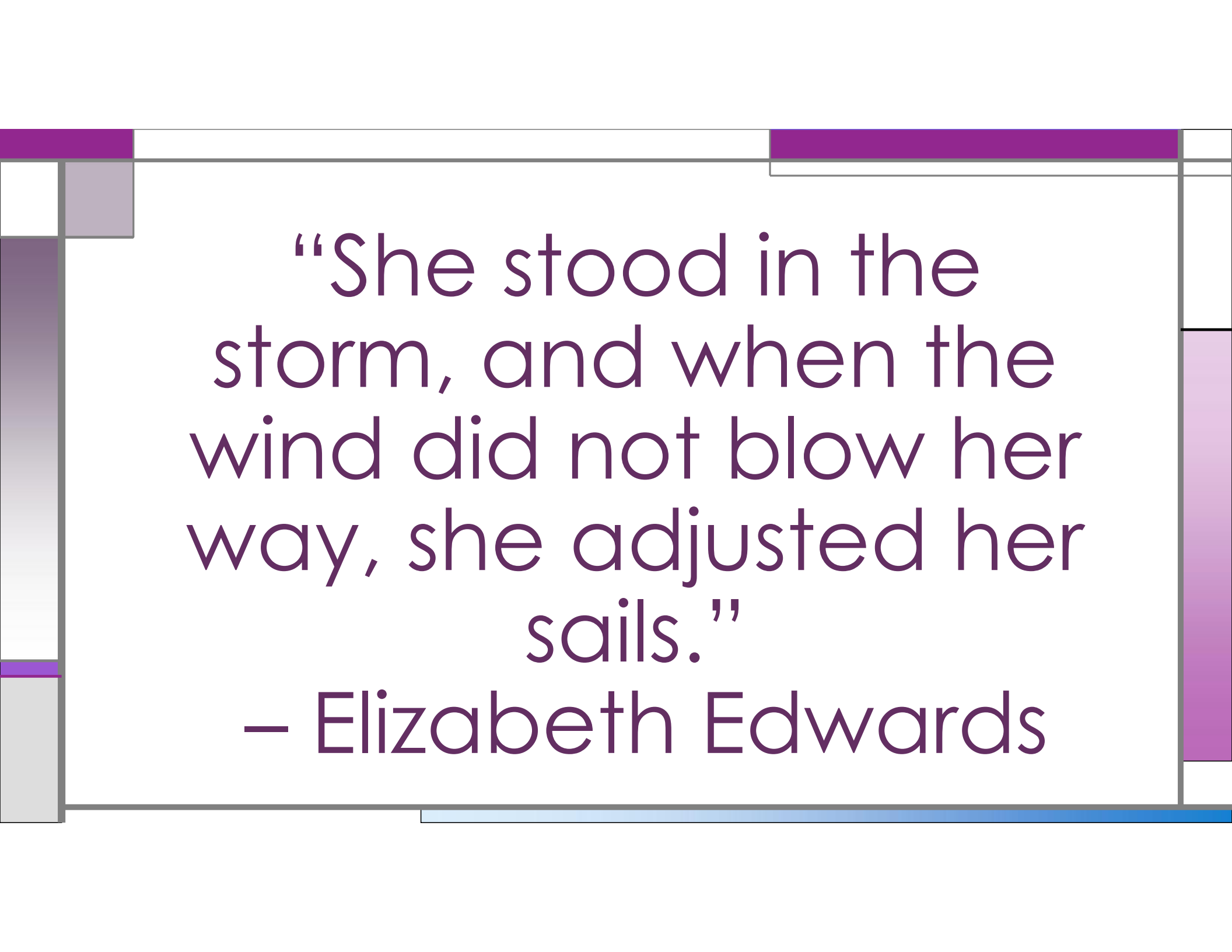
Ability to adapt well and recover quickly after stress, adversity, trauma or tragedy

If you're less resilient, you're more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress, and develop anxiety and depression. (Mayo Clinic, 2018)



How do I become  
resilient?





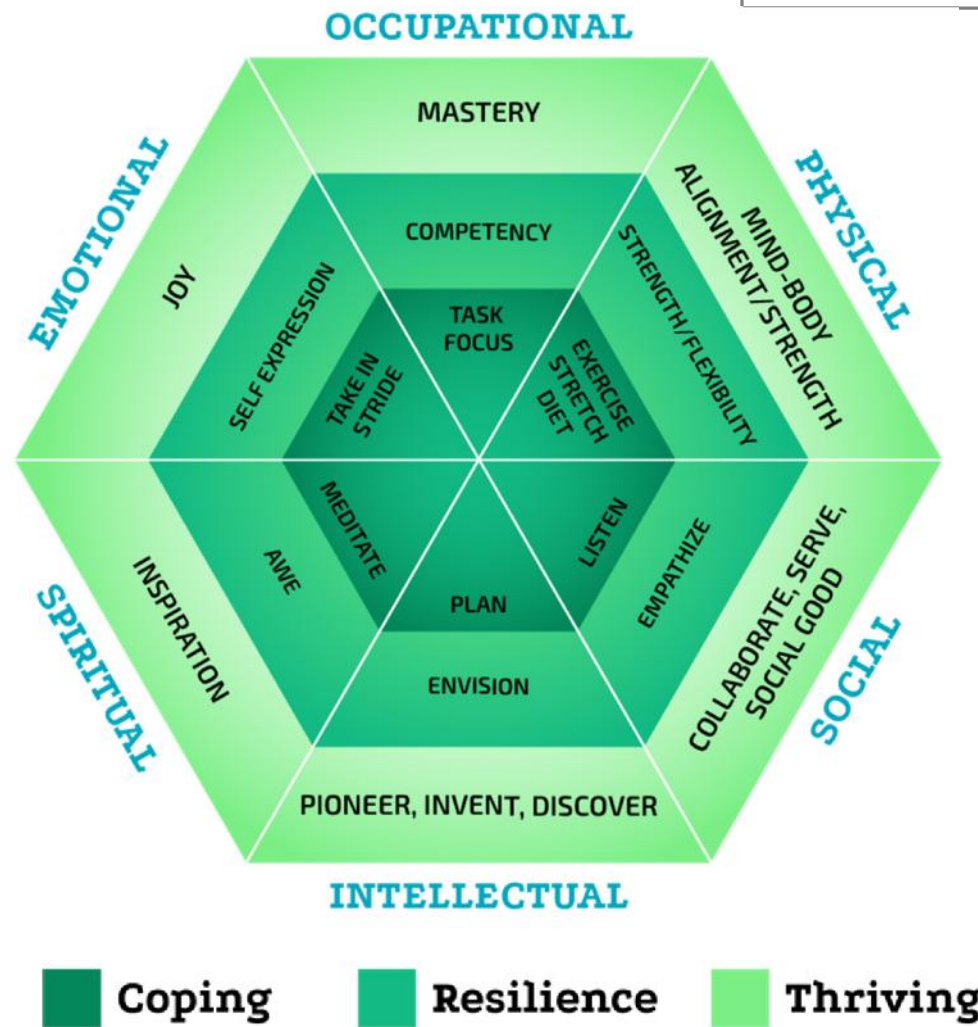
“She stood in the  
storm, and when the  
wind did not blow her  
way, she adjusted her  
sails.”

– Elizabeth Edwards

## 5 C's of Resilience

- Centering
- Confidence
- Commitment
- Community
- Compassionate

	Rating (1-5)
<b>Centering</b>	
I have healthy coping skills that give me perspective on life.	
I know how to slow down and take a break when I need to.	
My coworkers and I work at an even pace, not rushed to deadlines. <sup>w</sup>	
I am more likely to pause and take a breath rather than react strongly if someone irritates me.	
<b>Subtotal of Centering</b>	
<b>Commitment</b>	
When difficulties arise, I persist in solving things rather than giving up easily.	
My life has been a story where I have pursued the dreams and values important to me.	
My coworkers and I can accomplish what we set our minds to. <sup>w</sup>	
I am a loyal and dedicated person in at least one area of my life (in such roles as a spouse, parent, religious participant, or employee).	
<b>Subtotal of Commitment</b>	
<b>Community</b>	
There is at least one person in my life whom I can tell my troubles to.	
I have others who care for and support me.	
People at work communicate well with each other. <sup>w</sup>	
During stressful times, I get support from others rather than "go it alone."	
<b>Subtotal of Community</b>	
<b>Compassion</b>	
I recently helped someone who was going through a hardship or life problem.	
It is easy for me to feel pain or upset when someone I care about has similar feelings.	
People at work show concern when problems happen in our families or community. <sup>w</sup>	
People I know consider me a kind, generous, or sympathetic person.	
<b>Subtotal of Compassion</b>	
<b>Confidence</b>	
People I know would consider me competent and self-assured.	
I can handle most problems that come my way.	
People at work believe that their work is important. <sup>w</sup>	
Faith and inner strength have helped me get through difficult times.	
<b>Subtotal of Confidence</b>	
<b>Overall Total (add the 5 subtotals together)</b>	



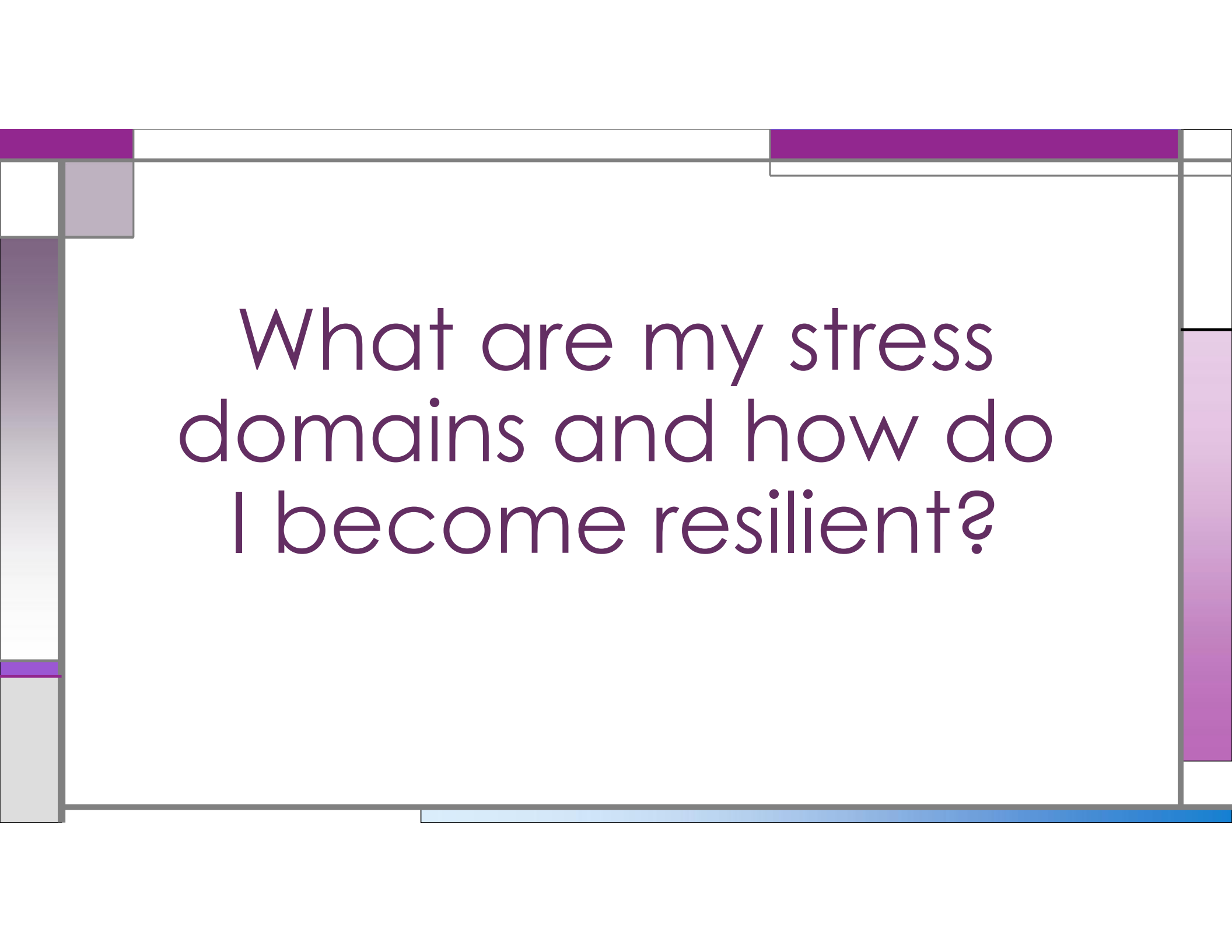
Bennett, J.B. (2014). Raw Coping Power. Fort Worth, TX. Organizational Wellness.



# Six Stress Domains

## Six Stress Domains

- Occupational
- Relationship/Social
- Emotional
- Health-related
- Intellectual
- Spiritual



What are my stress domains and how do I become resilient?

## Questions to ask yourself

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In what domains of my life am I experiencing the most stress (relationships, work, career, health, finances, etc)?

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In what domains do I feel the least prepared or the most vulnerable when there is stress?

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In what domains do I tend to experience the same problems over and over again?



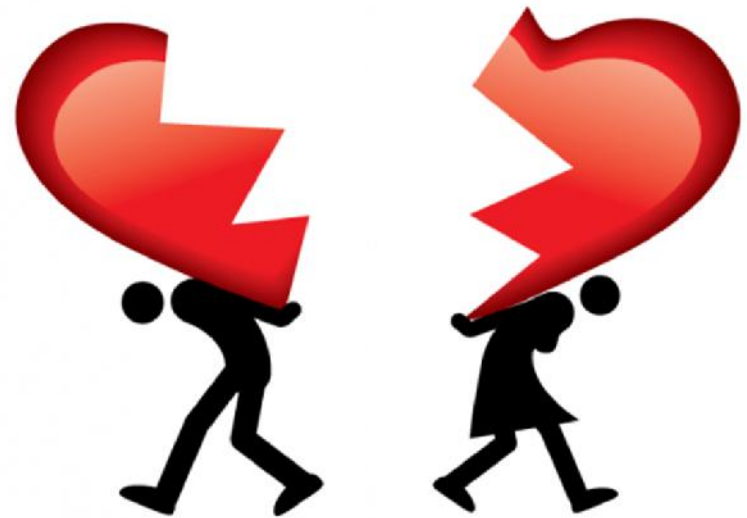
## Occupational Stress



- Financial
  - Examine your budget
  - Credit counseling
- Career
  - Self-help books

## Relationship/Social Stress

- SLEEP!
- Coaching



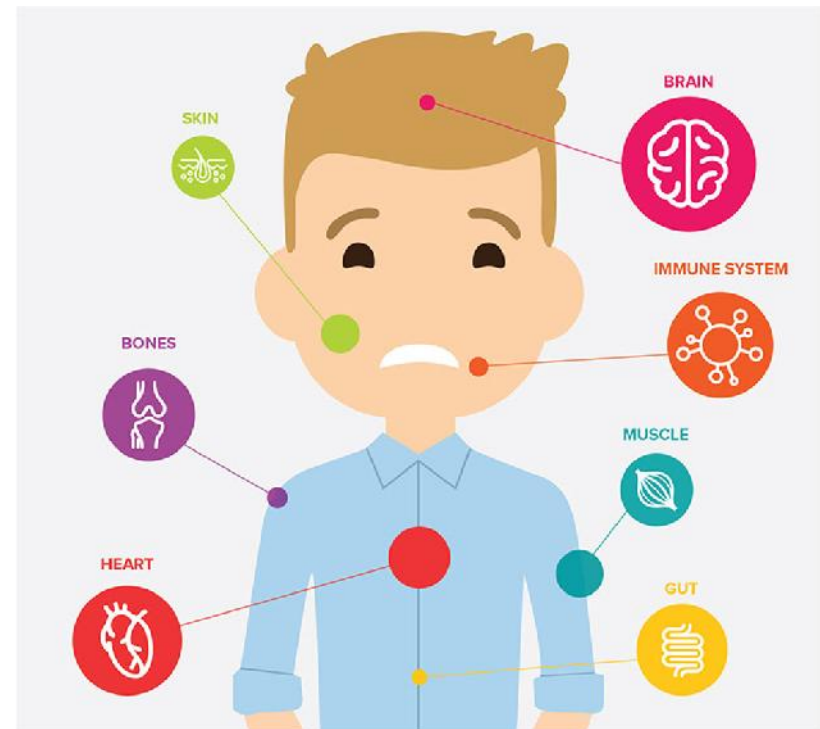
## Emotional Stress



- Tai Chi
- Yoga
- Massage
- Mindfulness
- Emotional Freedom Technique

## Health-related Stress

- Health coaching
- Seek medical care
- Nonprofits and Foundations
- Employee Assistance Programs



# Intellectual Stress



## Spiritual Stress



## Positive Coping Cycle

- Stress
- Evaluate
- Cope

## Negative Coping Cycle

- Stress
- Cope

No evaluate... just keep  
going

## 3 Steps to transform stress


- Acknowledge
  - Welcome
    - Utilize



change  
your  
mindset



If nothing changes,  
nothing changes.



*“I can be changed  
by what happens to  
me. But I refuse to be  
reduced by it.”*

Maya Angelou

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