



# From Stress to Resilience

*Training Your Mind and Body to Respond, not React to Stressful Events, empowering us to perform at our best.*

Lynell Ross

Certified Health & Wellness Coach

# Manage Your Stress through Healthy Eating

Foods that nourish your brain: Healthy fats, Nuts, Seeds, Eggs, Green Vegetables, Lean Proteins and Fruits.

**LOVE IT** UNSATURATED  
(POLY & MONO)



Go for oils, salad dressing, mayo, nuts, avocado, fish, etc.

**LEAVE IT** SATURATED



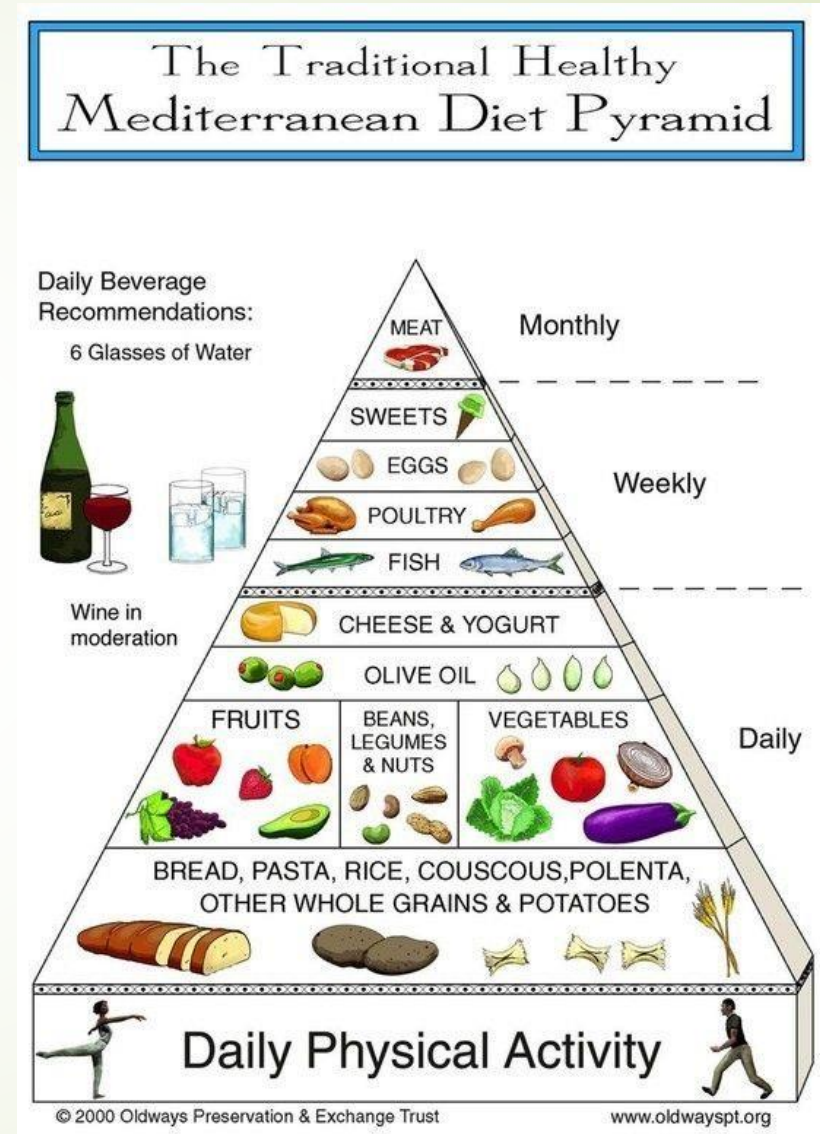
Limit red meat, cheese, butter, coconut oil, fatty sweets, etc.

Source: Adapted from "The Facts on Fat," American Heart Association.

# Mediterranean Eating Plan is shown to be the Healthiest!

## Food Groups:

- Whole Grains
- Fruits
- Legumes
- Vegetables
- Oils
- Cheese & yogurt
- Proteins: Fish, poultry, eggs,
- Sweets are treats
- Meat ( sparingly)
- Water
- Wine





# **Physical** Strategies for Reducing Stress:

- Eating Healthy Nutritious Foods
- Exercise
- Enough Sleep



# What are Stressors in Your Life?

Pressure from work or yourself

- Money
- Dealing with a difficult co-worker, family member
- Not having enough TIME to do everything
- Family problems, aging parents, teenagers

What else? Identify Your Stressors:

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# Stress and its Affect on Us

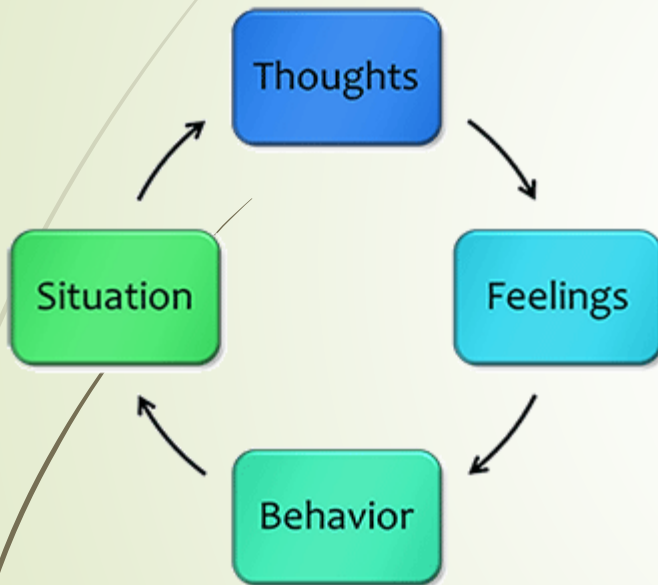
Stress is the perception of a threat and the belief we do not have the skills to cope.

- What happens when we perceive a threat:
- Heart beats faster
- Palms get sweaty
- Can think clearly

Stress is how we react when our needs are not met

- FIGHT
- FLIGHT
- FREEZE
- RESPONSE

# Your THOUGHTS and Beliefs Create Your Life



**THOUGHTS**

FEELINGS

BEHAVIORS

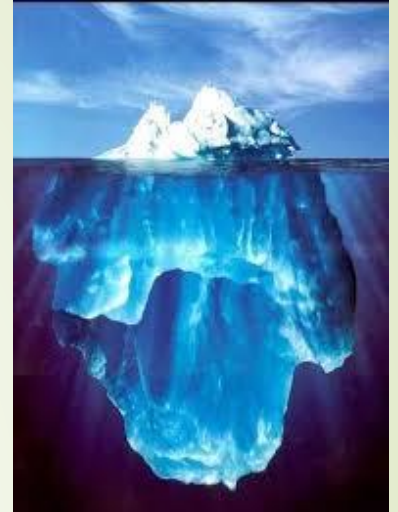
RESULTS

# What are stress triggers?

- ❑ Stress triggers can be as simple as seeing someone who reminds you of someone else who has caused you harm in the past.
- ❑ A trigger can come from smelling a familiar scent, seeing a picture or an object that brings back an unpleasant memory.
- ❑ A trigger can be a careless driver, a rude person, a bad grade on a test, or poor performance report.

Most of these are subconscious.

*We are too busy to notice why we feel upset.*





# Reactions to Stressors

<b>NEGATIVE REACTIONS</b>	<b>POSITIVE REACTIONS</b>
Rushing, worrying, being angry	Organizing, prioritizing
Making insulting remarks	Talking things over calmly
Overspending, overeating, drinking alcohol	Budget money, Being Health Conscious
Feeling fearful	Asking for help
Controlling behavior	Letting others participate
Yelling, hitting,	Getting counseling
Tightness in jaw, neck, shoulders	Stretching exercises
Headache	Deep breathing, resting
Irritability	Relaxation Exercises, taking a break
Negative thoughts	Positive Self-Talk
Overeating	Taking a walk
Blaming others	Accepting responsibility

# POSITIVE COPING SKILLS

1. ACCEPTANCE

2. ATTITUDE

3. PERSPECTIVE



"We must be grateful and  
appreciative to  
live life to the fullest."

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Wellness Coaching

Stressor

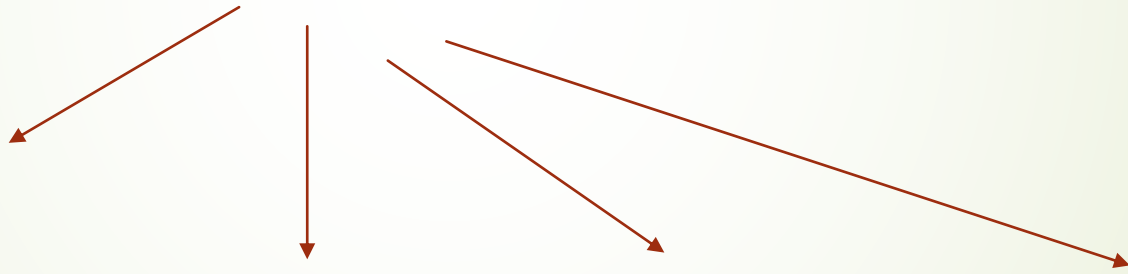


Self Talk

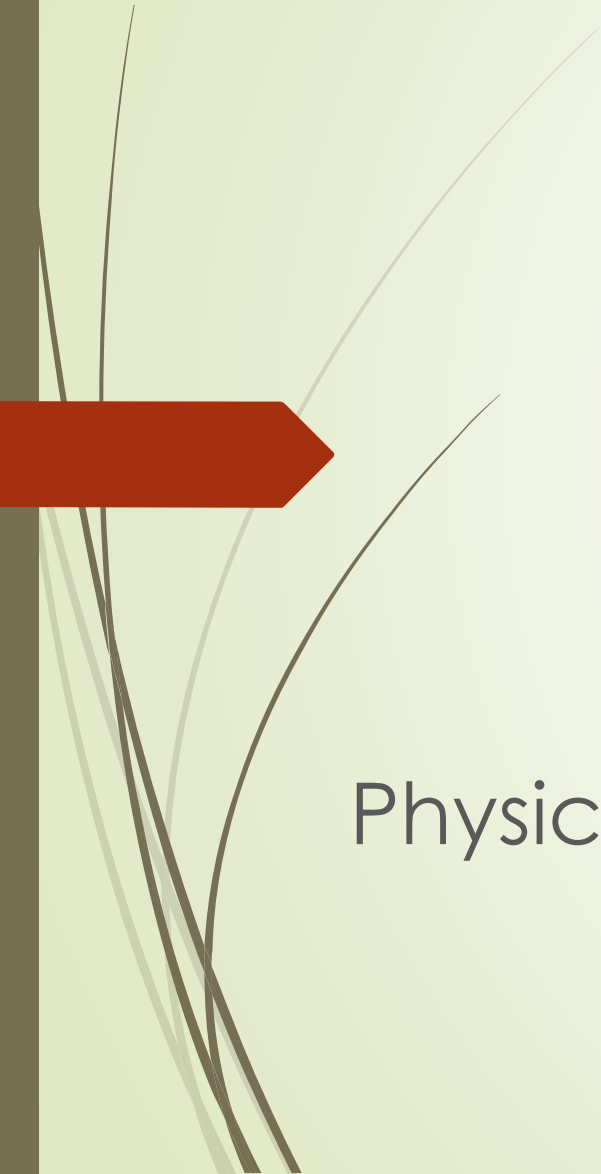
The Key to controlling your stress response



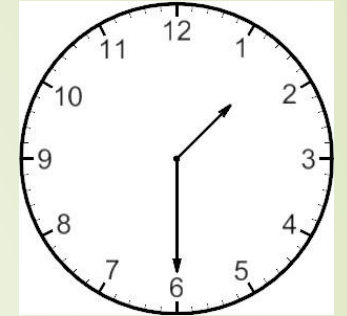
Stress Response



Physical ~ Thoughts ~ Emotions ~ Behavior



# Stress Management Solutions



## Managing our thoughts:

- ▶ Train yourself to recognize unhelpful thinking patterns:
- ▶ Black & white thinking
- ▶ All or nothing thinking/Exaggeration
- ▶ Reframe unhelpful thoughts
- ▶ Keep a stress journal to track unhelpful thoughts

## Managing our day:

- ▶ Managing our day becomes simplified when we make realistic to do lists.
- ▶ Get organized. Take some time to step back and look at your day, week, month and year. Take things off your list. It is your time and you control it!
- ▶ Ask for Help. Delegate.



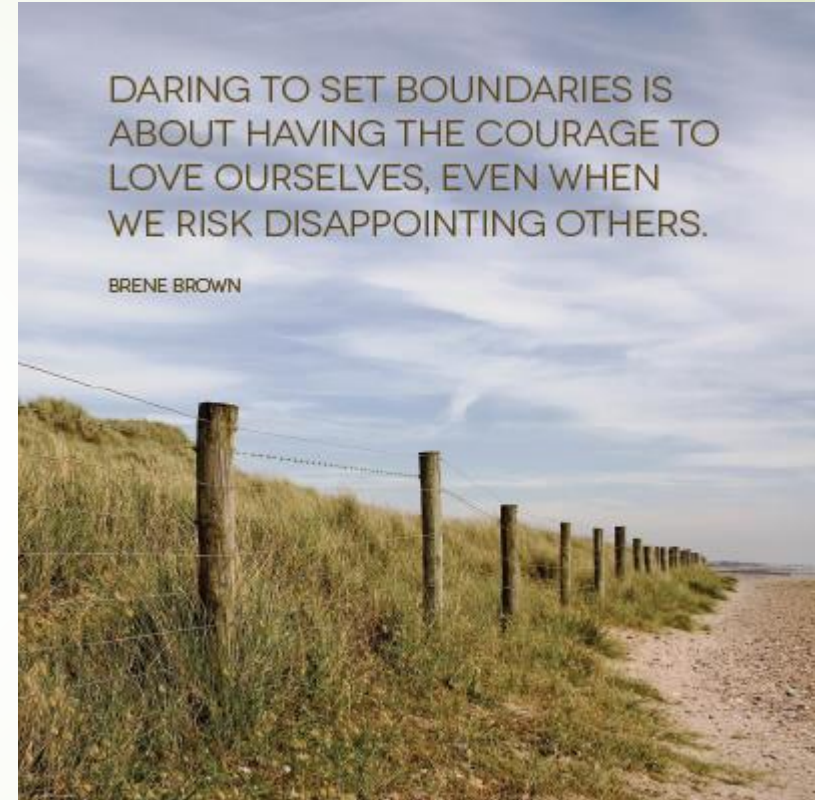
# Setting Boundaries

How Do You Protect Your Precious Time and Energy?

How do You learn to say NO?

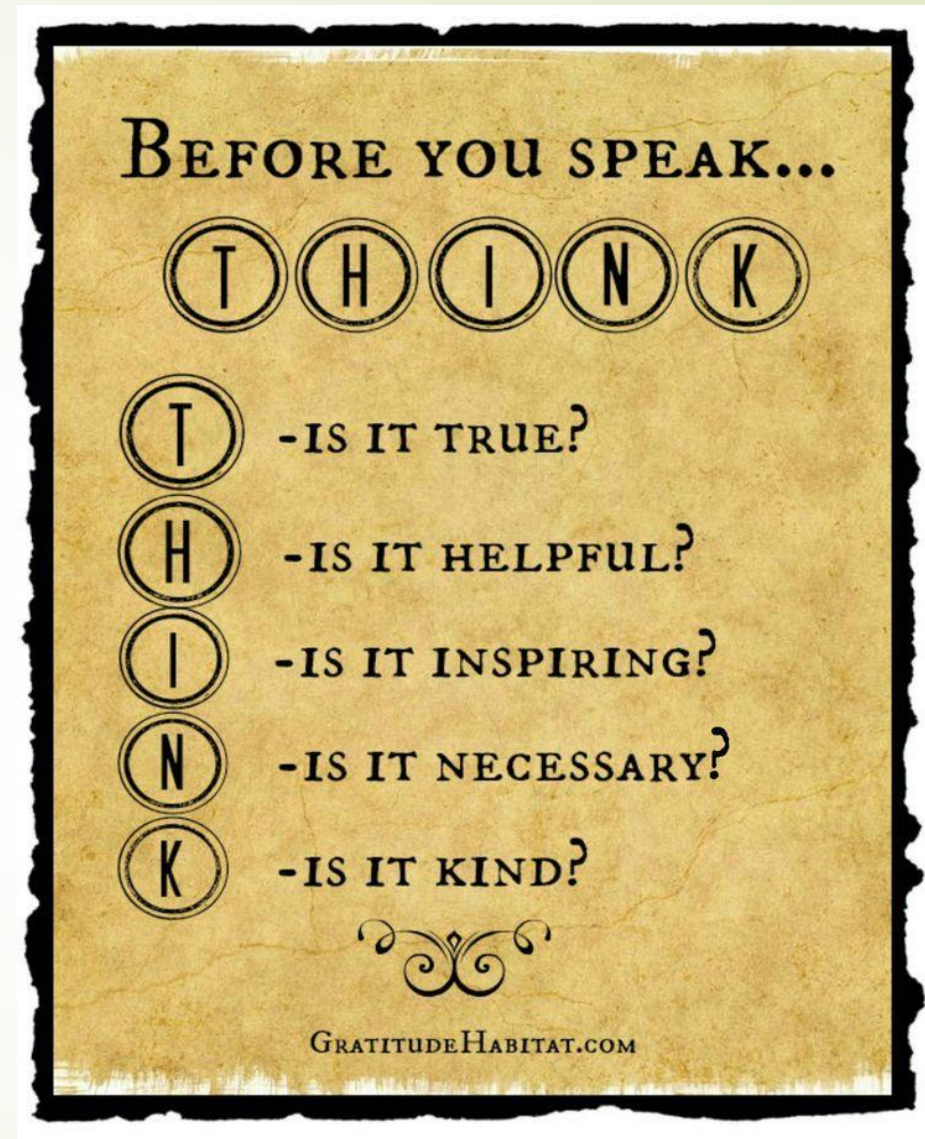
How do You speak up for your needs?

How do You deal with difficult people?



# Healthy Communication for better relationships

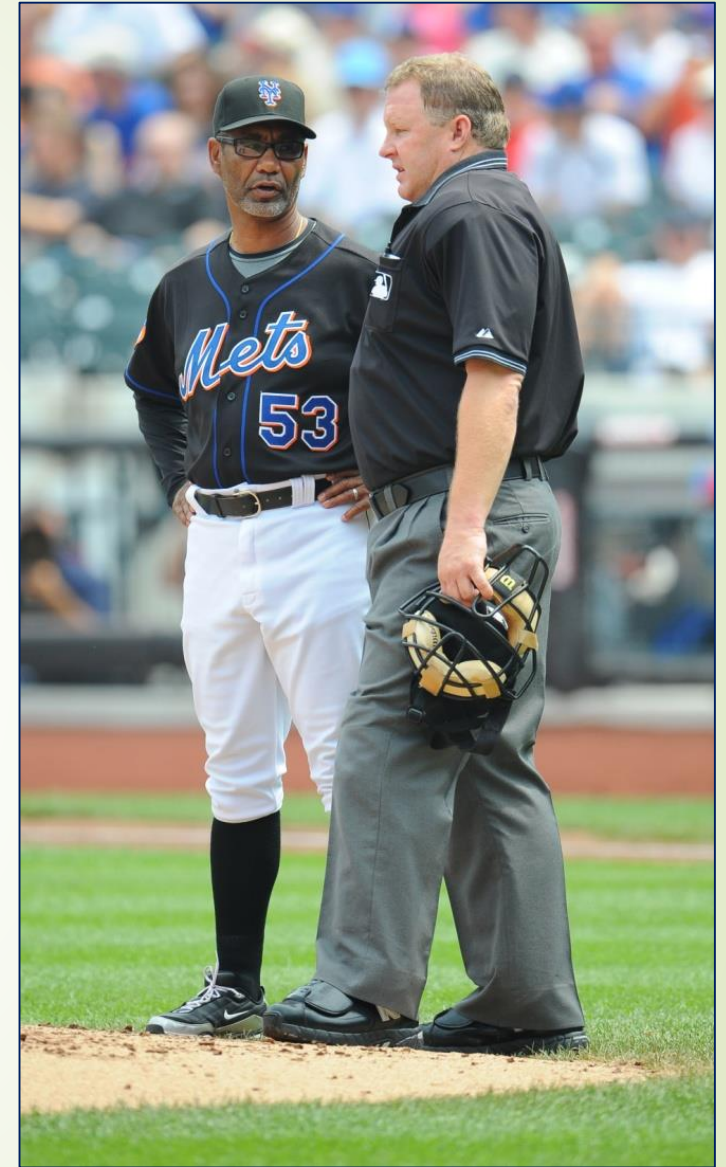
- Learning the art of how to speak to others will solve many of your problems
- Learn the Art of Listening
- The key to communication is knowing what your needs are and speaking with grace.
- Setting clear boundaries with others
- From Conflict to Cooperation





## Conflict Resolution Depends On

- Your ability to regulate your stress
- Stay calm and grounded
- Your ability to listen
- Clarifying information to avoid miscommunication
- Avoid interrupting
- Set aside judgements, blame and criticism



# Create Your Support Team

- You become like the 5 people you surround yourself with
- Build your cheering section
- Look for ways to help others
- Know you who can trust and go to for help when you need it
- Don't be too proud to ask for help.

Alone we can do so little; *together* we can do so much.

Helen Keller



 CrossCards.com



# Cultivating Positive thoughts

1. Begin to NOTICE how you talk to yourself
2. **CHANGE** Your Self Talk.
3. **USE DAILY AFFIRMATIONS** to reinforce your positive self talk.

I know I am capable.

*I can handle whatever comes my way.*



# Negative thought patterns vs. positive

## Negative

- EVENT: ...You made a mistake
- STRESS THOUGHT: I failed
- REACTION: Low-Self esteem, sadness, anger

## *Try positive instead*

- EVENT: You made a mistake
- EMPOWERING THOUGHT: How can I improve next time? **What did I learn from this to prevent it from happening again?**
- REACTION: Self-confidence, mastery



**I GOT THIS.**





## Take a Break for Relaxation ~ Fun ~ Adventure

Do something you LOVE: Hiking, River Rafting, Golfing, kayaking, walking, mountain biking, painting, fishing gardening, traveling.

What do you love to do?



# Spirituality

“More smiling, less worrying. More compassion, less judgment.  
More blessed, less stressed. More love, less hate.”

— Roy T. Bennett, *The Light in the Heart*



# Solutions to reduce stress

Managing our **thoughts**

Managing our **time**

Setting **Boundaries**

Communicating and Improving  
**Relationships**

Asking for **help** and getting **support**

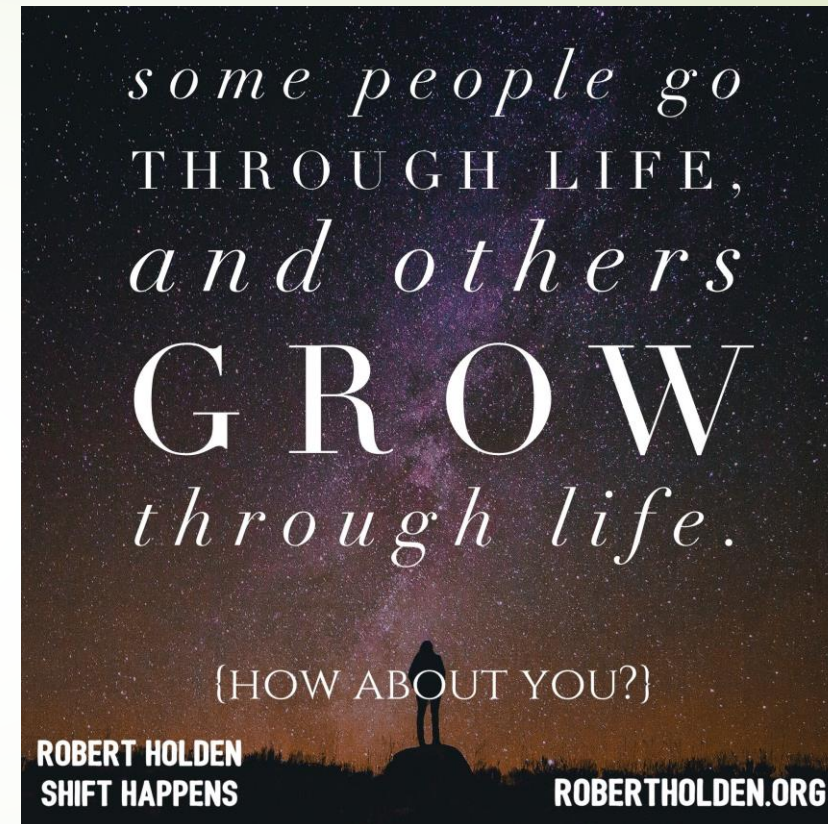
Cultivating **Positive** thought patterns

**Physical** Solutions to reduce stress

**Relaxation** & Fun

**Spirituality**

Self-Care Plan



# Self-care Action Plan

1. Create a plan for your life and your health
2. List your goals and dreams.
3. Write your own Daily Self-Care Routine.
4. Do something every day to take excellent care of you!



The Best Health Care is Your Self-Care!





## Be Like A Mountain

“When the stressors of life come calling, imagine you are a mountain. Standing tall and strong against the winds of change. You are capable of handling anything. Be prepared, be positive, and most of all be true to you!”

~ Lynell Ross, Certified Health & Wellness Coach

~ Health & Harmony Wellness Coaching

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