



Stress Management for Everyday

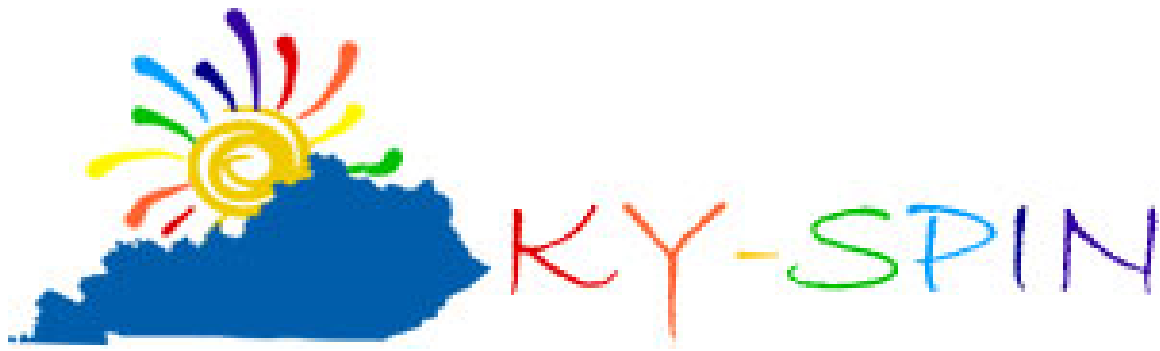
KY-SPIN

(Special Parent Involvement Network)

Parent Training & Information (PTI)

Center

Funded by the U.S. Dept. of Education under IDEA since 1988 when Kentucky first received a PTI. KY-SPIN Parent Center provides training, information and support for children and youth with all types of disabilities (birth through 26 years old), their parents, families, and professionals.



We do NOT:
Act as Attorneys

We DO:



- ♥ Empower Families to Effectively Advocate for their Children
- ♥ Provide peer support to help families access needed information and resources

Today's Agenda

1. What is Stress?
2. Impact of Stress
3. How to Reduce Stress
4. Taking Care of Yourself

Are You Stressed?



What Is Stress?

“an imbalance between the demands present in our lives and the resources available to cope with these demands”



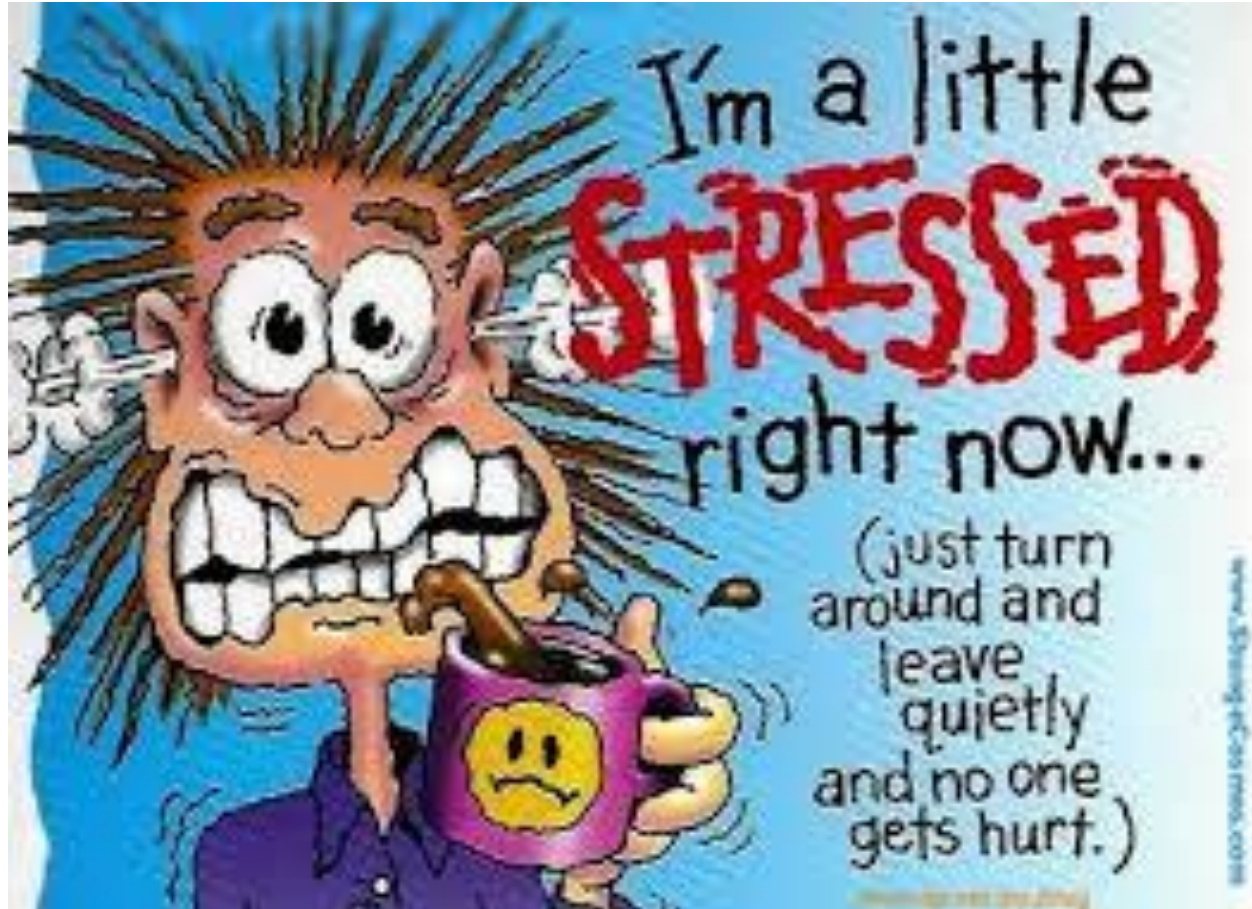
Did You Know?

Impact of Stress

- One-third (31%) of employed adults have difficulty managing work and family responsibilities.
- One half (50%) of Americans say that stress has a negative impact on both their personal and professional lives.
- Over one third (35%) cite jobs interfering with their family or personal time as a significant source of stress.
- Stress causes more than half of Americans (54%) to fight with people close to them.
 - One in four people report that they have been alienated from a friend or family member because of stress.
 - 8% connect stress to divorce or separation.



Source: American Psychological Association Study, 2007



I'm a little
STRESSED
right now...

(just turn
around and
leave
quietly
and no one
gets hurt.)

www.stressed.com

Breathe



Physical Symptoms of Stress

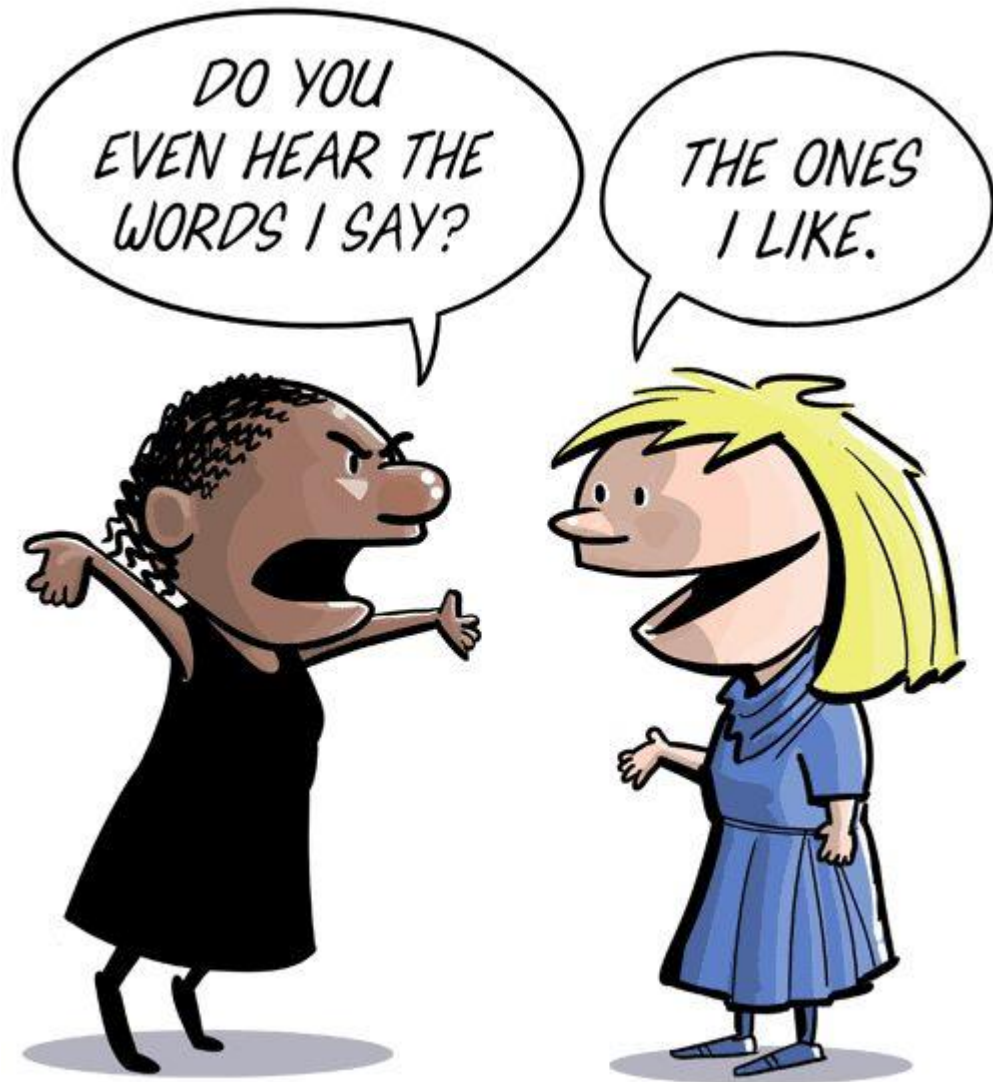
- ~~ Sleep disturbances
- ~~ Back, shoulder or neck pain
- ~~ Headaches
- ~~ Upset or acid stomach
- ~~ Constipation, diarrhea
- ~~ Muscle tension
- ~~ Fatigue
- ~~ Skin problems, (hives, eczema, psoriasis, tics, itching)
- ~~ Weight gain or loss, eating disorders
- ~~ Periodontal disease, jaw pain
- ~~ Immune system suppression: more colds, flu, infections
- ~~ Irregular heartbeat, palpitations
- ~~ Asthma or shortness of breath
- ~~ Chest pain
- ~~ Sweaty palms or hands
- ~~ Hair loss
- ~~ Reproductive Problems
- ~~ High blood pressure



Emotional Symptoms of Stress

- ~ Nervousness, anxiety
- ~ Depression, moodiness
- ~ Feeling of “butterflies”
- ~ Irritability, frustration
- ~ Memory problems
- ~ Overreactions
- ~ Lack of concentration
- ~ Trouble thinking clearly
- ~ Feeling out of control
- ~ Substance abuse
- ~ Phobias





10 Ways to Ease Stress

1. **Eat and drink sensibly**
2. **Assert Yourself**
3. **Stop Smoking or other bad habits**
4. **Exercise regularly**
5. **Study and practice relaxation techniques.**
6. **Take Responsibility**
7. **Reduce stressors (cause of stress)**
8. **Examine your values and live by them**
9. **Set realistic goals and expectations**
10. **Sell yourself to yourself.**

The Cleveland Clinic Foundation



Tension Relievers

- ❖ Give yourself 10 minutes every morning to think about your day.
- ❖ Sit and do nothing for five minutes.
- ❖ Take your child for a flower walk, sniffing every flower along the way.
- ❖ Spend five minutes looking up at the night sky.
- ❖ Send someone an unexpected postcard.

*Putting on the brakes simply means “giving yourself permission not to rush around.”
Adair Lara, San Francisco Chronicle columnist and author of Slowing Down in a Speeded-Up World
-- Family Circle 2/1/94*



STRESS DIET

LUNCH

4 oz. lean broiled chicken breast
1 cup steamed spinach
1 cup herb tea
1 Oreo Cookie

DINNER

2 loaves garlic bread
1 large sausage, mushroom
& cheese pizza
3 Milky Way or Snickers Bars

Note: Chocolate is a universal color and may be substituted

BREAKFAST

½ grapefruit
1 slice whole wheat toast, dry
8 ounces skim milk

MID-AFTERNOON SNACK

Rest of the Oreos in the package
2 pints Rocky Road Ice Cream
1 jar hot fudge sauce
Nuts, cherries, whipped cream

LATE EVENING SNACK

Entire frozen cheesecake eaten
directly from the freezer



12 Proven Stress Reducers

1. Get out of bed 15 minutes earlier to avoid the morning rushing around.
2. Prepare for the morning the evening before (set out clothes, breakfast, sack lunch, etc.)
3. If an unpleasant task faces you, do it *early* in the day and get it over with.
4. Everyday do at least one thing you really enjoy.
5. Write things down; don't rely on your memory.
6. Ask questions, repeat directions, repeat what you heard the other person say, etc. Taking an extra minute to be sure you understand what was said can save time and prevent aggravation.



12 Proven Stress Reducers (cont.)

7. Always carry reading material to enjoy while waiting in lines or for appointments.
8. Do one thing at a time.
9. Don't sweat the small stuff.
10. "Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and aware that for sometime in your life you will have been all of these."
11. Pamper yourself, get your hair and nails done. Get a massage. Go to a spa.
12. Look at a silly movie or T.V. show.



Stress Relief for the Working Week...or Anytime!



STRESS RELIEF

When life has you stressed and you can't afford the rehab, here are some things to bring relief and you don't even have to leave home.

- ❖ Be a Guest In your own Home
- ❖ Light Up your Life
- ❖ Become a Bathing Beauty
- ❖ Mood Music
- ❖ A Little Light Reading
- ❖ Get Away from it All
- ❖ It's Good to Talk
- ❖ Food Fit for A King...and You



Accept the things you can't change

- . Don't try to control the uncontrollable**
- . Look for the upside**
- . Share your feelings**
- . Learn to forgive**



Tips: Taking Care of Yourself

Here are some tips for taking care of yourself and your family

- Set aside time with your partner, use email or voicemail to stay in touch.
- Schedule one-on-one time with each child. Write the child's name by date on the calendar. Let the child pick the place and activity.
- Master the art of the short escape. Visit a local attraction for an afternoon or a local resort for a weekend. Short escapes will help you unwind.
- Nurture friendships. Make time to go to the movies, have meals, exercise, or take a walk with friends.
- Ask friends for help. Tell friends or family when you need help with childcare and errands.
- Find another parent whom you can contact when you are worried and need encouragement.



ContinuedTaking Care of Yourself

- Share child-care with another family. Pick times each week when you can help the family and when they can help you. You will each have someone to contact when you need a break.
- Help others. If you spend one hour a month helping others, this will help you keep your problems in perspective. You will know that you are not alone.
- Set aside a block of time to do special education tasks (i.e., making phone calls and filing documents). If you stick to a schedule, special education will not consume your life.
- Simplify. Get rid of clutter, your home will be more relaxing and peaceful.
- Take the phone off the hook. When you need quiet time, turn your phone off for a few hours.
- Take care of your health. Schedule and keep appointments with doctors. If you feel anxious or depressed, see a mental health professional.



Letter to Myself

Dear Warm, Compassionate, Dedicated _____,

Remember back six months ago, when I made a few quiet promises to myself that I really thought I could keep? These had to do with changes I could make to “take care of myself” and to encourage my family or co-workers to do the same. Now it is time to take stock of my progress.

Here is what I decided to work on for six months:

1. To do a better job of “taking care of myself” in the next few months, I will make this one change:
2. To help my friends, family or co-workers remember to take care of themselves, here is my idea about one thing I can do to contribute to reducing stress in our home or worksite:



Pat On The Back





STRESS BAG



RUBBER BAND

- To remind you to stretch your ideas and your mind to new limits so you will continue to grow.



TISSUE

- To remind you to see the tears and needs of others as well as yourself.



CANDY KISS

- To remind you that everyone needs a hug, kiss, or a word of encouragement everyday.



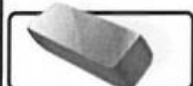
LIFESAVER

- To remind you to think of your family and friends as your "Life Saver." They will be there for you during stressful times.



PENNY

- To remind you of the value of your thoughts. Share them with others.



ERASER

- To remind you that we all make mistakes and they can be a valuable learning tool.



TOOTHPICK

- To remind you to "pick out" the good qualities in others, and to be tolerant and accepting of the differences in people.



STARS

- To remind you to believe you are a STAR and then you will light up the sky for others.



PAPER CLIP

- To remind you to "keep it all together". Just clip the pieces together and hang on. Things will get better.



If you still have
questions...



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Please complete our evaluation