

Wellness Wednesday

Dealing with
Stress



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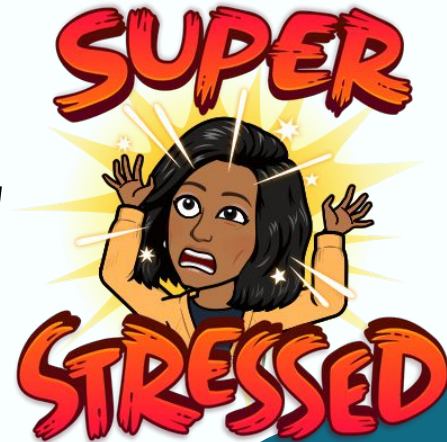
Mrs. Curby Rogers-Mitchell, LPC

International Stress Awareness Day

This week for Wellness Wednesday, we will explore **STRESS** as November 3rd marks International Stress Awareness Day!



Flip to the next slide to learn more!



INTERNATIONAL STRESS AWARENESS WEEK

International Stress Awareness Week is recognized November 1st through November 5th, with November 3rd marking International Stress awareness Day!

The goal of this week is all about stress prevention!



WHAT ARE THE FACTS?



01

Did you know between 2009 and 2012 there were 12.8 million working days lost due to work-related stress, anxiety, or depression?

02

Did you know long term stress can impact your health?

03

Did you know there were 602,000 workers suffering from depression in 2011?

04

Did you know stress impacts everyone? You are not alone!

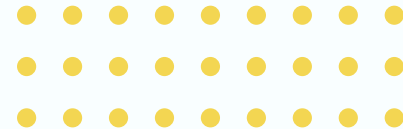
DEFINING STRESS

Stress is the body's way of responding to excessive or too much pressure on one's self, and when this becomes overwhelming stress occurs, as the body experiences the fight or flight or stress response.

This means that stress is not good for you and is an unhealthy state of body or mind or both.



OVERWHELMED



Signs YOU may be stressed!

When a person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body

Physical symptoms of stress include:

- Aches and pains
- Chest pain or a feeling like your heart is racing
- Exhaustion or trouble sleeping
- Headaches, dizziness or shaking
- High blood pressure
- Muscle tension or jaw clenching

what's wrong with me |



Have you experienced any of these warning signs?



Pressure vs. Stress

Pressure

- Motivating
- Exciting
- Gives a zest for life
- Driven to achieve success
- Increases performance
- Creatively helpful
- Boosts inner potential
- Challenging



Stress

- Headaches/Migraines
- Muscle Tension
- Back aches
- Poor sleep/Insomnia
- Indigestion
- Irritability/Mood swings
- High Blood Pressure
- Anxiety/Depression

Ways to prevent stress

Try relaxation activities such as meditation, yoga, tai chi or breathing exercises

Practice gratitude as a way to reinforce to your mind and body that there are good things happening too!

Accept that you can't control everything. Find ways to let go!

Take good care of your body each day by eating right, exercising and getting enough sleep

Learn to say no to additional work projects and say no to additional responsibilities



Challenge Time



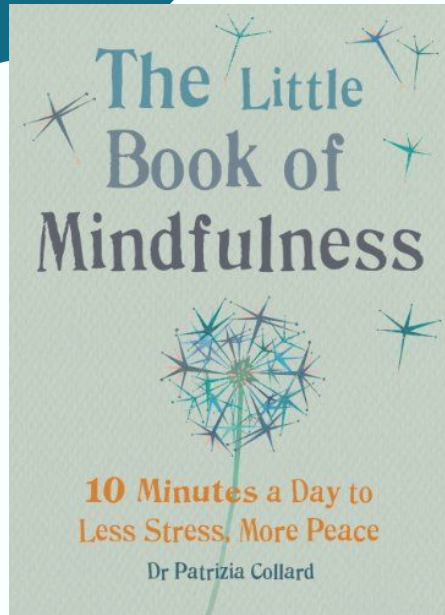
Fill out the stress questionnaire and share your results with a trusted friend or family member!

[Stress Questionnaire](#)

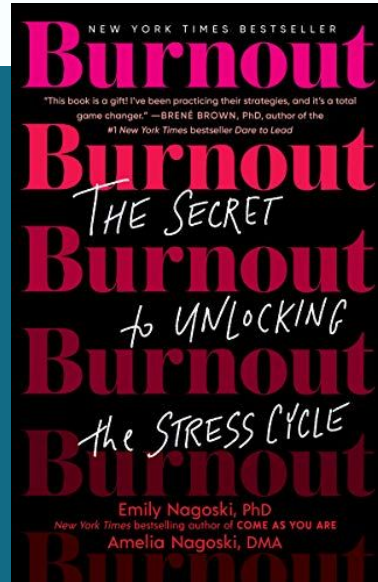


**I think we all can
relate to this image!**

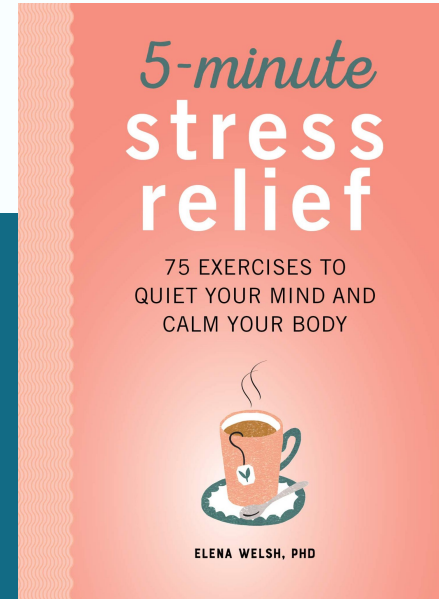
Resources



Little Book of
Mindfulness: 10 minutes
a day to less stress, more
peace
-Patrizia Collard



Burnout: The secret to
unlocking the stress cycle
-Emily Nagoski



5-Minute Stress Relief: 75
Exercises to quiet your
mind and calm your body
-Elena Welsh

Resources

- [Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#)
- [Bo's Place | Bereavement Center Offering Free Grief ...](#)
- [National 1-800 Crisis Hotlines - AllAboutCounseling.com](#)
- [Triggers](#)
- [DBT Emotion Regulation Skills](#)
- [ABC Model](#)



Resources

Topic Suggestions and Feedback

Click the [Suggestion Box](#) to submit your response.

Are there topics
you would like to
see discussed?

We would

LOVE

to hear from you.



Chat with a **PRO**

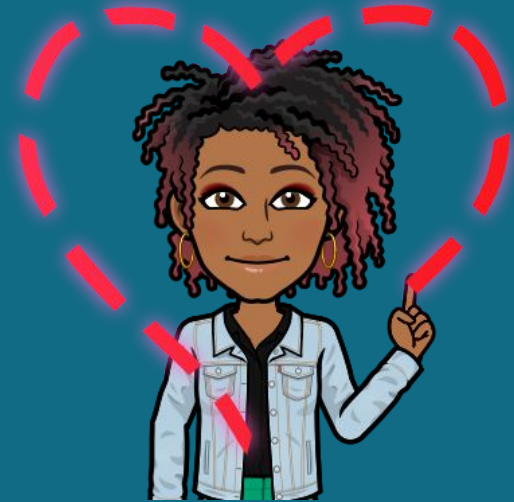


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