

Outline

- What is Stress?
- A Tale of Two Systems - your body works differently when you are feeling safe, happy, comfortable, relaxed, and differently when you are feeling anxious, unhappy, angry, uncomfortable. They are two different chemistries, and you can see that in your body's vital signs. Respiratory Rate, Heart Rate, etc
- Exercise - Measure your own respiratory rate
- Exercise - Measure your own pulse rate
- Imagine what happens when you are facing danger and you have to run away - your body diverts blood to the muscles of your hands and legs, to the reflex action part of your brain, and diverts blood away from digestion, reproduction, endocrine, and other systems that are not needed for emergency survival situations. This system is the adrenalin system, and is activated in stress.
- Exercise - Close your eyes, think of a distressing situation - a bad argument, an unwanted situation that happened in your life. Think of it like it is happening now. Now feel your breathing rate, your pulse rate.
- Now imagine what happens when you are enjoying yourself - a vacation, or spending time with close friends - your body shifts into a relaxed mode, your breathing is easy,
- Exercise - Close your eyes and think of a joyful situation, like it is happening right now. Now feel your breathing rate, your pulse rate
- Look at the proven long term effects of stress
- Now that you know that you have two very different modes of functioning in life - stress mode, and relaxed mode - what mode would you like to be in?
- I am here today to share a few simple tools that can activate your relaxed mode and reduce your stress, right at your work desk.
- Exercise - Deep Muscle Relaxation
- Exercise - Exhalation Exercise Chanting Questions please

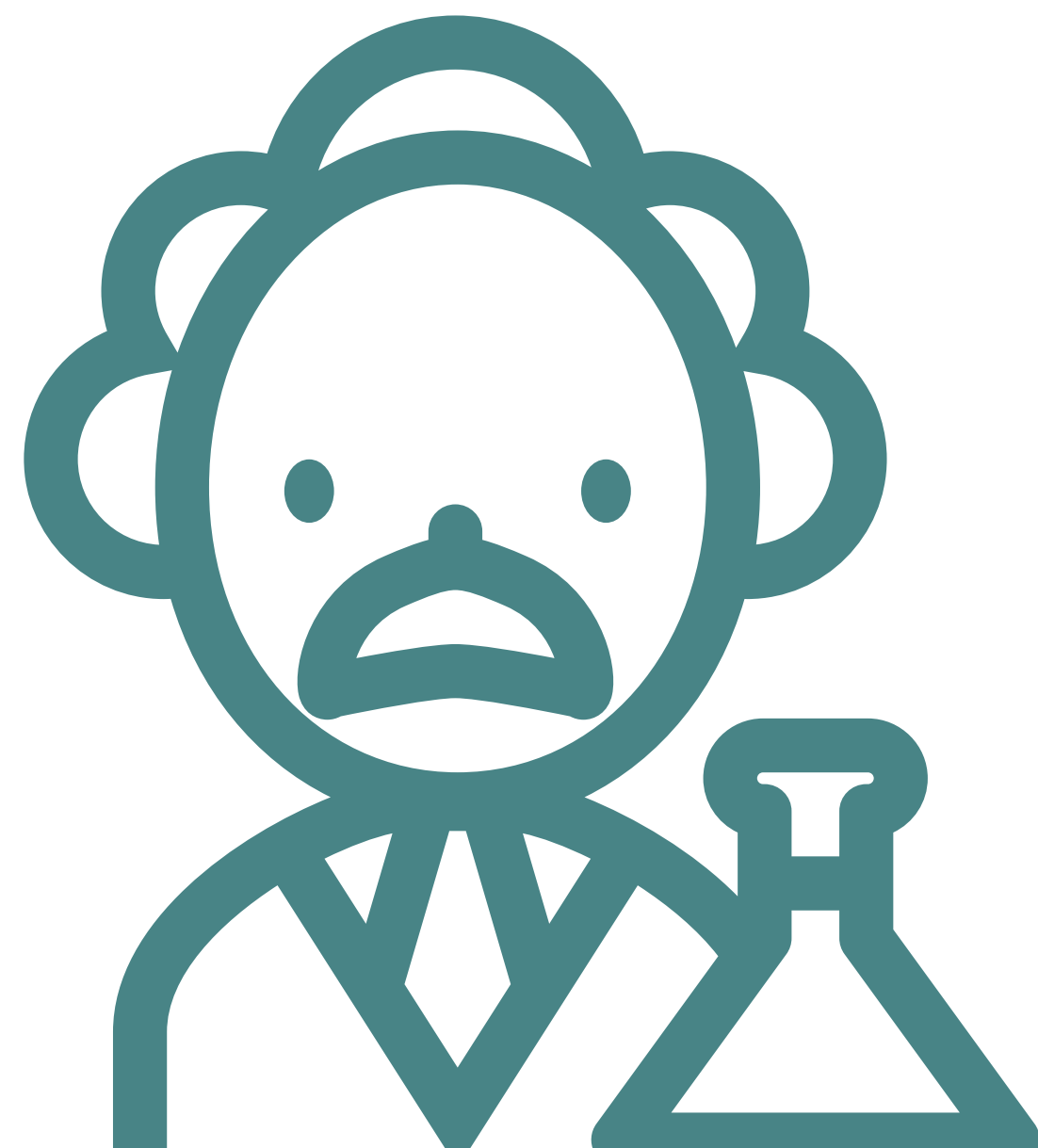
Stress

at the Workplace

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Experiment



Measure your breathing rate

Place one hand on your chest

Place the other hand on your stomach

Can you feel the movement each time you breathe?

Experiment



Measure your pulse rate

Place your fingers on your wrist like the picture shows.

Feel the pulse?

Stress

“The loss of equilibrium when the pressures on an individual exceed his/her coping abilities.”

Every woman is unique.
And so is her stress!

Many types of Stressors

PHYSICAL STRESSORS

Lifestyle issues: diet, exercise, rest, personal habits, environmental factors.

MENTAL STRESSORS

Limiting thought-patterns, values, beliefs, attitudes, assumptions, world-views, etc.

EMOTIONAL STRESSORS

Recurring reactions and responses, emotional blocks, unresolved conflicts, etc.

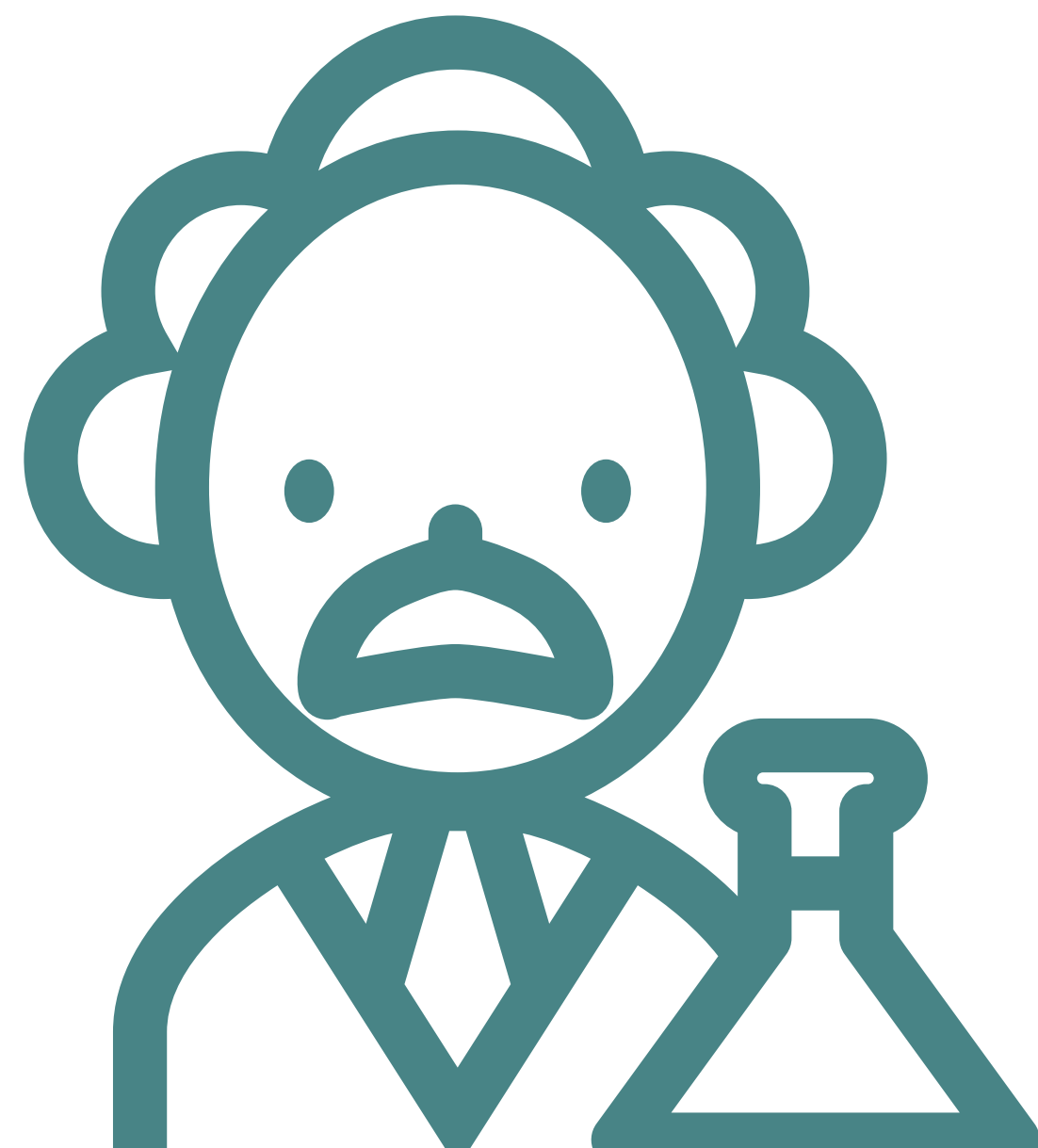
SYSTEMIC STRESSORS

Conflicts in family, social, professional systems

SPIRITUAL STRESSORS

Identity, life-purpose, faith, connection with one's Deeper Self, etc.

Experiment

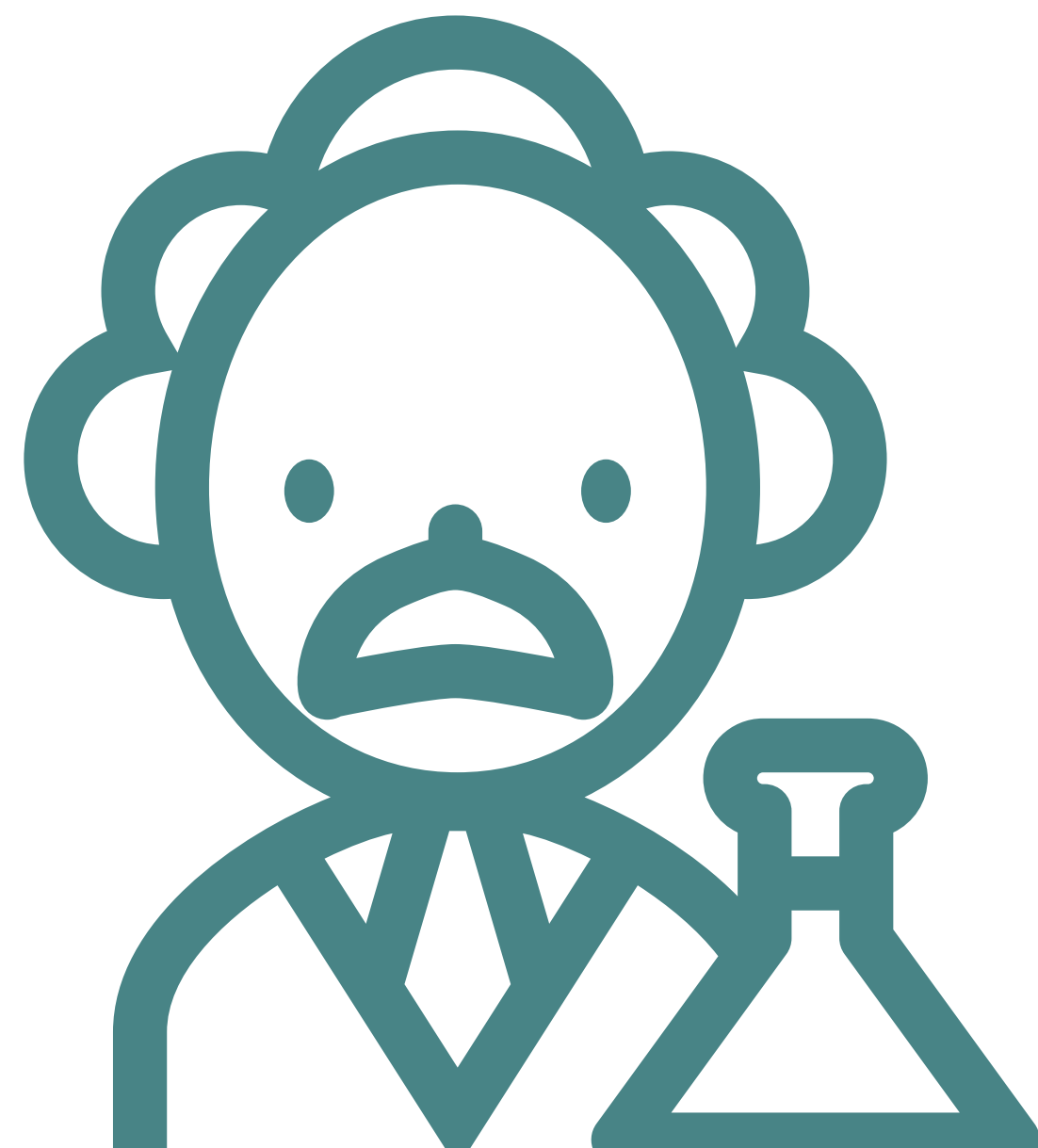


Visualise a stressful situation

Close your eyes, think of a distressing situation that happened in your life.

Think of it like it is happening now.

Experiment



Now measure
your pulse rate

Many
types of
Stressors

But body's
response is
the same

The 'Stressful' response kicks in during a 'fight-flight-freeze' situation, such as conflict or competition.

Our heart beats faster and blood rushes to the body's extremities – palms, feet, face, etc.

We breathe faster, shallower and sometimes even hyper-ventilate

Our blood pressure and temperature rise

We break into a sweat

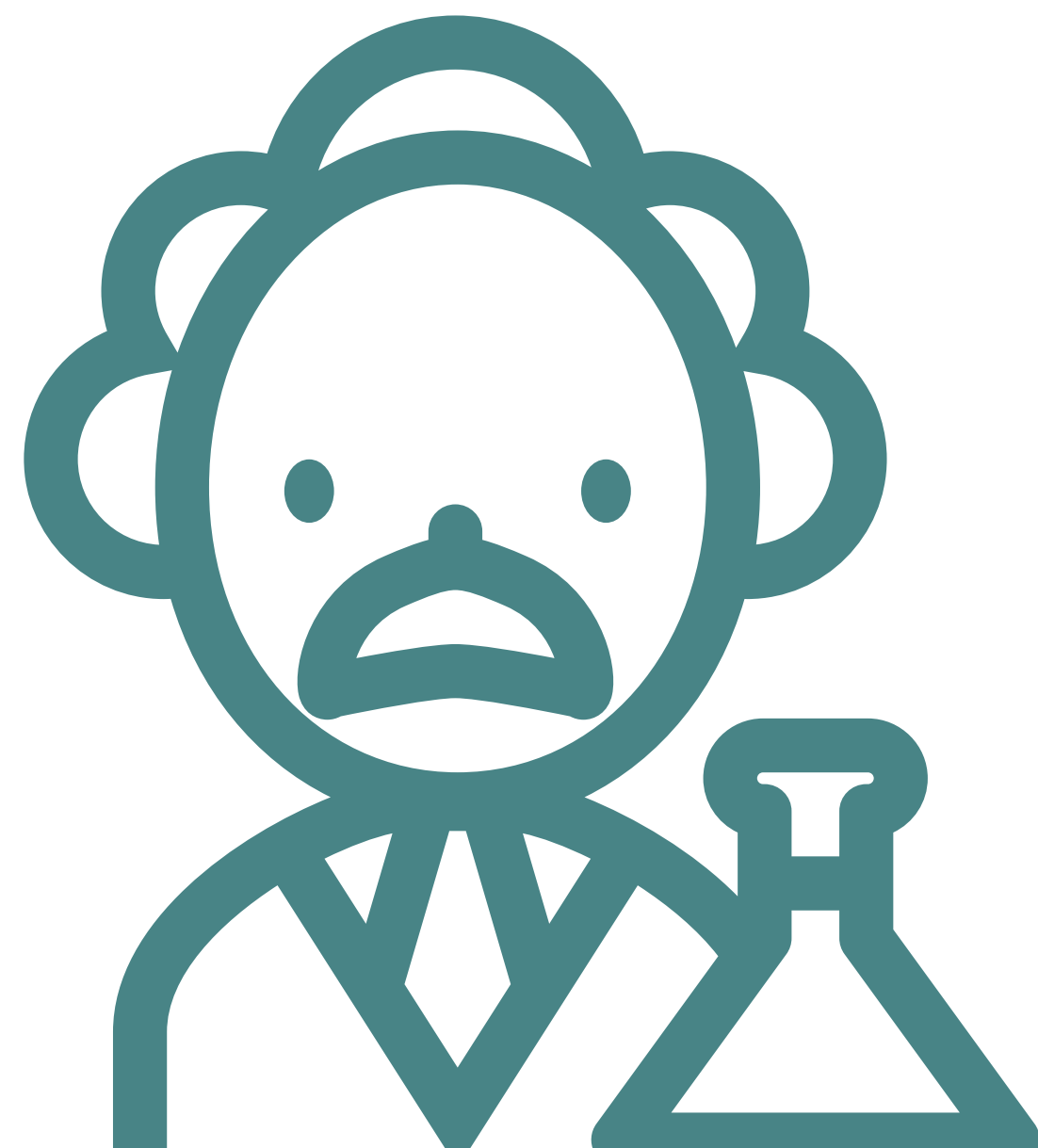
Our adrenaline, noradrenalin and cortisol (stress hormones) levels rise

Our glucagon levels rise and insulin levels fall which lead to an increase in blood sugar

We produce lower sex-hormones

Our overall immunity decreases

Experiment

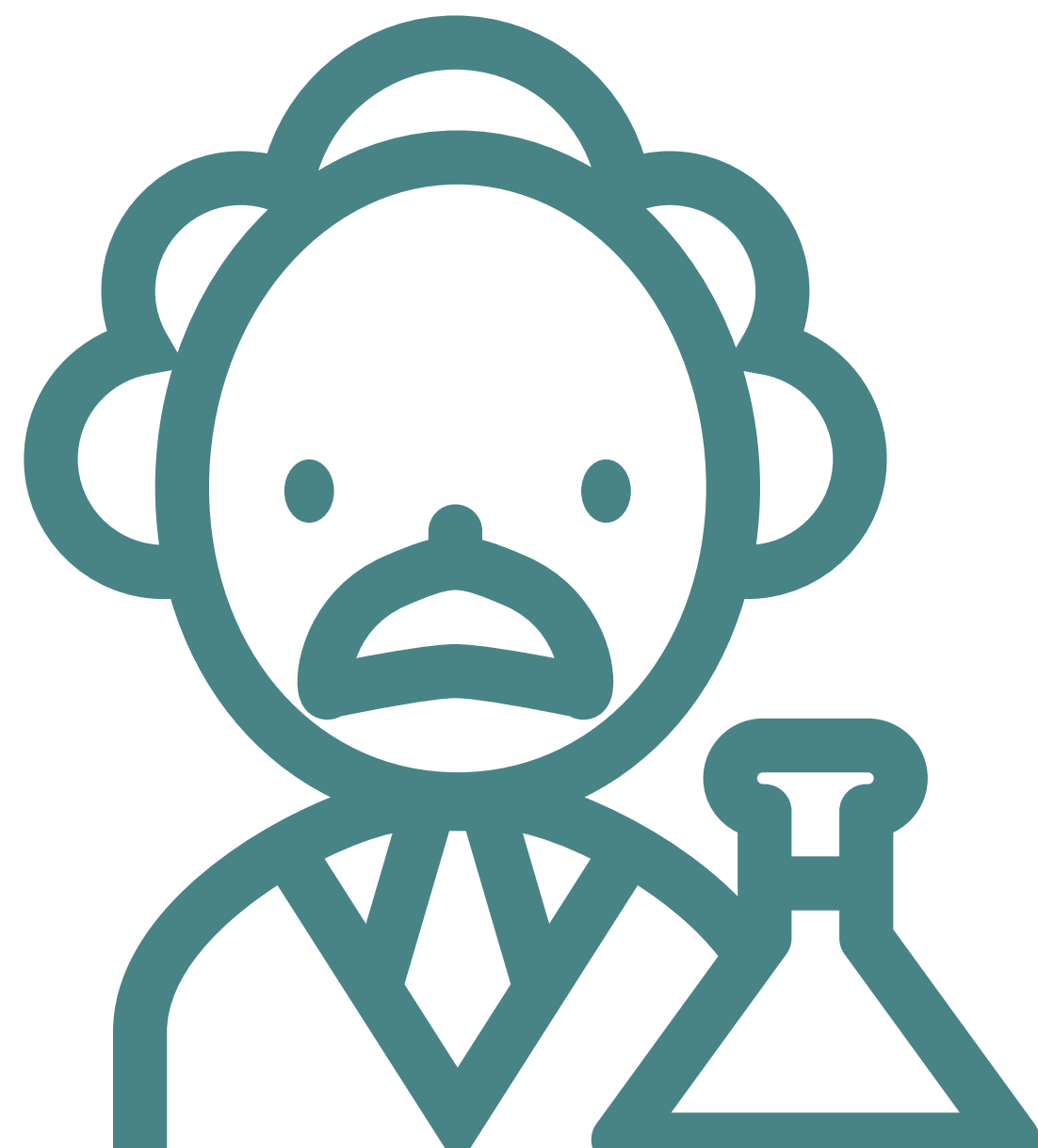


Visualise a joyful situation

Close your eyes, think of a beautiful situation that happened in your life.

Think of it like it is happening now.

Experiment



Now measure
your pulse rate

And when
you relax

But body's
response is
amazing!

The heart rate slows down

We breathe deeply and steadily

Blood pressure and body temperature
stabilises

DHEA (De-hydro-epi-androsterone) from
adrenal glands and sex-hormone levels rise

Anti-aging hormone (hGH) secretion from the
pituitary gland rises

Our overall immunity increases

So, life is a tale of two systems

You are different under stress - your body chemistry is different - and is controlled by the sympathetic / adrenergic system

You are different when relaxed - your body chemistry is different - and this is controlled by the parasympathetic system

Together these two systems are called autonomic nervous system

If the systems are autonomic,
can we really control our stress?

Technique 1 - Physical

Deep Muscle Relaxation
Brisk Walk

Technique 2 - Physiological

Deep Exhalation
Chanting

Technique 3 - Psychological

Visualization

For better effect, combine with long exhalation

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Questions