Sometimes You are the Pigeon and Sometimes You are the Statue: Finding Peace In A Stressful Journey

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13th Annual Conference on Alzheimer’s Disease & Psychiatric Disorders in the Elderly
Me, Stressed Out?
“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.”

~ Dalai Lama
Stress is like spice- in the right proportion it enhances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you.”

~Donald Tubesing~
“When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.”

~Peter Marshall~
How Vulnerable Are You to Stress?

<10 = Excellent resistance to stress
11-29 = Some resistance to stress
30-49 = Some Vulnerability to stress
50+ = Seriously vulnerable to stress
According to Centers for Disease Control 2010 75-90% of physical complaints in physician’s offices are stress related.

Cost of Stress to the National Economy is estimated at $200 Billion annually!
Five Signs of Too Much Stress

- Increase in physical problems and illnesses
- Problems in relationships
- Skewed perceptions
- Significant increase in bad habits
- Exhaustion
Burnout means termination of the powered portion of a rocket’s flight upon exhaustion of the propellant.

Have you run out of gas?
### How your body responds to stress

<table>
<thead>
<tr>
<th>Reaction</th>
<th>Original purpose</th>
<th>Long-term effect</th>
</tr>
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<tbody>
<tr>
<td>Heart rate increases</td>
<td>pump blood faster</td>
<td>high blood pressure</td>
</tr>
<tr>
<td>Breathing is faster</td>
<td>provide more oxygen</td>
<td>chest pains from tired muscles</td>
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<tr>
<td>Digestion stops</td>
<td>divert blood to large muscles</td>
<td>ulcers</td>
</tr>
<tr>
<td>Blood leaves head, hands, feet</td>
<td>divert blood to large muscles</td>
<td>cold hands, feet, and headaches</td>
</tr>
<tr>
<td>Coagulation of blood increases</td>
<td>minimize blood loss w injury</td>
<td>stroke, blood clotting</td>
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<tr>
<td>Extra sugars/insulin released</td>
<td>provide more energy</td>
<td>low/high blood sugar</td>
</tr>
<tr>
<td></td>
<td></td>
<td>fatigue</td>
</tr>
</tbody>
</table>
Common Signs of Stress Addiction
* Need to Control
* Perfectionism
* Difficulty in Relationships
* Work binges
* Difficulty relaxing/Having Fun
* Brown Outs
* Hurrying/Staying Busy
* Impatience, Irritability
* Self Inadequacy
* Self Neglect
Ten Ways of Coping with Stress
1. Practice Relaxation Techniques

- Deep Breathing
- Mindfulness
- Visualization Meditation
- Yoga
- Tai Chi
2. Practice Stress Management Strategies

- Avoid the Stressor
- Alter the Stressor
- Adapt to the Stressor
- Accept the Stressor
“In the 1930’s the entire country was suffering from a great depression. Fortunately, they have pills for that now.”
The Prayer of Serenity

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.
--Reinhold Niebuhr
3. Adopt a Healthy Lifestyle

- Take care of yourself
- Get plenty of rest
- Refrain from self-destructive habits
4. Eat Healthy!

I AM EATING HEALTHY - THEY'RE ORGANIC.
“Today I ate two bowls of dog food, a sandwich crust, some spaghetti that fell on the floor, half of your cat food, a wet tea bag, three bugs and the inside of a sneaker. How many grams of fat is that?”
5. Exercise
“You need strong medicine to relieve your stress. I’m prescribing a puppy.”
7. **LAUGH!**

Laughter . . .
- Stimulates your organs
- Activates and relieves your stress response
- Soothes tension
- Improves your immune system
- Relieves pain
- Increases personal satisfaction
Don’t be so **SERIOUS**
If you can’t laugh at yourself - **call me...**
**I’ll** laugh at you.

aunty acid
www.facebook.com/auntyacid
What if today, we were just grateful for everything?
Humor video
8. Delegate Responsibility and Accept Help
10. Get Connected and Stay Connected
Building a Safety Net

A - Aunt, AA, analyst
B - Brother, boyfriend, bowling team, boss
C - Church, co-worker, cousin, counselor
D - Doctor, daughter, distant relative
E - Educators, extension agent
F - Friend, Family, financial advisor
G - Grandparent, God, guardian
H - Husband, hotline
I - Instructor, In-laws
J - Job Counselor
K - Kin, kids, key leaders
L - Lawyer, lover
M - Minister, mother
N - Nurse, neighbor, networks
O - Old friend, others with same stress
P - Priest, parent group, parents
Q - Quilting class
R - Relatives, Rabbi
S - Sister, support group
T - Teacher
U - Uncle
V - Volunteers
W - Wife
X - x-pert
Y - Yourself
Z - ?????

Family Managing Stress, p. 31 (1997)
Developing a Stress Management Plan

KEEP IT SIMPLE

IMPLEMENT IT GRADUALLY
<table>
<thead>
<tr>
<th>Physical Action</th>
<th>Emotional</th>
<th>Mental</th>
<th>Spiritual</th>
</tr>
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<tbody>
<tr>
<td>Stop eating sugar and sodas</td>
<td>Laugh at least 2x per day and read jokes if necessary</td>
<td>Visualize your goals as already accomplished 5 minutes per day</td>
<td>Meditate, read uplifting literature, Bible reading or daily devotional for at least 5 minutes per day</td>
</tr>
<tr>
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<td>Exercise at least 30 minutes, 6 times per week</td>
<td>Talk to my best friend about what is bothering me</td>
<td>Visualize health peace and happiness at least 5 minutes per day.</td>
<td>Do at least one act of simple kindness per day</td>
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<tr>
<td>Take 3 slow deep breaths at least 4 times per day - before each meal and bedtime</td>
<td>Give and receive at least one good hug or massage per day</td>
<td>Read or listen to something inspiring each day.</td>
<td>Write in a gratitude journal at least one thing to be thankful for each day</td>
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<tr>
<td>Drink green tea twice daily</td>
<td>Remember to laugh</td>
<td>Evaluate progress toward goals once per week</td>
<td>Be grateful for everything</td>
</tr>
<tr>
<td>Sleep at least 7 hours per night. Get to bed by 11pm</td>
<td>Practice forgiveness</td>
<td>Research solutions to challenges as needed</td>
<td>Be kind to all creatures including myself</td>
</tr>
<tr>
<td>Eat simple natural nourishing meals</td>
<td>Listen to beautiful music</td>
<td>Spend quality time with a child.</td>
<td>Pray morning and evening</td>
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</table>
SOMEHOW, I FEEL WORSE NOW THAN BEFORE I CAME!

Classic PEANUTS by SCHULZ

PSYCHIATRIC HELP 54

THE DOCTOR IS IN

NEXT CASE!

CMON, STEP RIGHT UP! DON'T BE BASHFUL!

I HAVE A PROBLEM, BUT I'M NOT SURE YOU CAN HELP ME...

WOULDN'T IT BE DIFFICULT FOR YOU TO TREAT SOMEONE IN YOUR OWN FAMILY?

NONSENSE! I HAVE LEARNED TO BE COMPLETELY OBJECTIVE...

ONCE I TAKE MY POSITION AT THIS DESK, I LEAVE ALL MY PERSONAL PREJUDICES BEHIND ME!

THAT'S VERY COMMENDABLE

NOW, YOU JUST SIT RIGHT THERE AND TELL ME WHAT YOUR TROUBLE IS... DON'T BE AFRAID TO POUR OUT YOUR HEART...

WELL, MOST OF THE TIME I'M A PRETTY HAPPY PERSON... I MEAN I'M USUALLY QUITE CONTENT...

MY ONLY PROBLEM IS THIS SISTER OF MINE WHO...

POW!

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REFERENCES