How Do I Do it ALL???

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Stress...

a state of mental or emotional strain caused by external demands outpacing internal resources
Good Stress – Bad Stress
How do you know when you are stressed?

Distressed?

Why yes, I am a bit stressed.

Why do you ask?
What makes you stressed?
Scheduled of Recent Events

Any demands or changes “good” or “bad” can add to stress!

www.motivationalplus.com
Stress and Burnout

28-38  38-50  51-70  71-90  91+

signs of BURNOUT

- exhaustion
- isolation
- escape fantasies
- irritability
- frequent illness
- healthline
So – Now What?
What are all of the things you have to do?
VALUES are like fingerprints.
Nobody’s are the same, but you leave ‘em all over everything you do.

- Elvis Presley
Seeking Balance

Healthy individuals attend to each area

What are YOUR goals?
Evaluating Your Goals

- Is this a goal that you really want to devote a lot of time and energy to accomplish?
- Is this goal consistent with your highest values?
- Is this goal achievable?
- Is this goal positive? (moving toward something, not away)
- Are your goals in balance? Are all of your life areas represented? Do you have both short-term and long-term goals?
LACK OF TIME IS ACTUALLY A LACK OF PRIORITIES
Putting Values into Action

• Post written copies of your values and goals.
• Set daily goals in accordance with long, medium, and short-term goals.
• Learn to say NO – based on your values/goals.
• Set aside several periods each day for quiet time (relax, catch your breath).
• Attend to all dimensions of wellness.
• Don’t waste time on decisions that are equally attractive or inconsequential.
Values, goals, and personal roles change over time. And, the relative importance of the six dimensions of wellness may shift with time as well.

It is important to be aware of those changes and to adjust life commitments accordingly.

**Balance is a continuous process!**
Steps to saying NO

• Assess the request: Do you have the desire and the bandwidth to help?
• Be straightforward: Be honest about why you are saying no
• Offer a lifeline: Are there small ways you can be helpful to the project?
• Don’t be mean, but don’t be too nice: Strive for a neutral “no”
• Adjust your expectations: You can’t please everyone; The other person’s reaction may be frustration and not personal
• Practice saying “no” out loud — eventually it will become easier!!

https://www.youtube.com/watch?v=bRVWGXxwums
Examples of saying NO

Boss: Thank you so much for thinking of me for this. I was planning to spend this week working on [name of other projects]. Is there a shift in priorities?

Co-worker: That sounds like a great initiative. Unfortunately, I am really tapped out with project X right now.

Employee: Thanks for sharing that suggestion. We have a tight timeline on this project. Let’s look at how to implement that next time.

Client: (after listening fully) It sounds like what you are looking for doesn’t align exactly with our current initiatives. Let me share what we do have that might meet your goal.

What do **you** do to deal with or manage stress?

So you mean to tell me a stress ball isn't for throwing at people who stress you out?
Physical Health

“I follow a healthy lifestyle, but I rarely catch up with it.”
Interpersonal Connectedness

**THE BENEFITS OF HIGH SOCIAL CONNECTION:**

- **50%** increased chance of longevity
- Stronger gene expression for immunity (research by Steve Cole, UCLA)
- Lower rates of anxiety and depression
- Higher self-esteem and empathy
- Better emotion regulation skills
- Social connection creates a positive feedback loop of social, emotional, and physical well being.
Your Brain – the ugly side!

Oh good, you're free. I've compiled a list of all your faults. Let's read it together!
Thoughts and Emotions

Event > Thoughts > Interpretation > Behavior > Emotion
Limited-Thinking Patterns

- Filtering – focus on negatives
- Polarized Thinking – all or nothing
- Overgeneralization – globalization
- Mind Reading – know what others think
- Catastrophizing – visualize disaster
- Magnifying - exaggerate intensity
- Personalization – all about me
- Shoulds – ironclad rules
<table>
<thead>
<tr>
<th>Feeling</th>
<th>Event</th>
<th>Thoughts</th>
<th>Alternative Thought</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angry</td>
<td>Buy.IU</td>
<td>I am going to have to spend time I don't have to learn another new system!</td>
<td>They say it isn't that different. I can call Sherry if I get stuck.</td>
<td>Frustrated</td>
</tr>
<tr>
<td>Anxious</td>
<td>Meeting the new boss.</td>
<td>She is going to say I do everything wrong. Let's see how this goes.</td>
<td></td>
<td>Anxious</td>
</tr>
<tr>
<td>Guilty</td>
<td>Made a mistake at work</td>
<td>That was so stupid. I am worthless!</td>
<td>I made a mistake and corrected it. No damage was done.</td>
<td>Disappointed</td>
</tr>
</tbody>
</table>
Mind Full, or Mindful?
Questions
1. https://www.youtube.com/watch?v=Lc4Y72CpHwQ
2. https://www.youtube.com/watch?v=bRVWGXzwums
Stress Vulnerability

External Stress

COPING

SYMPTOMS

Biological Vulnerability
Profile of a Crisis

Stressful Event – single hazardous event OR accumulation of many stressors

Initial Problem Solving Attempts Fail
- Problem remains unsolved
- Tension and anxiety increase

Internal Strengths and Social Supports Fail

Tension and Anxiety become Overwhelming
- Person becomes a threat to self or others OR
- Person cannot perform necessary functions