

Stress

- ▶ Physical
- ▶ Psychological
- ▶ Emotional

Eustress - Positive Stress

- ▶ Helps solve short-term, life-threatening problems
- ▶ Boosts productivity/concentration
 - ▶ Exercise releases endorphins
- ▶ Helps us better cope with future stress
- ▶ Helps us to overcome challenges
- ▶ Motivates us to meet goals; accomplish tasks
- ▶ Boosts immune system

"Fight or Flight" Response == Sympathetic Nervous System ==

- ▶ Physiological reaction that occurs in response to a perceived or actual threat
- ▶ Stress hormones (adrenaline and cortisol) released into the bloodstream
- ▶ Increased heart rate, blood pressure, blood sugar
- ▶ Dilated pupils, chills, goose bumps
- ▶ Parasympathetic Nervous System shuts down
 - ▶ "Rest and Digest"
 - ▶ More oxygen to lungs

Distress - Negative Stress

- ▶ Chronic or lingering
- ▶ Negatively affects one's health and well-being
 - ▶ Headaches
 - ▶ GI issues
 - ▶ High blood pressure
 - ▶ Fatigue
 - ▶ Depression/anxiety
 - ▶ Mood Swings
 - ▶ Insomnia
 - ▶ Heart disease
 - ▶ Chronic illness
 - ▶ Inflammatory/ autoimmune response

WebMD Reports

- ▶ 43% of all adults suffer adverse health effects from stress
- ▶ 75%-90% of all doctor's office visits are for stress-related ailments and complaints
- ▶ The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually

WebMD Medical Reference Reviewed by Jennifer Robinson, MD on December 10, 2017

Burnout

- ▶ A state of extreme physical, mental, and emotional exhaustion
- ▶ When job expectations differ from job reality
- ▶ Develops slowly
- ▶ Not recognized until severe

Things to look for

- ▶ Exhaustion: drained, emotionally exhausted, unable to cope, lacks energy
- ▶ Alienation from (work-related) activities: job increasingly stressful/frustrating, cynical about working conditions/colleagues, emotionally distant, numb
- ▶ Reduced performance: negative towards tasks, lacks concentration, listless, lacks creativity

Interventions

- ▶ How we cope makes all the difference

Self-Care Defined

- ▶ Care for oneself
www.Merriam-Webster.com (May 2018)
- ▶ Care of the self without medical or other professional consultation
www.Dictionary.com Unabridged
Based on the Random House Dictionary, © Random House, Inc, 2018

Self-Care Defined

- ▶ Actions and attitudes which contribute to the maintenance of well-being and personal health and promote human development

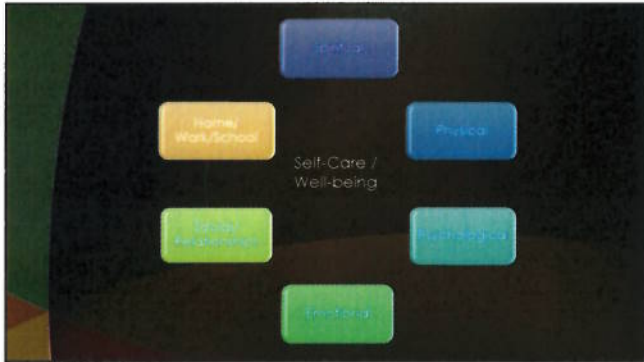
www.Wikipedia.com (February 2014)

Hormones 101

- ▶ Chemical messengers which travel through the bloodstream
- ▶ Help maintain homeostasis – State of Balance

Hormones to Support Health and Happiness

- ▶ Endorphins - feelings of euphoria; masks physical pain
 - ▶ Laughter, Exercise
- ▶ Dopamine – feelings of accomplishment
 - ▶ Crossing off lists
 - ▶ Getting goals; seeing the target; working towards it
- ▶ Serotonin - happy chemical, contributes to wellbeing and happiness; sense of pride/self-confidence
 - ▶ Shared sacrifices, team work
- ▶ Oxytocin – “Feel good” or “Love” hormone
 - ▶ Physical contact



Active Isolated Stretching (AIS)

- ▶ Routine movements that stretch each muscle group separately
- ▶ Improves flexibility
- ▶ Usually 10-12 repetitions per stretch
- ▶ Stretches held for 2 seconds
 - ▶ Brings oxygenated and nutrient-rich blood to the muscles
- ▶ Utilizes gentle pressure
- ▶ Always work within your pain tolerance and range of motion (ROM)
- ▶ Exhale into each stretch

Benefits of AIS

- ▶ Helps to relieve stress
- ▶ Reduces muscle tension/spasm
- ▶ Promotes balance in the body
- ▶ Helps to maintain good posture
- ▶ Helps to regain/maintain ROM
- ▶ Improves oxygen and nutrient delivery to cells
- ▶ Stimulates lymph circulation/eliminating cellular waste
- ▶ Helps to recover from injury

AIS – Neck

- ▶ Neck Extensors
- ▶ Neck Flexors
- ▶ Lateral Neck Flexors
- ▶ Neck Rotators

Designing a Personal Self-Care Program

- ▶ Define the goal of your self-care program
 - ▶ Identify the situation
 - ▶ Identify the stressors
 - ▶ What consumes most of your time/energy
 - ▶ To what do you want to devote more time/attention
- ▶ Prioritize the goal
- ▶ Identify areas of need
 - ▶ Identify action items for each area
 - ▶ Get the papers
 - ▶ Create your to-do list
- ▶ Schedule activities in calendar, if necessary
- ▶ Be held accountable
 - ▶ Share your plan with others (verbal/written)
 - ▶ Have them hold you accountable by checking in with you regularly

Additional Resources

- ▶ American Massage Therapy Association
www.amtamassage.org
- ▶ International Journal of Therapeutic Massage and Bodywork
www.ijtmba.org
- ▶ International Self-Care Foundation
www.iscf.org
- ▶ Massage Therapy Foundation
www.massagetherapyfoundation.org

