



Building Stress Resiliency

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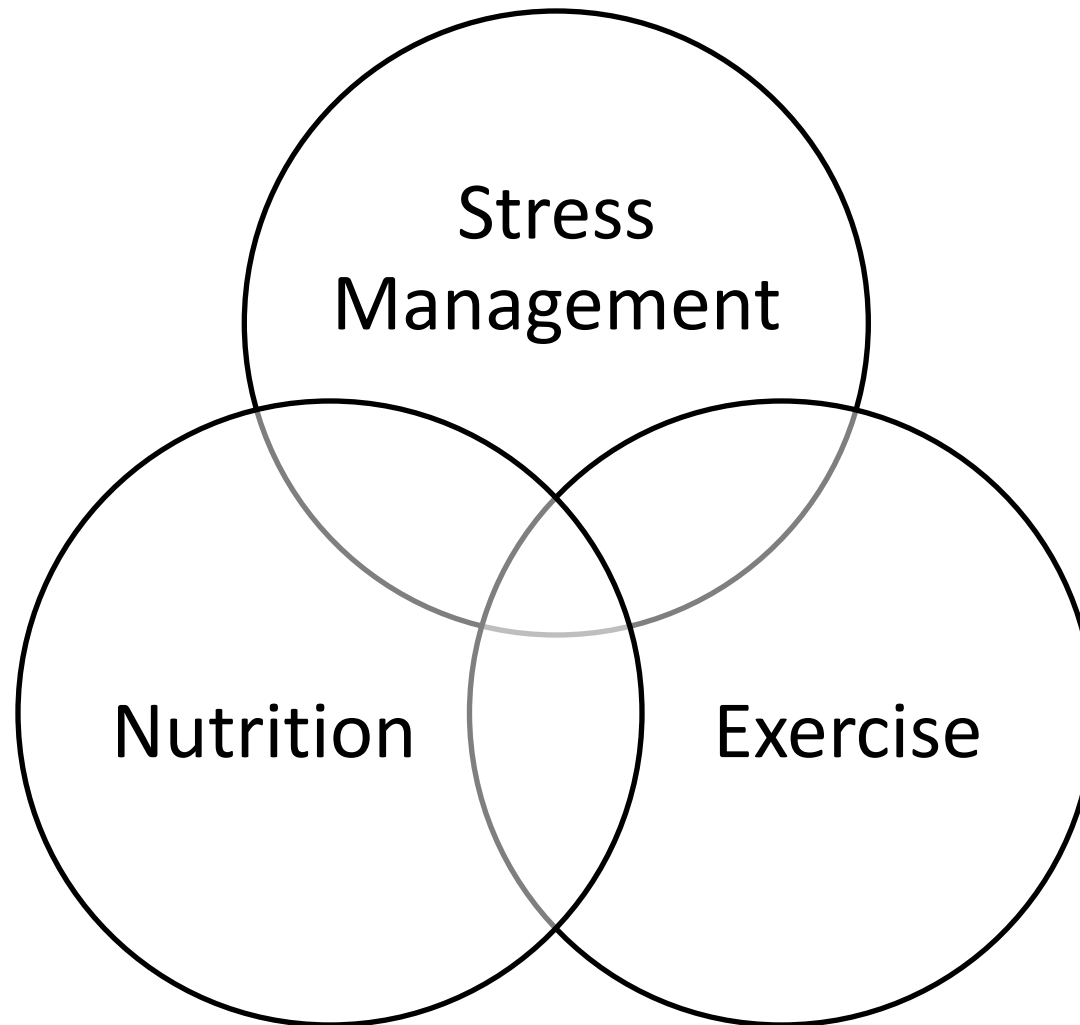


“The greatest wealth, is health”

-Virgil



Lifestyle Medicine:



Your unique triggers:

*What is causing stress for you
at this time in your life?*

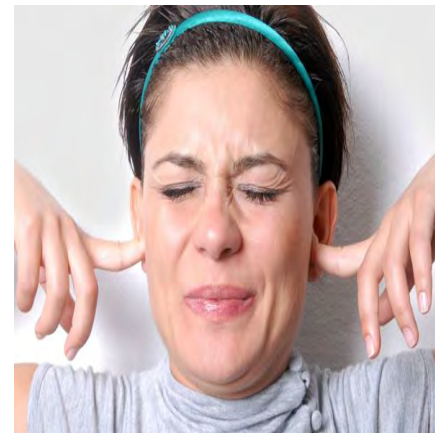


Stress Response:

The automatic, non-specific response of the human organism to any change or demand.



- When a person views the environment as taxing or overwhelming.
- Response is mediated by the autonomic nervous system.
- The sympathetic branch sends messages to the glands, muscles and organs, which help the body react.
- Catecholamines, stress hormones, trigger “fight or flight” response.



*What happens to you when
you are overwhelmed?*

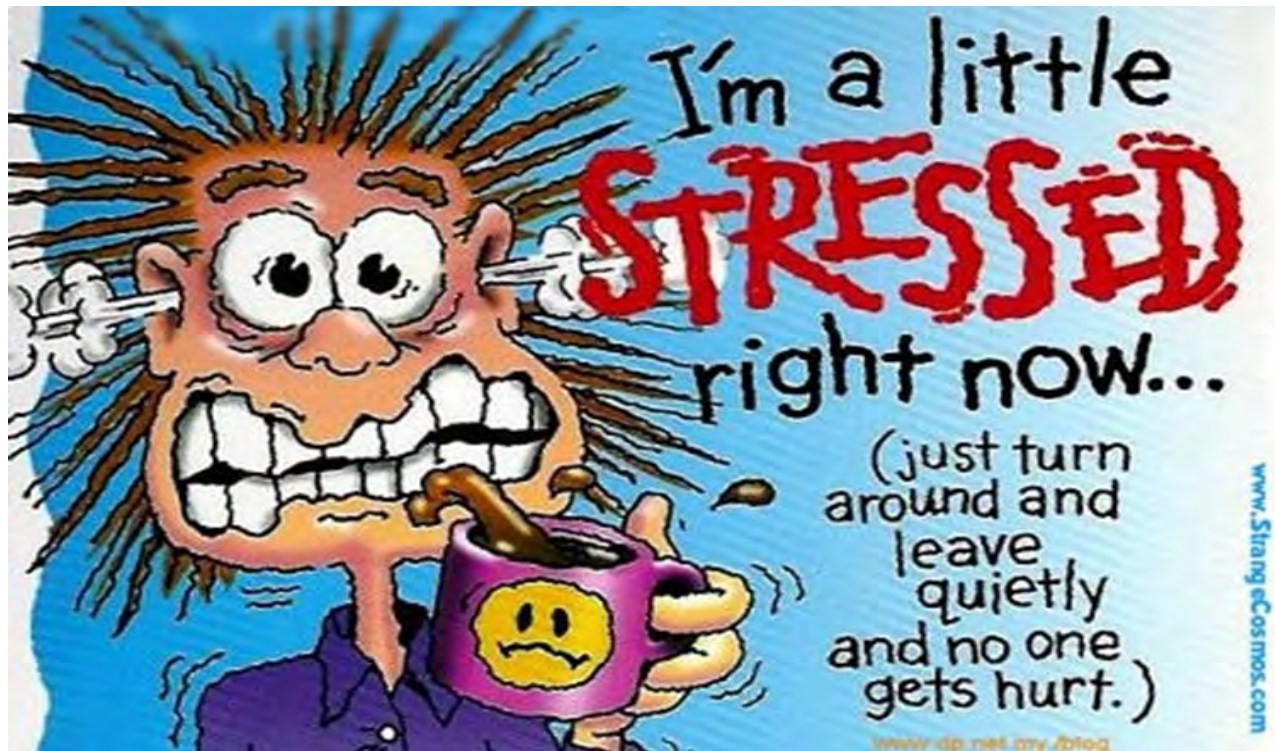


Effects:

... *body*

... *thoughts and feelings*

... *behavior*



Acute vs. Chronic Triggers:



Physiological Response:

Increase

- Breath and Heart Rate
- Stress Hormones
- Muscle tension
- Blood pressure
- Blood sugar
- Triglycerides
- LDL cholesterol

Decrease

- Digestion
- Ability to sleep
- Ability to concentrate
- Immune response



WHERE WOULD I BE WITHOUT COMFORT FOOD?



WHERE WOULD I BE WITHOUT SECONDS?



Resiliency:

- *1. the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.*
- *2. ability to recover readily from illness, depression, adversity, or the like; buoyancy.*



Coping Skills:



What do you do to relax?



TOP 10
STRESS
MANAGEMENT
TECHNIQUES

1. EAT
2. SLEEP
3. EAT
4. SLEEP
5. EAT
6. SLEEP
7. EAT
8. SLEEP
9. EAT
10. SLEEP



GLASBERGEN



Evidence-Based Techniques:

- *Gentle Stretches*
- *Breath Awareness*
- *Progressive Relaxation*
- *Meditation*





Stress Management:

Promotes increased parasympathetic nervous tone, lowering stress hormone levels.

*Regular routine
20-60 minutes.*



- *Gentle Stretching*
- *Breath Awareness*
- *Progressive Relaxation*
- *Meditation*

- Restores breathing rhythm and heart rate
- Calms the nervous system
- Decreases stress hormone levels
- Releases muscular tension
- Normalizes blood pressure, blood sugar and cholesterol levels
- Better sleep
- Helps you slow down and respond thoughtfully
- Develops appreciation of the present moment



Benefits of Building Resiliency:

- *Improved nervous system balance.*
- *Contributes to lifestyle prevention and management of chronic disease.*
- *Enhanced self-care.*
- *Energy to do more of what you love to do in life.*





What's in your resiliency tool box?

