

Letting Go of Stress

How to Adapt, Cope, & Thrive in the Workplace



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The Nature of Stress

Good Stress: Euphoria or Joy



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The Nature of Stress

Bad Stress: Distress

- Acute
- Chronic



Definitions of Stress

- Loss of emotional control
- The inability to cope with problems
- Wear and tear on the body
- The absence of inner peace
- Any change you encounter in your life



Definitions of Stress

“From a psychophysiological perspective, emotions are central to the experience of stress. Indeed, it is the emotions activated in response to perceiving a stimulus as threatening—feelings such as anxiety, irritation, frustration, helplessness or hopelessness—that are truly what we experience when we describe ourselves as stressed” The HeartMath Institute, 2017



Definitions of Stress

A common definition, agreed by leading experts:

“Stress is a “perceived” threat (real or imagined) to one’s mind, body, spirit or emotions.”



“I cannot and should not be cured of my stress, but merely taught to enjoy it.”

—Hans Selye



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Effects of Stress Physiology

Short-Term:

- Increased heart rate
- Increased blood pressure
- Increased rate of breathing
- Increased muscle tension
- Increased perspiration
- Increased metabolic activity

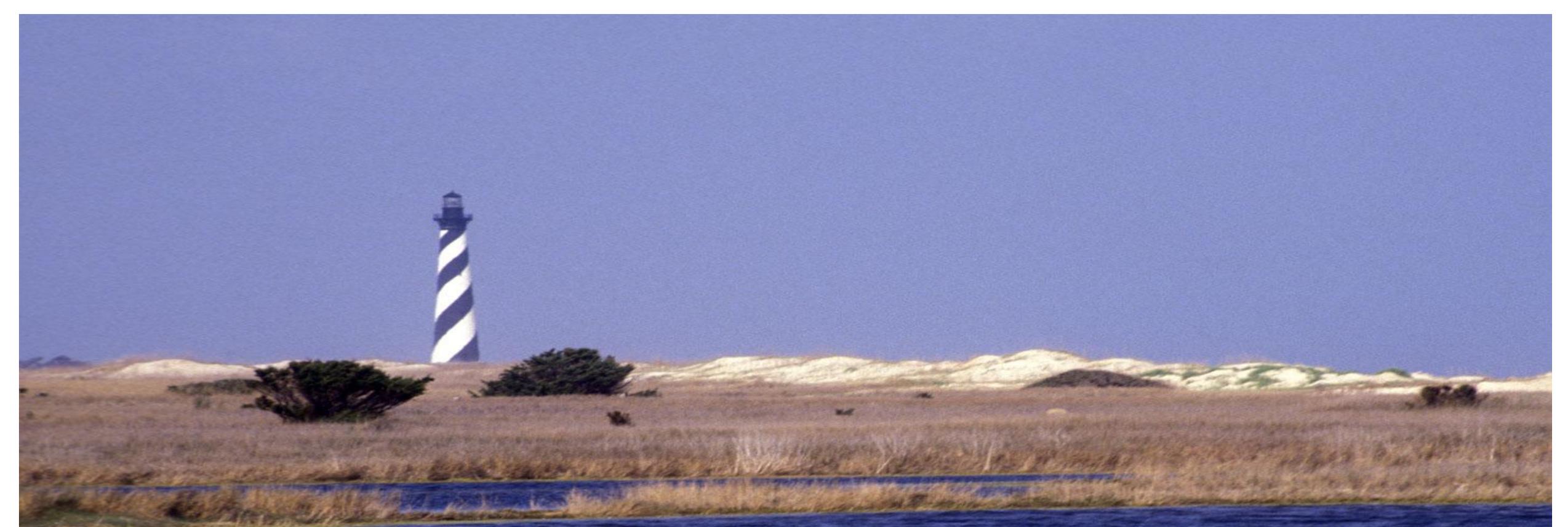


Effects of Stress Physiology

Long-Term:

- Hypertension
- Chronic pain
- Suppressed immune system
- Colds and Flu
- Insomnia
- Depression
- General sense of fatigue
- Symptoms of disease or fitness



A photograph of a lighthouse with black and white diagonal stripes, situated on a grassy dune. The lighthouse is in the middle ground, with a body of water in the foreground and a clear blue sky in the background. The text is overlaid on the bottom portion of the image.

The best stress management program addresses both the causes of stress (coping skills) and the symptoms of stress (relaxation skills) to promote optimal wellbeing.



Effective Coping Skills

The purpose of effective coping skills is to increase your awareness of the issue and work toward a peaceful resolution.

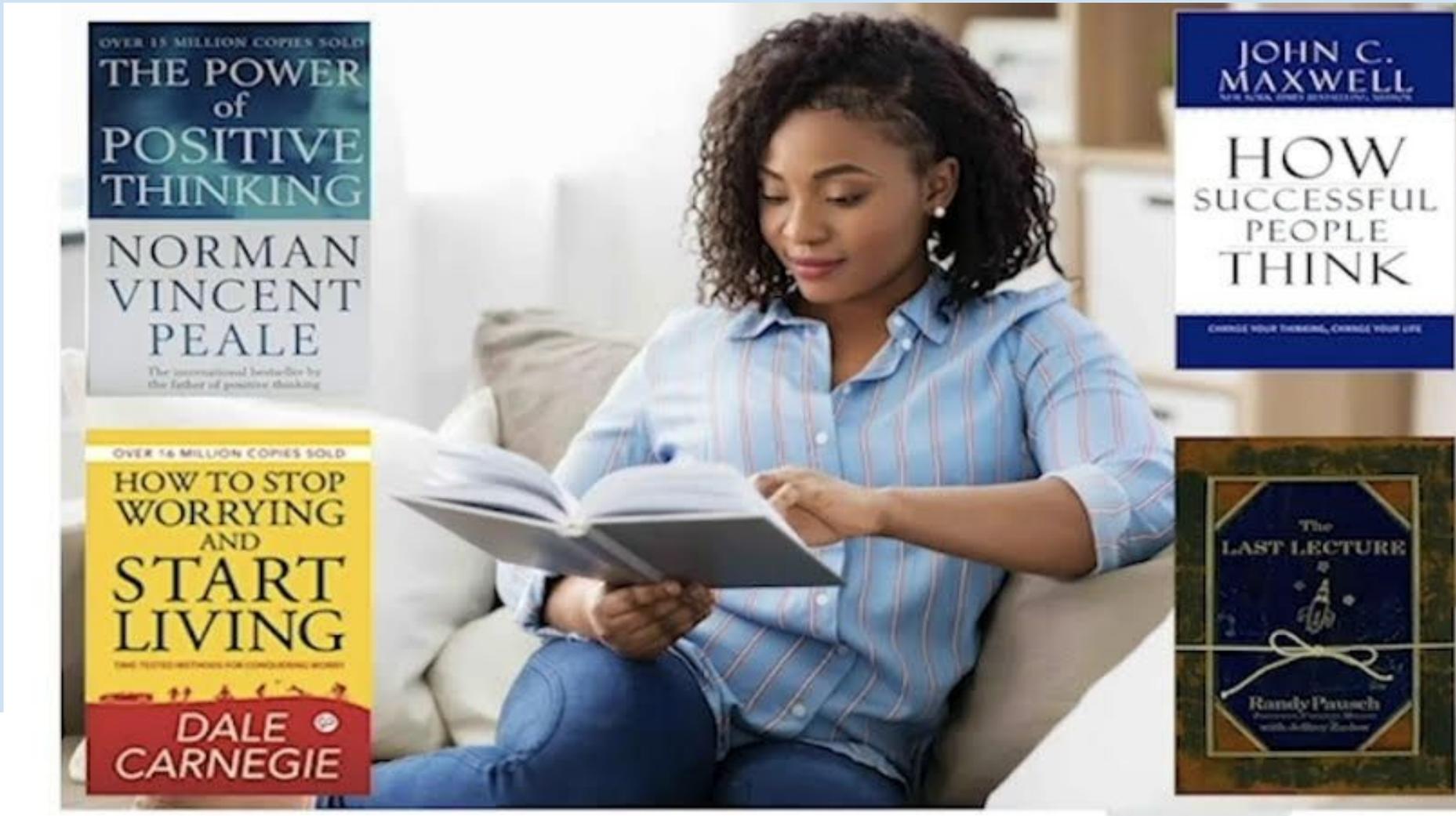


Effective Coping Skills

- Sleep
- Activity
- Purpose
- Nutrition
- Resilience
- Comic Relief
- Communication Skills
- Information Seeking
- Hobbies
- Support Groups



Read 5-10 minutes daily in a Positive Thinking Book



How Stressed Are You?

Everyone responds to stress differently. Take this quick test to see if you are experiencing stress. The items you check will reveal how much stress is affecting your life.

- I feel overly tired or fatigued
- I often am nervous, anxious or depressed
- I have sleep problems
- I have repeated headaches or minor aches and pains
- I worry about my job, finances, relationships



What Can You Do About Stress?

Understand how stress works: It's not the event or situation that does harm, but rather how you respond to those events.

Use the HM techniques to help cultivate positive emotions like appreciation, care and love. Research shows that when you intentionally shift to a positive emotion, heart rhythms immediately change. This shift creates a favorable cascade of neural, hormonal, and biochemical events to benefit the entire body.



Journaling - A coping technique: expression of thoughts, feelings, memories, and ideas in written form, either prose or poetry, to increase self-awareness.

To begin a journal practice plan to write for 15-20 minutes, 3 times per week. Describe stressful events and positive experiences.



Take Action

People who have the following behaviors have:

66% less diabetes,
45% less heart disease,
45% less back pain,
93% less depression,
and 74% less stress...



Take Action

Physical activity - 30 minutes 5 days per week

Healthy Eating - 5 fruits and vegetables per day

Sleep - 7-8 hours

Avoid smoking

Avoid or Limit Alcohol

1 drink/day for women &

2 drinks/day for men



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The Benefits of Practicing Daily Gratitude

“I am grateful for _____”

Increased Optimism

Improved Sleep

Decreased Diastolic Blood Pressure



*“If you are looking
for fast acting relief...
try slowing down.”*

—Lily Tomlin



Effective Relaxation Techniques

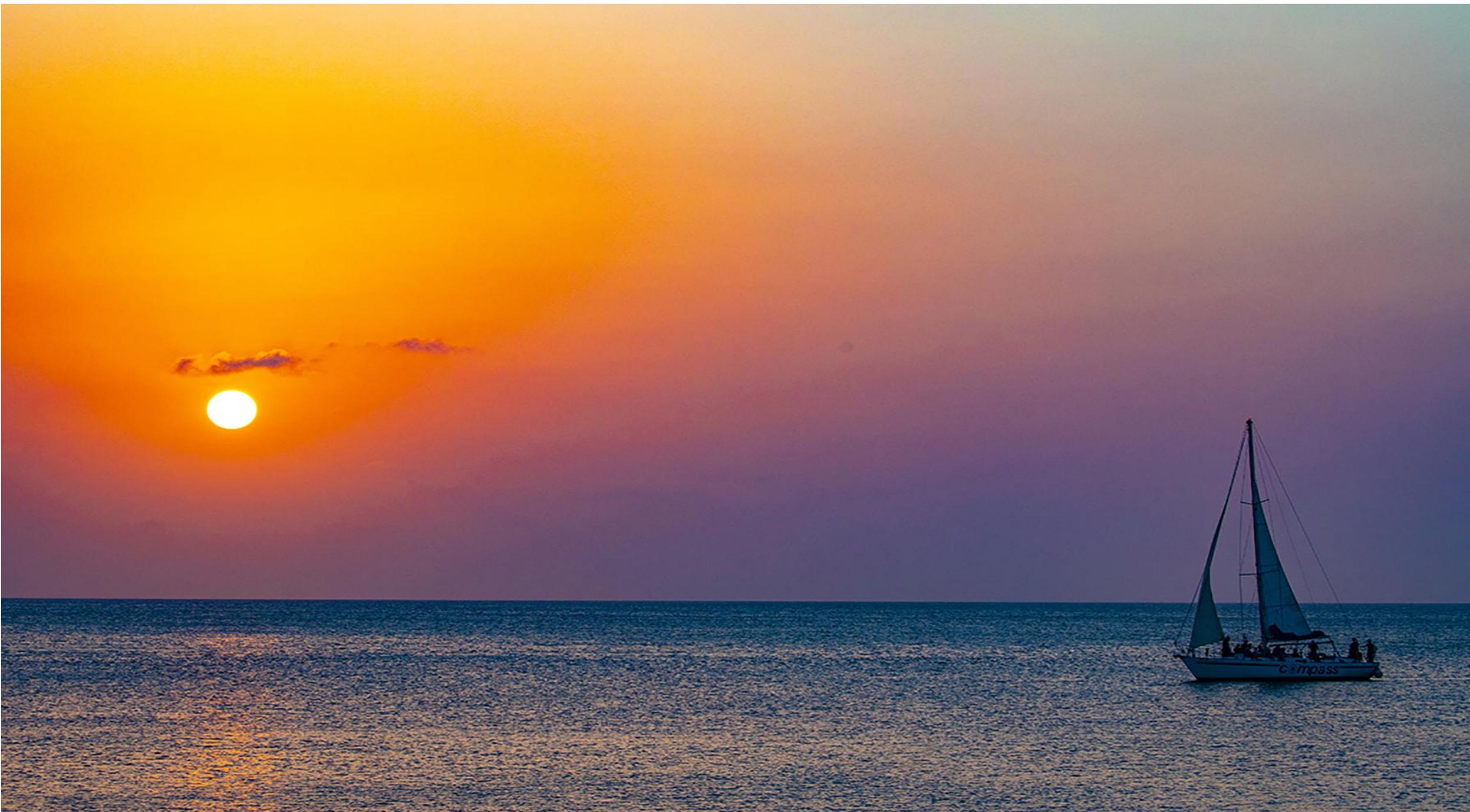
The purpose of relaxation techniques is to return the body back to a sense of physiological homeostasis.



Effective Relaxation Techniques

- Physical Exercise
 - Hatha Yoga
 - Tai Chi
 - Art Therapy
 - Music Therapy
- Diaphragmatic Breathing
- Progressive Muscular Relaxation
- Guided Mental Imagery
- Meditation (Centering)
- Quick Coherence Technique





Thank you



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