



Stress Management

Outreach & Engagement

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- Free Services for All Ages
 - Case Management
 - Workshops
 - Support Groups
 - Referral & Linkage
- Services are available for all who live in Orange County
- Collaborative
 - Jewish Family Federation Services (JFFS)
 - Mission Hospital
 - Orange County Asian Pacific Islander Community Alliance (OCAPICA)

Funded by the Orange County Health Care Agency, Behavioral Health Services, Prevention and Intervention, Mental Health Services Act/Prop 63



What is stress?

stress

Definition of Stress

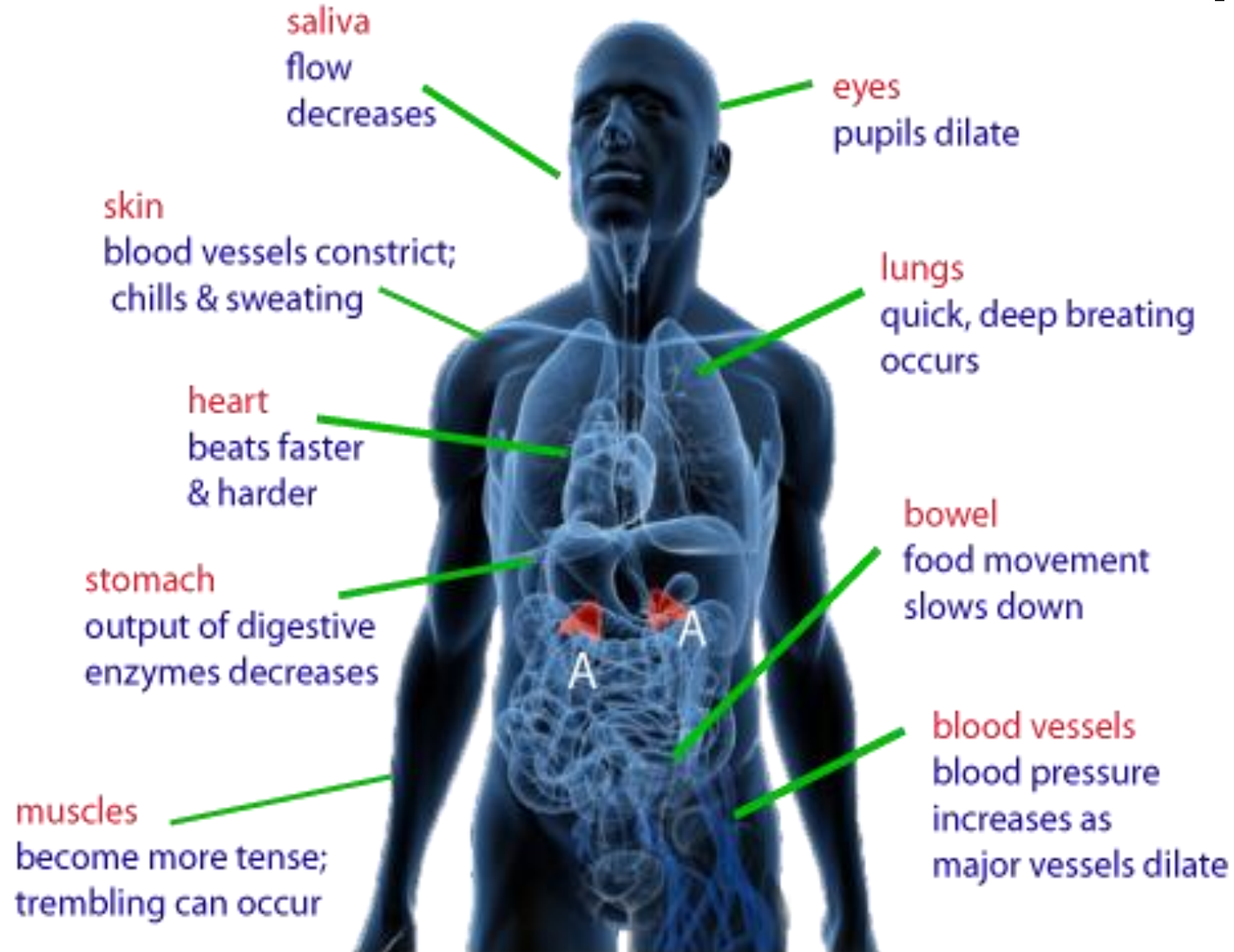
- Stress is a feeling that's created when we react to particular life events and/or situations.
- Stress is the body's way of rising to a challenge and preparing to meet a tough situation
- Stress is natural!...**It is a reaction to a stressor**

Stress & Stressor

- **Stress** : A person's response to events that are threatening or challenging.
- **Stressor** : What causes the stress

Stress Response

Demands > Skills/Resources → Stress Response



Discussion

- 1. What are some things that stress you out?**
- 2. How or what do you feel when you are stressed?**
- 3. What effects do you experience when you are stressed?**

Think about emotional, physical, and mental symptoms

Sources of stress



Positive Stress

Can motivate or cause energy

- Promoting to new grade, new school, or position in a job
- Trying out for a new team (ex. Baseball, Soccer, Cheer, etc.)
- Presentation or public speaking



Negative Stress

Can cause anxiety or concern and decrease performance. Can also lead to mental or physical problems.

- Unemployment
- Chronic financial worries
- Illness
- Losing a loved one
- Other things out of your control



Steps to Managing Stress

- **Step 1: Ask yourself : Am I stressed?**



Steps to Managing Stress

- **Step 2: What is making you stressed (stressor) ?**



Steps to Managing Stress

- **Step 3: What can you do about this stressor?**



Steps to Managing Stress

- **Step 4: Evaluation** of skills used



Skills to Practice

- **The 4 A's:**
 - Avoid
 - Avoid unnecessary stress
 - Alter
 - Alter the situation
 - Adapt
 - Adapt to the stressor
 - Accept
 - Accept the things you cannot change

Skills to Practice

- Meditation
- Deep breathing techniques
- Time-management
 - Using an agenda
- Talking to a friend
- Listening to music



Meditation

- A mind-body practice used for increasing calmness and physical relaxation
- Commonly used as a tool to manage stress
- Involves taking time to pay attention to where we are, what's going on—being aware of our body



Meditation

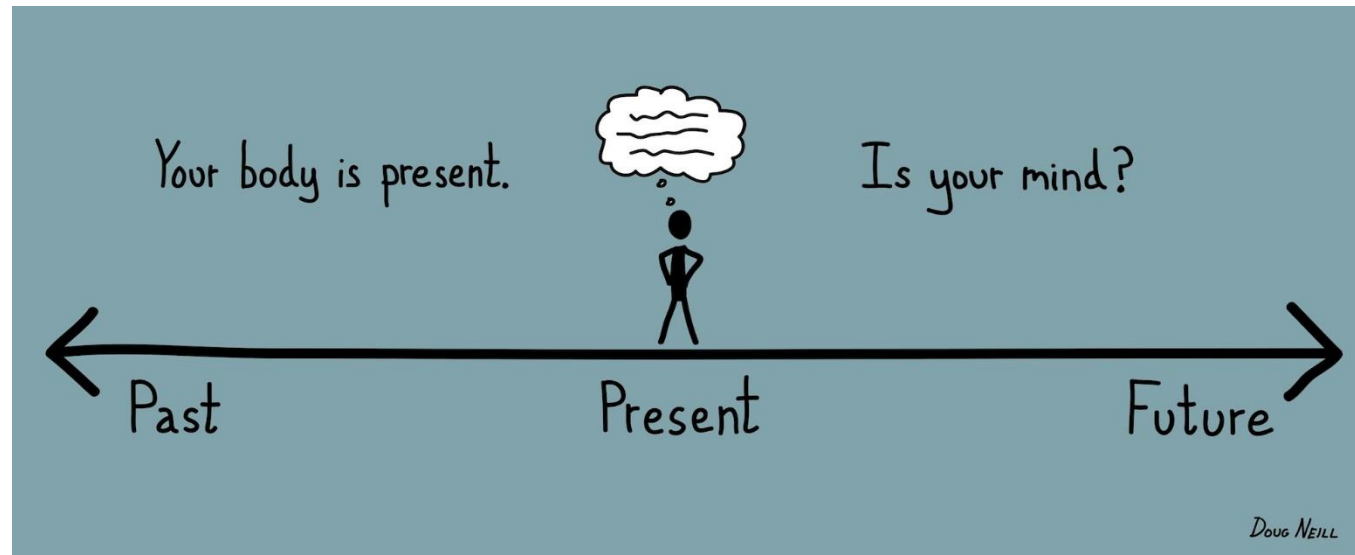


Common elements include:

- Quiet location with few distractions
- Specific and comfortable positions/postures
- Focus of attention
- Open attitude

What are some benefits of meditating?

- Managing stress
- Increasing self-awareness
- Reducing negative emotions
- Increasing patience and tolerance
- Can help manage symptoms of
 - Anxiety
 - Depression
 - Chronic pain
 - Tension headaches
 - Sleep problems



Helpful Tips

- Establish consistency when mediating (same time/place)
- Choose a place that is quiet and pleasant
- Do not be surprised or discouraged when your mind wanders—simply return to your point of focus
- Meditation takes practice so don't feel discouraged if it does not come easy



Exercises



Questions?

