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Stress and Happiness

Meagan Terry, MA, NCC, MFTC





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Do you have stress?

- Have you experienced stress in the past month?
 - Minor?
 - Moderate?
 - High?
- How did you handle it? Were you able to?





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Thoughts...

- Its just in my head...
- If I could just get this done...
- If I just work harder...
- If only I was more organized....





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WHAT IS STRESS?





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1. Stress is the negative perception of an event that causes a significant physical response.
1. Stress is physical and we can impact its effect on our life by how we perceive it.





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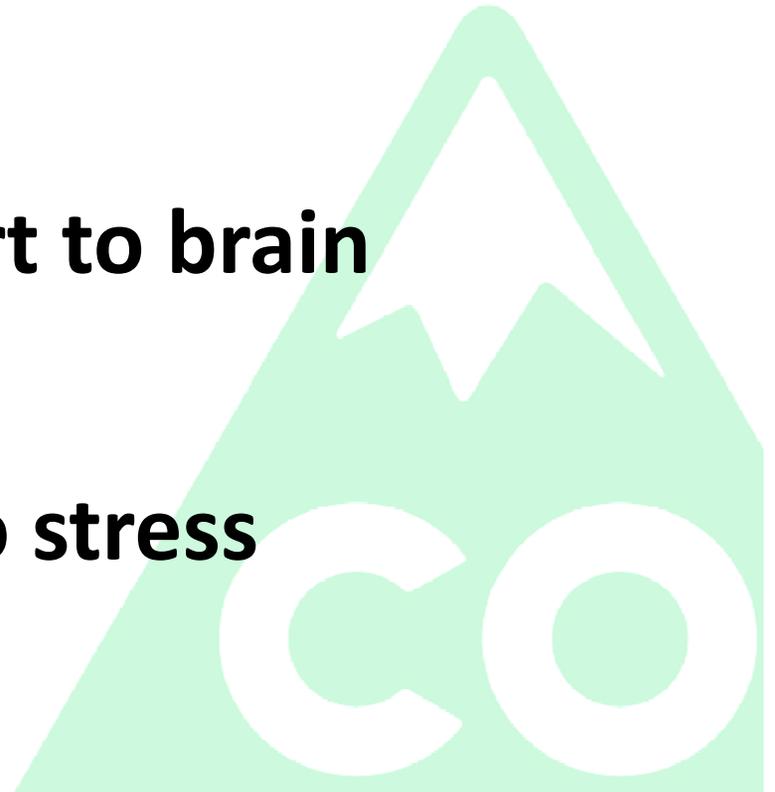
Event ↓

Negative Perception ↓

Threat alert to brain



Physical response to stress





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Different people perceive similar things differently





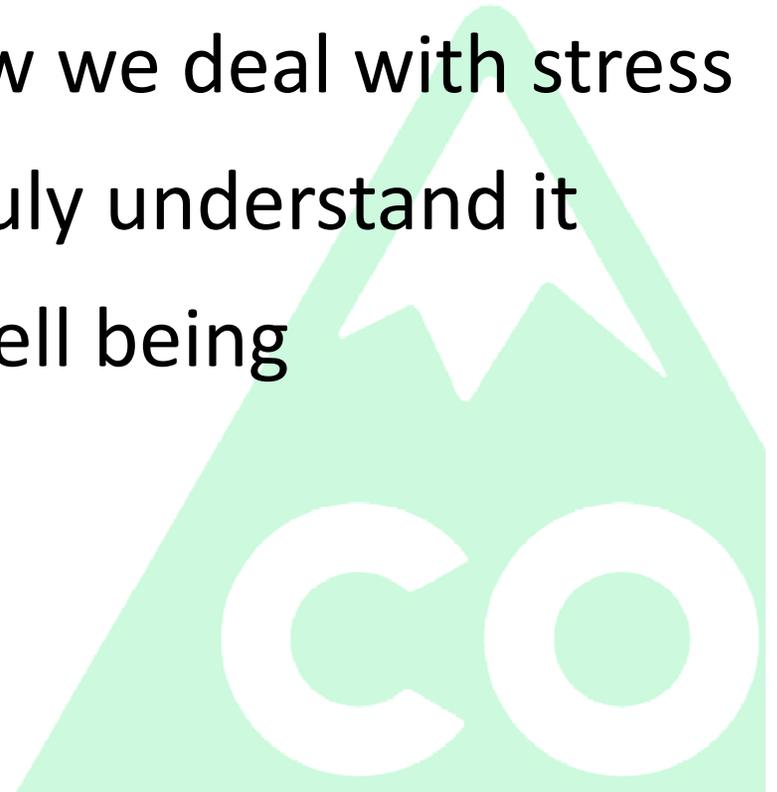
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The Physical Impact

- Rarely acknowledged in how we deal with stress
- Few people are aware or truly understand it
- Significant impact on our well being





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overtime SICK
Dread Health No Time Tired
Headache Fear
Time Management Bills payments
Stress Stress Debt
No Sleep
Anxiety Fear
Savings Worry
Overdue
Late Nights
Job Retirement
Anxiety
Expectations





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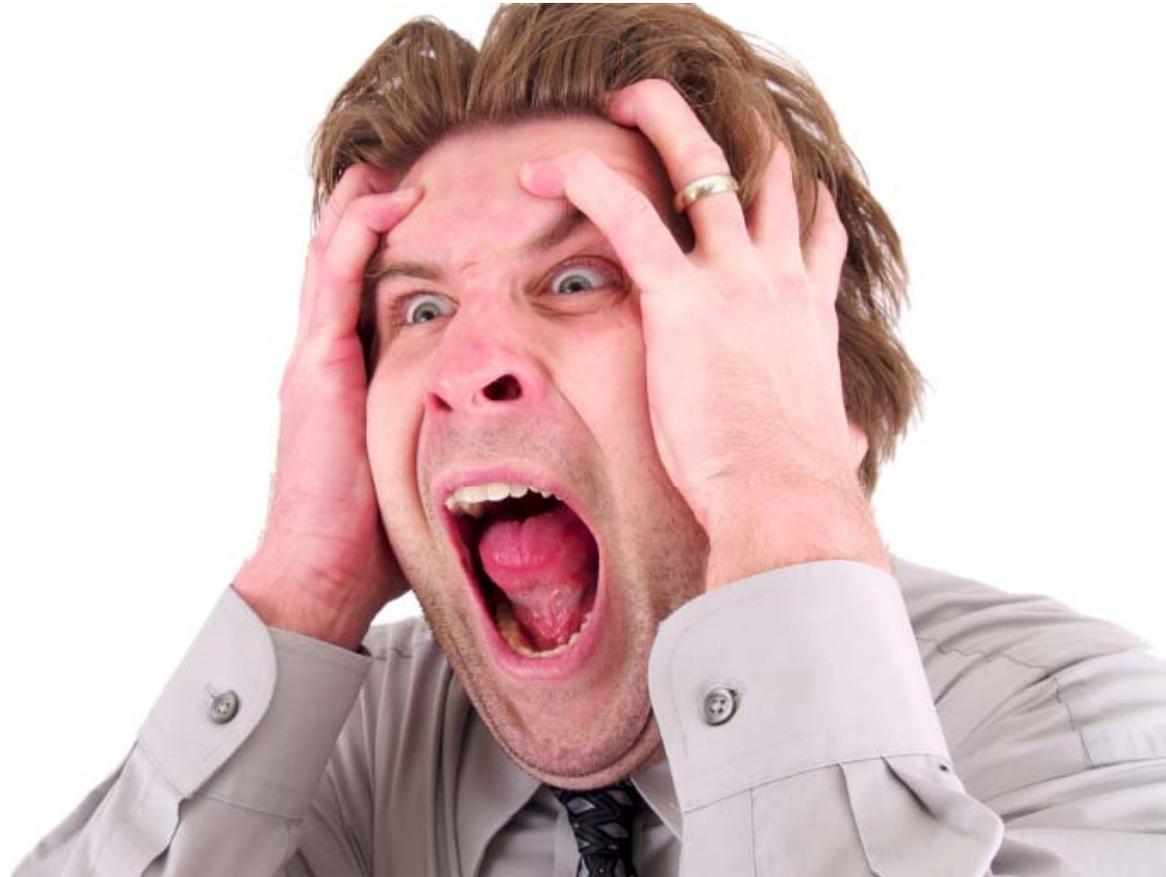




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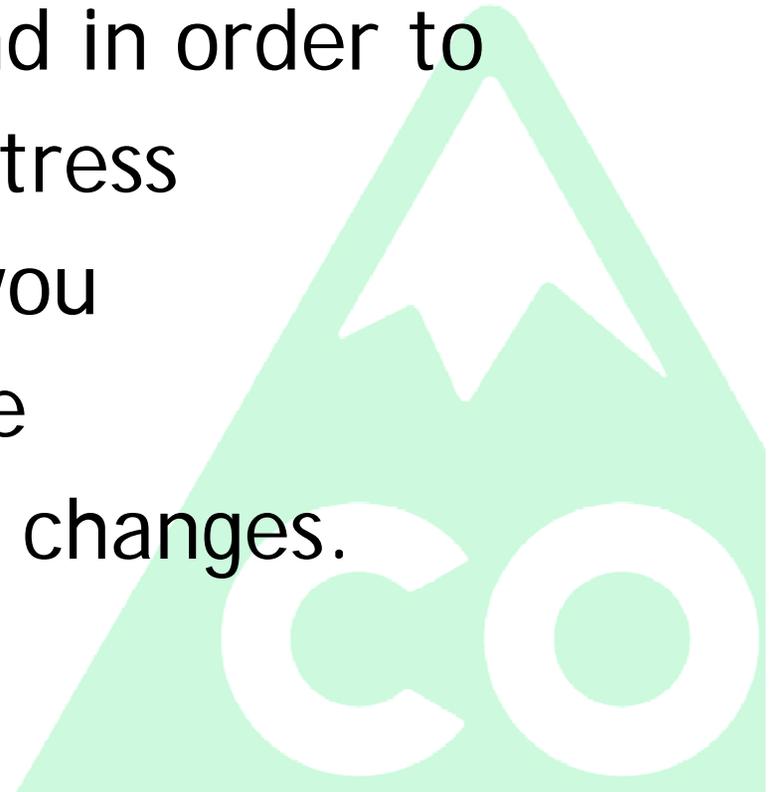
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Today's Takeaway

Stress is a significantly
physical experience and in order to
decrease the stress
in your life you
MUST make
physical behavioral changes.





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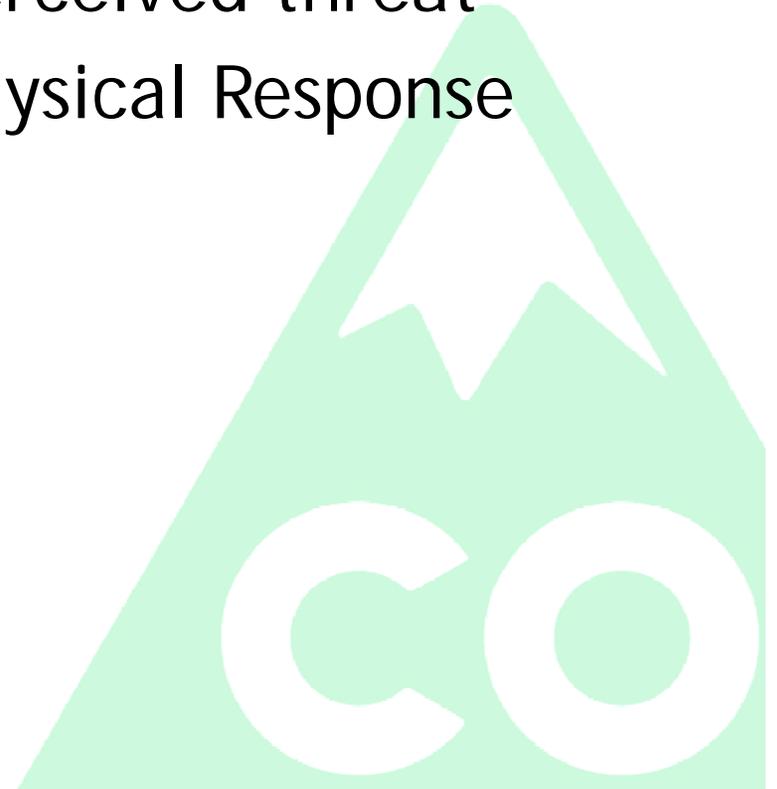
What is stress?

- External
 - Environmental
 - Vocational
 - Interpersonal
 - Financial
 - Physical

Internal

Perceived threat

Physical Response





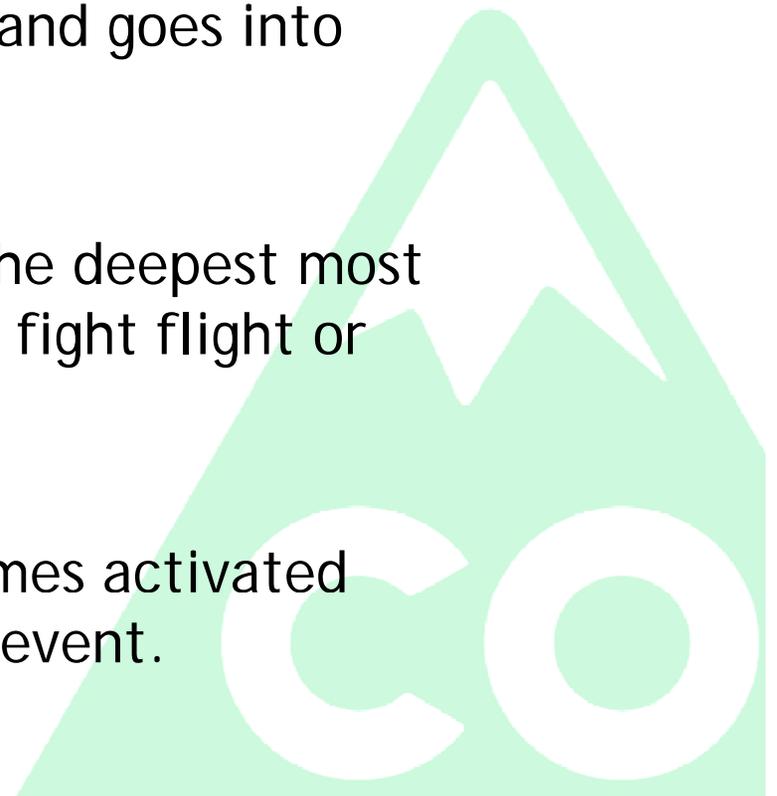
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Stress and Trauma

- Stress is much like a response to trauma
- Our body perceives a threat/demand and goes into response mode.
- Physical stress response comes from the deepest most primitive part of your brain where your fight flight or freeze response is located.
- This is the same area your mind becomes activated when you are dealing with a traumatic event.



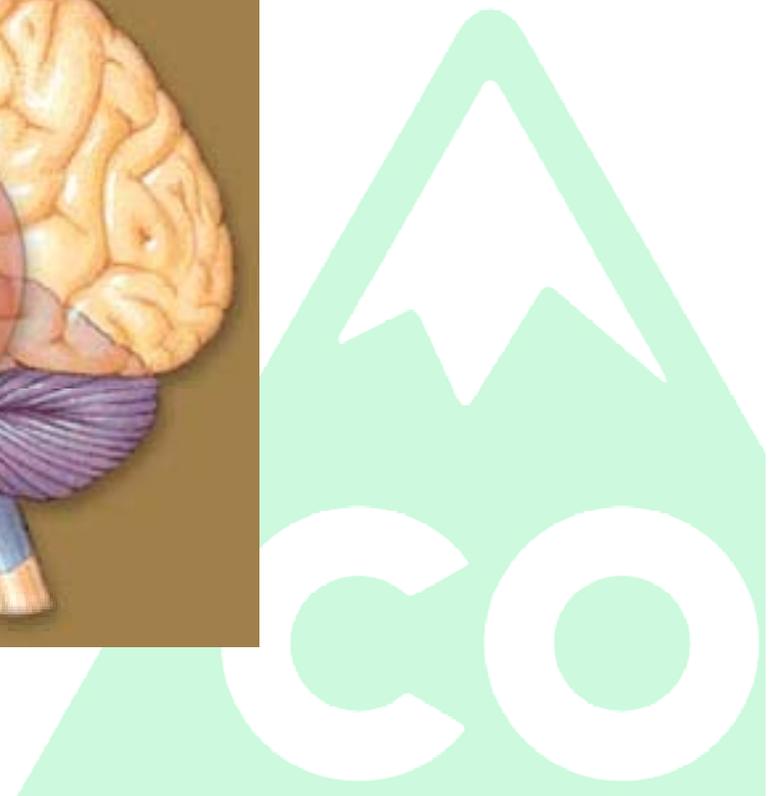
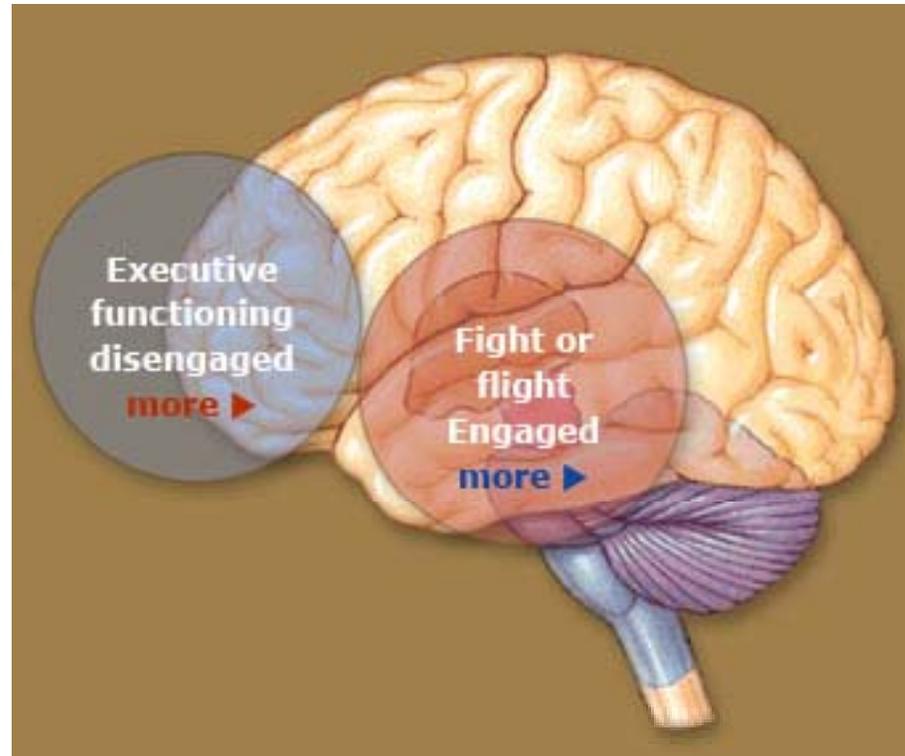


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Brain's Response





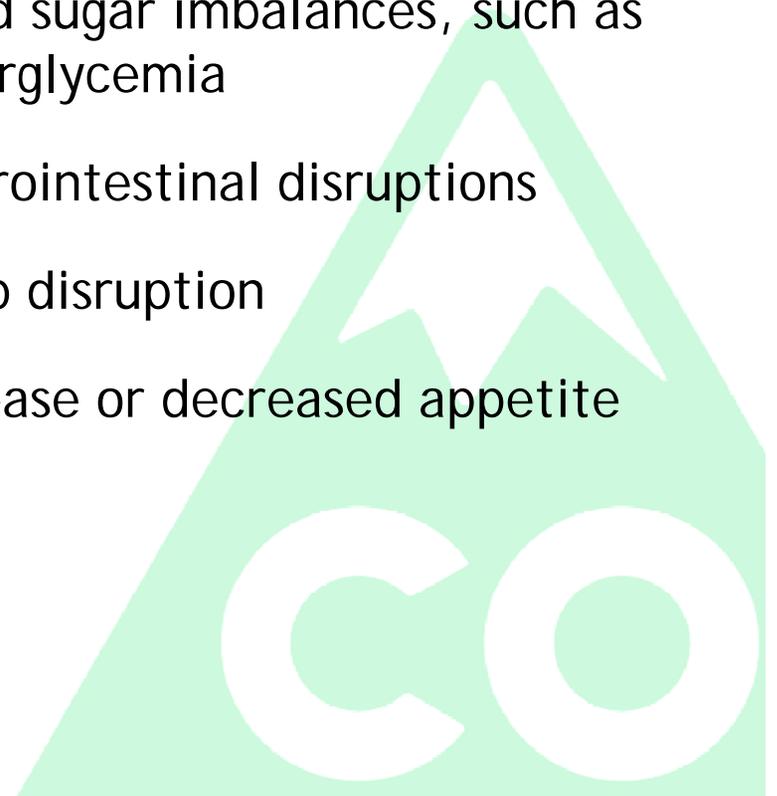
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Physical symptoms

- Muscle Tension
- Difficulty breathing
- Increased heart rate and blood pressure
- Impaired cognitive performance
- Elevated blood pressure
- Lowered immune function
- Increased abdominal fat
- Dampened thyroid function
- Blood sugar imbalances, such as hyperglycemia
- Gastrointestinal disruptions
- Sleep disruption
- Increase or decreased appetite





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Health Statistics

- Kelly McGonigal a health psychologist tracks people's perception of stress and its physical impact on their lives.
- She found in a study tracking 30,000 adults, those who believed stress to be harmful had a **43% higher chance of dying** than those who did **NOT** view stress as harmful.
- People who perceive stress and the body's response as beneficial, helpful and motivating did not see nearly the negative health implications **AND** were better able to manage their stress.



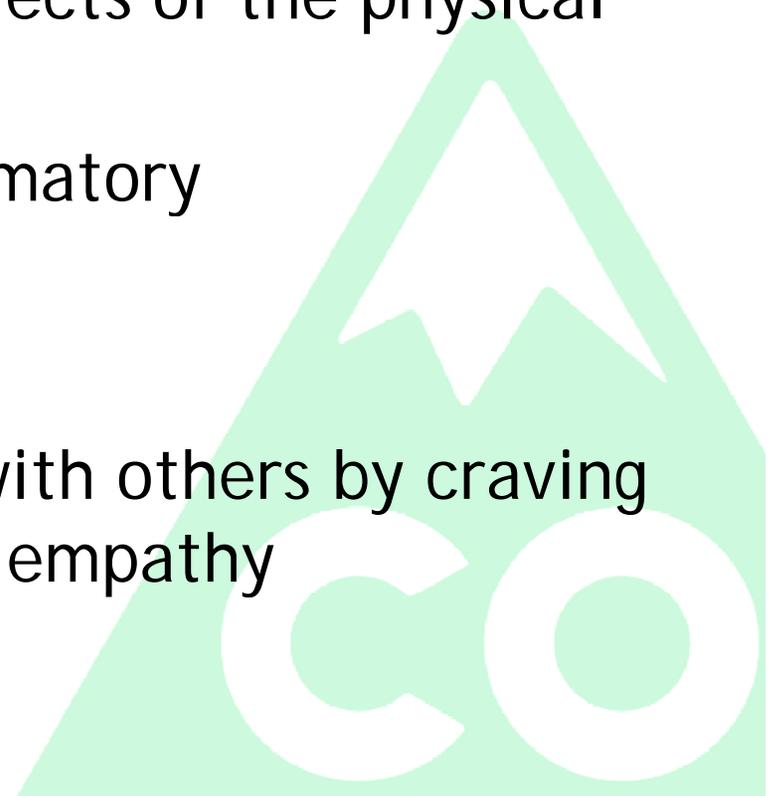
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OXYTOCIN (Hug hormone)

- McGonigal also reports the release of oxytocin (also a stress hormone) heals the effects of the physical stress response
- Oxytocin is a natural anti inflammatory
- Helps blood vessels relax
- Heart cells regenerate
- It encourages you to connect with others by craving physical contact and enhances empathy





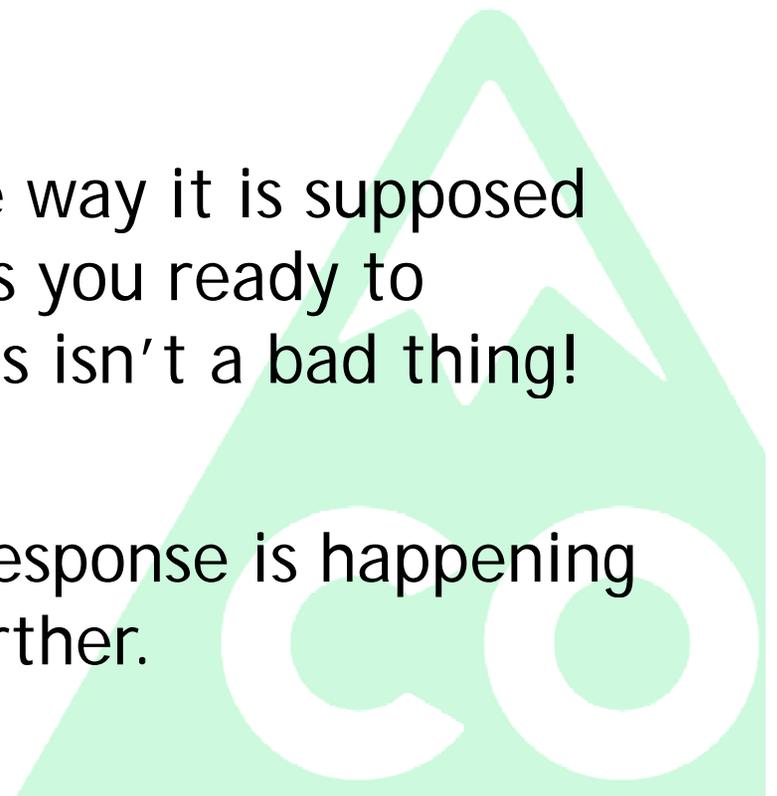
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All Together Now

- Our perception of events impacts our physical response to stress.
- Your body is responding just the way it is supposed to respond to a threat - it gets you ready to manage it and deal with it! This isn't a bad thing!
- In turn realizing this physical response is happening empowers you to manage it further.





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Your physical perception

“We're finding it's not necessarily the reality that shapes us, but the lens through which your brain views the world that shapes your reality. And if we can change the lens, not only can we change your happiness, we can change every single educational and business outcome at the same time.” Shawn Anchor



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Shawn Achor:

The happy secret to better work

TEDxBloomington · 12:20 · Filmed May 2011

http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work





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Perception + Happiness + Stress

“If you can raise somebody's level of positivity in the present, then their brain experiences what we now call a happiness advantage, which is your brain at positive performs significantly better than at negative, neutral or stressed. Your intelligence rises, your creativity rises, your energy levels rise. In fact, we've found that every single business outcome improves. Your brain at positive is 31% more productive than your brain at negative, neutral or stressed.”

- Shawn Anchor





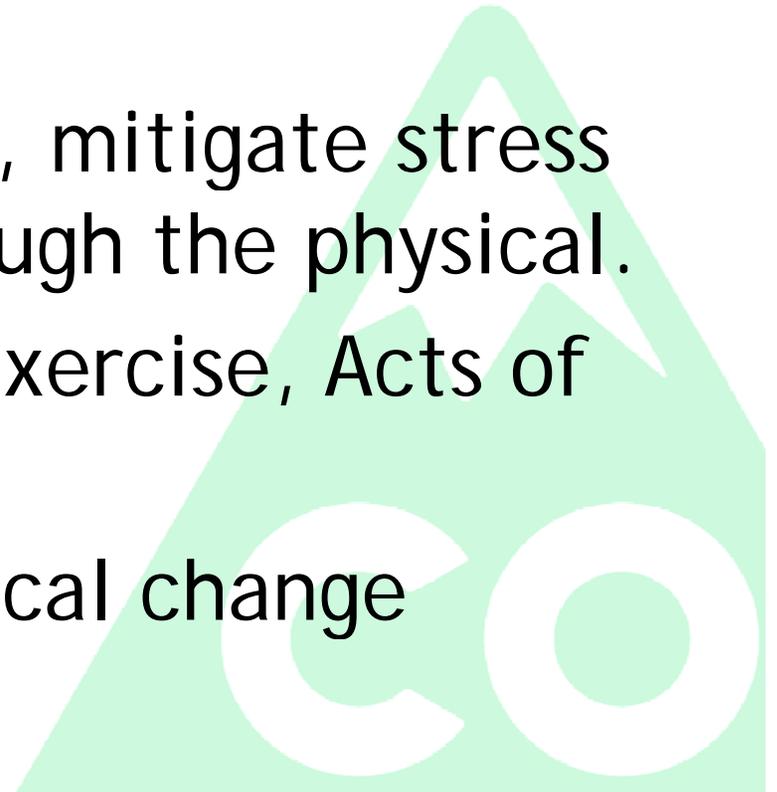
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Recap

- Focused on the physical considerations of stress
- A way to deal with stress, mitigate stress and handle it is also through the physical.
- Journaling, Meditation, Exercise, Acts of Kindness
- I want you to enact physical change





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Your Challenge

- Before you end your day, every day, for the next 21 days, email yourself 3 things you are thankful for that day.
- Tomorrow, send one email to tell someone you work with something positive about them, or something you appreciate about them.





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Support for Change

There so much more to know!

C-SEAP is a resource for coaching and counseling to help make changes in your life. I encourage you all to take advantage.

303-866-4314

