

Stress & Health

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What Is Stress?

Stress:

A feeling of **tension** or **pressure** experienced when an individual feels that the demands placed on them exceed the resources the individual has personally to meet them.

Feeling Fear and Anxiety during COVID-19 is a normal reaction.



Stress Sympathetic Versus Calm Parasympathetic

STRESS
SYMPATHETIC

CALM
PARASYMPATHETIC

PUPILS EXPAND

PUPILS SHRINK

FAST & SHALLOW
BREATHS

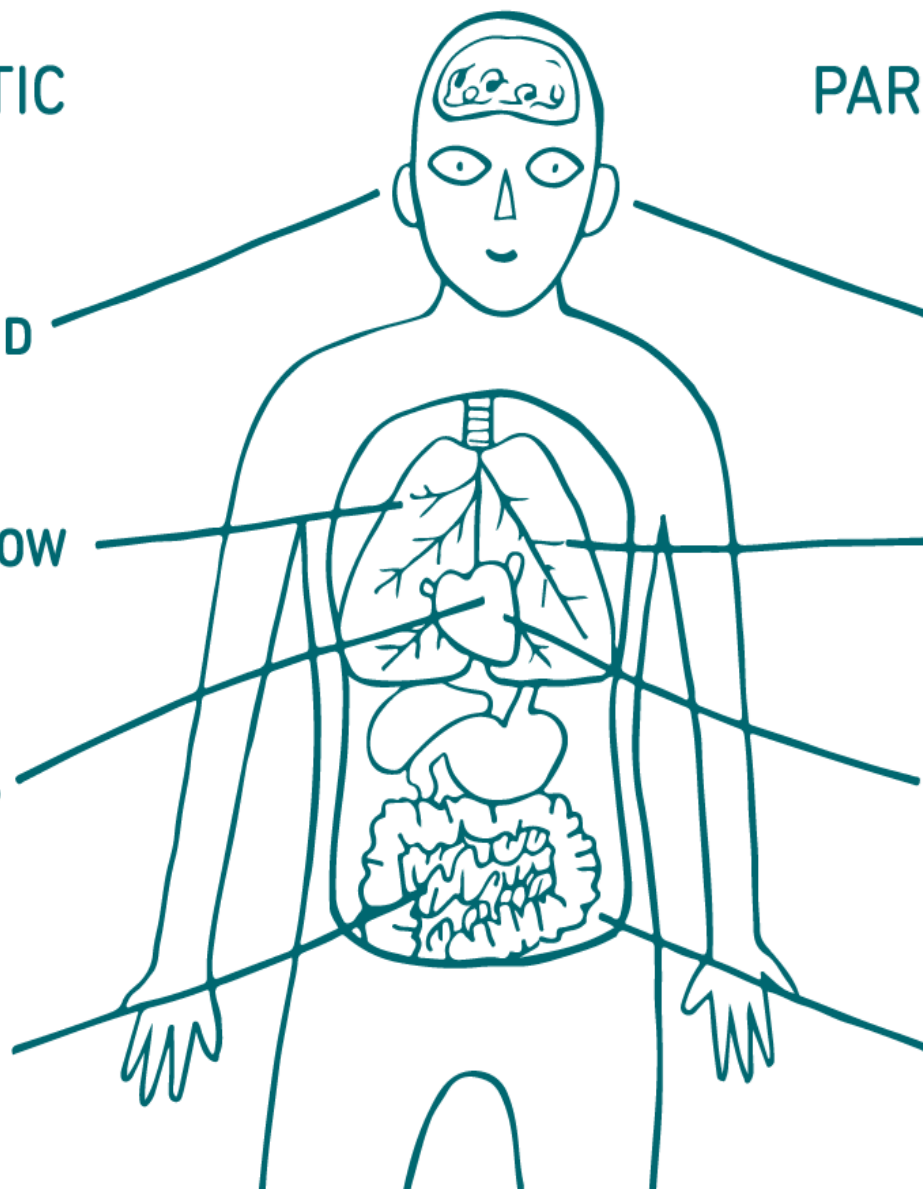
SLOW, DEEP
BREATHS

HEART PUMPS
FASTER

HEART SLOWS

GUT INACTIVE

GUT ACTIVE



Modern Stressors



Money / Bills



Household Chores



Traffic



Work

Added Stressors with COVID-19



Increase in alcohol and other substances



Fear of the unknown



Home schooling children



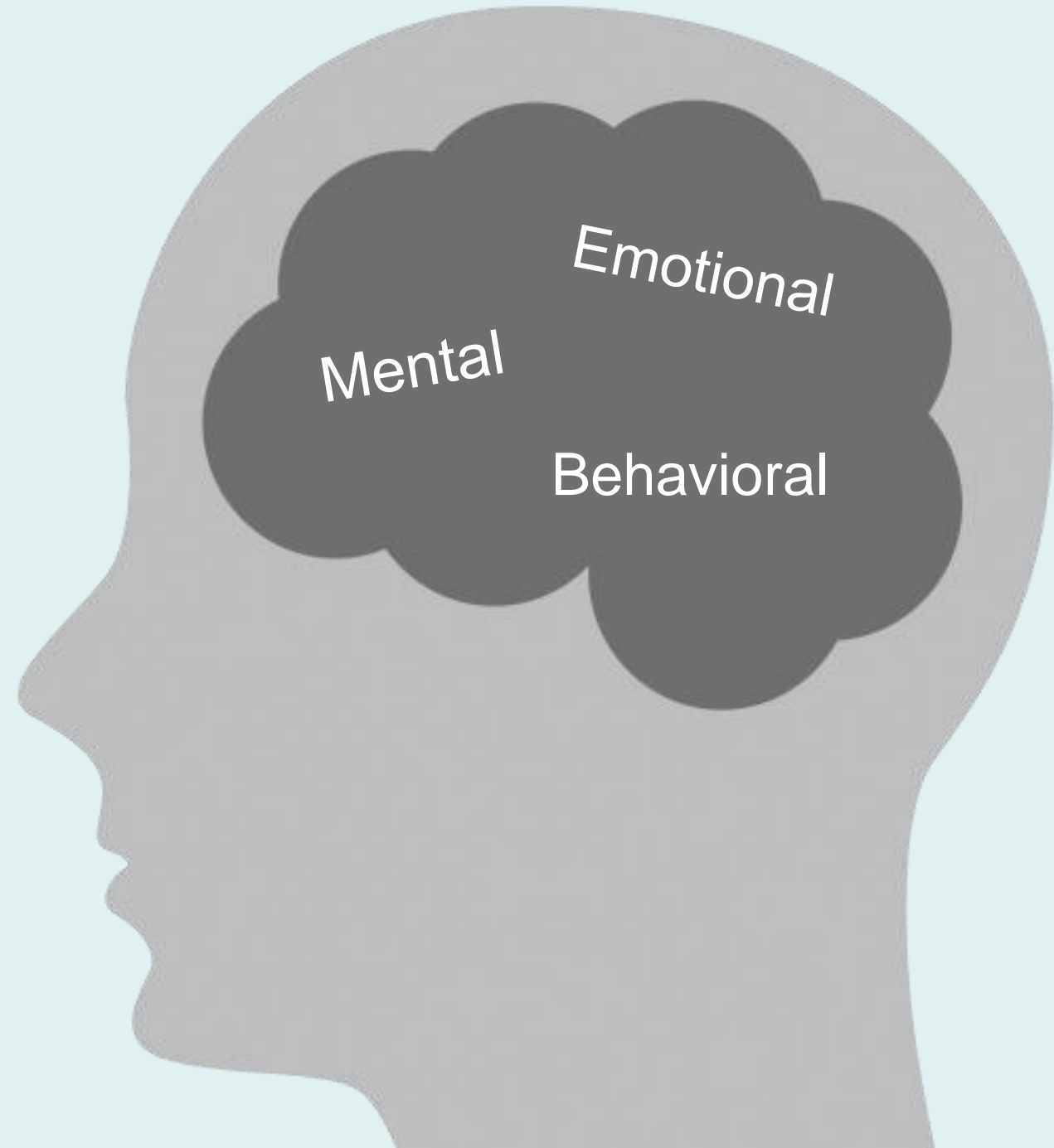
Feeling trapped



Overworking

What are Common Psychological Symptoms of Stress?

Everyone reacts differently!



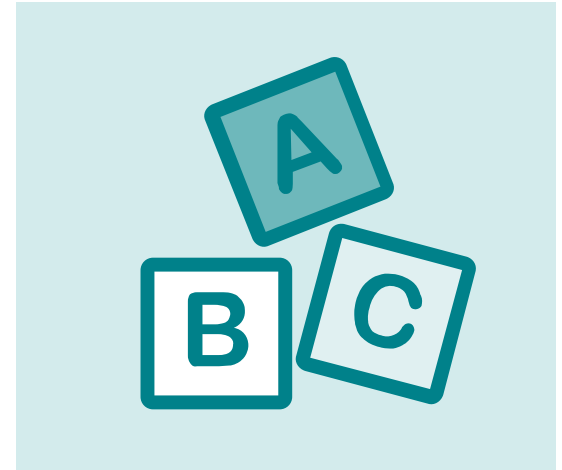
Changes you may see during times of stress



Sleeping Difficulty



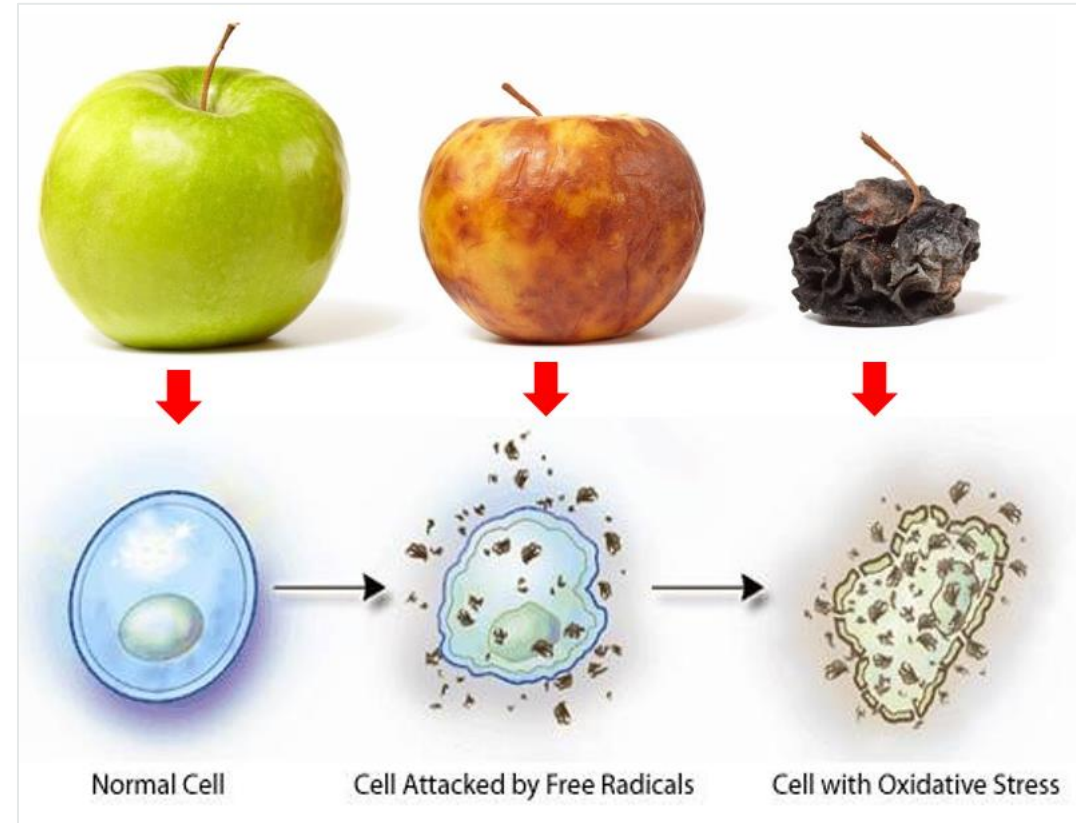
Weight Gain



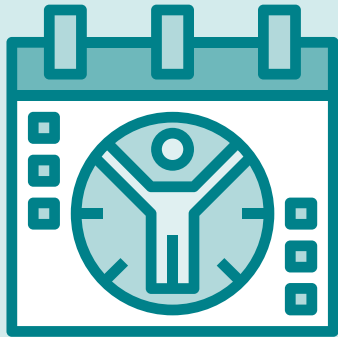
Children reverting to old behaviors

Effects of Oxidative Stress

These apples demonstrate how oxidative stress breaks down your cells, causing premature aging and disease.



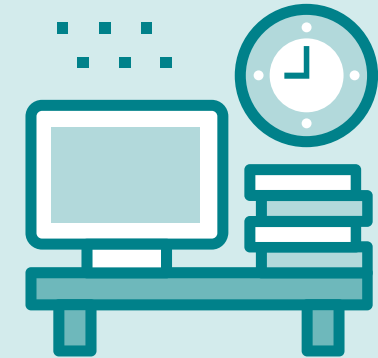
Working From Home Tips



Keep a Routine



Set Regular Hours

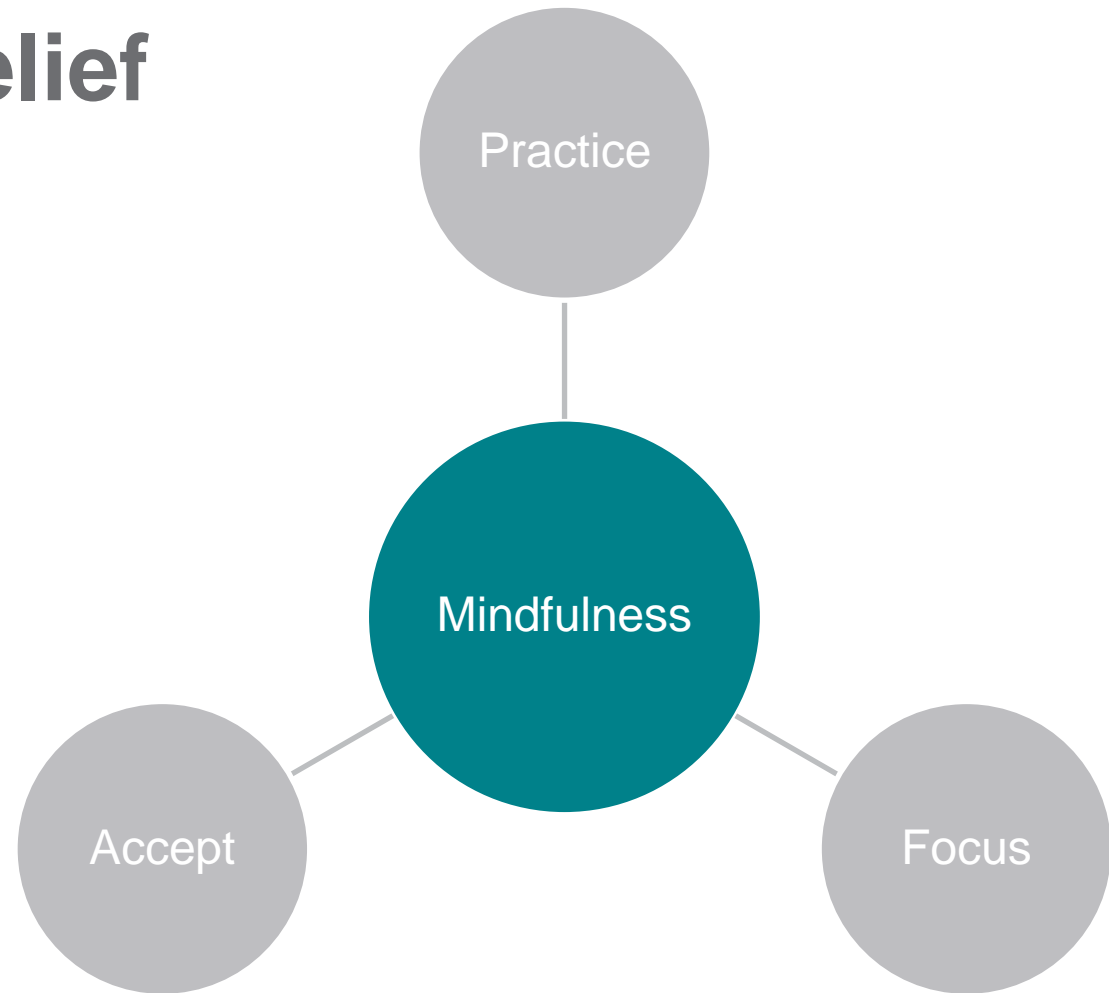


Create a Workspace

Creating Conscious Relief

Mindfulness

The practice of training the mind to focus its attention on the present moment in a systematic way, while accepting whatever arises.



Mindful Exercises

Calming the Mind

- Approximately 12 million adult coloring books sold in the US in 2015
- Boosting the sale of adult nonfiction by 6.6 percent
- Faber Castell-Global pencil shortage for the largest pencil producing company in the world!



“Nature’s medicine is anti-oxidants!”

These can help with your stress levels



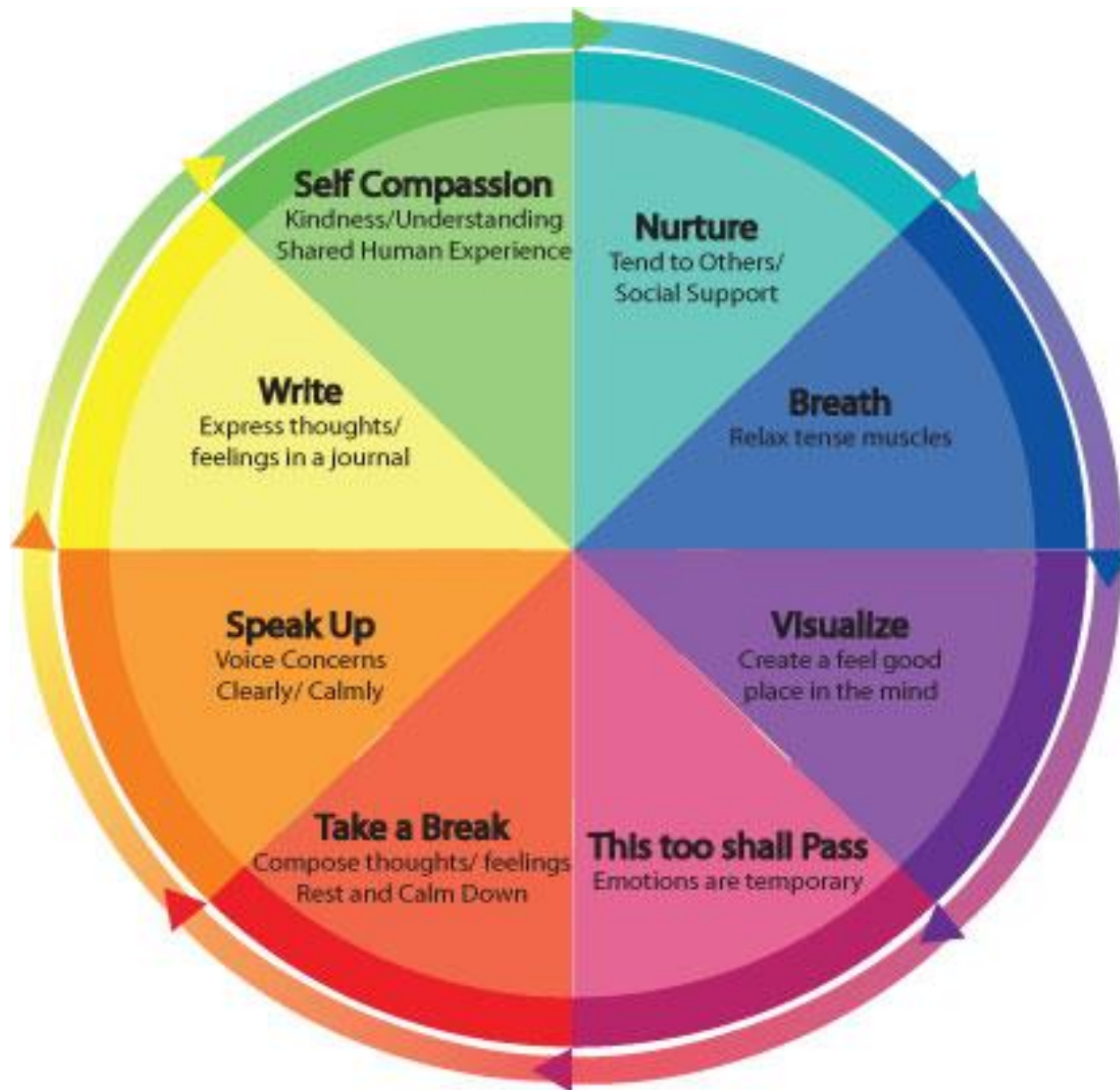
Lifestyle

Meeting our basic needs

- Get 7-8 hours sleep
- Daily exercise – walk, bowling, swim, dance
- Choose healthy energizing foods
- Stretching and strengthening activities, deep breathing
- Relax by actively enjoying an activity or a hobby



Ways to Elicit the Relaxation Response



4 WAYS TO INCREASE RESILIENCE



1. REFRAME
how you
think.



2. GET
adequate
sleep.



3. FIND
a substitute
for sleep.



4. EXPLORE
the power of
positivity.

Resilience: The ability to recover quickly from difficulties



HEALTHY

- Normal fluctuations in mood
- Normal sleep patterns
- Physically well, full of energy
- Consistent performance
- Socially active

REACTING

- Nervousness, irritability, sadness
- Trouble sleeping
- Tired/low energy, muscle tension, headaches
- Procrastination
- Decreased social activity

INJURED

- Anxiety, anger, pervasive sadness, hopelessness
- Restless or disturbed sleep
- Fatigue, aches and pains
- Decreased performance, presenteeism
- Social avoidance or withdrawal

ILL

- Excessive anxiety, easily enraged, depressed mood
- Unable to fall or stay asleep
- Exhaustion, physical illness
- Unable to perform duties, absenteeism
- Isolation, avoiding social events

Mental Health Progression Model

The way we think can influence how we feel



Questions?

EMPLOYER SOLUTIONS

Thank you.



Atrium Health