

# Managing Stress Finding Balance

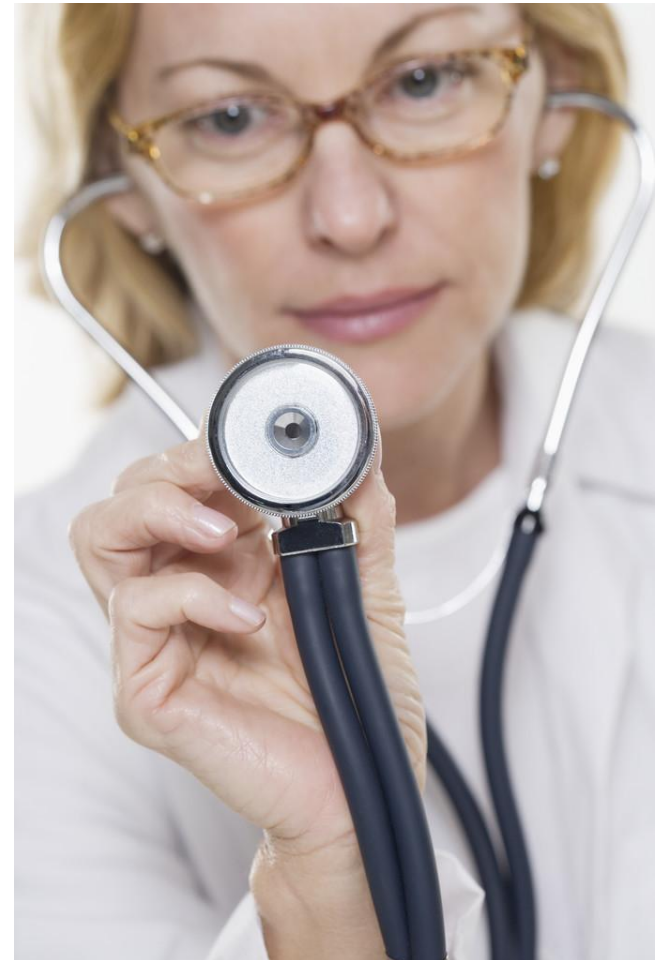
# Overview

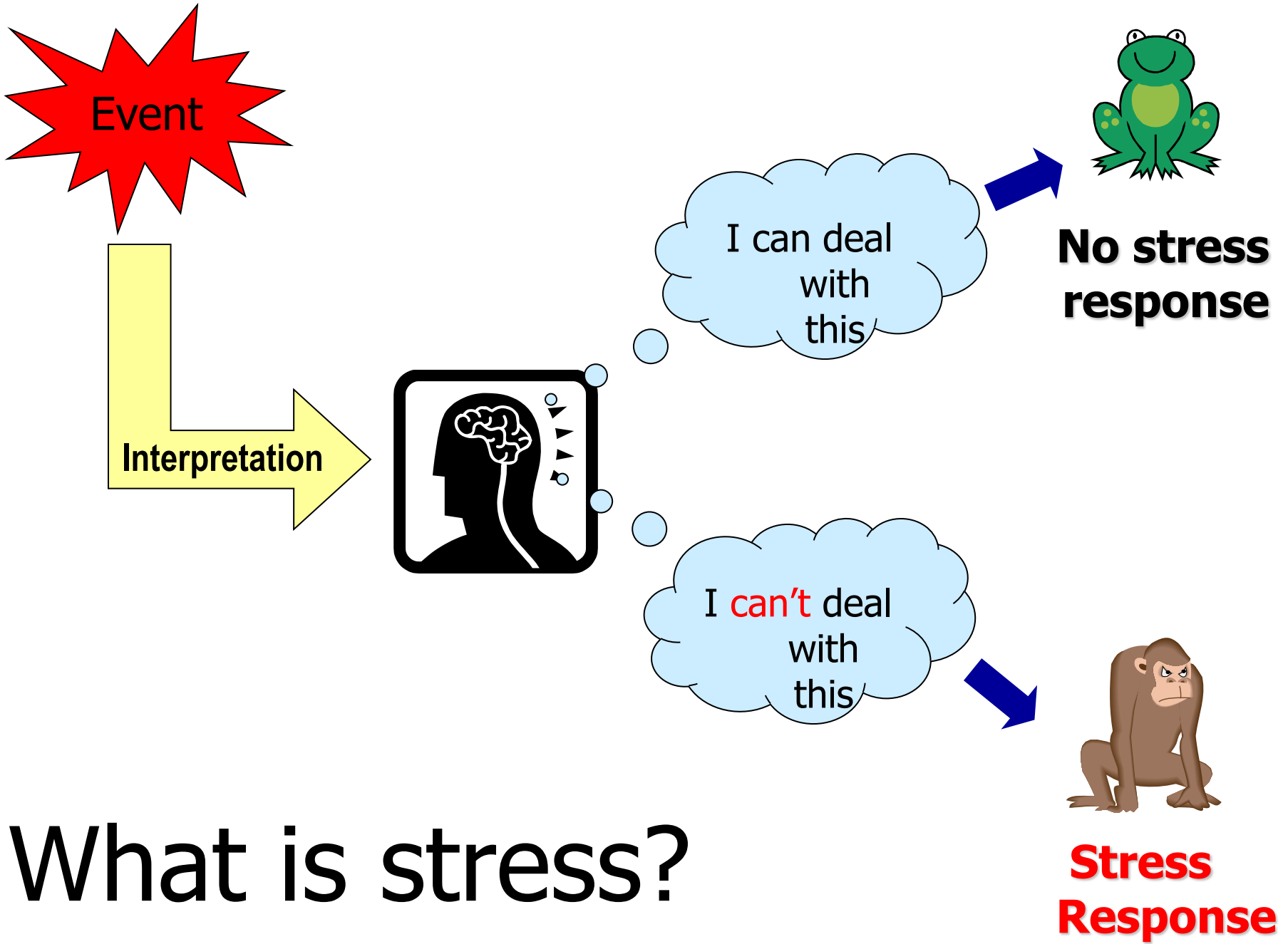
- Stress and your body
- Take control of stress
- Resources



# Stress and health

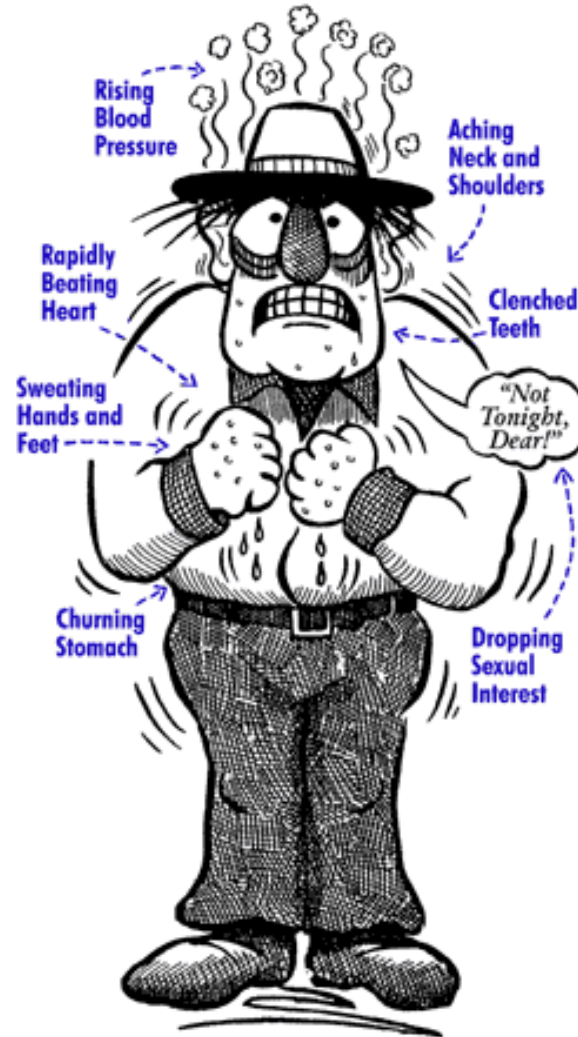
- Life with a chronic illness and/or disability is more stressful - **Why?**
- **What cause you stress?**





What is stress?

# What are signs of stress?

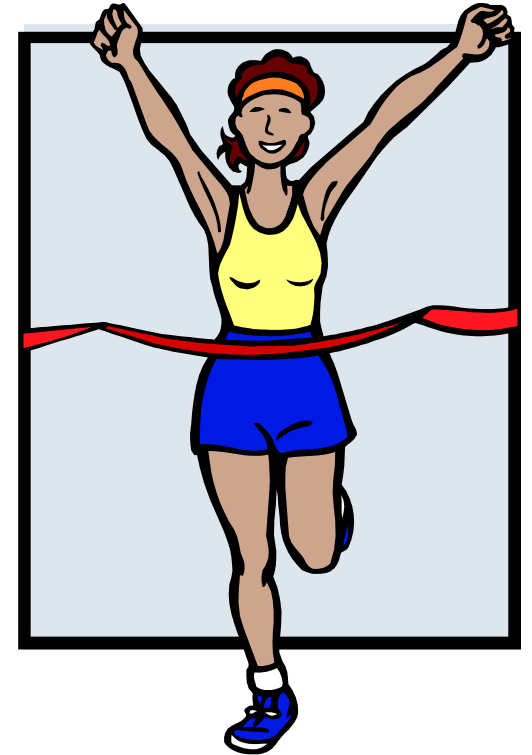


# Fight or Flight Response



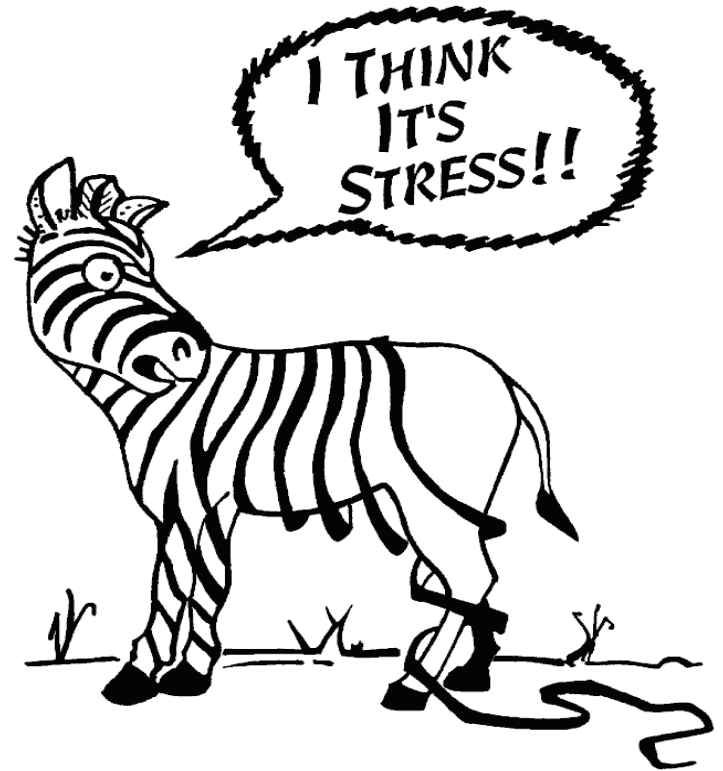
# Benefits of Stress

- Survival in life-threatening situation
- Optimum performance
- Personal growth



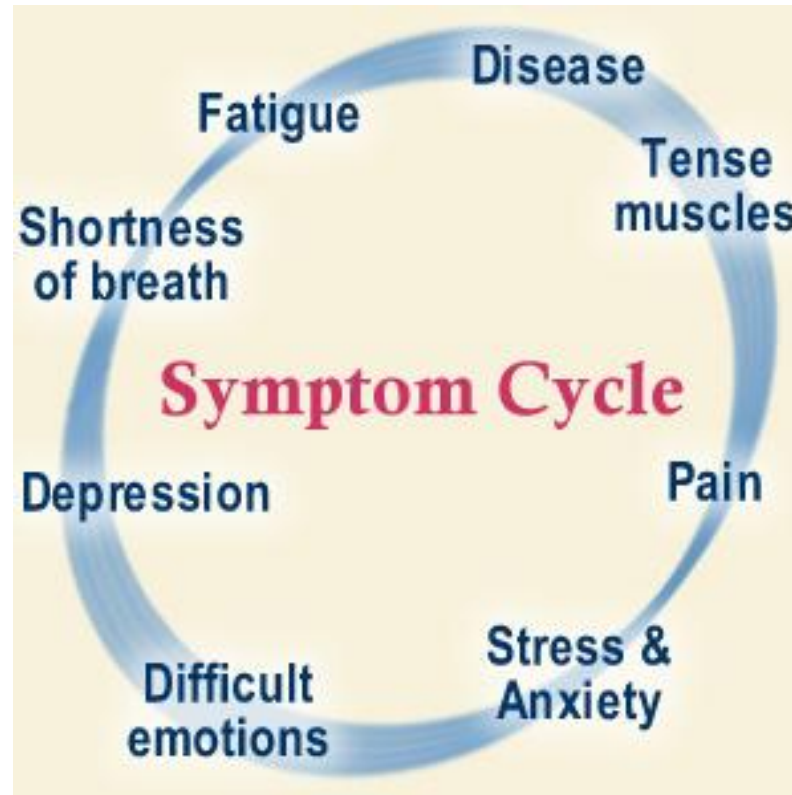
# Impact of stress

- Acute stress vs. long term stress
- Chronic stress can impact health





# Symptom cycle



# Managing Stress



# I Love Lucy



<http://www.youtube.com/watch?v=8NPzLBSBzPI>

# Your “wellness bank”



# Healthy living to beat stress

- Eat well
- Be active
- Be smoke free
- Limit alcohol and drug use
- Get enough sleep



# What works for you?

- Talk to someone
- Physical activity
- Yoga
- Gardening
- Humour
- Keep a journal
- Meditation
- Reading
- Watch a comedy
- Sports
- Have a bath
- Pets
- Prayer
- Etc...

# Thinking about stress





You can't direct the wind  
but you can adjust the sails



# How to be Happy



# Proven ways to be



- Practice gratitude
- Develop an optimistic outlook
- Don't obsess over mistakes
- Avoid social comparison
- Build social networks (not just online)
- Practice kindness - do things for other people
- Learn how to cope

# More proven ways to be



- Practice forgiveness
- Find flow
- Be curious
- Savour joy
- Set goals & work to achieve them
- Explore spirituality
- Develop your body & mind
- Meditation

# Remember...

- Like any other skill, managing stress takes practice
- The more you do it, the easier it will be
- You play an active role in your own happiness





# Relaxation

[http://ec.libsyn.com/p/f/a/e/faeb44e5a1526f69/Mini\\_Relaxation.MP3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01ce8134d3cb555722&c\\_id=1297554](http://ec.libsyn.com/p/f/a/e/faeb44e5a1526f69/Mini_Relaxation.MP3?d13a76d516d9dec20c3d276ce028ed5089ab1ce3dae902ea1d01ce8134d3cb555722&c_id=1297554)

What is one new thing you learned in this presentation?

