



Stress Management

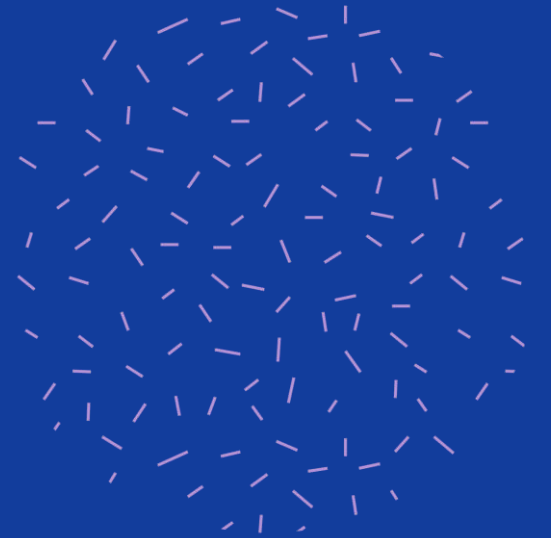
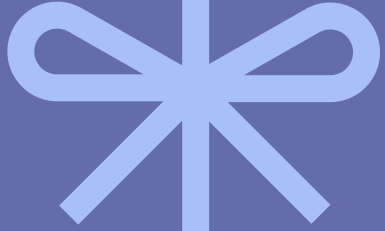
Essential for Overall
Physical, Mental,
and Emotional
Well-being

Stress Management

Before we start you will need something to write on and a pencil or pen. You will be asked to write 10 numbers, and they will only be seen by you. So, I will pause for just a minute so you can find something.

Stress Management

This presentation
provides evidence-
based strategies to
manage both day-to-
day and chronic stress



Stress Management

- Psychological stress has risen dramatically across the globe due to a combination of events including the following:
- Covid 19, civil unrest, political instability, and climate change Impacts.

Stress Management

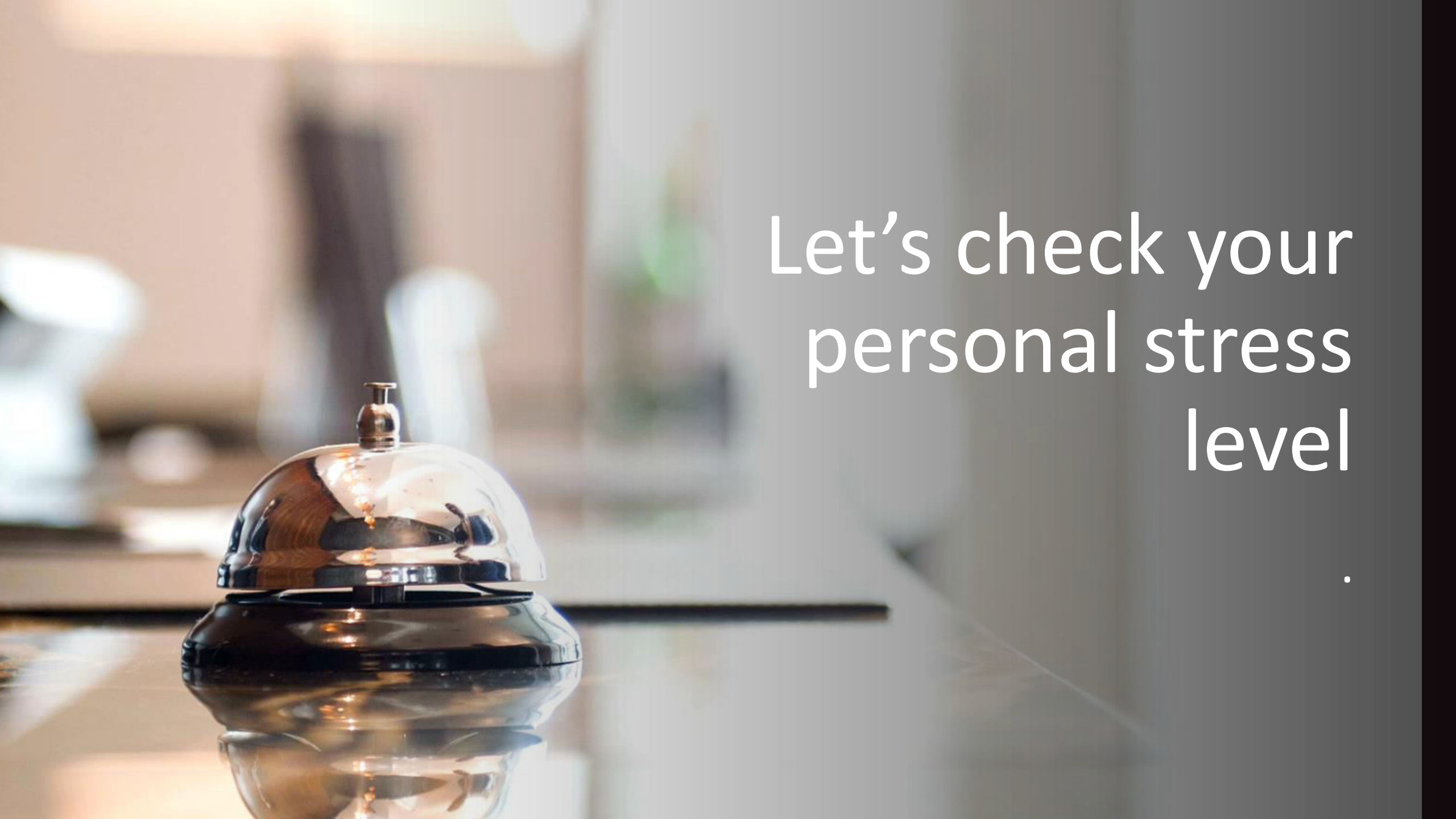
All of those factors plus others impact

- Mood and anxiety disorders
 - Major depression
- Posttraumatic stress disorder

What Is Stress?

- Stress begins with a physiological response to something upsetting or threatening. The defense mechanism affects our health at every age.





Let's check your
personal stress
level

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Stress Level Quiz

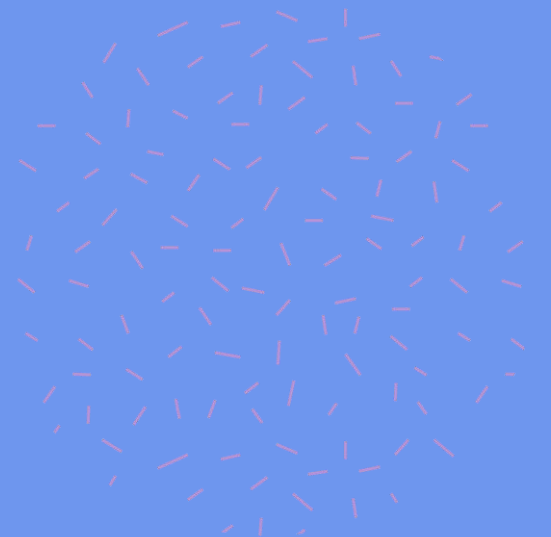
- Developed by psychologists in 1983, the questionnaire remains one of the most widely used stress perception assessment instruments in the world.
- Take the quiz and see how you measure up.
- Only you will see the answers unless you decide to show them to others.
- All you need is a pencil and a piece of scratch paper.

Stress Level Quiz

- The quiz will take about 10 minutes. There are ten questions so begin by writing a column from 1 to 10. The answers will be one to five, so you just need to write the number next to the number for that question.

Stress Level Quiz

The scores on the self-assessment do not reflect any particular diagnosis or course of treatment. They are meant as a tool to help you assess your level of stress.



Stress Level Quiz

First you will be asked six questions.
Record your answers using the
following guide.

In the last month how often have you?

- Record your answer as follows:
- 0 – never
- 1- Almost never
- 2 – Sometimes
- 3- Fairly often
- 4 – Very often

Stress Level Quiz (cont)

Now you will be asked four more questions.

Alert

Note that the scoring is reversed. Very often is now 0 and never is 4.

Stress Level Quiz cont.

For example, question 7 asks in the last month how often have you felt confident about your ability to handle personal problems. If your answer is very often you would score 0.

Stress Level quiz for questions 7 to 10.

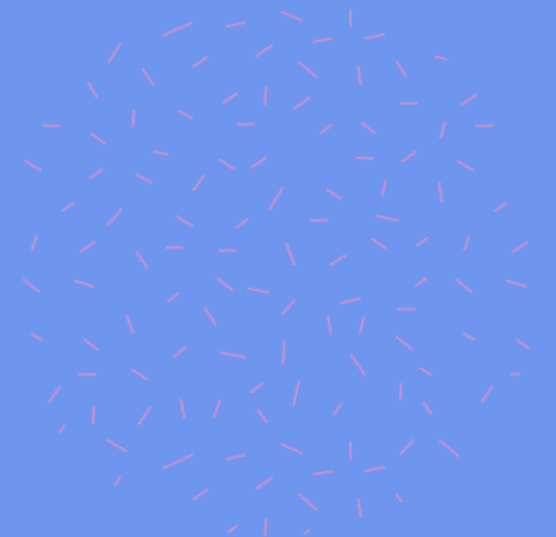
- 0- Very often
- 1- Fairly often
- 2 - Sometimes
- 3 – Almost never
- 4 - Never

Stress Level Quiz

- Now add the numbers for all ten questions.
 - Calculate your level of stress.
- Where do you stand based on your score?

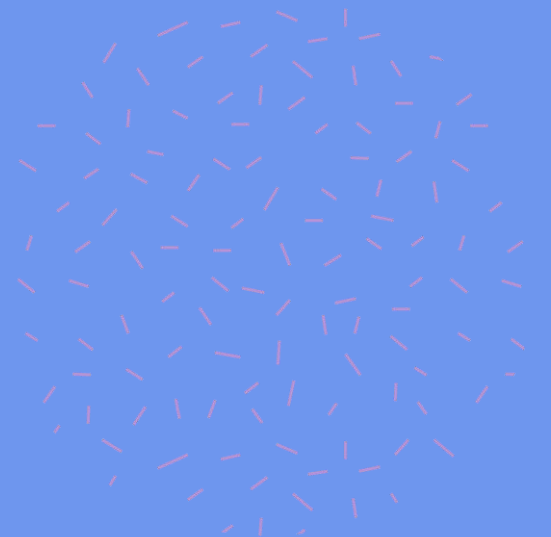
Stress Level 0 to 13

Your stress level is considered to be in the low range and is generally perceived to be manageable.



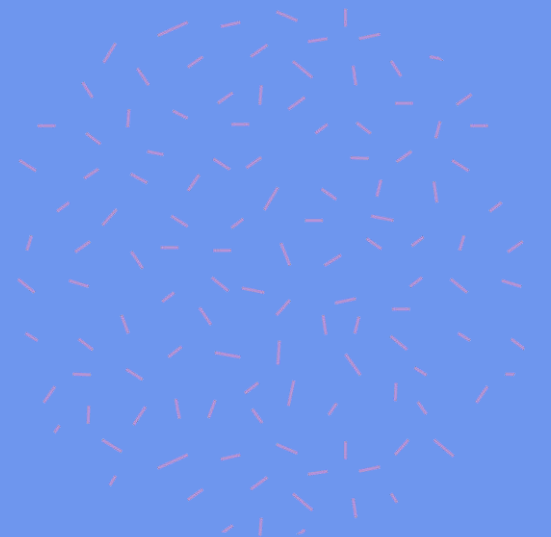
Stress level 14 to 27

If you spend months in this elevated state-the most common level for adults-you might benefit from stress-reduction



High stress 28-41

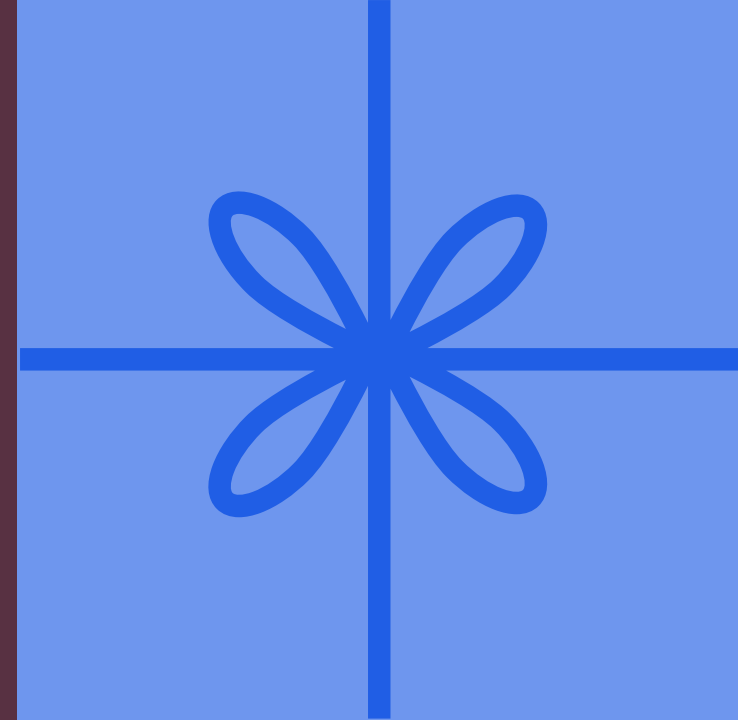
High stress is expected at times, but continuously experiencing these levels without relief can lead to adverse health consequences.





What now?

- Now you know your score.
- What should you do if anything.



Stress Management Strategies

- There are a variety of stress management strategies that you can implement on your own. Following are some of those strategies called stress busters.



Stress Busters

There are seven evidence-based stress busters to manage both day-to-day and chronic stress. All have been shown to improve brain health and to regulate stress hormones.

Source National Graphic

Stress Buster

Supportive Relationships

Stress Buster

Balanced Nutrition

Physical Activity

Time In Nature

Regular Sleep Schedule

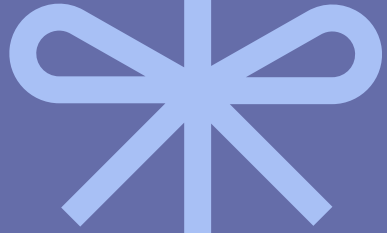
Relaxation Techniques

Mental Health Care

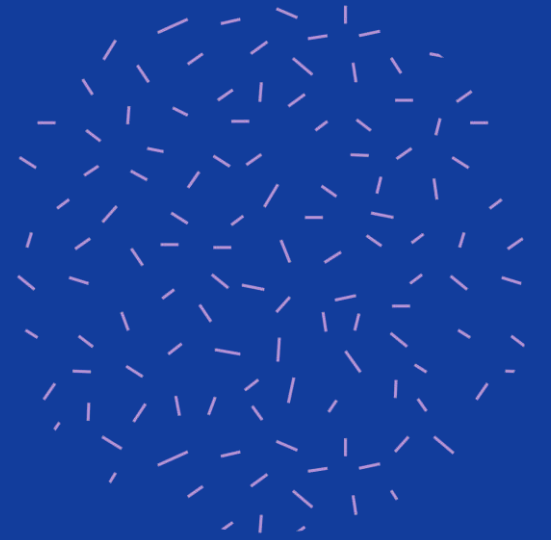
Stress Management Techniques

Cognitive Techniques

- Challenge negative thoughts
- Practice positive self- talk
- Practice gratitude
- Learn to say no

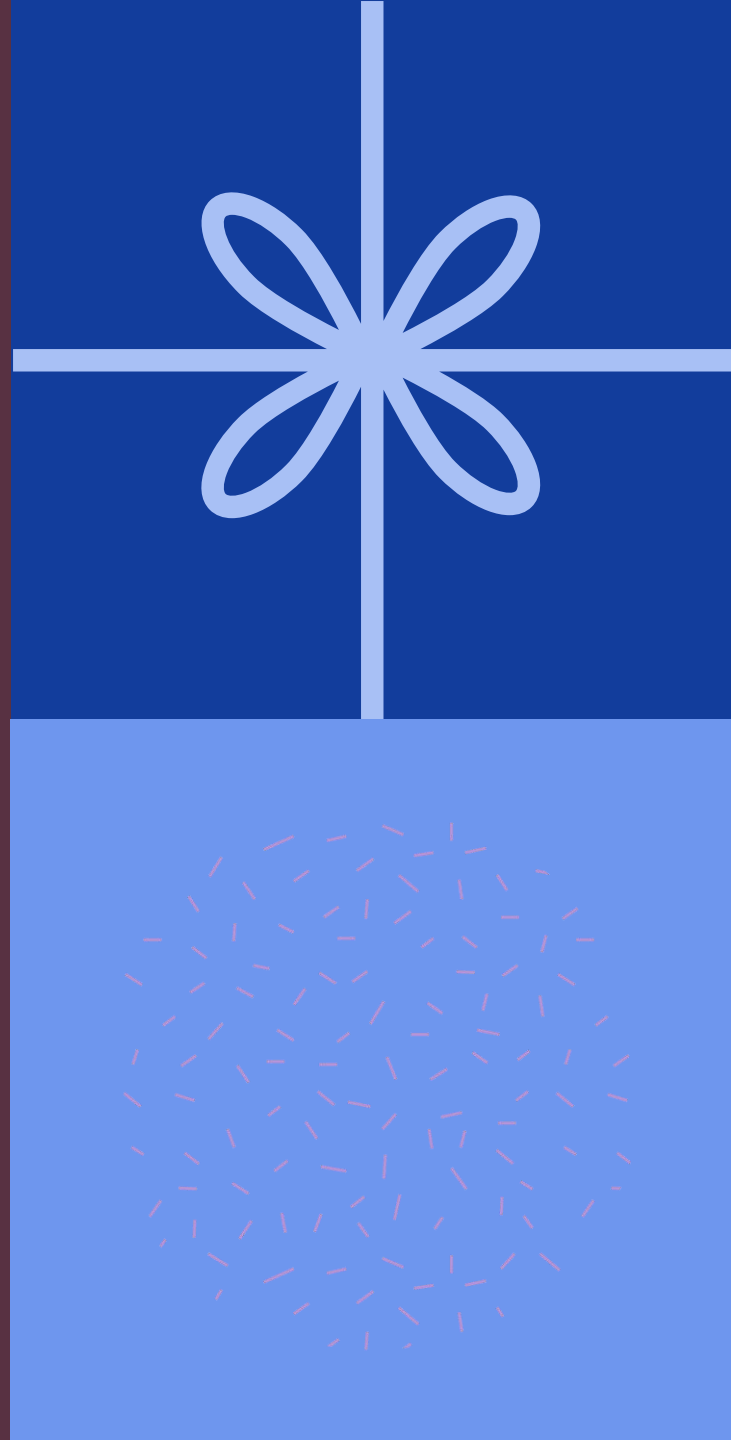


Relax !
“I have suffered
several terrible
things in my life,
some of which
actually happened.”
Mark Twain



One last very important
type of stress – Oxidative
Stress.

Everyone regardless of age needs
to manage this type of stress.



Oxidative Stress

Metabolism refers to the set of cellular mechanisms that transfer food into energy that can power every single cell in the body.

The metabolic processes that run our bodies has evolved over hundreds of thousand years

Oxidative Stress

Mitochondria within our cells convert food energy into cellular energy. Our bodies contain about 37 trillion cells waiting for signals on what to do with that energy.

So what is the problem?

Environmental conditions around the cells have profoundly changed in recent decades.

Oxidative Stress

Today's environment has severely impacted our cells to function properly.

There are several factors that damage mitochondria so that they are not able to do their job properly.

Oxidative stress is just one factor.

Oxidative Stress

Today our cells create damaging waste in the form of free radicals because of our standard American diet (SAD). These free radicals cause damage to our cells leading to dysfunction or oxidative stress.

Oxidative Stress

Oxidative stress is thought to be increased by alcohol, smoking, obesity, aging, psychological stress, ultra-processed foods and other factors.

Also, sexual dysfunction is rising in men. 52% of men over forty have concerns.

Oxidative Stress

Sadly, there is more. It is significantly associated with increased risk of type 2 diabetes, cardiovascular disease, liver disease and premature death.

For Example

More than 75 % of deaths and 80% of costs are driven by obesity, diabetes, heart disease and other preventable and reversible metabolic conditions we have today.

There is good news.

Today's environment and lifestyles need to change if we want to reduce the impact on our mitochondria. There are ten main factors all of which are tightly interlinked. Following are a few of those factors..

How to reduce oxidative Stress

- Sleep deprivation increases oxidative stress as well as work-related stress.
- Chronic overnutrition including ultra-processed food.
- Sedentary lifestyles.
- And of course, chronic stress.

Summary

The information presented on oxidative stress and its impact on our health is only one of other factors impacting our health, our energy and our longevity and should be a concern of all of us.

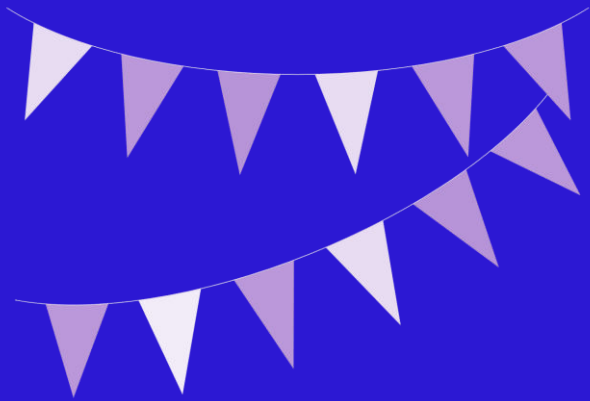
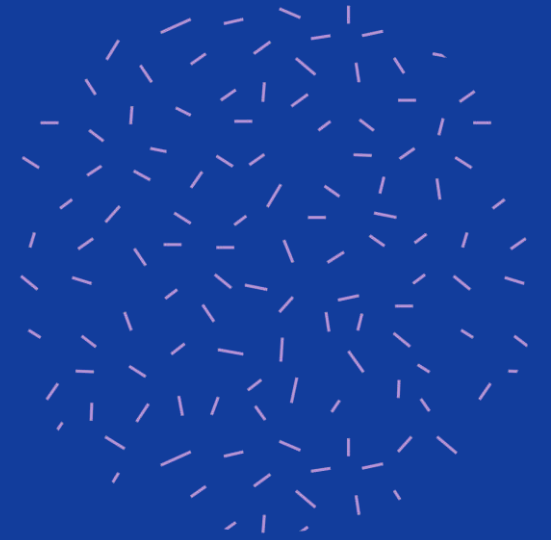
What else can be done?

Time does not allow a complete discussion of all the changes recommended.

That is the subject of my next presentation. Stay tuned.

Important

- The information on oxidative stress comes from a book called
 - *Good Energy*.
- The author is Casey Means.
- There is much more in her book, and I urge you all to get a copy.



I have covered a lot about stress and there are two important ideas that I want to leave with you.

1. Your personal choices of lifestyles is a major factor to manage stress.

2. You can continue to learn and control your life and stress at any age.

Final Thought

“Your mind can be your prison
or your wings.”

The Mayo Clinic Guide

Summary

- “Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.”
 - *Mans Search for Meaning*
 - Victor Emil Frankl

References

Mayo Clinic guide to stress-free living –

Amid Sood, M.D.

National Geographic – June 2024

My Contact

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Be sure to put the word stress in the subject, that way I will open your message.

Questions
Or
comments

