

STRESS REDUCTION KIT



Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.



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Have More Fun & Get More Done!

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Managing Stress: Controlling the Chaos

Getting Started

Welcome to your Stress Busing Workshop! Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. This workshop will give you many methods for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system.

Workshop Objectives

At the end of this workshop, you should be able to:

- Identify stressors and their impact on your physical and mental health.
- Practice mindfulness and relaxation exercises to alleviate stress.
- Develop time and task management skills to regain control in chaotic situations.
- Build a support network and engage in self-care practices.
- Implement strategies for maintaining a healthy work-life balance

For starters, think of a current stressor: _____

How frustrating is it : 1 - 10 scale (10 is highest) _____

What's your magic wand fix for this?


















Is that realistic? (Stay tuned...let's find out!)



Stress Quiz

Please put the number that corresponds to your answer, tally your score to find out your possible Stress Profile.

Responses: 1-Never 2- Sometimes 3- Often 4- Always

-  ___ I find it hard to wake up in the morning and go to work
-  ___ I find stupid little stress tests like this stress me out more
-  ___ I bottle up my feelings until I want to explode
-  ___ I am tired all the time
-  ___ I get stressed when I realize I didn't use my "Inside Voice"
-  ___ I feel as though other people don't listen to me
-  ___ I feel as though other people don't listen to me
-  ___ I find it necessary to give "Free Seminars" to people who just don't get it.
-  ___ I am busy all the time, but I don't seem to get much done
-  ___ I get a little crazy when the chocolate runs out
-  ___ I find it hard to sit and read, or take time to relax and pursue my hobbies
-  ___ I tend to try to avoid confrontations or resolving difficult situations at work or at home
-  ___ I find it hard to say no to people's requests
-  ___ I don't exercise regularly.
-  ___ I don't do vacations well, as I get anxious just relaxing without an agenda.
-  ___ I regularly get colds, headaches or other illnesses
-  ___ I get more stressed when I have to add up my stupid little score to stupid little stress test questions (which will tell me what I already know: I'm S-T-R-E-S-S-E-D out already!!!) Now gimme some answers quick, Speaker Lady---I don't have all day!



_____ My Total Score

Stress Analysis Scoring

1- 44 Points~You sound like "TEFLON": When new or challenging situations arise, you take them in your stride. You manage stress well and don't let it get the better of you. But remember that too little stress can be unstimulating.

45-54 Points~You sound like you need a "TUNE UP": You get stressed, but it's not causing you any major health or lifestyle problems. Prevent future problems by adopting some stress strategies.



55-64 Points~You should wear a "WARNING" label: Your stress levels are dangerously high and your health is suffering. In fact, people sitting next to you saw your score and are starting to move away from you... Reassess what's important to you. Reduce stress in your life and use some stress strategies to get calm and healthy.



Think about the stress management strategies you are already using and where you would like to improve.

Answer the following questions:

- On a scale of 1-10, rate your current stress level. (1=no stress at all, 5=s moderately stressed, and 10 = on the verge of your last nerve.)
- Where would you like your stress level to be?
- What are the major stressors in your life? (Please don't put any names here :0)
- What do you see as the major challenges to resolving your stress?
- What are you currently doing to manage and reduce stress?
- What would you like to be doing?

Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye



Understanding Stress

To begin, let's look at what stress is. We'll also explore how stress can be positive and negative, and we'll look at the Triple A approach that will form the basis of this workshop.

What is Stress?

What is Eustress?

- Winning a race
- Riding a rollercoaster
- Watching a scary movie



Understanding the Triple “A” Approach

In this workshop, we will give you three main ways to approach stress. It is important to remember that you have a choice! You can choose to:

- **Alter**
- **Avoid**
- **Accept**

*Tension is who you think you should be.
Relaxation is who you are.*

Chinese Proverb

Creating a Stress-Reducing Lifestyle

Eating Properly



Exercising Regularly



30

3-5:

EZ Ways to get exercise:

- Take a walk at lunch.
- Take the stairs instead of the elevator. (You will be surprised at how many extra calories you burn!) Try getting off 1-2 floors before your floor and walk up.
- When watching television, use commercial breaks to do quick exercises, such as crunches, planks, or stretches.
- Stand when talking on the phone. (This will also help your muscles stretch and prevent muscle tension.)
- Park farther away
- _____ * _____ *
- _____ * _____ *

Remember, diet, sleep, and exercise are all lifestyle changes. Start slowly, build your commitment steadily, stay positive and focused, and you've got a recipe for success!

Sleeping Well

Scary Stats! Sleep in America poll (performed by the National Sleep Foundation, based in the United States).



- ___% of Americans struggle with sleep at least once a week.
- ___% of people dream only in black and white.
- Most adults need ___ hours of sleep, as per sleep statistics.
- Around ___% of children sleep with devices in their bedrooms.
- Sleep paralysis statistics report that ___% of people are affected by sleep paralysis.
- Study participants with COVID-19 showed a ___% insomnia rate.
- We spend _____ of our lives sleeping.
- Snoring stats prove that ___% of men and ___% of women aged 30–60 snore.
- People have ___ dreams every night, as per sleep stats.
- ___ million people in the US have sleep disorders.
- ___% of adults stated that sleepiness interfered with their daily activities at least a few days a month. ___% reported that it does so almost every day.



Reality Check Challenge: How many of you will commit to a better bedtime routine?

The greatest weapon against stress is our ability to choose one thought over another.

William James

- About ___% of adults have driven while drowsy. (Yikes)

Try these tips to help you get a good night's sleep.

Use your bed just for ...

Make your bedroom a

Try to go to bed and get up ...

Have a routine ...

Try a digital detox close to bedtime: silence or turn off devices an _____ before going to bed.

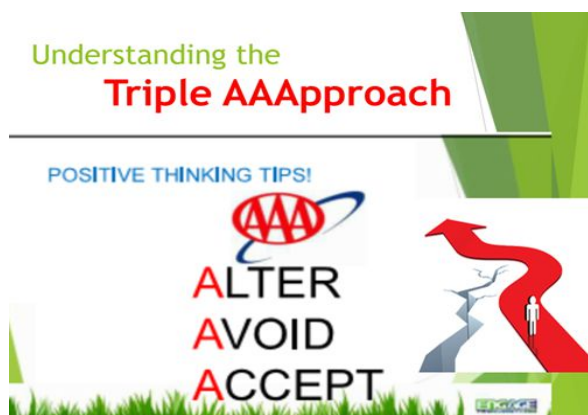


Time I usually hit the hay:

Time I'd like to realistically go to sleep:

One thing that keeps me from going to bed earlier is:

One thing I'll try to do to get more sleep is:



Altering the Situation

The First A

As we have mentioned, your first option when dealing with stress is to alter the situation or your approach to it.

You can alter your approach by:

- Thinking positively and having a positive attitude
- Improving specific skills that will help you manage the situation
- Doing something differently



Some examples:

- *You always find it stressful going to an event when you don't know anyone else there. You decide to...*
- *You find interacting with a particular co-worker stressful. You decide to...*
- *Traffic has become heavy on your morning commute. You decide to...*

Reality Check: 1. What's something you ALTERED to minimize the stress:

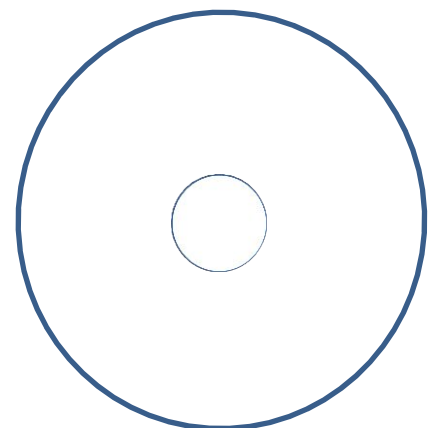
2. Think of a STRESSFUL Situation . LIST all the things

you Can/Can't Control or Influence in this situation:

Can

Can't

Influence



Label the CIRCLE sections

The activity of worrying keeps you immobilized.

Wayne Dwyer

Avoiding the Situation

The second A stands for Avoid.

If drinking coffee gives you indigestion, and causes you stress and embarrassment at work, don't drink coffee!



This A is all about identifying the things that you needlessly stress about, and how to remove those items from your life.

Identifying Appropriate Situations

Avoiding the situation is appropriate if:

Repercussions are non-existent or extremely minor

Other people are not negatively impacted



Reality Check: 1. What's something you AVOIDED to minimize the stress:

Creating Effective Actions



One of the most powerful tools for avoiding a stressful situation is the **Positive “No”**.

If it’s not a “Heck, Yes!” then it’s a “Heck, No!”.

The Positive “No” comes in several forms.

*

*

The Third A: Accepting the situation as it is.



Reality Check: 1. When's a time you ACCEPTED the situation to minimize the stress:

Using Routines to Reduce Stress

Planning Meals



Organizing Tasks

Using a To-Do List

Environmental Relaxation Techniques

Finding a Sanctuary

Using Music



Seeing the Humor

Physical Relaxation Techniques

**Share any apps
you have found to help:**

Soothing Stretches

Lumbar Stretch

Deep Breathing (Check out the Breathe app. Try "Box Breathing")

Tensing and Relaxing

Believe it or not, intentionally creating tension is a relaxation technique – as long as you remember to relax afterwards!

You can try this with almost any part of your body. Here are some examples:

- Scrunch your eyes up
- Curl your toes towards your shins
- Make a big frown and then smile
- Tense your abs as tight as you can

Meditation

Our challenge to you: Try meditating once a day for thirty days and see



What are some Meditation Apps you've tried or will try?

Coping with Major Events

Establishing a Support System

Creating a Plan

Things to think about include:

- How can I maintain a healthy lifestyle (with appropriate amounts of diet, sleep, and exercise) during this period?
- What changes will I need to make to my lifestyle?
- How will my routine help me during this period?
- How might my routine change?
- How can I use the triple "A" approach to handle this situation?
- What relaxation techniques might be appropriate?
- What support systems can I rely on?

Knowing When to Seek Help

Creating a Stress Log

What happened?
When did it happen?
Where did it happen?
How high was my stress level, on a scale of one to ten? (1=Not Stressed, 5=Moderately Stressed, 10=Close to a nervous breakdown)
How did I feel?
Why did this event cause me stress?
What did I do about it?
What would I like to do differently next time?

- Which A (Alter, Avoid, Accept) might be appropriate in dealing with this situation?
-
- How could lifestyle changes (in diet, sleep, exercise, routine, and organization) help alleviate this stress?
-
- What relaxation techniques could help me cope with this stress?
- What resources (such as support systems and outside help) can help me reduce this stressor?

What will my final plan look like?

Stress Busting with Humor: Finding Your Best Balance!

Today's about REVIEW, RENEW, RETHINK, RECHARGE, RINSE, REPEAT!

What are some speed bumps to your productivity: (please try not to write actual names here...☺)

How are you coping with these currently: (chocolate, etc...)



4 CHOICES:

1. _____
2. _____
3. _____
4. _____

3 Magic Questions:

1. _____
2. _____
3. _____

More Chocolate
More Chocolate
More Chocolate

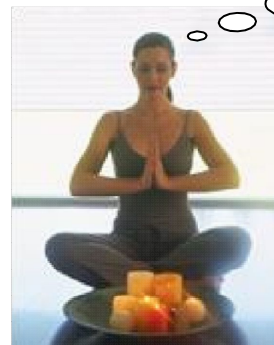
Some QUICK FIXES:

1. B_____ (5-5-5)
2. Go for _____.
3. Get _____.
4. _____ plenty of _____.
5. Choose _____ over _____.
6. Keep an _____, _____-_____.
7. Do _____ each day.
8. Do the _____.

The very first step is _____.

I will do this by _____. My witness is _____.

9. Make a _____.
 10. Call _____ and tell them _____.
- (My CPR list includes: _____, _____, & _____.)



Instant **STRESS RELIEF**

Ask, "Is there anything I can do about this
RIGHT NOW?" (If so, DO IT!)


If not, when is the FIRST OPPORTUNITY you'd
have to do just the FIRST STEP...
Then DO IT...or Let it go until you can ACT.



TAKE HOME – DO IT NOW! COOL TOOLS!

“Don’t get bitter, just get BETTER!”

SAFEZONE



**STRESS
BUSTERS**

1. Breathe! 5-5-5
2. Go for Slo - Mo.....
3. Prep Your Mind: Interesting.....
4. Ask: What do I control?.....
5. Accept: What I can't control.....
6. Ask: Next Best Step?.....
7. Deal with / Delay / Dump it.....

Stress Busting Tips!

Share your favorite Instant Mood Shifters!



MY PERSONAL CPR Quick Fix Chill Out Card:

I simply remember my favorite things...

SIGHT/PICTURE: _____

SOUND/ SONG: _____

SCENT/SMELL: _____

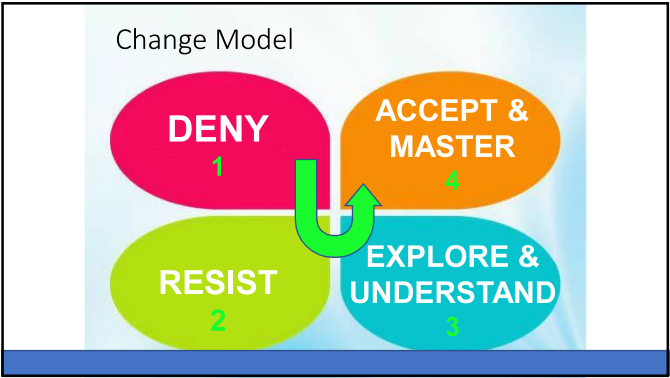
TOUCH/FEEL: _____

TASTE/Comfort Food!: _____

Bonus Tip: Make a 5-pic collage of these to keep on your phone for instant MOOD SHIFT!



1



2

Identify which square you're in with a current stressor. Ways to move to next phase: Goal is to get from 1-4 to cope best with stressor: 1 to 2: Believe! 2 to 3: Find out More 3 to 4 : Practice, Practice, Prattice! (Same way you can get to Carnegie Hall! :0)



3



4

1 & 2 Choices are Band-aids, 3 & 4 are bigger mindshift cures.
Write down your REAL GOAL. What can you do to influence it ? If it involves changing another human, your goal is probably not realistic. Also, are you open to different solutions than your original plan?

What's YOUR W.O.W.? What will you Work on Within One Week?






Understand the huge power your MINDSET has to do with Stress and Stress Relief.
You are so powerful! Don't let Stress overpower YOU! or your MINDSET!

WORKSHEET

My Real Issues

A-1

Blank 'Holes in My Work-Private Life Barrier' Worksheet



 Work		 Private life
Behavior (things you do)		
		
Beliefs (what you think is true)		
	 weak barrier	
Conditions (your circumstances)		
		

WORKSHEET

My Possible Solutions

A-2

Blank 'Strengthening the Work-Private Life Barrier' Worksheet

 Work		 Private life
Behavior (things you do)		
Beliefs (what you think is true)		
	strong barrier	
Conditions (your circumstances)		

Wrapping Up &
Action Planning

- What’s YOUR **W.O.W.?**
- What will you **try to**
apply
- Within One Week?**

Give feedback to Kelli

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or go to talk.ac/kelliv

2. Enter this code on the screen

RESET

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**HIT THE
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PREVENT BURNOUT & QUIET QUITTING
Reviews, Renewals, Refresh, & Reset
KELLI VRLA, CSP

Free Stuff!
Sample Chapter “Hit the Reset Button”
& Action Planning Items

This QR Code unlocks my Hit the RESET Notes

Questions?



Scan this QR code

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Handouts to ALL
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Of
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BUTTON” book
Has over 75 ways to
RESET!



Thanks for joining ME!



*Greek Hips much larger than
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Notes:



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