

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

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Psychiatric Disorders in the Elderly

P e a n u t s W i s d o m

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.”

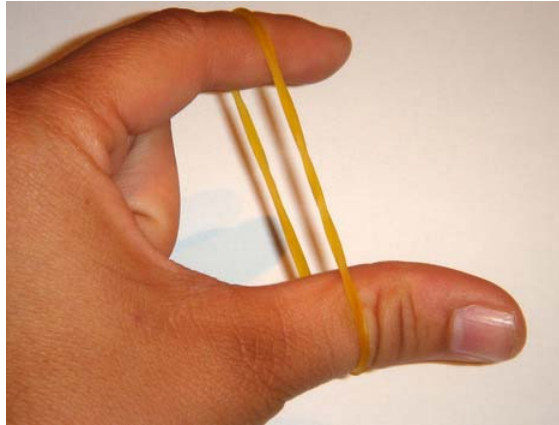
~Donald Tubesing~



**“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

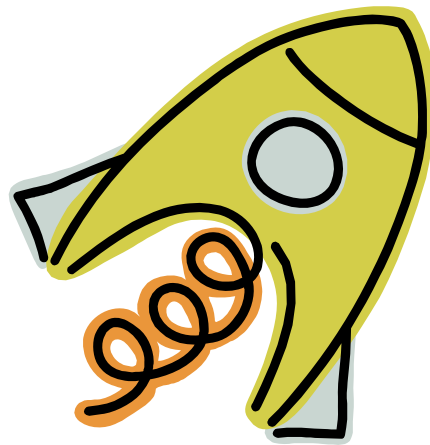
**According to Centers for
Disease Control 2010
75-90% of physical
complaints in physician's
offices are stress related.**

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

Reaction

- Heart rate increases
- Breathing is faster
- Digestion stops
- Blood leaves head, hands, feet
- Coagulation of blood increases
- Extra sugars/insulin released

Original purpose

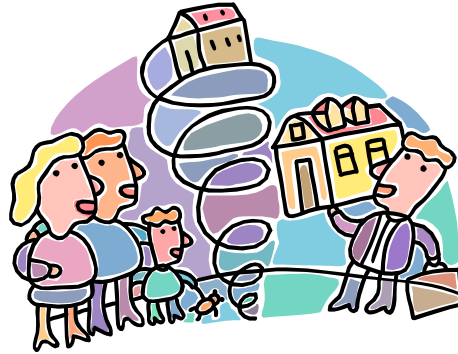
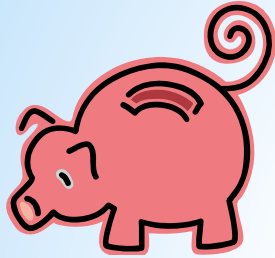
- pump blood faster
- provide more oxygen
- divert blood to large muscles
- divert blood to large muscles
- minimize blood loss w injury
- provide more energy

Long-term effect

- high blood pressure
- chest pains from tired muscles
- ulcers
- cold hands, feet, and headaches
- stroke, blood clotting
- low/high blood sugar
- fatigue

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

**HISTORY
REPORTS
DUE TODAY!**



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**“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!



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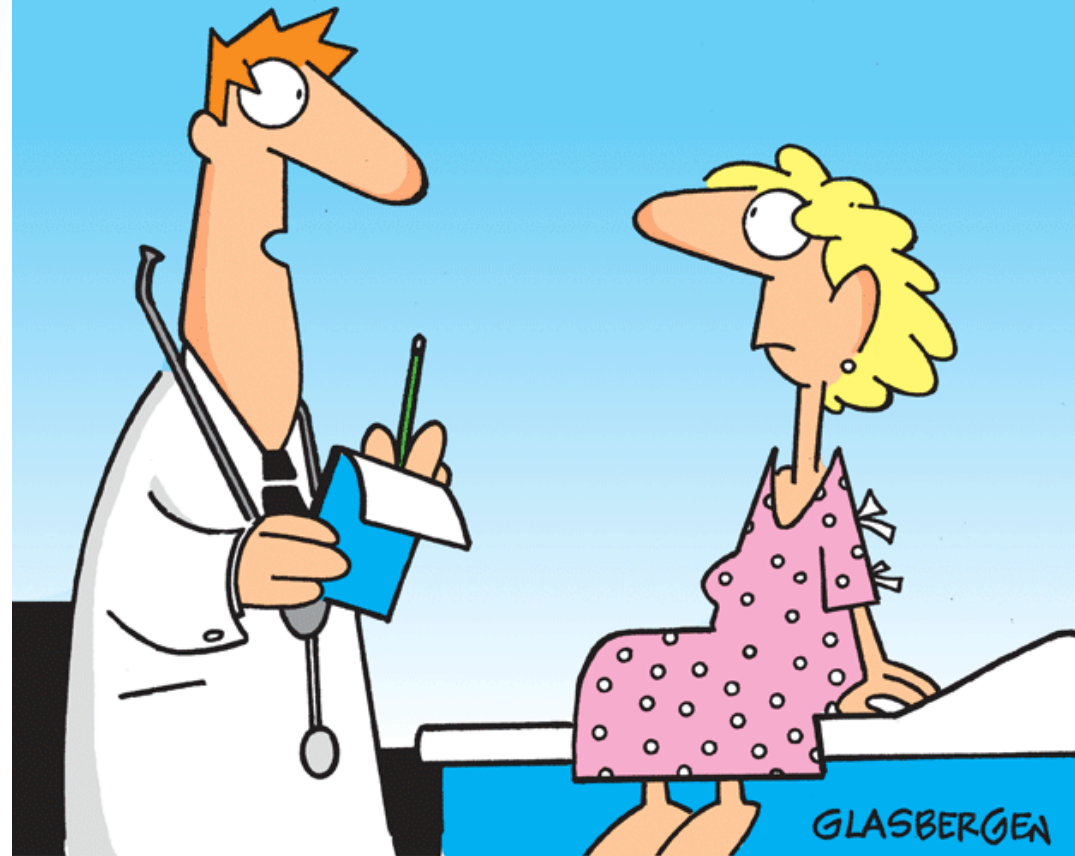
“Today I ate two bowls of dog food, a sandwich crust, some spaghetti that fell on the floor, half of your cat food, a wet tea bag, three bugs and the inside of a sneaker. How many grams of fat is that?”

5. Exercise



6. Have Fun!!**

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“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

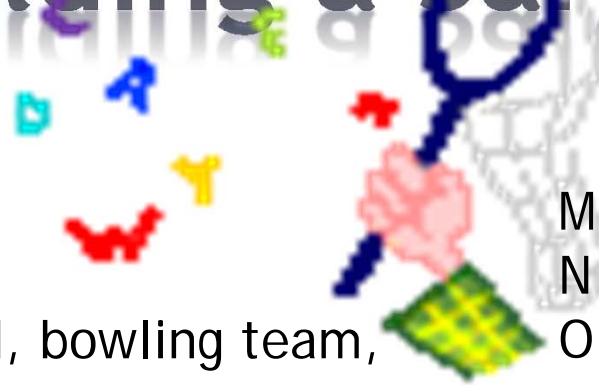
8. Delegate Responsibility and Accept Help



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 - ?????

Developing a Stress Management Plan

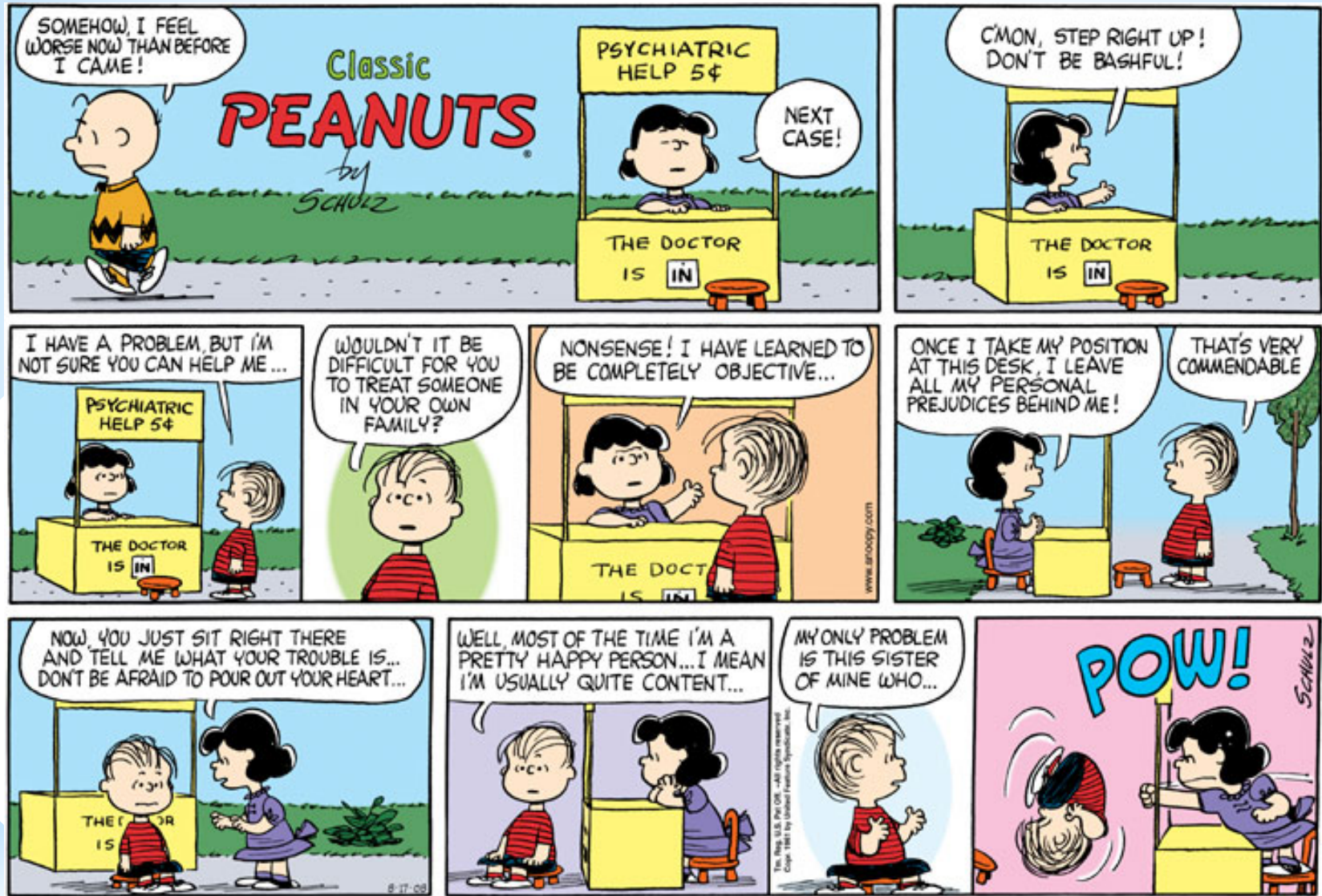
KEEP IT SIMPLE

**IMPLEMENT IT
GRADUALLY**

My Stress Management Plan

Physical Action	Emotional	Mental	Spiritual
Stop eating sugar and sodas	Laugh at least 2x per day and read jokes if necessary	Visualize your goals as already accomplished 5 minutes per day	Meditate, read uplifting literature, Bible reading or daily devotional for at least 5 minutes per day

Physical	Emotional	Mental	Spiritual
Exercise at least 30 minutes, 6 times per week	Talk to my best friend about what is bothering me	Visualize health peace and happiness at least 5 minutes per day.	Do at least one act of simple kindness per day
Take 3 slow deep breaths at least 4 times per day - before each meal and bedtime	Give and receive at least one good hug or massage per day	Read or listen to something inspiring each day.	Write in a gratitude journal at least one thing to be thankful for each day
Drink green tea twice daily	Remember to laugh	Evaluate progress toward goals once per week	Be grateful for everything
Sleep at least 7 hours per night. Get to bed by 11pm	Practice forgiveness	Research solutions to challenges as needed	Be kind to all creatures including myself
Eat simple natural nourishing meals	Listen to beautiful music	Spend quality time with a child.	Pray morning and evening



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