

# Stress Less: Celebrate Self-Care Through the Holidays!

*We will begin at 12:15pm.*

## Presenters



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## Today's Guide For A Healthy Conversation

- Be respectful and open of others.
- Please type your questions in the Q&A box and comments into the chat box for our moderators.
- Today's session will be recorded and will be posted to our Living Well Wednesday web page:  
<https://bit.ly/KSRELivingWellWebinars>



**LIVING WELL  
WEDNESDAY**

K-State Research and Extension Webinar Series







# **Stress Less: Celebrate Self-Care Through the Holidays**

Living Well Wednesdays

November 17, 2021

12:15 – 1:00 p.m.



# Objectives

- Learn how stress affects the body
- Identify your specific stressors
- Learn how to develop a self-care plan



# What is Stress?



*“State of tension that arises when you experience demands from your environment or from inside yourself.”*

# Acute vs Chronic Stress

## ***Acute Stress***

Often sudden, generally short-lived  
Physical or emotional challenge/threat  
Examples: robbery, MVA, giving a speech, wedding

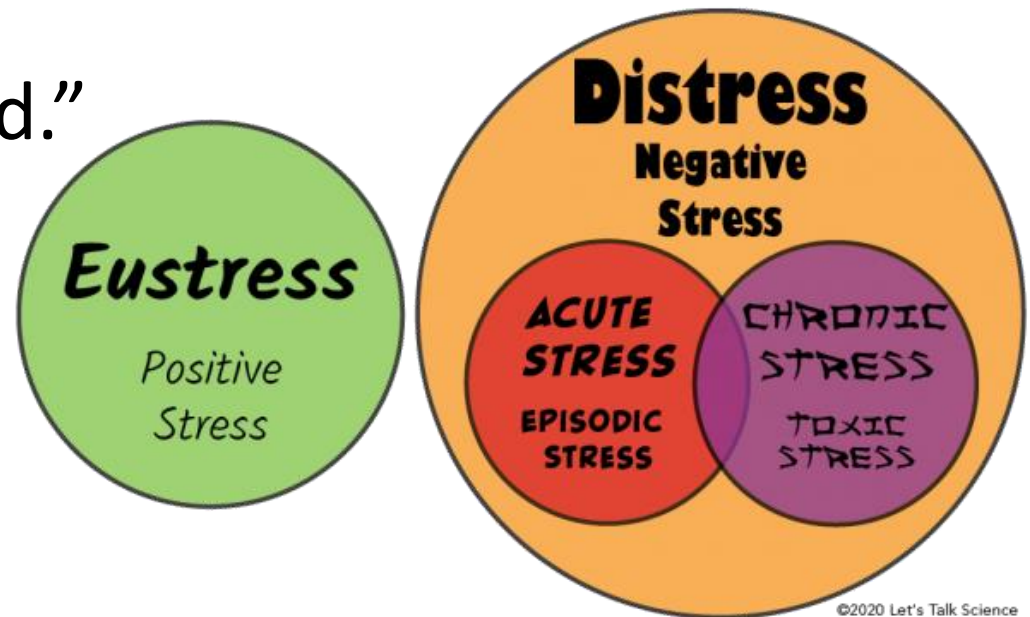
## ***Chronic Stress***

Ongoing exposure/demand  
Family conflict, work stress, financial stressors  
Examples: high pressure work environment, relationships, indebtedness  
Subtle in nature so more difficult to recognize



# Eustress: The Positive Stress

- Prefix “Eu-” comes from Greek.
- Means “well or good.”
- Like Euphoria.



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# What is Eustress?

Form of stress that is beneficial to either:

- \* Health
- \* Motivation
- \* Performance
- \* Well-being

It can be:

- \* Psychological
- \* Physical
- \* Biochemical

positive

motivates

challenges

excitement

short-term

energizes

growth



# Stress & Your Body

# Fight or Flight Response

Our bodies are uniquely designed to handle stress.

When presented with a threatening situation it is our most basic survival instinct to either:

- Engage in a fight
- Or run for our lives

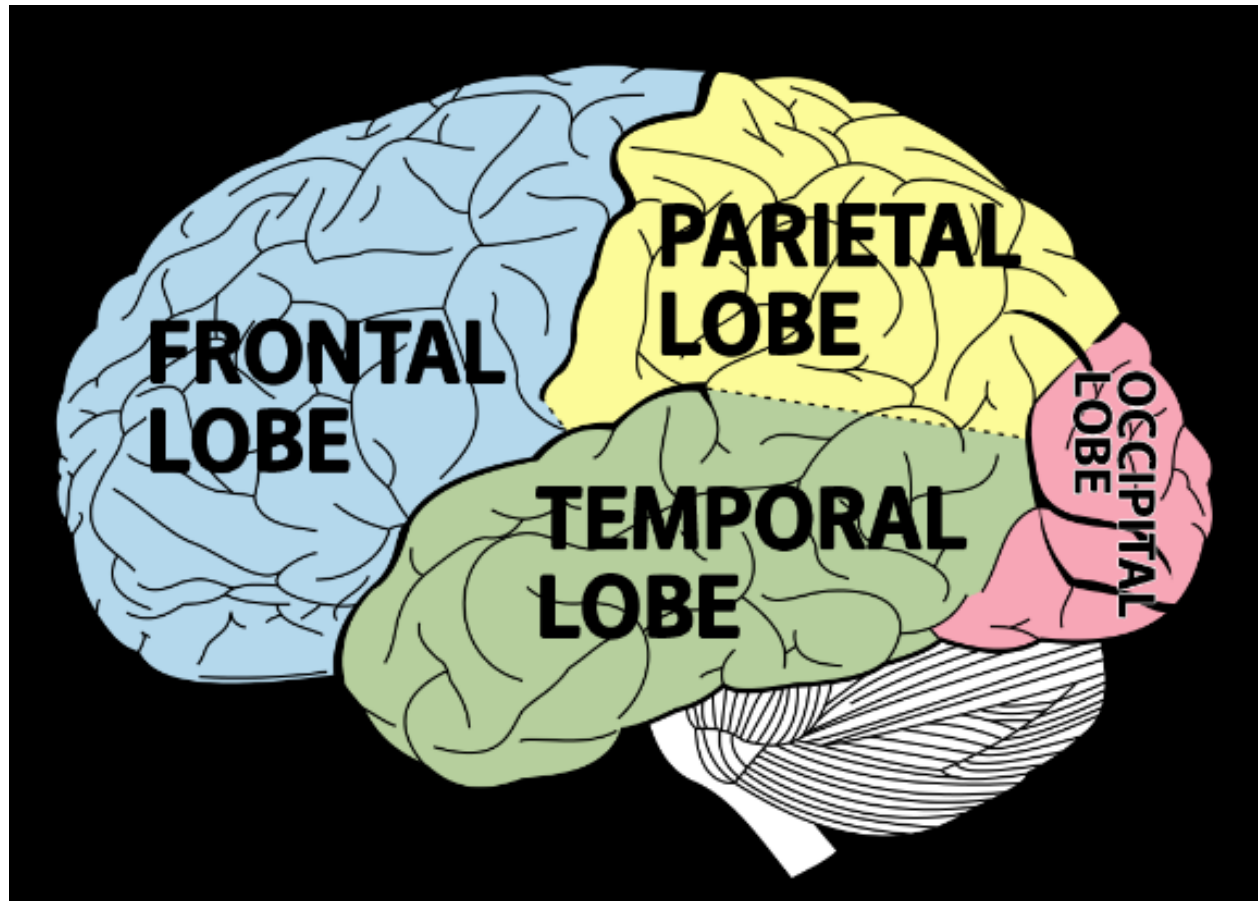


# Your Body during Fight or Flight Response

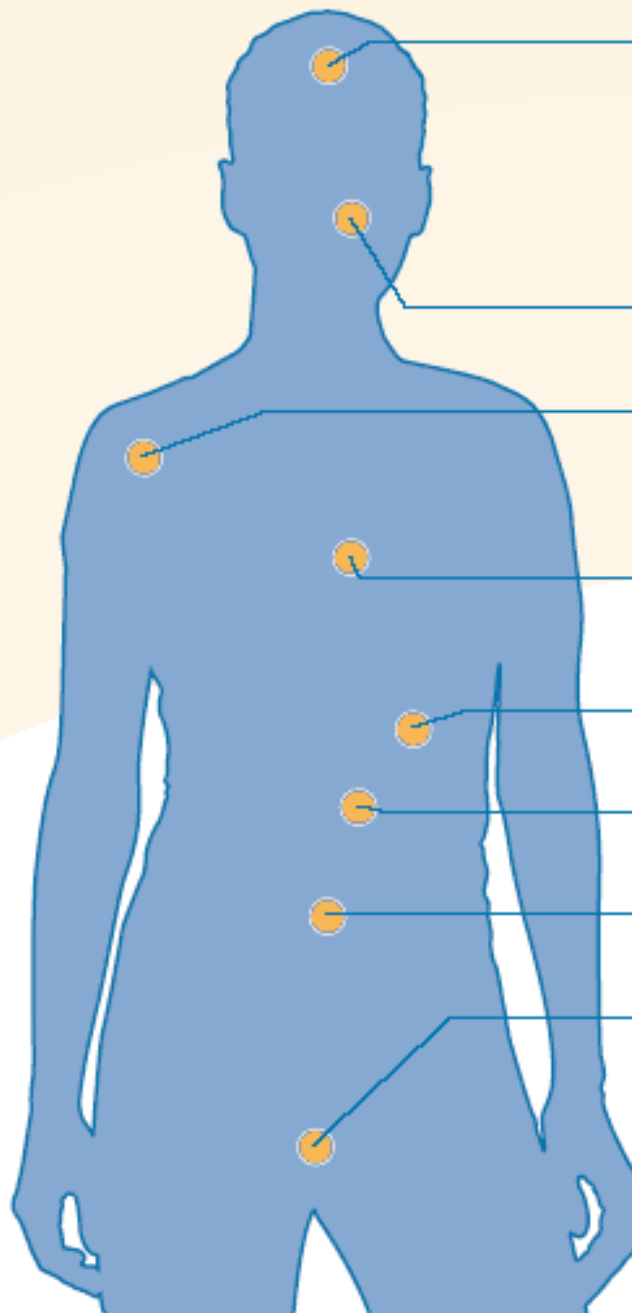
- Adrenaline is secreted from the kidneys
- Cortisol (a hormone) is released providing bursts of energy
- The heart suddenly beats faster
- Breath rate and blood pressure increase
- Blood sugar is released into the bloodstream
- Hearing and sight are enhanced
- Digestive system and urine production slow to divert blood to more critical areas. such as the brain and muscles



# Our brain on oxygen



# WHAT CHRONIC STRESS DOES TO YOUR BODY



## BRAIN AND NERVES

Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression)

## SKIN

Acne and other skin problems

## MUSCLES AND JOINTS

Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

## HEART

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

## STOMACH

Nausea, stomach pain, heartburn, weight gain

## PANCREAS

Increased risk of diabetes

## INTESTINES

Diarrhea, constipation and other digestive problem

## REPRODUCTIVE SYSTEM

For women-irregular or more painful periods, reduced sexual desire. For men-impotence, lower sperm production, reduced sexual desire

## IMMUNE SYSTEM

Lowered ability to fight or recover from illness



# How Stress Uniquely Affects You




We are all unique individuals,



so how you **experience** stress  
will be uniquely individualized.

## What PHYSICAL symptoms do you experience when you are stressed?

- Heart races
- Shortness of breath
- Increased appetite
- Decreased appetite
- High blood pressure
- Dizziness
- Tapping fingers
- Sweaty palms
- Neck stiffness
- Muscle tightness
- Legs feel shaky
- Backache
- Tightness of chest
- Upset stomach
- Grind teeth
- Fatigue
- Headache
- Nausea
- Feel like you are in a fog
- Face feels hot



## What EMOTIONAL symptoms do you experience when you are stressed?

- Easily angered
- Nervous
- Crying
- Feeling depressed
- Trouble making decisions
- Restlessness
- Lower sex drive
- Irritable
- Feeling bored
- Exhausted
- Cynical
- Can't turn your mind off
- Can't concentrate
- Aggressive

## What BEHAVIORAL symptoms do you experience when you are stressed?

- Undereating
- Increase smoking
- Sleeping to escape
- Overeating
- Taking drugs
- Withdraw from people
- Yelling
- Arguing
- Drinking
- Breaking things
- Stop doing things I like to do



# Self-Care Plan

# What tools are already in your Self-Care Toolbox?



A set of predetermined tools you can draw on whenever you feel you're not coping.

# Proven Tools



**Breathing**



**Meditation**



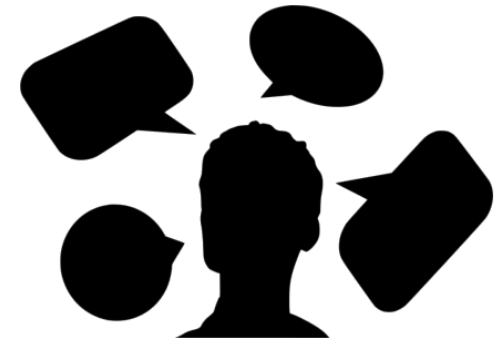
**Exercise**



**Stretching**



**Muscle Relaxation**



**Self-talk**



# Think “B-R-A-I-N”



**B** – **Breathe** deeply 5 times. Release the air slowly.

**R** – **Relax**. Tell yourself to relax, whether in your head or out loud. Notice areas of tension in your body, and try to release that tension.

**A** – **Ask** yourself what you need or want to feel. We usually ask why the other person is such a jerk or why we messed up. Instead, ask yourself what you need to feel: calm, in control, at peace, and other comforting feelings.

**I** – **Imagine** feeling that way.

**N** – **Now**, after doing those 4 things, ask yourself, “How do I feel now?”

We are all unique individuals,



so how you **manage** stress will be uniquely individualized.

# What tools could you add to your toolbox?

Physical	Mental	Emotional / Spiritual
<ul style="list-style-type: none"> <li>• Get a medical checkup</li> <li>• Eat a healthful breakfast</li> <li>• Drink four to eight glasses of water daily</li> <li>• Eat more fruits, vegetables and healthful snacks</li> <li>• Exercise at least 20 minutes daily (walk, swim, ride a bike, etc.)</li> <li>• Get at least seven to eight hours of restful sleep</li> <li>• Receive a neck or back massage</li> <li>• Take a relaxing bath or shower</li> <li>• Hug a loved one or friend</li> <li>• Practice restful, deep or slow breathing</li> <li>• Abstain from alcohol, tobacco or other drugs</li> <li>• Do gentle stretching during a break or to warm up or cool down</li> </ul>	<ul style="list-style-type: none"> <li>• Take 10 minutes and reflect on your blessings</li> <li>• Write your thoughts in a journal or notebook</li> <li>• Listen to relaxing music</li> <li>• Spend 30 minutes doing something with your hands (draw, carve, etc.)</li> <li>• Read a book you enjoy</li> <li>• Watch TV or videos that make you laugh</li> <li>• Do a hobby</li> <li>• Attend a class or seminar to learn something new or of interest to you</li> <li>• Visit with a counselor or spiritual leader</li> <li>• Reach out to someone for support or help</li> <li>• Spend 10 minutes to plan your day and priorities</li> <li>• Take regular five- to 10-minute breaks in your day to relax and recharge</li> </ul>	<ul style="list-style-type: none"> <li>• Tell a loved one what you appreciate about him/her</li> <li>• Play with a child or grandchild</li> <li>• Volunteer to help with a cause important to you</li> <li>• Go out for a meal with a friend or loved one</li> <li>• Reflect on and forgive yourself for mistakes</li> <li>• Share concerns with a counselor or other professional</li> <li>• Explore your spiritual life and activities</li> <li>• Pray or meditate</li> <li>• Do random acts of kindness</li> <li>• Express "thank you" to someone daily (send a note, etc.)</li> <li>• Write down three things you are grateful for daily</li> <li>• Go for a walk or drive in nature</li> </ul>

# What tools could you add to your toolbox?

Personal / Relational	Work / Professional	Financial / Practical
<ul style="list-style-type: none"> <li>• Clean or organize your personal space(s)</li> <li>• Reflect on and write down your goals</li> <li>• Spend time with a pet</li> <li>• Take 15 minutes each day to have uninterrupted conversation with a spouse or family member</li> <li>• Spend time playing games with family members</li> <li>• Learn more about your family history</li> <li>• Begin or renew a friendship</li> <li>• Get involved or stay connected with a group of friends</li> <li>• Plan a getaway with a family member</li> <li>• Go on a vacation</li> <li>• Eat or make your favorite meal</li> <li>• Do an activity you personally enjoy (fishing, see a movie, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on factors you can control in your work</li> <li>• Take time for lunch and a “work break” daily</li> <li>• Plan your next day at the end of the work day and set priorities ahead of time</li> <li>• Be flexible with time and tasks as things come up</li> <li>• Set boundaries and do not overcommit yourself</li> <li>• Say “no” more often</li> <li>• Do not let the farm operation intrude on all other aspects of life</li> <li>• Talk to other farmers about their strategies</li> <li>• Take a seminar and learn new ways to handle issues</li> <li>• Seek feedback on your farm operation and ways to grow or improve</li> <li>• Schedule time away from work to relax and then take the time</li> <li>• Minimize and resolve conflicts with others</li> </ul>	<ul style="list-style-type: none"> <li>• Assess your family finances and needs</li> <li>• Create a family budget and live within your means</li> <li>• Learn new strategies to stretch your family finances</li> <li>• Schedule time to organize your records monthly</li> <li>• Take a seminar to learn more about financial management</li> <li>• Spend 15 minutes a day reviewing your tasks and setting priorities</li> <li>• Select three healthy habits you will try to practice daily</li> <li>• Ask for positive feedback from others and build on it</li> <li>• Ask for constructive feedback from others and learn from it</li> <li>• Investigate new ways for doing things in your work</li> <li>• Read something new every day</li> <li>• Let go of what you cannot control</li> </ul>

# Plan Ahead

Prioritize your needs

Set boundaries

Make self-care a  
DAILY routine

Find support





# QUESTIONS COMMENTS DISCUSSION



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**LIVING WELL WEDNESDAY**

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## STRESS LESS:

*Connect and Communicate Through the Holidays!*

**FAMILY DYNAMICS CAN BE DIFFICULT, PARTICULARLY DURING THE HOLIDAY SEASON. JOIN US FOR A DEEP DIVE INTO COMMUNICATING EFFECTIVELY WITH FAMILY MEMBERS TO REDUCE STRESS, CREATE AN INCLUSIVE ENVIRONMENT AND MAKE THE MOST OF THE HOLIDAY SEASON.**

**PRESENTERS:** *JoEllyn Argabright* + *Tristen Cope*  
REGIONAL FCS SPECIALIST, NORTHWEST      FAMILY & CHILD DEVELOPMENT AGENT, CHISHOLM TRAIL DISTRICT

Date DEC. 8TH    Time 12:15PM-1PM    Location ZOOM

Register [HTTPS://BIT.LY/KSRELIVINGWELL](https://bit.ly/KSRELIVINGWELL)

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