

Shake Off Holiday Stress!



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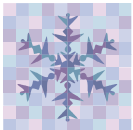
With the holidays hustle and bustle here, learn how to help manage the stress in positive ways that will keep you humming into the New Year and beyond.

Monday Dec 9th, 6-7PM Oasis 6333 State Rt 289


Who's Stressed?



- Everyday stressors
- Holiday activities and events
- How we think the holidays should be

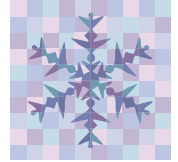


Who reacts to stress?

- Everyone! 
- Stress is: forces from the inside or outside world affecting the individual.
- Neither good nor bad, it just is.
- Stress management then becomes how we as an individual respond to the stressor.



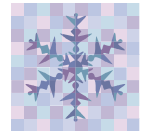
Whoville Reaction!



- Hormonal response-
 - adrenaline & cortisol
- Body goes back
- Events go on, positive, energetic



Grinch Reactions Prolonged



- Physical symptoms
 - sleep disturbances, muscle tension, muscle aches, headache, gastrointestinal disturbances, and fatigue.
- Emotional
 - nervousness, anxiety, changes in eating habits including overeating, loss of enthusiasm or energy, and mood changes, like irritability and depression
- Behavioral
 - overeating, over drinking excessive smoking

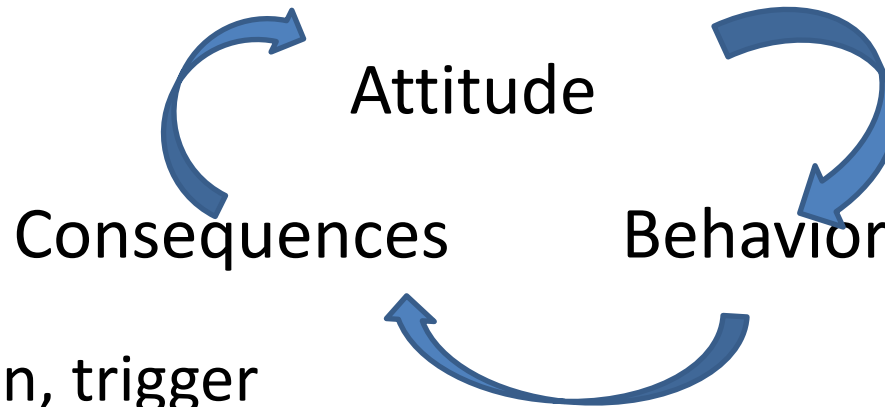
AWARENESS!





Who wants to change?

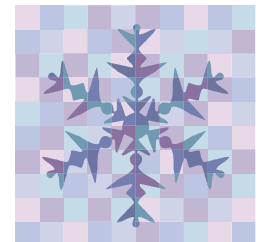
- ABC



- Situation, trigger
- Automatic thoughts, attitudes, assumptions, beliefs, blame others, should
- Physical Symptoms
- Feelings- anger, irritated, impatient
- Actions/Behaviors
- Consequences, impact on self, others, escalation, guilt

Who wants to change?

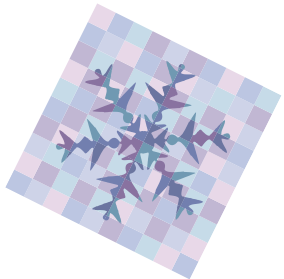
- Exercise
- Nutrition
- Sleep
- Breathe-deep
- Get support/connect socially
- Worry time
- Perspective



Who wants to change?



- Time manage- realistic goals- prioritize what REALLY important
- Humor
- Muscle relaxation
- Sing! Music
- Tennis (Tense) Anyone?
- Scents
- Technology- right now baby animal or thank you text

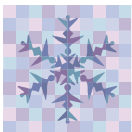


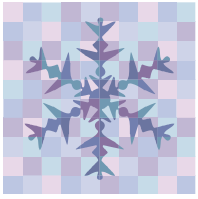
You still have time!



- Good news- the Holidays will still come!
- New habits- You can change
 - Tie in, or anchor to make habits “stick”
BJ Fogg- Stanford U

You can still enjoy the holidays
and not be a Grinch
Start a new habit, practice,
will make it a cinch.





More Information

- <http://www.mayoclinic.com/health/stress>
- <http://www.clevelandclinic.org>
- www.lorettalaroche.com
- <http://www.cdc.gov/Features/HandlingStress>
- www.animalplanet.com/toocute
- BJ Fogg, PhD. Tiny Habits
- https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life?language=en#t-772278

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