



Stress Management Strategies and Relaxation Techniques

Working Well Remotely

March 2, 2021

Heidi M. Crocker, EdD, DC, c-IAYT

Overview

It is helpful for everyone to find ways to integrate stress management techniques into our daily lives. With practice, we all can learn how to better spot stressors and stay in control when the pressure builds.... With stress management, we strive to relax and find the opposite physical reaction to fight or flight – decreasing our heart rate, blood pressure, respiration and muscle tension.

- Understand your stress
- Identify your stress sources
- Learn to recognize stress signals
- Recognize your stress strategies
- Implement healthy management strategies
- Make self-care a priority
- Ask for support when needed



What is Stress?

- Stress is the “psychological, physiological, and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health”

(Palmer, 1989)



Why is Stress Helpful?

- Protective mechanism
- Natural reaction to danger
- Evolutionary drive
- “Fight or Flight”
- “Stress Response”
- Increases our awareness
- Improves physical performance in short bursts



Why is Stress Harmful?

- Repetitive Exposure
- Psychological and physical Health
- Hormones activated cortisol, epinephrine, and adrenaline
- Burnout



Strategies to Approach Stress

- **Action-Oriented**
 - Take action to change a stressful situation
- **Emotion-Oriented**
 - Change the way we perceive a stressful situation
- **Acceptance-Oriented**
 - Deal with the stressful situation that you can't control



Action-Oriented

Strategy:

Respect yourself and take care of your well-being



Take Control:

- Clear and effective communication
- Manage your time
- Create healthy boundaries
- Reduce the noise
- Get out of your head

Emotion-Oriented

Strategy:

You can choose one thought over another

Take Control:

- Affirmations and imagery
- Cognitive Restructuring
- ABC Technique
 - Adversity
 - Beliefs
 - Consequences



Acceptance-Oriented

Strategy:
Accept your thoughts and feelings, take care of your mind and body

Take Control:

- Diet and Exercise
- Meditation and physical relaxation
- Build resilience
- Talk it out
- Sleep



Implications of Covid-19

Widening Gender Gap in Share Reporting Negative Mental Health Impacts from Coronavirus

Percent who say worry or stress related to coronavirus has had a negative impact on their mental health:

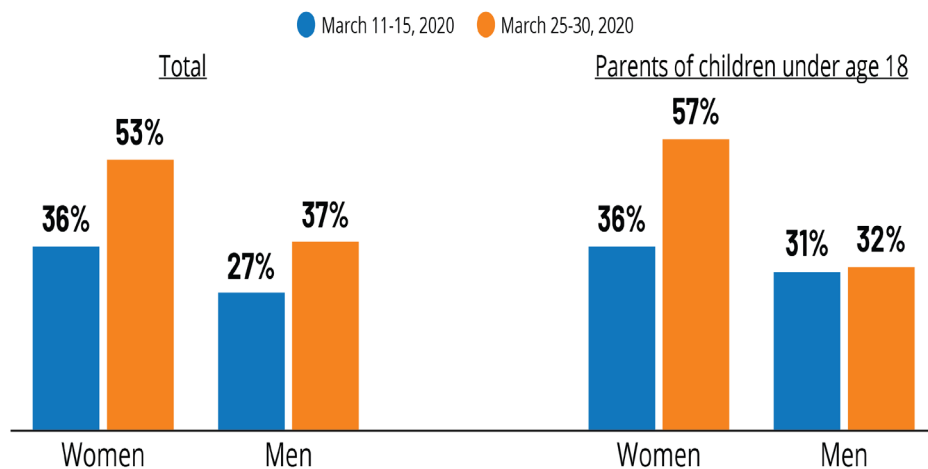
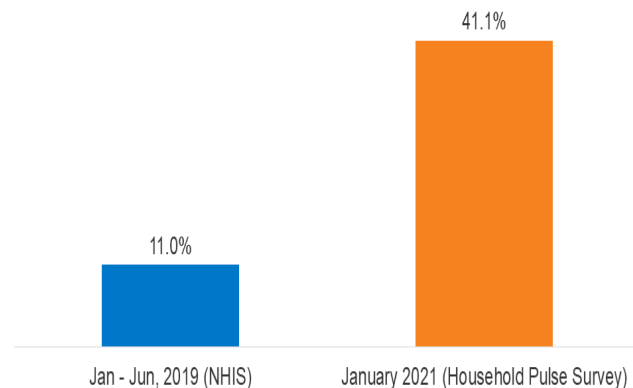


Figure 1

Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021



NOTES: Percentages are based on responses to the GAD-2 and PHQ-2 scales. Pulse findings (shown here for January 6 - 18, 2021) have been stable overall since data collection began in April 2020.

SOURCE: NHIS Early Release Program and U.S. Census Bureau Household Pulse Survey. For more detail on methods, see: <https://www.cdc.gov/nchs/data/nhis/earlyrelease/ERmentalhealth-508.pdf>

Relaxation Techniques



- Test your stress knowledge
- Observe your thoughts as an outsider
- Relaxing music
- Schedule time to de-stress
- **Deep Breathing**
- **Visualization**
- Game time
- **Yoga**
- Do it in groups
- Media groups
- Podcasts

Usage Rates

U.S. Department of Health & Human Services • National Institutes of Health



Use of Yoga and Meditation, U.S. Adults Aged 18 and Over



Source: Clarke TC, Barnes PM, Black LI, Stussman BJ, Nahin RL. Use of yoga, meditation, and chiropractors among U.S. adults aged 18 and over. NCHS Data Brief, no 325. Hyattsville, MD: National Center for Health Statistics. 2018.

nccih.nih.gov

Yoga & Wellness



National Center for
Complementary and
Integrative Health

94% of Americans who practice yoga do so for wellness reasons. And they say practicing yoga makes them healthier in many ways.



over 60%
of yoga users
were motivated to
exercise more regularly



over 40%
of yoga users
were motivated
to eat healthier



over 55%
of yoga users
reported improved sleep



over 85%
of yoga users
reported reduced stress



over 12%
of yoga users
cut back or stopped
drinking alcohol



over 25%
of yoga users
cut back or stopped
smoking cigarettes

Virtual Wellbeing Classes

Connect to your body, reduce stress, and improve focus while building strength, improving balance and increasing flexibility.



FREE through March 2021

Mondays 5:30pm

Tuesdays 9:00am

Wednesdays 5:30pm

ssihi.uci.edu

Specialized 6-Week Classes

Survey Interest:

- Restful Sleep
- Stress Management
- Pain Management
- Bone Density
- Thyroid Health
- Weight Management
- Cancer Care
- Heart Health
- Stroke Rehabilitation



One-on-One



SSIHI / UCI Health Newport Beach

Process

- Intake
- Initial Assessment/Evaluation
- Personalized Therapeutic Plan

Cost

- \$99 New Patient Visit
- \$79 Follow Up Visits

Call (949) 386-5700 to schedule

Let's Explore!

Discussion

