

Getting It Right...How to Find *Balance*

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Overview

The slide features a dark brown background with six decorative circles arranged in a horizontal line. The first circle is solid dark brown and partially overlaps the 'Overview' text. The second circle is an outline. The third circle is solid dark brown. The fourth circle is an outline. The fifth circle is solid dark brown. The sixth circle is an outline.

- What is stress
- Stress response
- Body awareness
- Relaxation techniques
 - Breathing
 - Meditation
 - Visualization
- Think positive
- Worrying
- Coping Skills
- Time Management
- Exercise and nutrition

Stress



- Any change that you must adapt to
- Negative or Positive
- 4 Sources:
 - Environmental
 - Social
 - Physiological
 - Thoughts

Fight or Flight

- Biochemical Changes

- Heart Rate
- Breathing
- Muscle Tension
- Blood Pressure
- Blood Distribution
- Pupils Dilate
- Better Hearing
- Blood diverted to limbs

Relaxation Response

- Terminates Fight or Flight Response
- Body functions become normal
- Takes place within 3 minutes

Chronic Stress



- Stress Response Initiated
 - Persistent
 - Small stressors build up
- Symptoms Include
 - Hypertension
 - Migraines
 - Ulcers
 - Chronic Diarrhea
 - Respiratory Conditions
 - Loss of Insulin

Body Awareness

The slide features a dark brown background with six decorative circles at the top. The first two circles are partially behind the title 'Body Awareness'. The remaining four circles are arranged in a row to the right of the title. Each circle is a different shade of brown, with some being solid and others having a thin outline.

- Muscle Tension

- Effects

- Muscles contracted
 - Digestion restricted
 - Decreased energy

- External Awareness

- 5 senses

- Internal Awareness

- Physical sensation

Breathing

- Improper Breathing

- Anxiety
- Panic Attacks
- Depression
- Muscle Tension
- Headache
- Fatigue

- Proper Breathing

- Relaxing
- Place one hand on chest and other on abdomen

- Breathing Patterns

- Chest to Thoracic
- Abdominal to Diaphragmatic

Progressive Muscle Relaxation

- Lay Down
- Close your eyes
- Tense each muscle group for 10 seconds
- Relax for 30 seconds
- Repeat

Meditation

The slide features a dark brown background with six decorative circles at the top. The first two circles are partially overlapping the title 'Meditation'. The circles alternate between being solid dark brown and having a thin dark brown outline.

- Mantra

- Choose a meaningful word
- Repeat this word in your mind

- Sitting

- Comfortable position
- Focus on your breath

- Breath-Counting

- Same as sitting
- Count each breath

Visualization

- Receptive

- Relax and empty your mind
- Sketch a peaceful scene

- Programmed

- Create an image

- Guided

- Choose something to listen to
- Think of a peaceful scene

Applied Relaxation

- Progressive Muscle
 - Tense vs. relaxed
- Release-Only
 - Relax muscles without tension
- Cue-Controlled
 - Focus on breathing
 - Tell self when to relax
- Rapid
 - Relax in 30 seconds
 - Choose a cue
- Applied
 - Relax at onset of stress

Positive Thinking

- Replace negative thoughts with positive ones
 - Rubber band theory
 - Post-it notes
 - Make a list of replacement thoughts

Worrying

The slide features a dark brown background. At the top, there are six circles arranged in a horizontal line. The first two circles are partially obscured by the title 'Worrying'. The remaining four circles are solid brown, while the two circles immediately following the title are hollow with a thin brown outline.

- Natural response
- Leads to anxiety
- Most is negative
- Healthy worry
 - Effective problem solving
- Un-constructive worry

Coping Skills

The title 'Coping Skills' is positioned at the top left. To its right, there are three decorative circles: a solid brown circle, a hollow brown circle, and another solid brown circle.

- Relaxation Skills
- List situations from least to most stressful
- Create a coping thought list
- Use your Imagination
- Thought Reversal

Time Management

- What are your actions
- What are your goals
- Do goals and actions meet
- Plan to achieve desired outcome
- Track your progress
- Organize your time
- Learn to say NO

Stress at Work

- Identify stressors
- Identify symptoms
- Identify how you respond to stress
 - Make a list
- Set goals
- Motivation
 - Create rewards
- Change Thinking and Negotiate
- Make to-do lists
- Pace yourself

Nutrition

The slide features a dark brown background. At the top, there are six circles arranged in a horizontal line. The first circle is solid dark brown and overlaps the word 'Nutrition'. The second circle is an outline. The third circle is solid dark brown. The fourth circle is an outline. The fifth circle is solid dark brown. The sixth circle is an outline.

- Healthy eating helps reduce stress
- Plan a balanced diet
- Keep a food log
- Small changes

Exercise as Therapy

- Reduces Stress
- Returns body to equilibrium
- Types of Exercise
 - Aerobic
 - Anaerobic
 - Stretching
- Regular exercise is most effective
- Schedule Exercise into your day

Exercise for Everyone

- Make a list of times you can exercise
- Make a list of why you don't exercise
- Find a time that is best for you
- Find something you enjoy
- Keep an exercise diary
- Find a friend

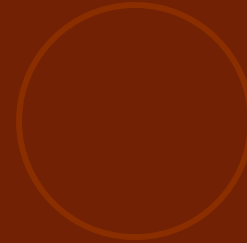
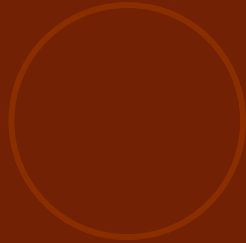
Be Persistent

The title 'Be Persistent' is positioned at the top left. To its right, there are three decorative circles: a solid dark brown circle, an outlined dark brown circle, and another solid dark brown circle.

- Listen to your body
- Take responsibility
- Confront challenging situations
- Make goals
- Reward yourself
- Don't give up!!



A large, bold, white question mark is centered on a black square background. This central element is set within a dark brown rectangular frame. The frame features decorative circular patterns: two solid brown circles are positioned at the top left and top right corners, while two faint, thin brown circles are located at the top center and bottom center.



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