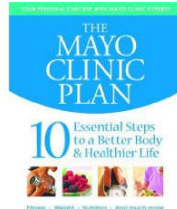


The Mayo Clinic Plan: 10 Steps to a Better Body & Healthier Life

Steps to a Stress-free Lifestyle

"Stress is nothing more than a socially acceptable form of mental illness." ~Richard Carlson



The Mayo Clinic Plan: Objectives Steps to a Stress-free Lifestyle

- Understand the importance of staying connected
- Learn strategies to negate stressors
- Understand the role of sleep and rest to maintain optimal function
- Learn techniques to improve sleep

The Mayo Clinic Plan: Outline Steps to a Stress-free Lifestyle

- Chapters 7, 8 and 9
 - 7 - Stay Connected
 - The impact of relationships
 - Spirituality – a coping component
 - Turning negativity to positivity
 - 8 - Address Stress
 - Understanding stress
 - How to decompress
 - 9 - Recharge your Body and Mind
 - Relaxation and sleep

The Mayo Clinic Plan: Chapter 8 Address Stress

- Understanding stress
 - Merriam-Webster Definition
 - A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation
 - Produced by your response to certain situations
 - Acute – short lived, due to a perceived threat
 - Chronic – long term
 - Identify your symptoms
 - Once you experience these symptoms take action
 - Use stress management strategies immediately
 - Don't wait for the stress to resolve itself

The Mayo Clinic Plan: Chapter 7 Stay Connected – Social Networks



- Increasing evidence supports that physical factors (health) could be affected by psychosocial factors
- Social networks influence
 - Lifestyle
 - Behavior
 - Emotions
 - Physical health
- Positive relationships and social networks provide
 - Support
 - Friendship and love
 - A sense of belonging
 - Purpose
 - Self-worth



The Mayo Clinic Plan: Chapter 7 Stay Connected – Social Networks

- Social interaction is associated with improvement in the following areas
 - Immunity
 - Mental Health
 - Recovery
 - Life span

The Mayo Clinic Plan: Chapter 7 Stay Connected – Social Networks

- How can you improve your social networks?
 - Make relationships a priority 
 - Balance giving and receiving support
 - Respect boundaries
 - Listen 
 - Evaluate yourself
 - Be non-competitive
 - Positive self-image
 - Optimism


The Mayo Clinic Plan: Chapter 7 Stay Connected – Spirituality

- Believing in a higher power
 - Strengthens your ability to cope
 - Faith principals
 - Religious groups usually have a built-in social support structure
 - Helps prioritize your life
 - Forgiveness
 - Prayer/Meditation

The Mayo Clinic Plan: Chapter 7 Stay Connected – Attitude

- Attitude impacts your life
 - Dutch study found that optimists lived longer
 - 900 well-being assessments
 - Optimists had 29% lower risk of early death
 - 77% less likely to die of CV event
 - True regardless of history
 - Mayo Clinic – measured explanatory styles
 - Pessimists died younger than optimists
 - Optimists tended to believe that bad events were temporary, not their fault, and circumstantial
 - Pessimists tended to take blame, felt that situations would last forever, worry that it would undermine everything

The Mayo Clinic Plan: Chapter 7 Stay Connected – Attitude


- Staying Positive
 - Count your blessings & accomplishments
 - Savor the memories ☺
 - Forgive & let go
 - Recognize & change negative thoughts
 - Don't sweat the small stuff
 - Be kind

The Mayo Clinic Plan: Chapter 7 Stay Connected – Attitude

Negative Thought I've never done it before.	Positive Thought I can learn something new.
It's too complicated.	Let's look at it from a different angle.
I don't have the resources.	Necessity is the mother of invention
There's not enough time.	I'll re-evaluate some priorities.
There's no way it'll work.	How can I make it work?
I don't have the expertise.	I'll find people who can help me.
It's too radical a change.	Let's take a chance.

The Mayo Clinic Plan: Chapter 8 Address Stress

- "Give your stress wings and let it fly away." ~Carin Hartness



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The Mayo Clinic Plan: Chapter 8 Address Stress

- The stress response is individual
 - Influenced by genetics, coping ability, fears, preferences, lifestyle, and past experiences
- Neg. Effects of stress
 - Suppresses immune function
 - Increases risk of CVD
 - Worsens illness e.g. asthma, GI, eczema, etc.

The Mayo Clinic Plan: Chapter 8 Address Stress

- *"Stress is the trash of modern life - we all generate it but if you don't dispose of it properly, it will pile up and overtake your life."* ~Danae Pace



The Mayo Clinic Plan: Chapter 8 Address Stress

- 10 ways to stress less
 - ID your stressors
 - Make an action plan
 - Simplify, organize, plan, exercise
 - Practice Tolerance
 - Changes are constant; you cant control everything
 - Manage Anger
 - Practice Positive Thinking
 - Care for yourself
 - Laugh
 - Relax
 - Seek Professional Help
 - Time: Practice & Patience

The Mayo Clinic Plan: Chapter 8 Address Stress - Forgiveness

- Forgiveness is NOT forgetting, denying, condoning, or excusing
- It is to cease to feel resentment
 - Phase 1 – acknowledge the pain
 - Phase 2 – know that something as to change for you to heal
 - Phase 3 – find a new way of thinking about the person who harmed you
 - Phase 4 – experience emotional relief

The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind

- Do you value sleep? Do you agree that you'll get plenty of sleep & rest when you're dead?



The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind

- The value of relaxation and zzz's
 - Increases concentration
 - Improves mood
 - Decreases risk of accidents
 - Decreases risk of high BP and obesity
 - Less irritable
 - More energy to do tasks
 - Improves performance



The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind – Relax

- Relaxation skills
 - Relaxed Breathing
 - Progressive muscle relaxation
 - Meditation
 - Visualization
 - Yoga
 - Tai chi
- Practice Session
 - <http://mayoclinic.com/health/meditation/MM00623>

The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind - Sleep

- Do you need more sleep?
 - You are sleepy throughout the day
 - Sleepy during meetings, warm rooms, or after heavy meals
 - You routinely ignore your alarm or snooze
 - You look forward to catching up on sleep on weekends
 - Difficulty concentrating or memory
 - Repeatedly wake throughout the night
 - Groggy when you awake
 - Snore or fits during sleep



The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind - Sleep

- Tips for better sleep
 - Stick to a sleep schedule
 - Establish a bedtime ritual
 - Don't eat or drink a lot before bedtime
 - Limit or avoid caffeine nicotine, and alcohol
 - Schedule "worry time"
 - Relax
 - Don't look at the clock
 - Check Medications
 - Read, listen to music, etc. if it doesn't come naturally

The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind - Sleep

- Insomnia
 - Characterized by: a **regular or frequent** inability to get enough sleep, to the point where your daytime functioning is affected
 - Causes
 - Stress and anxiety
 - Depression
 - Environment or work changes
 - Age
 - Stimulants and meds
 - Alcohol
 - Learned insomnia
 - Illness & life changes
 - Eating too much too late
 - Poor sleep environment



The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind - Sleep

- Treatment for Insomnia
 - Relaxation techniques
 - Stimulus control
 - Associate your bedroom with sleep
 - Use bedroom only for sleep and sex
 - Sleep restriction
 - Reduce the amount of time you spend in bed without sleeping
 - 9 of 10 insomniacs stay in bed longer than necessary
 - Medication

The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind - Sleep

- Prescription Sleep Meds
 - Prescription Sleeping Pills
 - Dr. may prescribe until other strategies work
 - Long term use not recommended
 - Can lead to dependence and have other side effects
 - BZs: 4-6 mths no longer effective and counter act purpose
 - Newer meds are less addictive
 - Antidepressants (prescription)
 - Most don't work immediately
 - Low doses aren't addictive and can be taken longer

The Mayo Clinic Plan: Chapter 9 Recharge your Body and Mind - Sleep

- OTC Sleep Meds
 - Less effective than prescription pills
 - Only take occasionally, because they loose their effect
 - Cause difficulty urinating
 - Day time drowsiness
 - Melatonin
 - Used for jet lag
 - Only 5% report better sleep

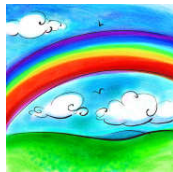
The Mayo Clinic Plan: Steps to a Stress-free Life - Recap

- A healthy social life, relationships, spirituality, and attitude and are crucial in managing stress
- Stress worsens existing illness, increases the risk of heart disease, and causes fatigue
- Adequate sleep provides focus and energy for daily tasks which will decrease stress
- Relaxation techniques are good calming exercises that will help you sleep & relax

The Mayo Clinic Plan: Steps to a Stress-free Life

- Employer resource – Horizon Health EAP
 - www.horizoncarelink.com
 - 1-800272-7252
 - Login ID: PCS
 - Password: PCS
 - Services are available for anyone living in your household
 - Any dependent outside of your household
 - 7 free counseling sessions

The Mayo Clinic Plan: Steps to a Stress-free Life - Recap



- *"Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow." ~Douglas Pagels, These Are the Gifts I'd Like to Give to You*

The Mayo Clinic Plan: Steps to a Stress-free Life

- Which color will you slide down?
- *I hope you enjoyed the class.
Thank you for attending.*