PAUSE. RESET. RESPOND: POSITIVE STRESS MANAGEMENT AND SELF CARE FOR SUCCESS Yankee Dental Congress January 29, 2027

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Does it feel like life throws one stressor after another into your way with no time to deal with it and no time in between to rest or recover? Do you feel like you are running a stress marathon and someone keeps moving the finish line further away? Life in the 21st Century is filled with stressors of all shapes and sizes and stress affects every aspect of our health and wellbeing—not just for today, but well into the future!

This course will help you understand, manage, and transform your relationship with stress. We will study the normal and natural innate stress response along with its effect on body, mind, spirit, and emotions, and discuss why it is not appropriate for today's stressors. We will learn to identify personal triggers and to recognize early warning signs of compassion fatigue and burnout. We will identify and discuss stress management strategies and positive lifestyle choices and how to easily integrate them into our busy 21st century lives.

This course has a large experiential component with practice in various stress management and relaxation techniques and modalities. Our topics will include mindfulness techniques, boundary setting, emotional regulation and other user friendly strategies for managing stress and building resilience. We will discuss easy and effective self care practices to restore balance and harmony in our daily lives, for better overall health and well being.

Learning Outcomes:

Upon completion of this course, participants will:

1.Define stress and its physiologic, psychologic and psychosocial effects

2. Define the Six Pillars of Lifestyle Medicine as defined by the American College of Lifestyle Medicine

3. Explain the benefits of meditation, physically, mentally, spiritually, and socially

4. Define neuroplasticity and explain the effects of yoga and meditation on brain structure and function

5. Demonstrate relaxation and positive stress management techniques

Websites:

www.lifestylemedicine.org

https://greatergood.berkeley.edu

www.goodnewsnetwork.org

www.brianlukeseaward.com

www.drlowdog.com

www.drwaynejonas.com

www.berniesiegelmd.com

APPS that I like:

Balance	**Insight Timer**
Calm Health	**Simple Habit**
Headspace	**Breethe**
Tapping Solution	**Mindful**

Some of my favorite books:

The Upside of Stress Kelly Mcgonigal PhD

The Joy of Movement Kelly Mcgonigal PhD

Life is Your Best Medicine Tierona Low Dog, MD

Healthy at Home Tierona Low Dog MD

Stand Like Mountain, Flow Like Water by Brian Luke Seaward PhD

Stressed is Desserts Spelled Backwards by Brian Luke Seaward

Five Good Minutes by Jeffrey Brantley, MD

meQuilibrium by Jan Bruce, Andrew Shatte, PhD &

Adam Perlman, MD MPH

101 Exercises for the Soul Dr. Bernie S. Siegel

The Blue Zones Dan Buettner

The Four Agreements Don Miguel Ruiz

Resilient Rick Hanson

Gentle Courtney Carver

Wherever You Go There You Are Jon Kabat Zin

Self Compassion Kristin Neff, PhD

Mindful Self Compassion for Burnout Kristin Neff, PhD &
Christopher Germer, PhD

The Self Compassion Workbook Kristin Neff, PhD

The Tapping Solution Nick Ortner

A Native Healer's Prescription for Health

Rx: Take small miracles daily

For a second, let it stop: The rush, the deadline, the self imposed slavery of "must do"

For a moment, lose your eyes in the darkness and see the dancing stars behind your eyelids

For a minute, see a magnificent flower in your mind. Add the sound of a soothing waterfall, and then the smell of cool mint

For a time, feel each breath. With each breath out, imagine releasing pain, an ache, a worry

With each breath in, absorb a sense of comfort, a kind word, a selfless act, a memory of the best thing this year

May you find peace, wholeness, connection, and completion in small miracles

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