Stress Management Strategies and Relaxation Techniques

Working Well Remotely
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Heidi M. Crocker, EdD, DC, c-IAYT
Overview

It is helpful for everyone to find ways to integrate stress management techniques into our daily lives. With practice, we all can learn how to better spot stressors and stay in control when the pressure builds. With stress management, we strive to relax and find the opposite physical reaction to fight or flight – decreasing our heart rate, blood pressure, respiration and muscle tension.

- Understand your stress
- Identify your stress sources
- Learn to recognize stress signals
- Recognize your stress strategies
- Implement healthy management strategies
- Make self-care a priority
- Ask for support when needed
What is Stress?

- Stress is the “psychological, physiological, and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health”

  (Palmer, 1989)
Why is Stress Helpful?

- Protective mechanism
- Natural reaction to danger
- Evolutionary drive
- “Fight or Flight”
- “Stress Response”
- Increases our awareness
- Improves physical performance in short bursts
Why is Stress Harmful?

- Repetitive Exposure
- Psychological and physical Health
- Hormones activated cortisol, epinephrine, and adrenaline
- Burnout
Strategies to Approach Stress

• **Action-Oriented**
  • Take action to change a stressful situation

• **Emotion-Oriented**
  • Change the way we perceive a stressful situation

• **Acceptance-Oriented**
  • Deal with the stressful situation that you can’t control
Action-Oriented

Strategy:
Respect yourself and take care of your well-being

Take Control:
- Clear and effective communication
- Manage your time
- Create healthy boundaries
- Reduce the noise
- Get out of your head
Emotion-Oriented

Strategy:
You can choose one thought over another

Take Control:
• Affirmations and imagery
• Cognitive Restructuring
• ABC Technique
  • Adversity
  • Beliefs
  • Consequences
Acceptance-Oriented

Strategy:
Accept your thoughts and feelings, take care of your mind and body

Take Control:
• Diet and Exercise
• Meditation and physical relaxation
• Build resilience
• Talk it out
• Sleep
Implications of Covid-19

Widening Gender Gap in Share Reporting Negative Mental Health Impacts from Coronavirus

Percent who say worry or stress related to coronavirus has had a negative impact on their mental health:

- **Total**
  - March 11-15, 2020: 36%
  - March 25-30, 2020: 27%

- **Parents of children under age 18**
  - March 11-15, 2020: 36%
  - March 25-30, 2020: 31%

Chart:

- **Women**
  - January - June, 2019 (NHIS): 53%
  - January 2021 (Household Pulse Survey): 41.1%

- **Men**
  - January - June, 2019 (NHIS): 37%
  - January 2021 (Household Pulse Survey): 32%

NOTES: Percentages are based on responses to the GAD-2 and PHQ-2 scales. Pulse findings (shown here for January 6 – 18, 2021) have been stable overall since data collection began in April 2020.

Relaxation Techniques

- Test you stress knowledge
- Observe your thoughts as an outsider
- Relaxing music
- Schedule time to de-stress
  - Deep Breathing
  - Visualization
- Game time
- Yoga
- Do it in groups
- Media groups
- Podcasts
Use of Yoga and Meditation, U.S. Adults Aged 18 and Over

94% of Americans who practice yoga do so for wellness reasons. And they say practicing yoga makes them healthier in many ways.

- Over 60% of yoga users were motivated to exercise more regularly
- Over 40% of yoga users were motivated to eat healthier
- Over 55% of yoga users reported improved sleep
- Over 85% of yoga users reported reduced stress
- Over 12% of yoga users cut back or stopped drinking alcohol
- Over 25% of yoga users cut back or stopped smoking cigarettes
Virtual Wellbeing Classes

Connect to your body, reduce stress, and improve focus while building strength, improving balance and increasing flexibility.

FREE through March 2021
Mondays 5:30pm
Tuesdays 9:00am
Wednesdays 5:30pm
ssihi.uci.edu
Specialized 6-Week Classes

Survey Interest:

- Restful Sleep
- Stress Management
- Pain Management
- Bone Density
- Thyroid Health
- Weight Management
- Cancer Care
- Heart Health
- Stroke Rehabilitation
One-on-One

SSIHI / UCI Health Newport Beach

Process
• Intake
• Initial Assessment/Evaluation
• Personalized Therapeutic Plan

Cost
• $99 New Patient Visit
• $79 Follow Up Visits

Call (949) 386-5700 to schedule
Let’s Explore!