

It's About Balance!



Stress Management, Renewal, and Well-Being

Presented by
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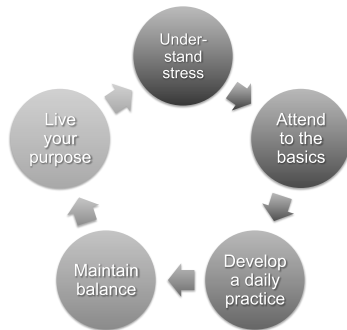
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Stress-Management, Renewal and Well-Being

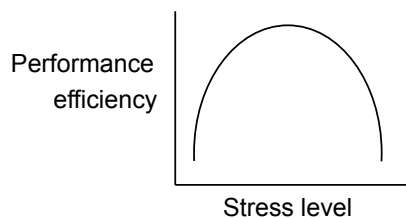
*Knowledge, Ideas, and Tools
for a Demanding, Opportune Time*

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Five Ways to Enhance Balanced Well-Being

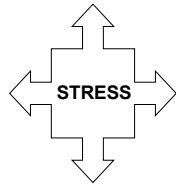


Yerkes-Dobson Law



The Four Kinds of Stress

Hans Selye, M.D.



Autonomic Nervous System

*Sympathetic
Nervous System (SNS)*



Increases:
Blood pressure
Fuel availability
Activity
Blood clotting
Adrenal hormones

*Parasympathetic
Nervous System (PNS)*



Increases:
Digestion
Fuel shortage
Rest and recovery
Resistance to infection
Endorphins

GENERAL ADAPTATION SYNDROME

Three Phases:

Alarm

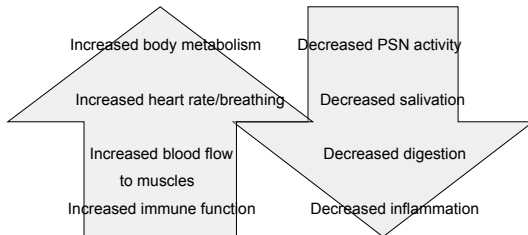




GENERAL ADAPTATION SYNDROME

Alarm Phase: "Fight, Flight, or Freeze"

SNS – HPA Axis



Homeostasis

The ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes.

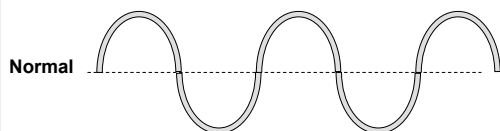
Allostasis

The ongoing adaptive efforts of the body to maintain stability (homeostasis) in response to stress.

GENERAL ADAPTATION SYNDROME

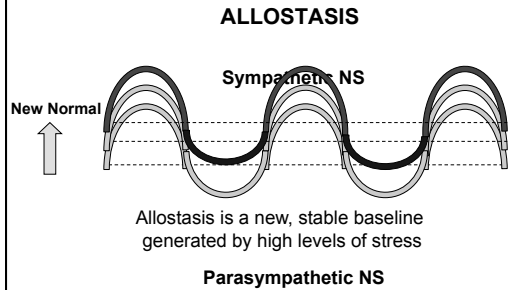
HOMEOSTASIS

Sympathetic NS



Parasympathetic NS

GENERAL ADAPTATION SYNDROME



GENERAL ADAPTATION SYNDROME *Exhaustion Phase*

High and sustained stress can:

- impair the immune system
- lead to premature aging
- increase weight gain
- increase blood pressure
- decrease bone and muscle mass
- decrease motivation
- damage and kill neurons
- foster depression

GENERAL ADAPTATION SYNDROME

High, sustained stress in students fosters:

- impaired cognition
- impaired creativity
- increased pressure on attention
 - diminished social skills
 - discipline problems
 - motivation problems

Male and Female Stress Response

Males:

“ _____ ”

Females:

“ _____ ”

Male & Female Stress Response

WOMEN

Estrogen increases the effectiveness of oxytocin.

Testosterone reduces the calming effects of oxytocin.

MEN

Testosterone decreases stress levels.

Oxytocin can reduce testosterone, resulting in increased stress levels.

Mainly PNS arousal

Use Breath
Use Trigger Release
Use Imagery
Use the Relaxation Response
Use Progressive Relaxation
Use Movement



Finding ANS Balance

*Sympathetic
Nervous System (SNS)*

*Parasympathetic
Nervous System (PNS)*

Mainly _____

Mild _____

Occasional _____

Relaxation Response - Four P's

P

P

P

P

Relaxation Response

1. Sit comfortably with your eyes closed.
2. Pay attention to your breathing, and repeat a word or phrase or prayer silently to yourself as you exhale.
3. When you notice your mind wandering (it will) just notice it and passively bring your attention back to your breathing.
4. Practice for approximately 20 minutes every day (or at least 3-4 times per week).

Source: Benson (1975, 1987, 2004)

Proven Benefits of the Relaxation Response

- Increases awareness of whether you are tense or relaxed
- Reduces the resting level of your autonomic nervous system
 - Improves concentration
- Increases hemispheric communication
- Transforms brain cells and establishes new neural pathways

Source: Benson, 1975, 1987, 2003.

Attend to the Basics

The Significant Seven

- *Sunlight*
- *Water*
- *Diet*
- *Exercise*
- *Movement*
- *Sleep*
- *Downtime*

Thank you for coming!

For information about my educational products and work with school personnel, students, and parents please visit my website at:

www.TimBurnsEducare.com

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It's About Balance: Stress Hardiness, Resilience, and Well-Being

Suggested Readings

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It's About Balance: Stress Hardiness, Resilience, and Well-Being

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