

Reducing Stress



Agenda



Assess Your Stress



Are you
vulnerable to
stress?



What causes you
to stress?



What do you
experience when
you're stressed?



Sure Signs Of Too Much Stress and Not Enough Relaxation

- Fatigue and sleeplessness
- Poor concentration
- Little things bothering you
- Irritability, anxiety or depression
- Frequent crying
- Change in appetite
- Headache, backache or chest pain
- Constipation or diarrhea
- Noticeable negative attitude
- Shortness of breath
- Difficulty controlling your temper
- Feeling overwhelmed or out of control
- Numbness
- Muscle spasms

Sources of Stress - our words

- *Should* and *must* statements
- Awfulizing
- *I can't stand it* statements

Sources of Stress - our thoughts

- *Unrealistic Expectations*
- Mindless Chatter
- *The Vicious Circle*

People

A-I-R

- Avoid or Air
 - Don't take the bait
 - "I" message
- Ignore
 - Flow mode
- Report or Relief



Diffusing Stress

Coping Skills

- What can you control?
- Does it really matter to me?
- What action can I take?

Stress Management Techniques



Move Your
Body



Social
Support



Have Fun!



Organize/
Balance



Meditation
Techniques

Move Your Body

- Choose something you enjoy
- Choose something that fits into your current schedule
- Be realistic



Social Support

- Accept help
- Spend time with people who life you up
- Invest in relationships



Have Fun

- Find things in your community that you enjoy doing
- Find hobbies outside of work
- Stay curious
- Laugh



Organize/Balance

- Set realistic goals with realistic timelines
- Find ways to organize your life to works best for YOU
- Recognize life and work both demand our attention



Meditation (Mindfulness)



Purpose:

Slow down and evaluate
Reduce negative thoughts



Physical response:

Lower blood pressure
Slower breath and heart rate
Reduced muscle tension



How Well Do You Cope?

- Physically
- Emotionally
- Mentally
- Behaviorally



Your Action Plan

- Recognize how you respond to stress
- Be aware of your stress triggers
- Develop stress management techniques that work for you

Accessing your PAS Benefit

1-800-356-0845

- 24-hours a day, live Master's level clinicians
- Concierge

www.mypaseap.com

- Company ID
- Counseling, Coaching, Consulting, Legal forms, Financial wellness, Resources

Email

- Response in 1 business day

myPASapp

Live Chat

- www.mypaseap.com
- 9AM-5PM Central Time
- Monday through Friday

Text

- 314-451-5727
- 9AM-5PM Central Time
- Monday through Friday



MindHealth Matters

Quick Connect to PAS



For personal, confidential assistance and support:

Main Phone: 1-800-356-0845

Farm Families Phone: 1-833-999-FARM (3276)

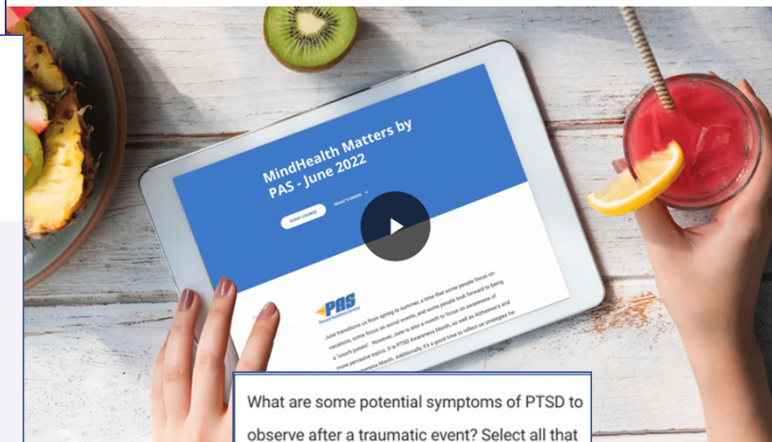
Web: <https://www.paseap.com> (live chat)

Email: pasadmin@paseap.com

Text: 1-314-451-5727



What's in this edition of *MindHealth Matters*?



What are some potential symptoms of PTSD to observe after a traumatic event? Select all that apply.

- Anxiety
- Nightmares
- Flashbacks
- Out-of-control thoughts

SUBMIT

MindHealth Matters by PAS

Use the warmer weather and longer days to your advantage by soaking in Vitamin D, increasing your social interactions, and changing up your schedule for more relaxation time.

For many people, thoughts of summer bring visions of relaxing days, vacationing on the beach or by the pool. It's a mental-health dream come true. But the dream may not be a reality for many of us. Often, hot weather combined with a change in routine can bring on an increased risk for mental health issues. Studies have even shown that violent crime increases with the temperature.

Summertime Strategies

Here are some strategies that will keep your summertime dream from becoming a