Managing Your Stress Holistically

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What is stress?

“Stress is the inability to cope with a perceived (real or imagined) threat to one’s mental, physical, emotional, and spiritual well-being, which results in a series of physiological responses and adaptations.”


What else is Stress?

“absence of inner peace”
“loss of control”
“rate of wear & tear on the body.” Hans Selye
“any change experienced by the individual” Serge Kahili King
“a state of anxiety produced when events & responsibilities exceed one’s coping abilities.” Richard Lazarus

Why try to manage stress?

A Global Epidemic

“OK, someone hand me my cigarettes, a cup of black coffee and my Prozac and I’ll be fine...”
Psychological Response to Stress

"a host of theories attempting to interpret the complexities of emotional well-being on which stress has so great an influence."


Physiologic Responses

- Increased heart rate
- Increased blood pressure
- Increased respirations
- Vasodilatation of arteries of extremities
- Increased serum glucose
- Decreased gastric motility
- Increased perspiration
How do you respond to stress?

Sources of Stress at Work
- Too much responsibility w/ too little authority
- Unrealistic expectations, deadlines, quotas
- Inadequate training
- Lack of appreciation
- Inability to voice concerns
- Too much to do w/ too few resources
- Corporate downsizing, restructuring, change
- Keeping pace with technology

Technostress

Sources of Stress for the Person in Pain

Pain Challenges Coping
Toxic Ways of Thinking

- Catastrophizing
- Pessimism
- Blaming
- Polarized thinking
- Should-ing
- Magnifying
- Perfectionism
- “Awfulizing”

How do you manage Stress?

Three Important Concepts

Stressors

Stress Response

Manage Stressors & Decrease Stress

Common Themes for Managing Stress:

Self-awareness

Self-acceptance
Holistic Stress Management

*A Wellness Paradigm*

The balance of the:

- intellectual
- physical
- emotional
- spiritual

Coping Skills

- Cognitive Reframing/Re-structuring
- Creative Problem Solving
- Time Management
- Forgiveness
- Art or Music
- Humor
- Hobbies
- Fun!

Why cultivate coping skills?

- To reduce harmful environmental conditions
- To tolerate or adjust to negative events or realities
- To maintain a positive self-image
- To maintain emotional equilibrium
- To continue satisfying relationships with others

Muscles of the Soul

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<thead>
<tr>
<th>Compassion</th>
<th>Humor</th>
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<td>Courage</td>
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Unconditional Love
Relaxation Skills

- Diaphragmatic breathing
- Progressive Muscle Relaxation
- Mental Imagery/ visualization
- Meditation
- Prayer

Other Options

- Music Therapy
- Tai chi
- Yoga
- Autogenic Training
- Hobbies
- Biofeedback
- Pet Therapy
- Touch Therapies

Nutrition/ Exercise/ Sleep
The End.