

STOP – BREATHE - CHILL

WELCOME!

A Workshop for re:con 2017
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AN OVERVIEW . . .

- STRESS 101
- CHECKING IN WITH YOURSELF
- SEIZING AN OPPORTUNITY

ANCIENT CHINESE REMEDY FOR STRESS RELIEF



WHAT IS STRESS?



A CONDITON OR FEELING THAT OCCURS BASED ON HOW YOU PERCEIVE A SITUATION & YOUR ABILITY TO COPE WITH IT.

- STRESS IS SUBJECTIVE-
CAN BE GOOD OR BAD
- WE DEFINE STRESS BASED ON OUR PERCEPTIONS, ETHNICITY, GENDER, AGE, CULTURE, SOCIO-ECONOMIC STATUS, WORK ROLE AND OTHER FACTORS.

HOW STRESS PRESENTS ITSELF:





What does STRESS mean to YOU?

HOW COMMON IS STRESS?

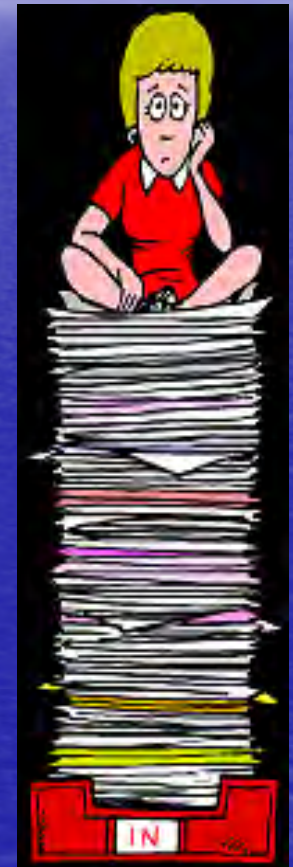
- Over 50% of all adults suffer adverse health effects due to stress.
- Estimated percentage of adults attempting to control stress is 95%.



United Nations Report:

Less than 25% of Americans find their jobs extremely satisfying today.

78% describe their jobs as being stressful.



HOW COMMON IS STRESS?

- 75-90% of all doctor visits are stress-related.
- \$15 billion are lost yearly by American industry due to stress-related absenteeism.

Below is a picture of two dolphins.



If you can see both dolphins, your stress level is within the acceptable range.

If you see anything other than two dolphins, your stress level is too high.

BURNOUT

Burnout occurs slowly, over a long period of time. It may express itself physically or mentally and is characterized by:

- Chronic fatigue
- A feeling of lack of control over commitments
- An incorrect belief that you are accomplishing less
- A growing tendency to think negatively
- Loss of a sense of purpose and energy
- Increasing detachment from relationships.



BURNOUT IS DISCONNECTION



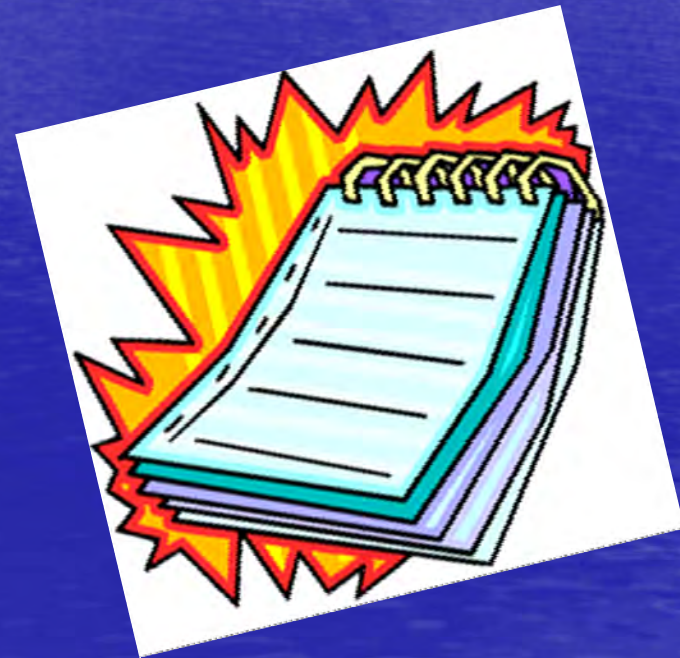
- From our power
- From the things we would so like to be doing
- From those around us - who have lots of energy and choice
- From our life-force - our vital spark has gone!
- From fulfilling our dreams - and the joy that goes with that

DANGERS OF BURNOUT

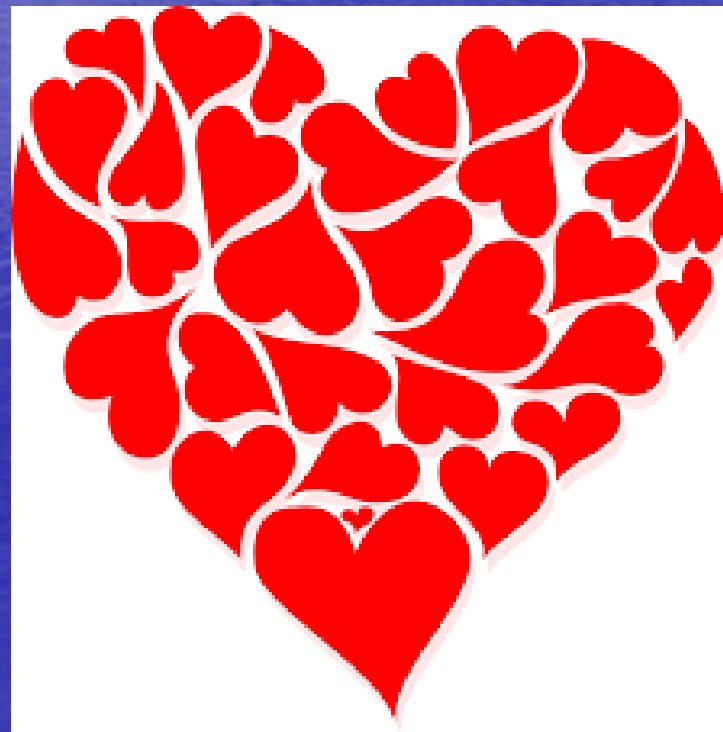
- May begin to engage in escapist behaviors: drinking, drugs, etc. to seek escape from negative feelings
- Workplace violence
- Severe depression
- Conflicts/social isolation from family and friends may lead to limited social support network.

CHECKING IN . . .

MAKE A LIST OF THOSE THINGS YOU ARE
DOING ON A TYPICAL DAY . . .



MAKE A LIST OF THE THINGS
YOU LOVE TO DO!



MANAGING STRESS . . .



MEDITATION

A USEFUL TOOL TO CALM THE
MIND AND RELAX THE BODY





❖ ADDRESS THE ENVELOPE

❖ WRITE THE 'JOY'
ACTIVITY ON THE NOTE
CARD

❖ PUT THE NOTECARD IN
THE ENVELOPE

❖ DROP THE
ENVELOPE INTO
THE BASKET AT THE
BACK OF THE ROOM





THANK YOU!