


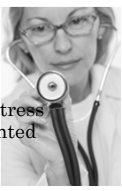
STRESS MANAGEMENT

Sometimes when people are under stress, they hate to think, and it's the time when they most need to think.
 —William J. Clinton


STRESS IS STRESSFUL!



AWARENESS IS HALF THE BATTLE!



- o Every human has a habitual response to stress that is either learned or genetically implanted
 - **Increased heart rate** – Rapid or irregular heartbeat
 - **Breathing becomes more rapid** – Hyperventilation and some forms of asthma
 - **Stress Hormones are Released** – High blood pressure, panic or anxiety
 - **Muscles become tight** – tension headaches; tight jaw, neck/shoulder pain/tension, back pain, insomnia (including trouble getting to sleep, staying asleep, or not feeling rested after sleeping), fatigue, loss of concentration (distracted by muscle pain or tension), learning disabilities, poor communication (listening and speaking)



AWARENESS IS HALF THE BATTLE!

- **Changes in blood flow/circulation** – high blood pressure, cold hands and feet, upset stomach, migraine headaches, pre-ulcerous/ulcerous conditions, increased colitis, sometimes constipation, and 70% of sexual dysfunction in both men and women can be linked to this stress response.
- **Senses are heightened** – emotional irritability, substance abuse to escape stress through self-medication, anxiety, depression, poor impulse control, poor problem solving and reduced communication abilities.
- **Perspiration** – Hyperhidrosis (can lead to dehydration due to over sweating)
- **Imbalances in normal hormone levels** – frequent colds or flu's, infections, cancer or tumor development, increased allergic responses, auto-immune diseases (rheumatoid arthritis, lupus, scleroderma)



SURVIVAL MECHANISM

- o Fight or Flight



WHERE DO YOU HOLD YOUR TENSION?

Identify which systems respond when you get stressed and then learn to release the physical tension.



TIPS AND TRICKS

- o Take Deep Breaths
 - Take 40 Deep Slow Diaphragmatic Breaths Each Day
 - o Spread them out evenly throughout the day
 - o Associate the deep breaths with some common work occurrence (i.e. phone ringing, name being called, etc.)



TIPS AND TRICKS

- o Use Regular Relaxation Periods for Work Breaks
 - Take a break and relax undisturbed



TIPS AND TRICKS

- o Get Regular Exercise



30 Minutes or more, 4-6 times a week



TIPS AND TRICKS

- o Eat Sensibly



TIPS AND TRICKS

- o Get Focused on New Directions and Regular Planning
 - Give yourself positive options
 - Plan for growth in all aspects of your life
 - o Family/Relationships
 - o Spiritual Interests
 - o Creativity
 - o Vacations
 - o Hobbies
 - o Work
 - o Anything Else You can think of!! ☺



TIPS AND TRICKS

- o Use and Develop Your Humor!!
- o Positive Attitudes REALLY help!!



TIPS AND TRICKS

- o Protect Yourself from Negative Co-Workers and Relationships
 - Do NOT get caught up in other people's negative thinking
 - Do NOT give in to gossip
 - Take good care of YOURSELF



TIPS AND TRICKS

- o Get Back in Control
 - Since you can't control the people and situations around you, control the way YOU respond



TIPS AND TRICKS

- o Give Sincere Compliments Freely and Smile!
 - Be POSITIVE!!
 - Let your light shine
 - "What goes around comes around"
- o Learn to REALLY Listen
 - It is the best communication technique that you can develop





JCM RELATED STRESS

What are some issues that may cause a Juvenile Case Manager to Stress?

JCM RELATED STRESS

What are some ways that we can alleviate that stress?

CHALLENGE

I promise you nothing is as chaotic as it seems. Nothing is worth your health. Nothing is worth poisoning yourself into stress, anxiety, and fear.
- Steve Maraboli

<http://www.youtube.com/watch?v=d-diB65scQU>