

**WHOLISTIC STRESS CONTROL
INSTITUTE, INC
(WSCI)**

ATLANTA, GA

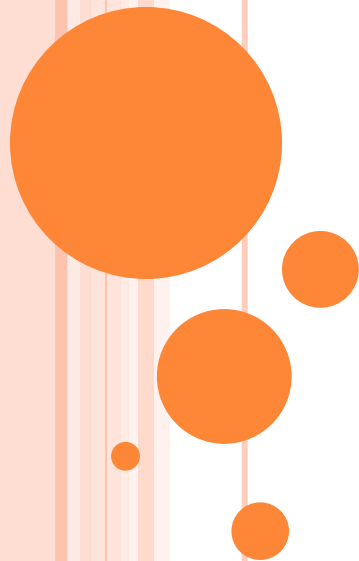
**Maintaining Wellness in
Stressful Times**

Presenter:

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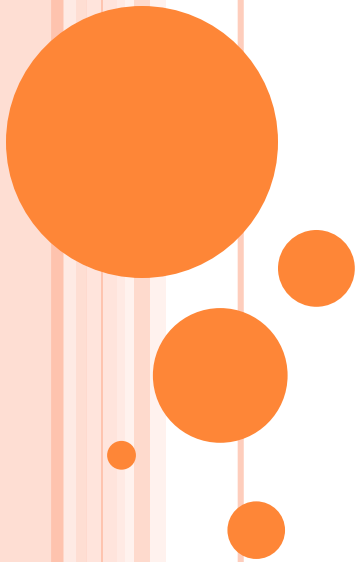
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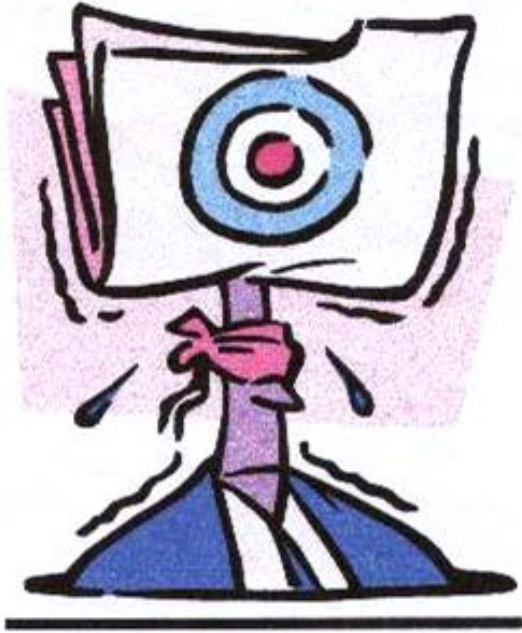
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STRESS

What is Stress?





STRESS - is the non-specific
response of your
body to any demand placed on
it.

-Hans Selye



**STRESS IS ANYTHING THAT CAUSES A CHANGE IN
YOUR BODY. THIS CHANGE USUALLY RESULTS FROM
PEOPLE FEELING.....**

- WSCI

Happy



Scared



Sad



Angry or Mad





CAUSES OF STRESS IN ADULTS

PERSONAL

- Low self esteem
- Poor nutrition
- Over Scheduling
- Lack of exercise
- Lack of Spiritual Principles



JOB

- Problems with supervisor, managers or co-workers.
 - Promotions
 - Work overload
 - Meeting Deadlines
- Environment (temperature, overcrowding)
 - Burn out



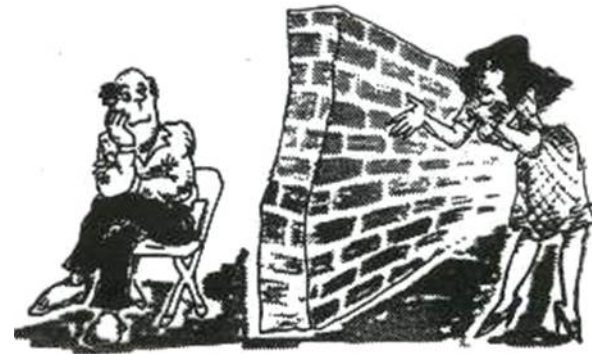


FINANCIAL

- Unemployed
- Underemployed
 - Bills
- Poor budgeting
- Financial resources
 - Budgeting

FAMILY

- Physical Abuse (husband, mate)
- In-laws
- Parents
- Siblings
- Children
- Family member in trouble
 - with criminal justice system
- Alcoholism or drug abuse in family



FRIENDS

- Negative talk
- Abusing drugs or addict
- Alcoholic
- Criminal activity
- Negative Competition



COMMUNITY

- Crime/drug dealers
 - Burglary
 - Noise
- Neighbors
 - Racism
 - Violence



Signs & Symptoms of Stress in Adults

Physical

fast heartburn
upset stomach
nervousness
backaches

Mental

poor thinking
being worried
poor concentration
drop in school performance

Emotions

anger outburst
low self-esteem
sad/depressed
irritability

Behavioral

wants to be alone
nail biting
unable to eat
changed habits



DEFINITIONS

STRESSORS

are the events or forces (physical, social or psychological) which causes stress of any kind.

EUSTRESS

is the term used for positive or good stress, the kind that optimizes performances.

BAD STRESS

is the term used for stress that develops from negative stressors.

DISTRESS

is stress that is negative and the kind that can lead to illness.



WELLNESS

- is that special arrangement that brings satisfaction from the interplay of our aspirations and actions with the world around us;
- - an essential aspect of wellness is stimulation, adventure, challenge, mystery. With these goes the likelihood of periodically losing our footing of being pushed beyond our capability and – at least momentarily – being overwhelmed;
- - is the ability and the belief in our ability to restore balance when it is periodically lost in our engagements with life.



COGNITIVE TECHNIQUES FOR STRESS MANAGEMENT

ABC' S - STRESS MODEL

A

stressors

death, illness
job: fire or hire
parenting
relationships

B

thoughts and beliefs

about stressors

irrational
rationalizations
rational thinking

C

responses

feelings and behavior

A

stressor

B

thinking

C

responses

A does not cause C: B causes C



3 TYPES OF THOUGHTS

IRRATIONAL

- leads to greater worry, negativity, poor self-concept and **INCREASED STRESS**.

RATIONALIZATIONS

- leads to avoidance, poor decisions, excuses, and more problems which **INCREASES STRESS**

RATIONAL

- causes a **DECREASE IN STRESS**
- promotes an increase in mental clarity and effectiveness
- improves one's ability to relate to self, others and situations.



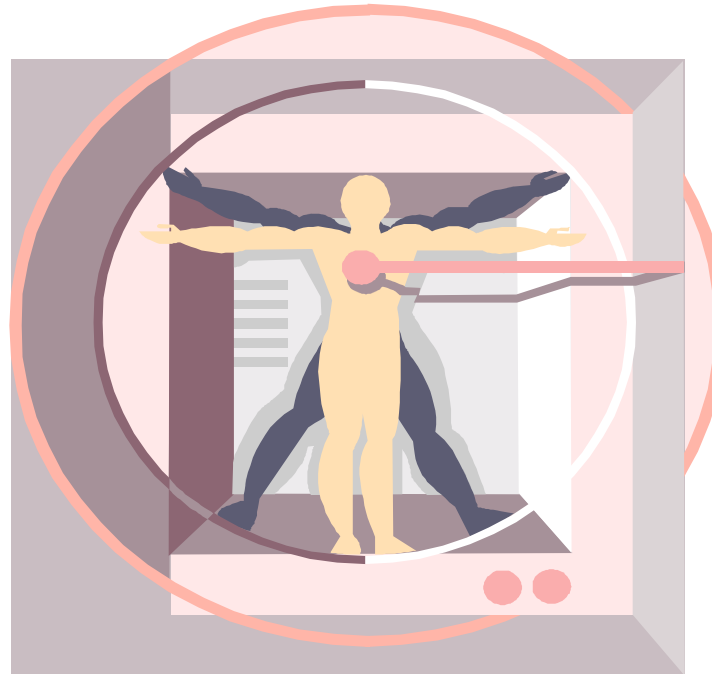
WHOLISTIC STRESS MANAGEMENT

EMOTIONAL

PHYSICAL

SOCIAL

MENTAL



SPIRITUAL

WHOLISTIC APPROACH

- Involves the total person
- States that total healing comes from within the individual

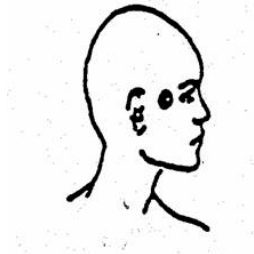


WHOLISTIC STRESS MANAGEMENT TECHNIQUES

PHYSICAL:

- Exercise
- Nutritious Diet
- Massage
- Acupressure
- Relaxation
- Breathing

TAIYANG



HEGU



MENTAL AND EMOTIONAL:

- Praise yourself
- Affirmation
- Automatic suggestion
- Visualization/daydream
- Colors
- Positive attitudes
- Set Priorities
- Mind and feeling control
- Take one thing at a time



SOCIAL

- Don't compete
- Do things you enjoy
- Talk over problems
- Support person

SUPPORT PERSON



SPIRITUAL

- Love yourself
- Pray/mediate/mantra
- Forgive others
- Do something for others
- Inspirational readings
- Learn from mistakes
- Energy fields

MASSAGE



GOAL SETTING



AFFIRMATIONS

- **Affirmations are positive statements about one's self or a situation. This can be a fact or a belief.**
- **Affirmations means to affirm or make firm something you want to happen.**
- **Affirmations works better when you imagine a picture and express the feelings you desire along with repeating the affirmation.**



- **Affirmations can help correct negative self-talk comments that can cause one stress.**
- **Affirmations should be: positive, personal, stated in the present tense, short/simple, indicated accomplishment or achievement, realistic, private and express feeling.**

For example:

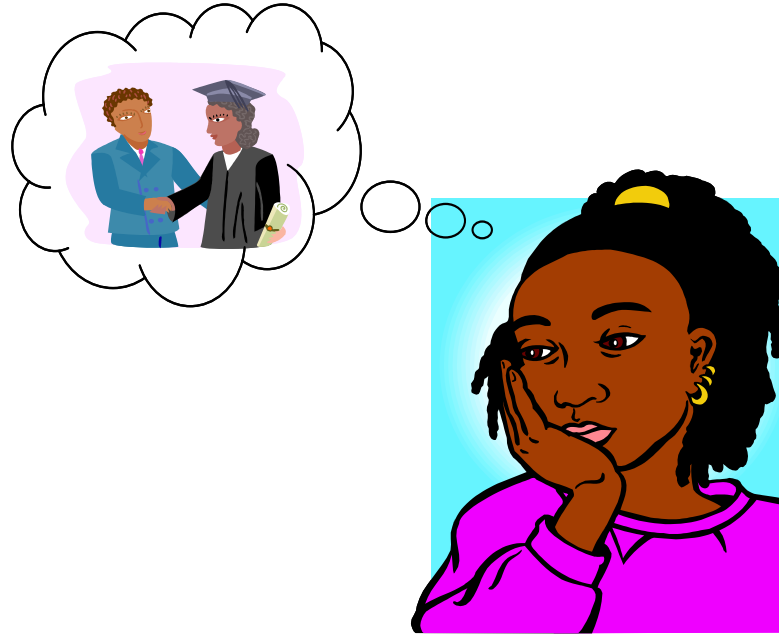
I am healthy and calm.

I have everything I need to enjoy a wonderful life.

I am in complete control to handle any stressful situations.



VISUALIZATION



CREATIVE VISUALIZATION IS THE TECHNIQUE OF USING YOUR IMAGINATION TO CREATE WHAT YOU WANT IN YOUR LIFE.

IMAGINATION IS THE ABILITY TO CREATE AN IDEA OR MENTAL PICTURE IN YOUR MIND.

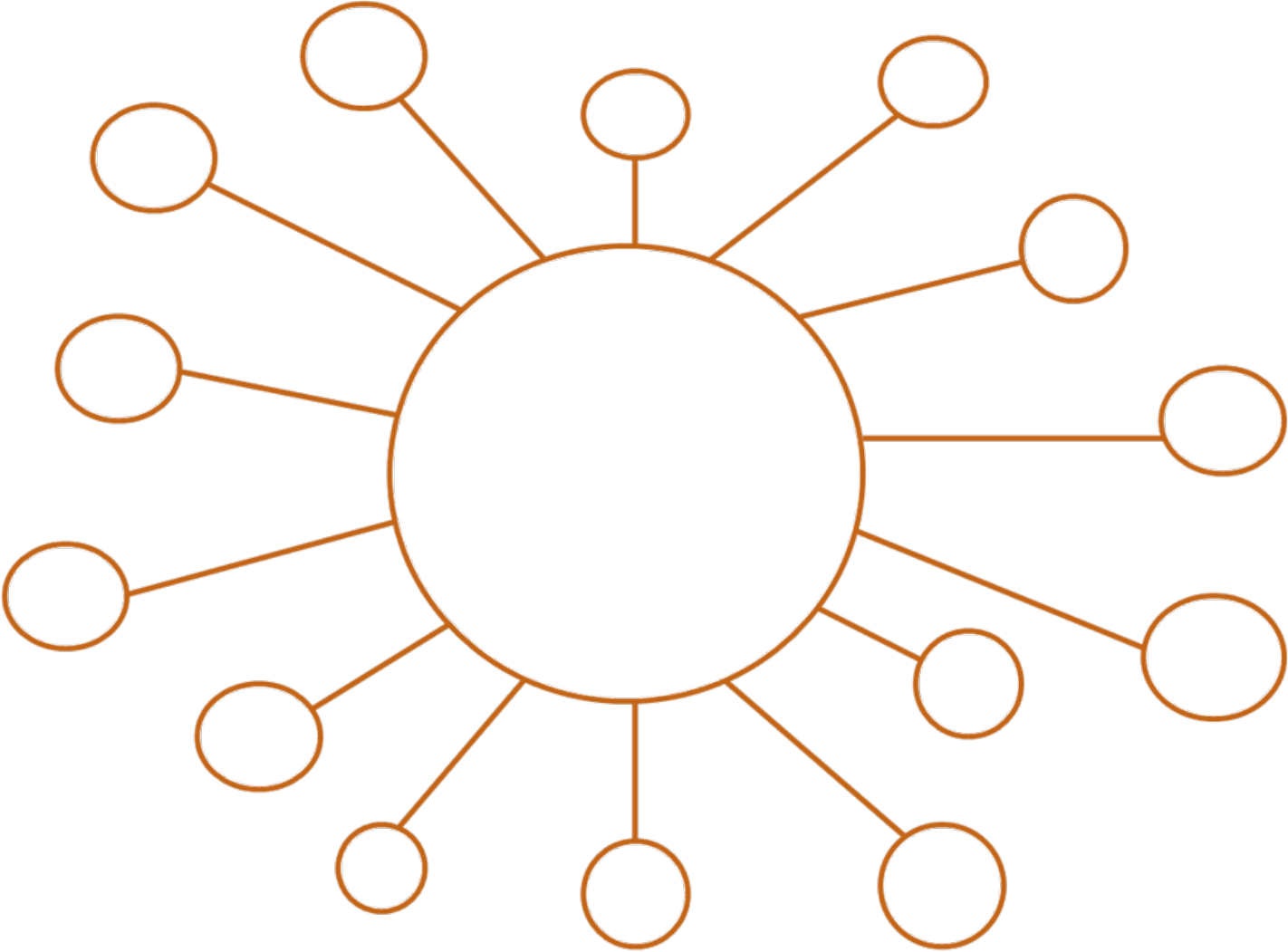


4 BASIC STEPS FOR EFFECTIVE CREATIVE VISUALIZATION:

- 1. Set your goal**
- 2. Create a clear picture**
- 3. Focus on it often**
- 4. Give it positive energy**



MY SUPPORT GROUP



Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for the entire period this time around.

2. You will learn lessons.

You are enrolled in full-time informal called LIFE.

Each day in this school you will have the opportunity to learn lessons.

You may like the lessons or think they are irrelevant and stupid.

3. There are no mistakes, only lessons.

Growth is a process of trial and error: experimentation.

The “failed” experiments are as much a part of the process as the experiment that ultimately “works”.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it.

When you have learned it, you can then go on to the next lesson.

1. Learning lessons does not end.

There is no part of life that does not contain

6. its lessons.

If you are alive, there are lessons to be learned.

7. “There” is no better than “here”.

When you’re “there” has become a “here” you will simply obtain another “there” that will again, look better than “here”.

8. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

9. What you make of you life is up to you.

You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

10. Your answers lie inside you.

The answers to Life’s questions lie inside you.

All you need to do is look, listen and trust.

11. You will forget all this.

12. You can remember it whenever you want.

