

Queens Council on Developmental Disabilities

A presentation on "STRESS MANAGEMENT"

On December 5, 2016

Presented by:

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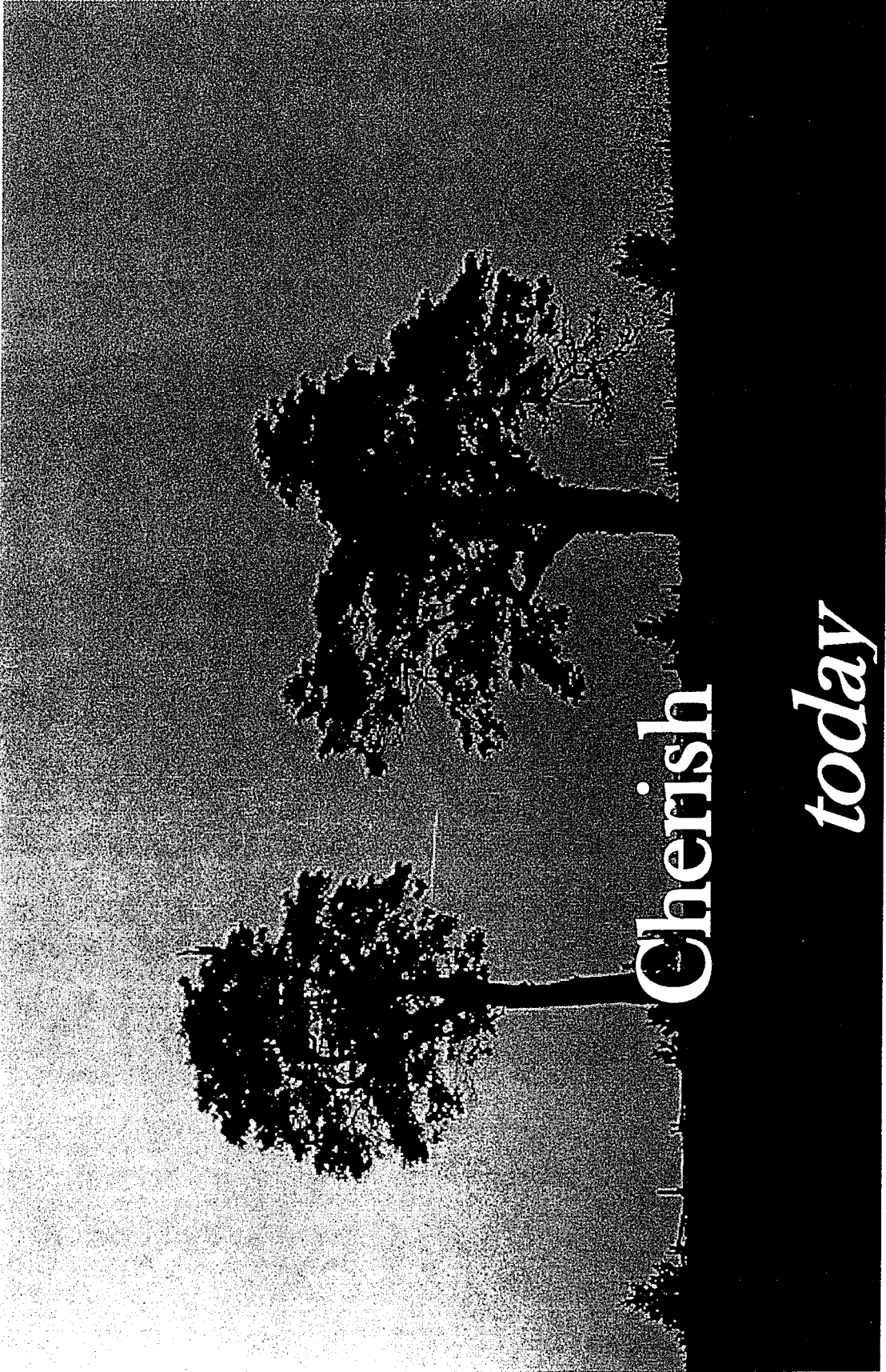
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Cherish

today

- ❖ We live in an environment filled with stress. None of us can escape stress, but we can learn to deal effectively with and cope with stress.
- ❖ We have the power to control the stressors by turning the negative and destructive to positive, healthy and constructive.

- ❖ Stress keeps us going.

- ❖ Stress is of 2 types:
 - Eustress - meaning good stress
 - Distress - meaning bad stress

We have to learn to adjust to stressors by turning distress into eustress. This can be achieved by controlling emotions, thoughts, guided self-talk, better inter-personal skills, being assertive, relaxation exercises and meditation.

- ❖ Stress is caused by environmental conditions which need behavioral adjustment in terms of responses. Environmental conditions may be physical (migraine, weather, pollutions, living conditions, foul smell, working conditions, etc.) or psychosocial (divorce, death, going on a vacation, loss of job, birth of a child, anticipating/getting promotion, new boss, change of job, etc.).

- ❖ A person must keep on making constant adjustments in form of thoughts, feelings, and actions whenever stress occurs.

- ❖ The classic stress response is still Fight or Flight. In the forms of increase heart rate, fast breathing, increase in blood pressure, increase in metabolism, increase in oxygen consumption.

- ❖ Stress is also provided by a poor diet, lack of exercise, smoking, excessive alcohol use, etc. We have to make all possible efforts to exercise, eat healthy, do not smoke and if needs be, consume alcohol in moderation. (Hangover; 1 glass of red wine daily is good for the heart).

God grant me the Serenity

to accept the things I cannot change,

The Courage to change the things I can

and the Wisdom to know the difference

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Some Effects of Stress

- ❖ Anxiety
- ❖ Panic Attack
- ❖ Anger
- ❖ Resentment
- ❖ Depression
- ❖ Lack of Sexual Desire
- ❖ Hypertension
- ❖ Ulcer
- ❖ Emotional Problems
- ❖ Insomnia
- ❖ Cardiovascular Problems
- ❖ Heart Attack
- ❖ Stroke
- ❖ Shoulder/Back/Neck/Stomach Pain
- ❖ Chronic Fatigue
- ❖ Restlessness
- ❖ Irritability
- ❖ Alcohol and Drug Abuse
- ❖ Weeping for no apparent reason
- ❖ Feeling Worthless/Hopelessness
- ❖ Overeating/Obesity/Loss of Appetite
- ❖ Inability to Feel Pleasure
- ❖ High Cholesterol
- ❖ Headache/Migraine
- ❖ Death

*Dance like there's nobody
watching*

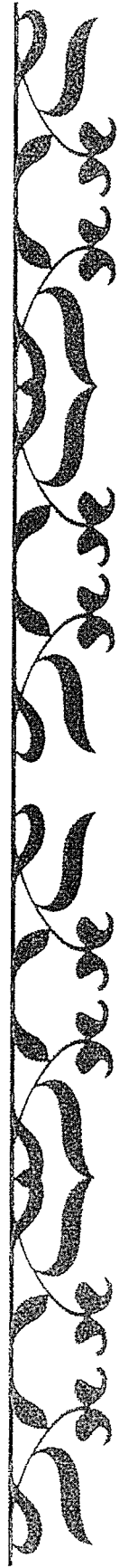
Love like you'll never get hurt

*Sing like there's nobody
listening*

Live like it's heaven on earth





*Life is short ...
Forgive quickly*



195 Ways to Deal with Stress

Pick anyone for a given day and work seriously on it.

You will see the difference from  to 

1. Remember stressed spelled backwards is desserts.
2. Keep cool.
3. Meditate
4. Live one day at a time.
5. Enjoy each moment as it comes.
6. Manage time efficiently.
7. Eat healthy.
8. Have proteins and nuts in your breakfast menu. Proteins take longer to be converted into sugar and gives you sustained energy for a longer period of time,
9. Think positive.
10. Surround yourself with positive people.
11. Read self-help books.
12. Meditate.
13. Make vegetables and fruits part of your daily diet.
14. Exercise daily.
15. Do not go sleep unless you have walked at least 5,000 steps, 10,000 is ideal.
16. Do deep muscle relaxation. It helps to deal with the most common reaction to stress; muscle tension. First tense, and then relax various muscle groups.
17. Breathe deeply.
18. Breathe at the diaphragm level.
19. Give autogenic/self-regulating suggestions (self-hypnosis).
20. Tell yourself how you want to feel.
21. Think about the vacation you enjoyed.
22. Remind yourself that you are the captain of your ship and you control your body, mind and emotions.
23. Read the book "How to win friends and influence people" by Dale Carnegie.
24. Walk the unknown path.
25. Do something that makes you happy.
26. Give a hug>
27. Give a kiss.
28. Put on a nice smelling lotion on your hands.
29. Get a manicure.
30. Get a pedicure.

31. Buy a cologne/perfume and use it.
32. Declutter
33. Organize your closet.
34. Pick out your clothes for Monday-Friday.
35. Remember family is an important part of your life.
36. Spend time with family.
37. While at work, work.
38. Do not bring your personal problems to work.
39. Be financially smart.
40. Use cash for shopping and not credit cards.
41. Figure out the difference between wants and needs.
42. Remember what goes on your ass is not your assets.
43. Remember you cannot make all people happy all the time.
44. Relax and enjoy life.
45. Differentiate between being assertive and being angry.
46. Shallow, rapid breathing occurs when we are stressed. Deep breathing at a slow pace can reverse the process of stress and help us relax.
47. Perform stretches and rolls.
48. Do yoga.
49. Do something for fun.
50. Leave and place better than how you found it.
51. Decide to do 20-30 minutes exercise each day.
52. Each day, make a "to do list" and work hard to accomplish it. Don't be over ambitious.
53. Perform aerobics.
54. Dance
55. Join a social club.
56. Have at least 2-3 close family members/friends with whom you can share all your stresses.
It is wonderful to vent.
57. Pray. All prayers are answered.
58. Always look your best change your wardrobe.
59. Be optimistic each moment.
60. Laugh, laughter is the best exercise.
61. Keep laughing throughout the day, even while you're dealing with a stressful situation.
62. Perform random acts of kindness.

63. What goes around comes around.
64. Be sympathetic.
65. Be empathetic.
66. Sublime
67. If you are paid \$10 an hour, work as if you are being paid \$15 an hour.
68. Delegate your work, coordinate it and control it.
69. Do not think that only you can do that thing.
70. Think health, not disease.
71. Nobody can make you upset unless you allow them to.
72. Use aromatherapy-candles, oils, cologne/perfume, bath gels, nice smelling shampoo/conditioner, etc.
73. Use massage therapy at home.
74. Buy massage equipment's such as massage chairs, back massager, foot and leg massager, etc.
75. Spend time in the sun.
76. Learn to balance your life while performing different roles.
77. Do not overanalyze.
78. Live simple.
79. Visit a zoo.
80. Visit a garden.
81. Smell a rose.
82. Adopt a pet.
83. Take your dog out for a long walk
84. Differentiate between productive and unproductive worry.
85. Do not dwell on a problem-solve it.
86. Use brainstorming techniques to come up with a solution to a problem.
87. Never, never, never give up.
88. Plan
89. Hope for the best and prepare for the worst.
90. Do not judge people.
91. Simply ignore those who engage in road rage.
92. Think success, not failure.
93. When confronted by an extremely stressful situation, count your blessings.
94. Be thankful for what you have.

95. Keep an open mind.
96. Make the most of your talents and skills.
97. It is never too late to start over.
98. Start anywhere.
99. Have a mentor.
100. Learn from failures.
101. Read biographies of a great people and learn their skills.
102. Always add to your skills.
103. Give and God shall give to you.
104. Help someone.
105. Spread happiness.
106. Be curious.
107. Ask questions.
108. Society contributed to your growth and development. Give back to society.
109. Remember that when written in Chinese, the word "crisis" is composed of two characters, one representing danger and the other opportunity.
110. Utilize an opportunity.
111. Take a chance.
112. Keep on adjusting each moment.
113. Remember change is the only permanent thing in life.
114. Forgive yourself and others.
115. Forgive, forget and move on.
116. Life is not perfect.
117. Everyone does not have to like us.
118. Do not carry today's stress to tomorrow, do something about it today.
119. Be a team player, always.
120. Respect time.
121. Be enthusiastic, super enthusiastic.
122. Each moment, be bubbly.
123. Remember, there are people who will mess up. Do not let it stress you.
124. Do not say that it is impossible. Rather, think about 10 possible ways to solve the problem.
125. Be the best you can be.
126. Try to attain maximum physical and emotional health.

127. Be spiritual. Practice spirituality.
128. Remember, you have infinite potential within you.
129. Always keep working on a self-improvement project.
130. Plan for the next five years, next year, next quarter, next month. But most imperatively, plan for today and execute it.
131. No excuses just do it.
132. Remember, trying is not doing.
133. Learn new technological things.
134. Read a book on quotations; pick one for each day to guide you throughout the day.
135. Learn defensive driving and practice it.
136. While you are driving tell yourself that nobody else around you is following defensive driving.
137. Enjoy sunrise.
138. Enjoy sunset.
139. Enjoy each day.
140. Enjoy different weather.
141. Listen to birds singing.
142. Read jokes.
143. Feel the taste and smell of food.
144. Eat walnuts/salmon. They have omega-3, fatty acids which are excellent for the brain.
145. Take multivitamins each day.
146. Attend a stress management workshop.
147. Cleanse your system "go juicing".
148. Hydrate sufficiently.
149. Listen to music.
150. Listen to self-help, inspirational music.
151. Watch a Broadway show.
152. Some days don't drive, take public transportation.
153. Volunteer in a soup shop.
154. Join the board of anon for profit organization that is helping people.
155. Contribute even a \$1, to a charity.
156. Look different each day.
157. Join a group such as "what's app" to remain in touch with people who you like.
158. Do not spend too much time on Facebook.

159. Many arguments can be resolved by remaining silent.
160. It does not help to argue when the other person is angry.
161. Eat a salad once a day, avoid the salad dressing or use fat free, sugar free dressings.
162. Be competent at your job.
163. Always upgrade your professional knowledge and skills.
164. Be aware you your environment.
165. Take interest in what is going on in the world.
166. Play a sport.
167. Go to a game. Go on vacation.
168. Take interest in trivia.
169. Keep your brain active. Remember the brain has billions and billions of nerves and we hardly use them enough.
170. Do crossword puzzles.
171. When your return from work, relax and enjoy your family and friends.
172. Do not bring work issues home.
173. Join a meditation group.
174. Go to the beach.
175. Go camping.
176. Go fishing.
177. Call a friend whom you have not spoken with in a long time.
178. Greet people.
179. Everyone has stories to tell, listen.
180. Differentiate between hearing and listening.
181. Remember we all have hidden skeletons in our closets.
182. At work or at home, remember to "wash all dirty lines amongst ourselves and put our best foot forward."
183. Never, for a moment, think of losing.
184. Remember people do and can improve.
185. Remember we have been created to become winners.
186. Remember that laughter and enthusiasm make a tremendous difference.
187. Greet people on their birthdays.
188. Be creative.
189. Be imaginative.
190. Believe in you.

191. Write a little paper.
192. Get published.
193. Do not think about problems but think about solution.
194. It is okay to take help from someone.
195. Love yourself.

YOLO

YOU

ONLY

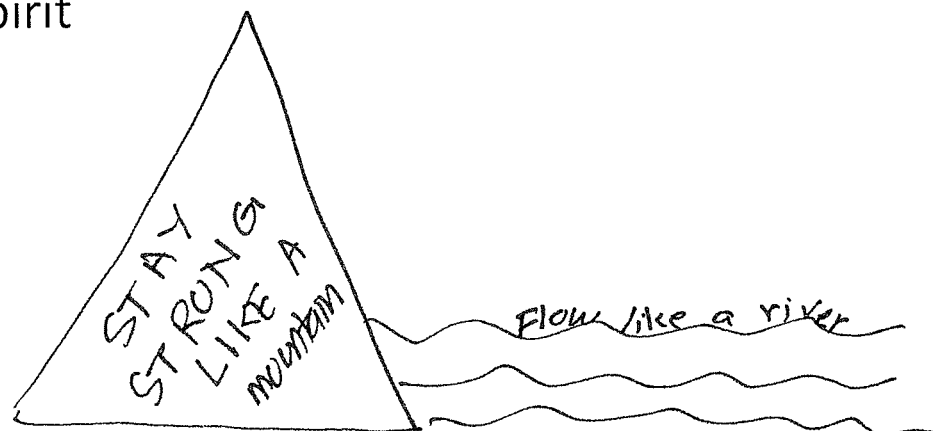
LIVE

ONCE

Therefore, do your best in this this life, this year, this month, this week, TODAY. Live one day at a time and live it to the fullest of your ability and potential. Remember, YOU CAN DO IT. Feel positive, vibrant and in control of your emotions. Tell yourself that you will control your body, mind and emotions and your spouse, children, supervisor, supervisees and co-workers will not control it.

MINDFULNESS

- Mindfulness is defined by Kabat-Zinn (1994) as
- Paying attention in a particular way: on purpose, in the present moment, and without judgement
- In a state of mindfulness, thoughts and feelings are observed as events in the mind without over identifying with them or without reacting to them in a habitual pattern of reactivity (Bishop, Lau, Shapiro 2004)
- In a state of mindfulness, attention is to the present moment and on the immediate experience which is reflected by being curious and open with a non-judgmental attitude
- Mindfulness allows to appraise the stress, evaluate the possible ways to deal with it, maintain a positive attitude and deal with the stress in a positive way without allowing it to affect you adversely
- Mindfulness allows us to strike a balance between body, mind and spirit



**Useful
Stuff**

Good Vibes Save Lives

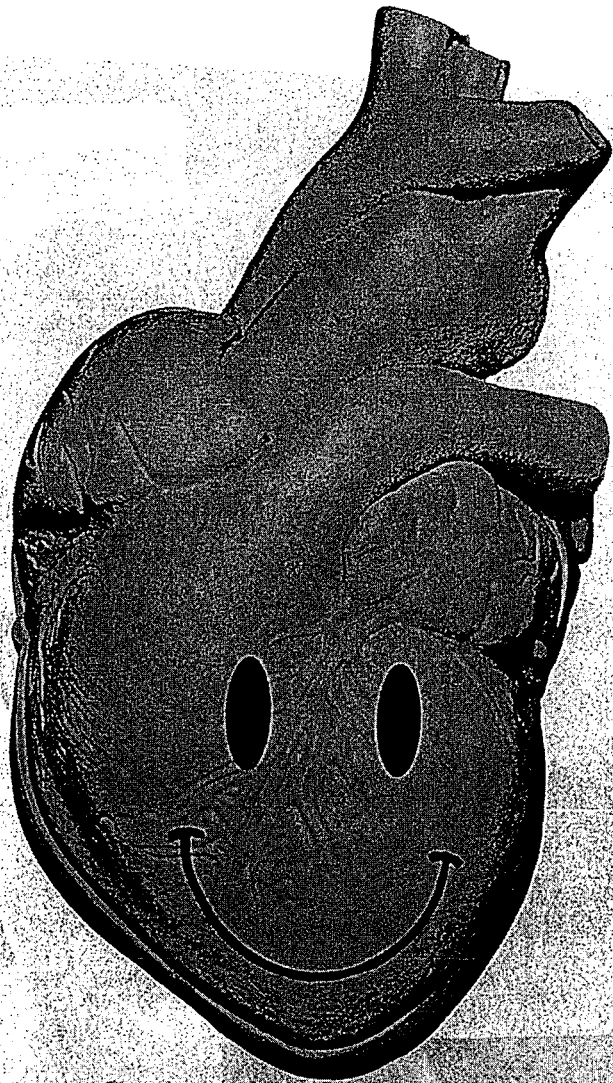
Looking on the bright side can improve your health.

Cheer up, fella. Being positive may help your overall health, research in the journal *Psychosomatic Medicine* suggests. Heart disease patients who considered themselves happy were more likely to exercise and have lower BMIs than less happy patients. They also slept better and smoked less—and were more likely to be that way five years later. Upbeat types tend to bounce back from mistakes more easily and also surround themselves with supportive people, says study author Nancy Sin, Ph.D. Want to be more optimistic? In another study, people felt happier after writing down nine beautiful things: three found in nature, three human acts, and three personal to them.

3 TRAITS OF HAPPY PEOPLE

- ▶ THEY STAY ACTIVE
- ▶ THEY DON'T SMOKE
- ▶ THEY'RE SOUND SLEEPERS

Source: *Psychosomatic Medicine*



Source: *Mens Health* May 2016

20%

Average improvement in people's cognitive function after they took a walk in nature.

For the ultimate nature experience, plan a total wilderness immersion: Go to MensHealth.com/activeliving.

Source: Marc Berman, Ph.D., professor of psychology, University of Chicago

EAT UP. NO MORE EGGSCUSES.

A HALF-DOZEN REASONS WHY YOU CAN'T BEAT EGGS.

1 NEW DIETARY GUIDELINES

The 2015 Dietary Guidelines for Americans remove the daily limit on dietary cholesterol and include eggs in all three recommended healthy eating patterns. Crack open an egg! It can help you build a healthful diet.



2 PROTEIN

Did you know, eggs have 6 grams of high-quality protein? They do. Every single one of them. And kicking off the morning with protein helps sustain mental and physical energy throughout the day. So if you're the kind of person who wants to have productive days, just remember, eat more protein (like eggs), get more done.

3 WHAT IS CHOLINE?

Just because you may not have heard of choline doesn't make it any less important. Eggs are rich in the stuff, which promotes normal cell activity, liver function and the transportation of nutrients throughout the body. Think of it as a commuter train for vitamins and minerals.



4 NO CARBS, NO SUGAR. WHOA, AMINO ACIDS.

Eggs contain zero carbs and no sugar. That means you can eat a well-rounded breakfast during the week. Plus, they've got *all nine* essential amino acids. No big deal.

leucine	histidine	lysine
valine	methionine	threonine
tryptophan	isoleucine	phenylalanine

5 KEEP IT SIMPLE, SILLY.

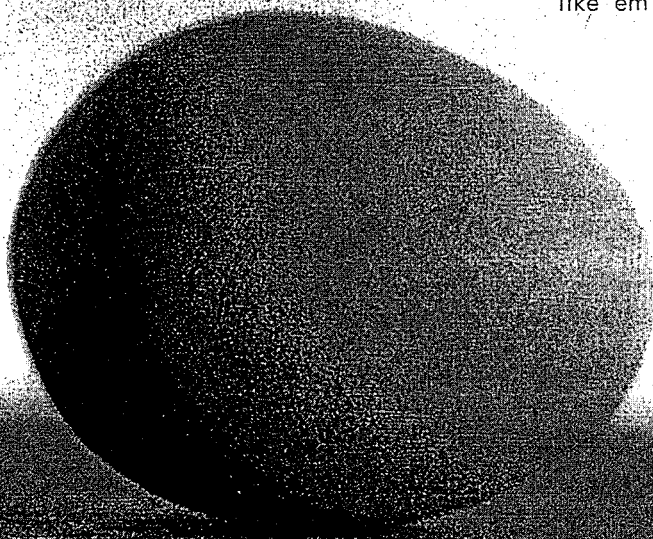
Unlike most cereals and yogurt, eggs don't come with a complicated ingredient list because they don't have one. They're just eggs. And at 20 cents a serving, eggs are one of the least expensive sources of high-quality protein there is.

6 GOOD. CLEAN. YUM.

Let's not forget that on top of tasting good, eggs are free from chemicals and preservatives with no added hormones. Not only that, they are fresh as most eggs leave the farm within 24-36 hours of being laid.

INCREDIBLE, ISN'T IT?

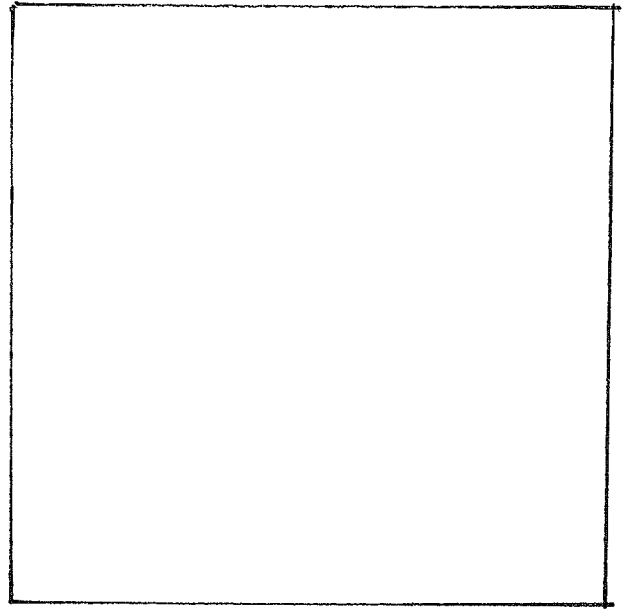
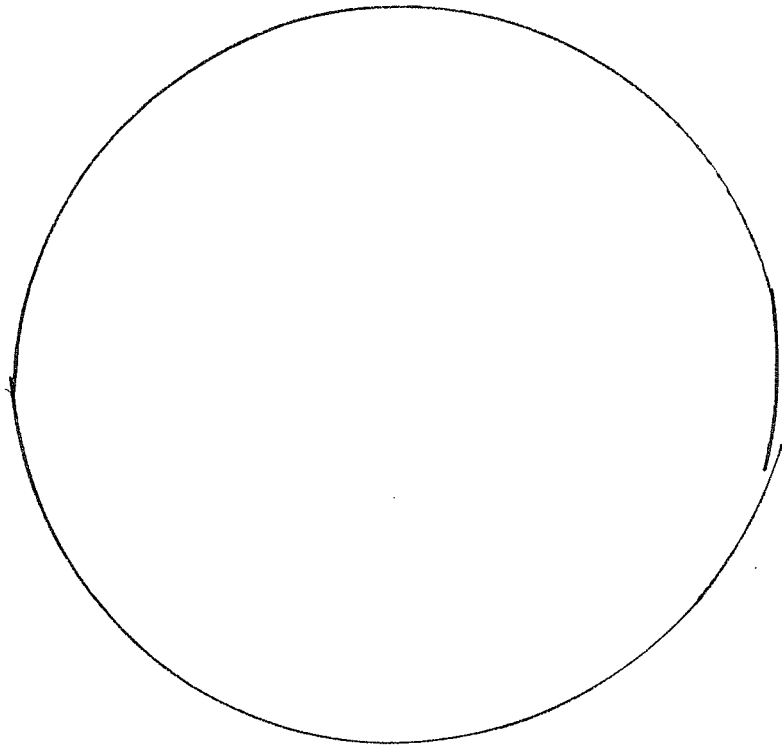
Most cereals and yogurts don't have the nutrients eggs do. So next time someone asks how you like your eggs, say you like 'em a whole heck of a lot. Wake Up To Eggs!



Find recipes at IncredibleEgg.org



MINDLESS DOODLES
JUST BE HERE .. IN THIS MOMENT ... ENJOY



MINDFULLY
DONE

