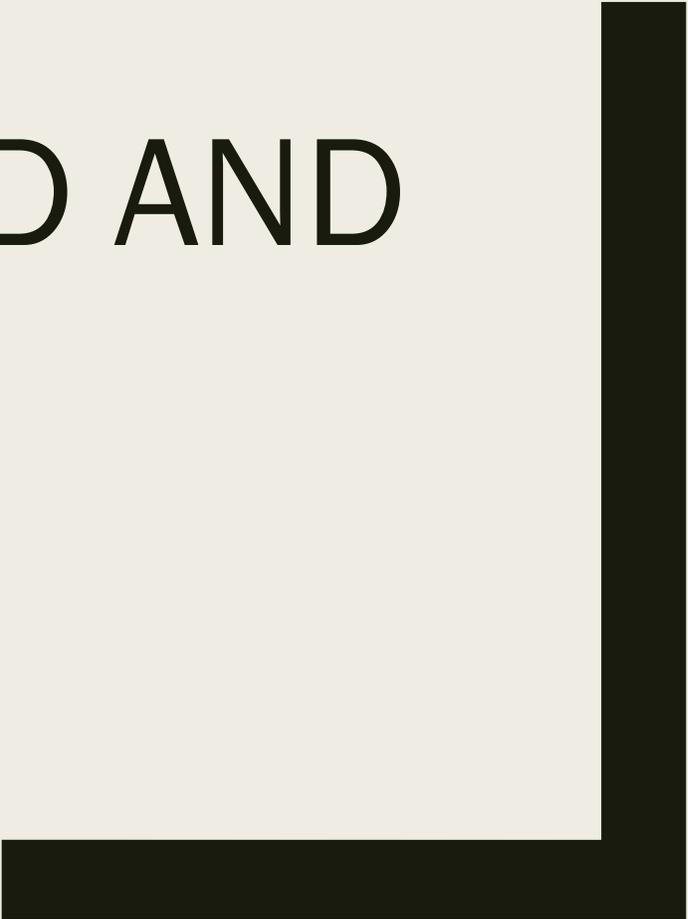




STAYING CENTERED AND RESILIENT

Terri Allred, MTS
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CHOICES

“Every day brings a choice: to practice stress or to practice peace.”

Joan Borysenco

Look in your bag....

Today, we chose peace, gratitude,
play.

- Want to blow some bubbles?
- Drink out of a swirly straw?
- Color with crayons?
- Eat a piece of chocolate?



Goals

Learn tips and tricks for mindfulness and stress management in the work place.

Share best practices for self-care in the workplace.

Stress is a biological, psychological, or social event. It occurs when internal or external demands strain or exceed our adaptive resources.

What is stress?



Assessing your stress level

Healthy

Brief increases in heart rate, mild elevations in stress hormone levels, ample recovery time

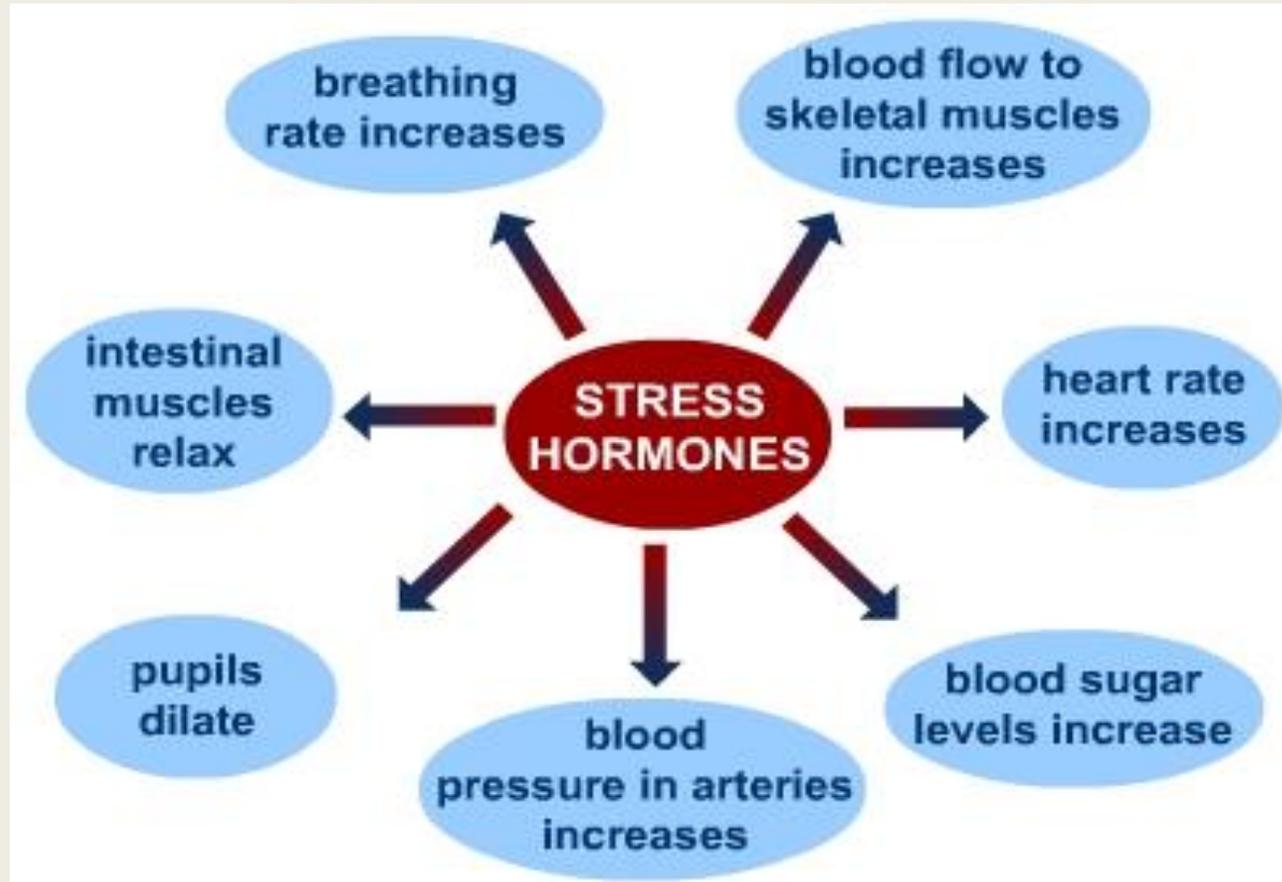
Tolerable

More significant stress response, buffered with coping mechanisms and supportive relationships

Toxic

Prolonged activation of stress response systems, few or no coping mechanisms or recovery periods

Physiological Stress Response



- From <http://www.women-health-info.com/716-Stress-hormones.html>

Coping



A person's efforts to master the demands of stress, including the thoughts, feelings, and actions that constitute those efforts.



MOUNTAIN OR TREE POSE

Coping Strategies

Is there anything about this situation that you can control?

- Use problem-focused coping!

Is this a situation that you have no control over?

- Use emotion-focused coping!

Problem-focused coping might involve...

Self-advocacy

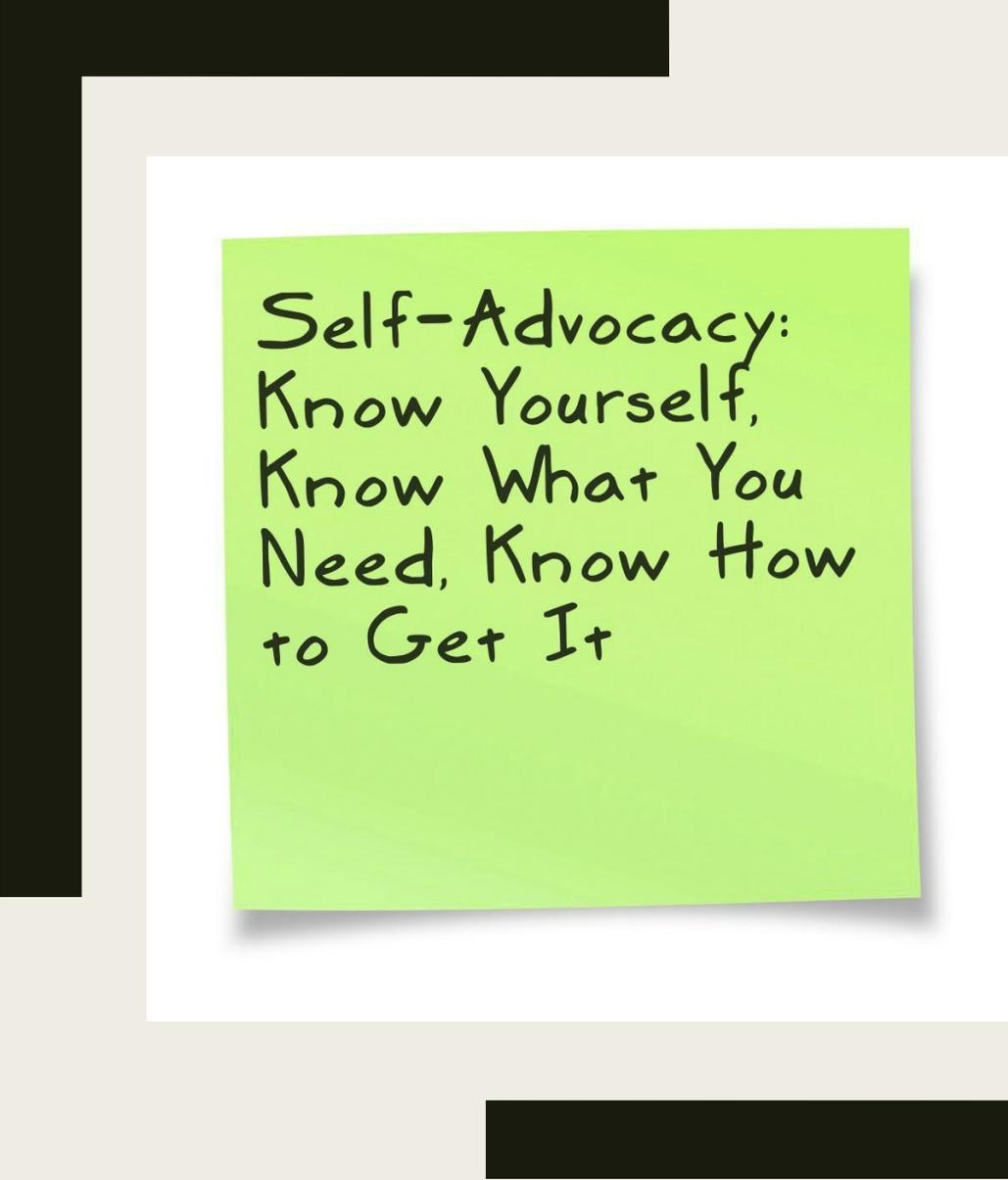
Brainstorming

Problem-
solving

Skill-building

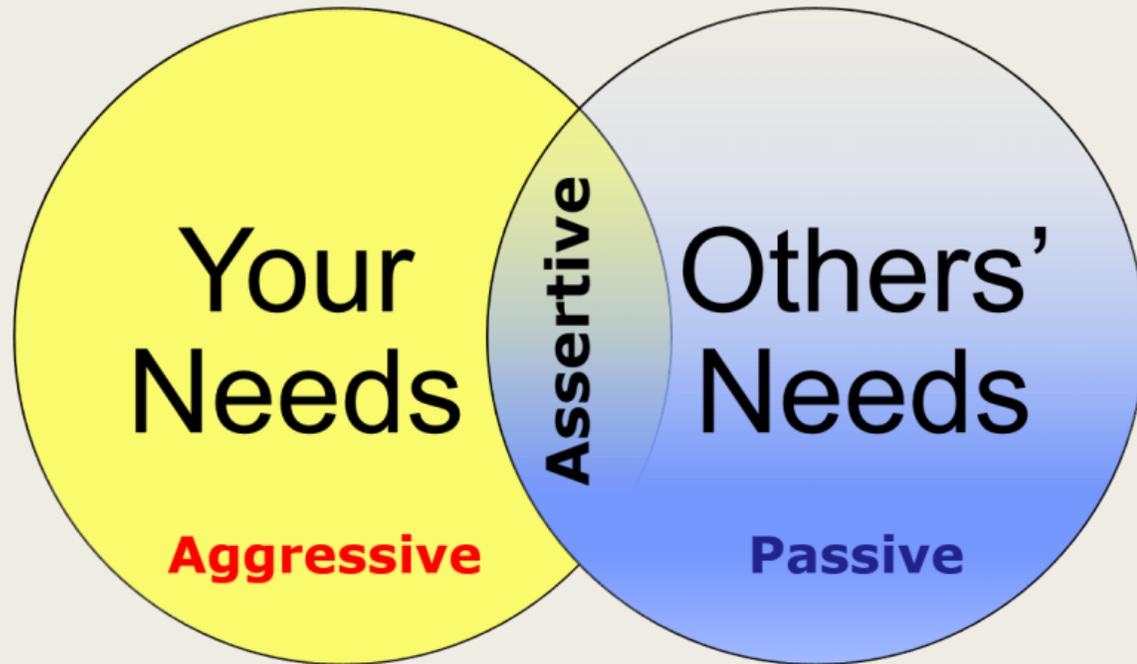
Communicating
with others
involved

Developing new
ways of doing
things



Self-Advocacy:
Know Yourself,
Know What You
Need, Know How
to Get It

SELF ADVOCACY



ASSERTIVE
COMMUNICATION

Emotion-focused coping might involve...

meditation and other relaxation techniques

Prayer

positive reframing

avoidance techniques

seeking social support (or conversely engaging in social withdrawal)

talking with others (including mental health care professionals).

Meditation

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Wikipedia



Let's try it...

- Select music
- Associate a smell
- Pay attention to
breath
- Create an affirmation
- Relax your body

4 basic steps for focused attention

- Bring your focus to your breath
- Notice that your mind has wandered off
- Disengage from that train of thought
- Bring your focus back to your breath and hold it there

(Wendy Hasenkamp, Emory University)



Positive Re-framing

- “Is the glass half-full or half-empty?”
- This is a perfect example of how the same event can be looked at in a positive or negative light.
- Positive reframing means trying to reconsider things in a positive light, and it is a powerful way to transform your thinking.



Avoidance Techniques



- Binge-watch Netflix (select an uplifting show or series; watch a comedy and get the benefits of laughter/smiling)
- Exercise
- Be social with friends
- Create or indulge your artistic side

Self-Care Strategies

Escaping
(activities that allow you to forget about work, engage in fantasy and get away from painful feelings)



Self-Care
(balance, healthy habits, connection with others)



Nurturing yourself
(gentleness, a focus on pleasure and comfort)





SELF
CARE

A close-up photograph of a hand being massaged with a thick, white cream. The hand is held in a way that the fingers are slightly curled. The background is a soft, out-of-focus light blue. A semi-transparent yellow rectangle is overlaid on the center of the image, containing the text 'HAND MASSAGE' in a bold, black, sans-serif font. The rectangle is framed by thick black L-shaped corner brackets at the top-left and bottom-right corners.

HAND MASSAGE

Attend to the physical- Sleep

Ever feel like you just “can’t think” when you haven’t slept?

Most of your brain can cope relatively well with too little sleep, but not the prefrontal cortex.

The prefrontal cortex is the part of your brain that directs higher-order cognitive processes (problem solving, reasoning, organizing, inhibition, and executing plans).



Attend to the Physical: Exercise

Take the stairs

Propose walking meetings

Practice aerobic cleaning

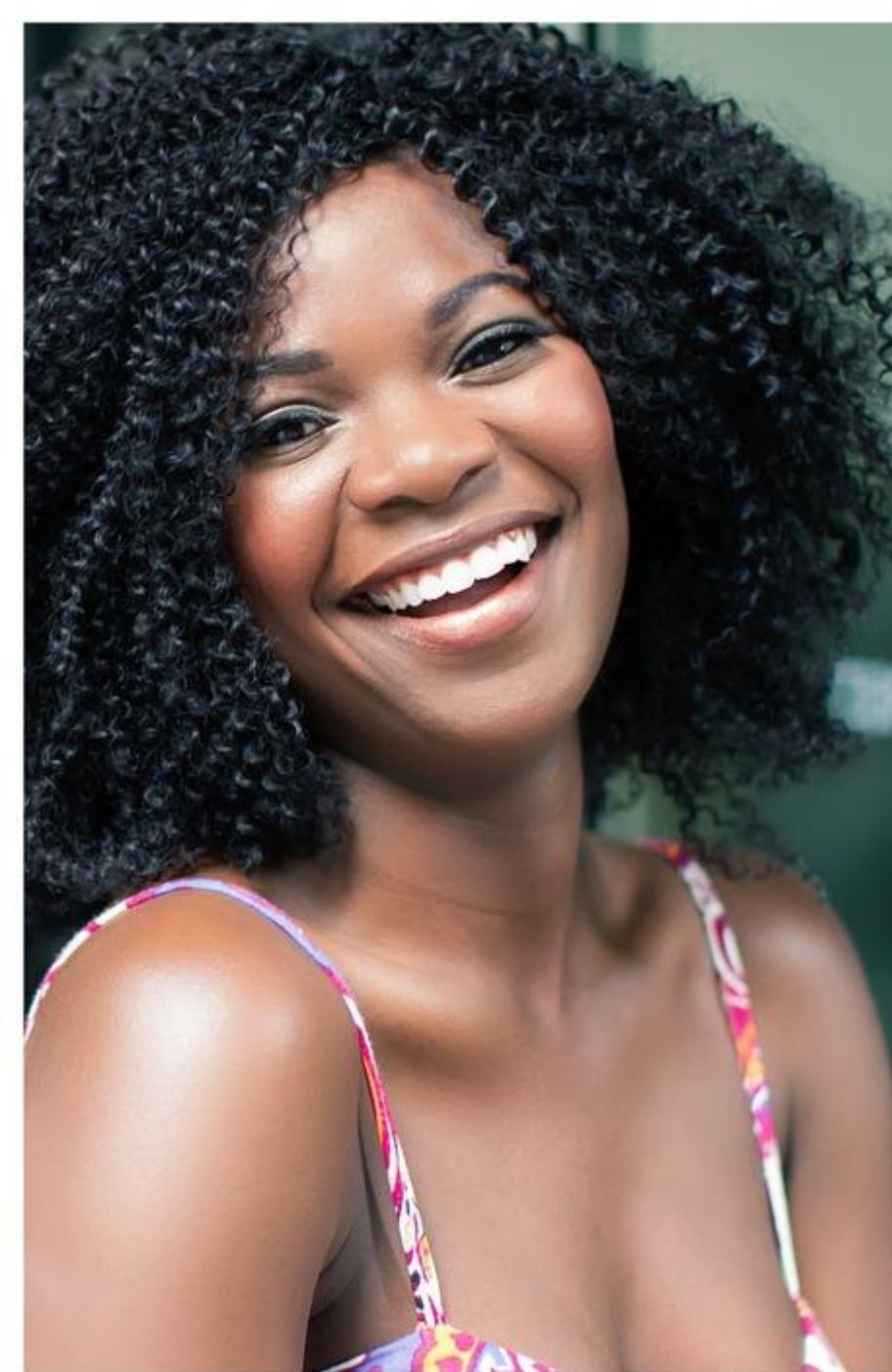
Choose something over
nothing





Identify Non-negotiables

Take time to reflect on your lifestyle and decide what things you need to feel 100% and at your best every day.

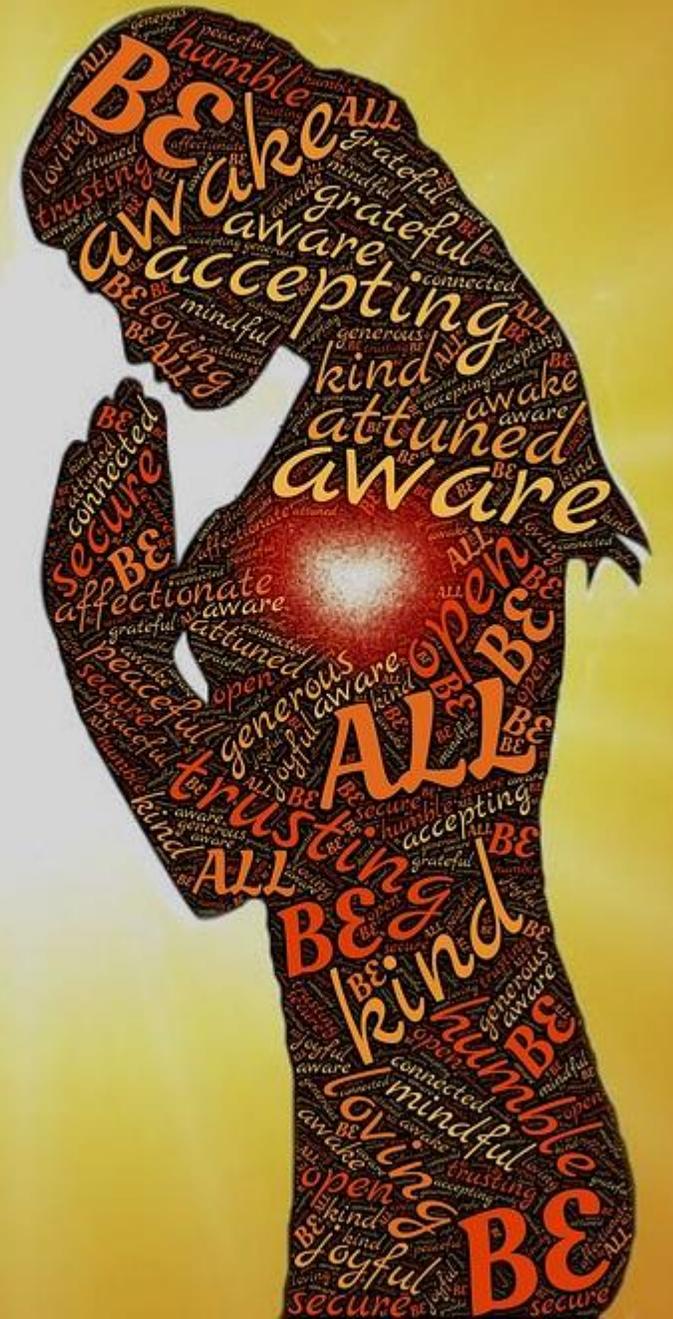


Laughing/Smiling

- Smiling can trick your brain into believing you're happy which can then spur actual feelings of happiness.
- Smiling helps reduce the body's response to stress and lower heart rate in tense situations.

Self Compassion

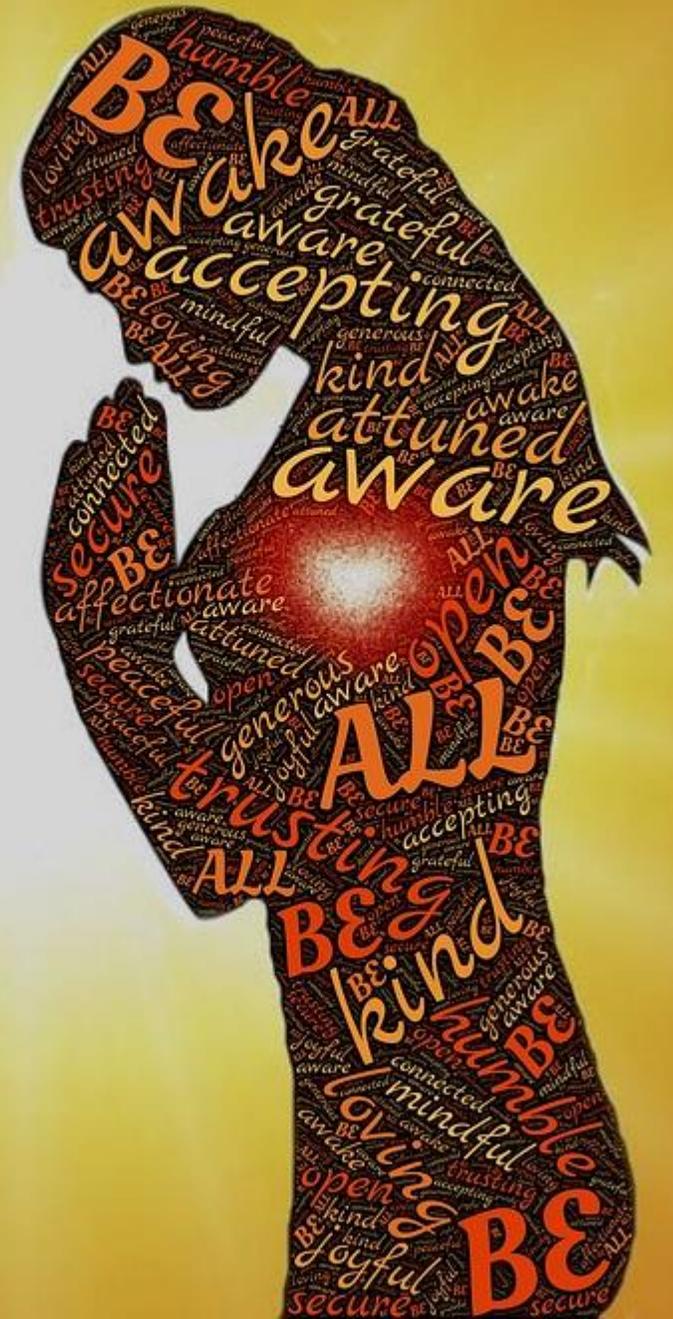
- Self kindness
- Common humanity
- Mindfulness



Self Compassion

- Place your hands on your heart and feel the warmth.
- Breathe deeply in and out.
- Speak these words to yourself.

*This is a moment of suffering.
Suffering is a part of life.
May I be kind to myself in this
moment.
May I give myself the
compassion I need.*





Gratitude

- Gratitude changes everything. Practicing gratitude helps you maintain a positive mood, achieve greater emotional well-being, and results in a higher overall life satisfaction.
- The most important change you can make with immediate impact and minimal effort: express positive emotions to others.



DIG WHERE
THE GROUND
IS SOFT.
~ CHINESE
PROVERB