

Living Well Rockdale Presents:



**MONTHLY WORKSHOPS
WITH HEALTHY TIDBITS**

**4TH THURSDAYS
12:15-1PM
ON ZOOM**

**STRONGER BUSINESS
STRONGER YOU**

Stress Less, Live More!

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Objectives

1. Understand Stress
2. Learn the Causes of Stress
3. Identify Symptoms of Stress
4. Learn Skills to Handle Stress



Fact
or
Fiction:

Stress is
ALWAYS bad



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Fiction!

- Stress can help us function and motivate us
- It is our CONTROL of stress that determines whether or not it is harmful
- If we are in CONTROL of our stress, any stressful situation will be seen as a challenge



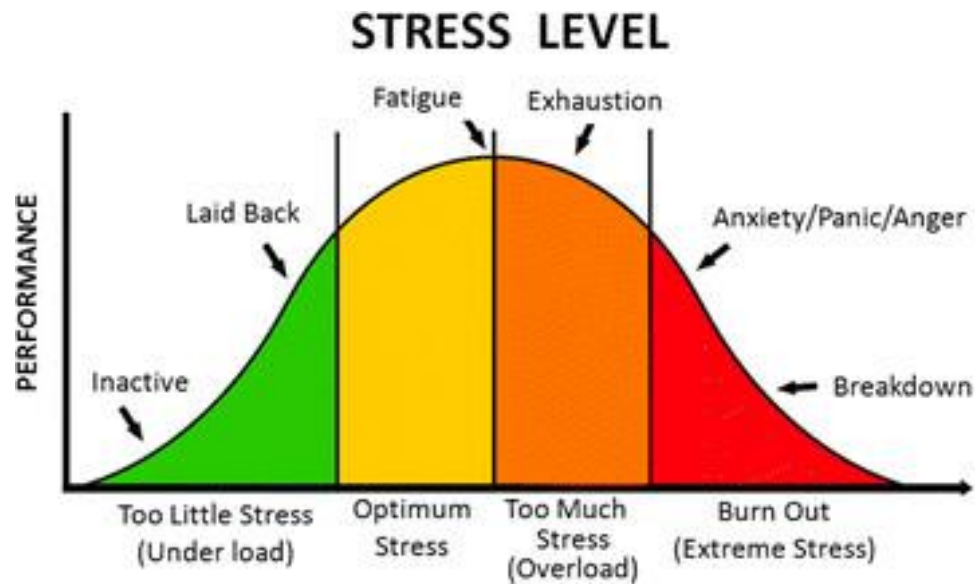
Fact or Fiction:

Stress prevents good performance



Fiction!

A little stress can help **improve** performance



Fact
or
Fiction:

Only Tragedies
Cause Stress



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Fiction!

- What many would consider to be a positive event can be a source of stress
- Examples: starting a new job, moving, getting married, the holiday season



So, What is Stress?

- A physical, emotional, or mental response to change or demand
- From a situation/thought making you feel frustrated, nervous, anxious or angry
- Can be a good thing or it can be harmful
- Stress can be:
 - Short-term (Acute)
 - Episodic
 - Long-term (Chronic)



Check Your Stress Activity



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The Problem With Stress

- 60% of adults suffer negative health effects from stress
- 42% of Americans miss 30+ days from work because of stress, anxiety, or a related stress disorder
- \$300 billion spent annually by employers in stress related health care and missed work



Stress on the Body

**3 out of 4
doctor's
visits are
stress-
related!**

- Heart disease
- High blood pressure
- Depression
- Panic attacks
- Accidents
- Other chronic illnesses due to unhealthy coping
 - Type 2 Diabetes
 - High Cholesterol
 - Obesity
 - Lung Diseases
 - Liver Diseases



Physical Signs of Stress:

- Frequent illness
- Physical exhaustion
- Aches and pains
- Insomnia or sleeping too much
- Changes in appetite
- Weight gain or loss
- Nausea, dizziness
- Diarrhea or constipation
- Sexual difficulties



Emotional Signs of Stress:

- Depression
 - General unhappiness
 - Sadness
 - Don't enjoy anything
- Anxiety and agitation
- Moodiness, irritability, or anger
- Insecure
- Feelings of worthlessness



Other Signs of Stress:

- Withdrawal from others
- Neglecting responsibilities
- Using substances to relax (alcohol, cigarettes, drugs)
- Nervous habits – pacing
- Memory issues
- Poor concentration or judgement
- Anxious mind, racing thoughts



Harmful Coping Mechanisms

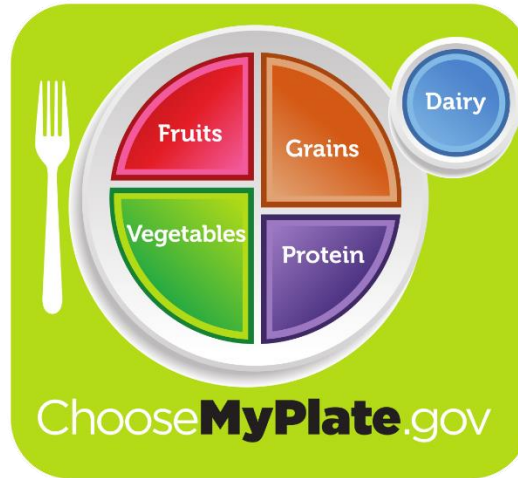
- Food
- Tobacco
- Drugs
- Alcohol
- Gambling
- Sex
- Shopping



How to Stress Less & Live More

Eat Well

- **Follow MyPlate**
 - Drink plenty of water
 - Lower your salt & sugar intake
 - Eat more fruit & vegetables



- **Reduce or eliminate:**
 - Caffeine
 - Alcohol
 - Nicotine



Move Your Body

- Takes your attention away from the stress in the moment
 - Any amount helps!
- Helps to better withstand the effects of stress over time
 - Feeling “in control”
 - Have higher self esteem
 - More energy
 - Better outlook on life



Sleep Well

- Be consistent
 - Set a bedtime
- Get 6-8 hours of sleep every night
- Limit the use of light before bed
- Make time to wind down



Organize & Prioritize



- Embrace the “Brain Dump”
 - Make a “to do” list
 - Set goals for important things
 - Set appointments in a calendar
- Ask for help
 - Delegate things
 - Say “NO”
- Avoid time wasters/procrastination
- Make time for things important to you



Talk to Others

- Find Support
 - Share your problems and feelings
 - Partner, family, friend, counselor, doctor, clergy person
- Don't isolate yourself
 - Take your mind off your problems
 - Spend time with loved ones
- Write in a journal



Take a Break

- Schedule a break in the workday
- When stress arises
 - Go on a walk
 - Put down your phone
 - Remove yourself from the situation
 - Ask for help



Recharge

- Stress is like making a withdrawal from the “energy bank”
- Find activities you enjoy
 - These make deposits to your “energy bank”
 - They are NOT a waste of your time
 - “All work and no play...”
- Try relaxation activities
 - Deep Breathing
 - Progressive Muscle Relaxation
 - Yoga, Pilates, Tai Chi
 - Massage
 - Meditation



Quick Stress Relief

- Take a walk
- Listen to some music or a meditation
- Eat a healthy snack
- Wear a soft sweater or blanket
- Light a candle or smell essential oils
- Hug a person, a pet, or a pillow
- Make a cup of tea or have a glass of water
- Squeeze a stress ball
- Dance around or stretch
- Massage your neck or arms



Tips for Parents: Children and Stress

- Maintain a normal routine
 - Regular meals, bed time and activities provide stability
- Talk, listen and encourage expression
 - Validate their feelings
 - Listen to them and share your feelings
- Watch and listen
 - Change in behavior
- Reassure



When Self-Help is Not Enough

Seek a professional:

- If you feel overwhelmed by stress.
- If your stress is severe or long-lasting
- If your stress is the result of a traumatic event
- Free Resources:
 - COVID Emotional Support Line: 866-399-8938
 - Viewpoint Rockdale: 678-209-2655
 - National Crisis Line: 1-800-273-8255
 - GA Access Line: 1-800-715-4225
 - GA Crisis Text Line: Text "GA" to 741741



Close Your Eyes and Breathe

Progressive Muscle Relaxation Activity



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EVALUATION

<http://bit.ly/2DR99Xb>

Program Name: **Stress Less Live More**

Program Date: **7/23/2020**

Have more questions?

Email us at adriana.scurry@gnrhealth.com or
marybeth.hornbeck@uga.edu



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PRIZES!

When you answer "*How would you summarize your experience in the program in one sentence?*" **include your email address** to be entered in the drawing!

We'll choose 3 random names after each session!



Save the Date & Spread the Word!

Living Well Rockdale Presents:



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AUG. 27 | 12:15-1 PM

Less Stress Meal Planning

Join us on Zoom!

**Register at
tinyurl.com/rockdaleSBSY**

FOR MORE INFO, CONTACT:

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Citations:

"Coping With Stress." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, December 7, 2016. www.cdc.gov/features/copingwithstress/. Accessed May 10, 2017.

Don Bower, Extension Human Development Specialist, College of Family & Consumer Sciences, The University of Georgia, *CHFD - E-33* & *CHFD - E-34*

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Slides made by Rachel Hubbard, UGA Extension

