



STRESS AND COMMUNICATION: TAKING BACK CONTROL

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WHAT IS STRESS ANYWAY?

- Webster's Dictionary defines stress as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Stress isn't necessarily negative. Some stress is necessary to complete tasks and to motivate us. How we perceive stress has a lot to do with our response to the experience.

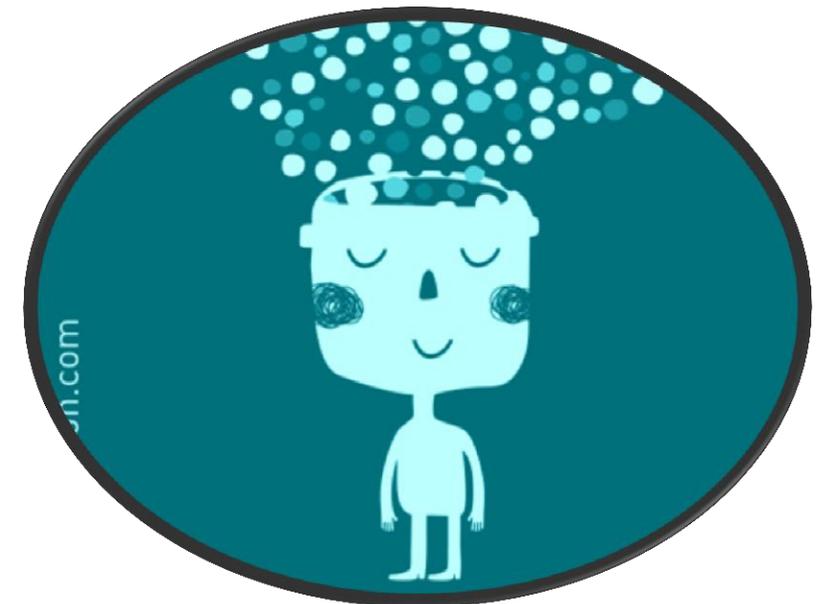
Maybe we need to rethink it!

McGonigal, K., (2013, June). Kelly McGonigal: How to make stress your friend [Video file].

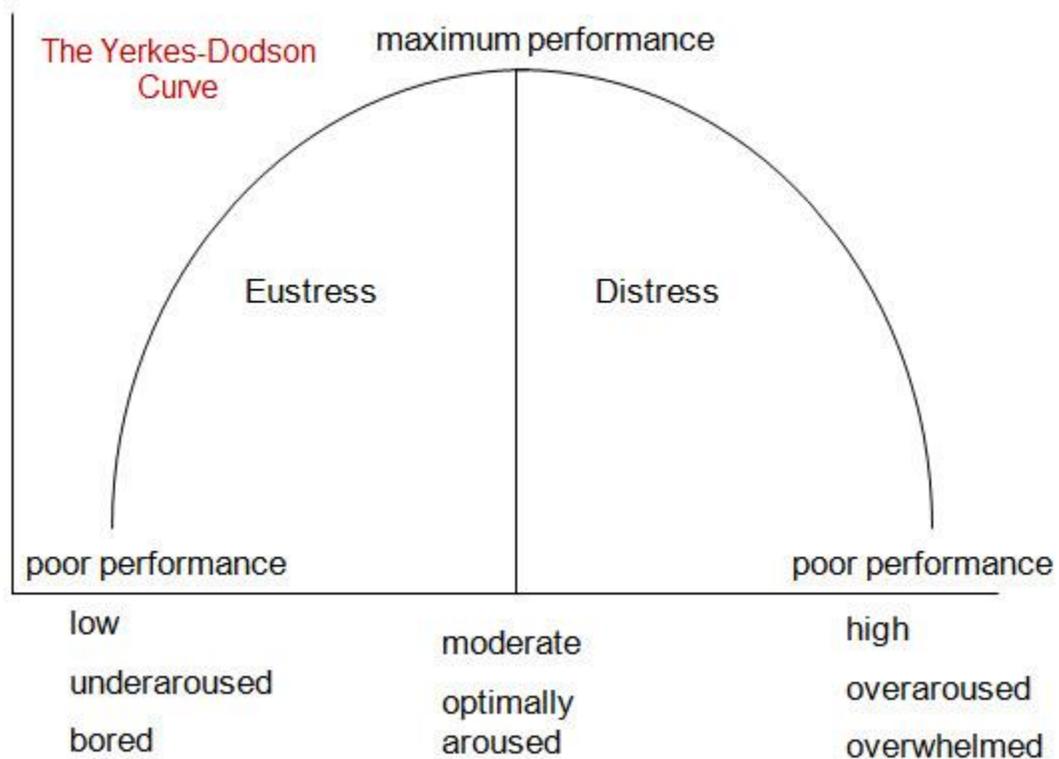
Retrieved from https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

stress. 2017. In Merriam-Webster.com. Retrieved December 3, 2017, from

<https://www.merriam-webster.com/dictionary/hacker>

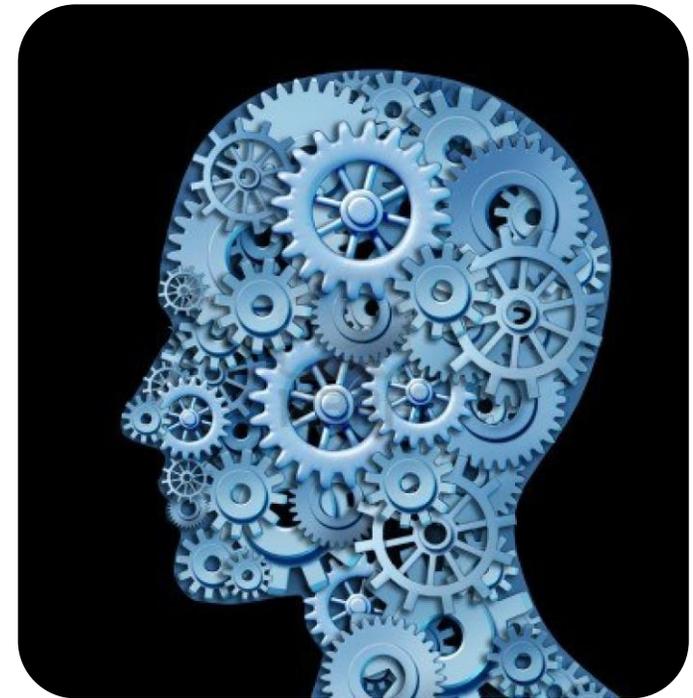


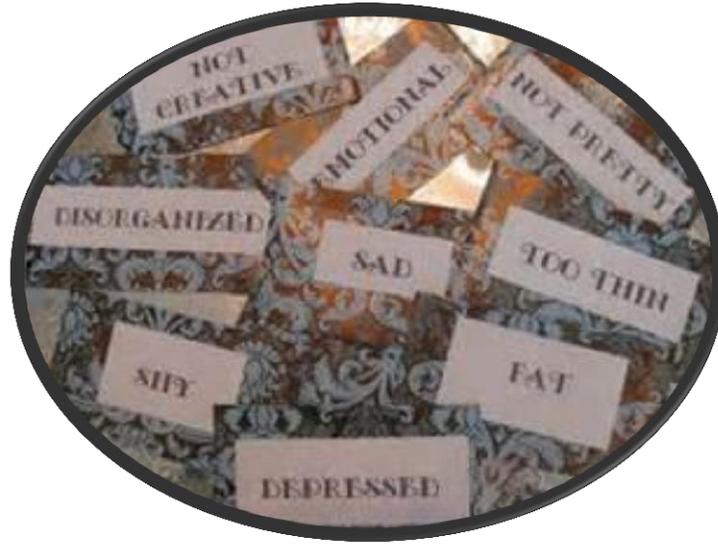
POSITIVE STRESS



Yerkes, R. M. & Dodson, J. D. (1908). The Relation of Strength of Stimulus to Rapidity of Habit-Formation. *Journal of Comparative Neurology and Psychology*, 18, 459-482.

WHAT'S WRONG WITH THIS PICTURE?





**WE INTERPRET,
WE LABEL, AND
WE JUDGE**



THE FOUR HORSEMAN OF DESPAIR



- Criticism
- Contempt
- Sarcasm
- Stonewalling

Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. New York: Three Rivers Press.

WHAT IMPACT DOES STRESS HAVE ON US?



- Mental
- Physical
- Emotional

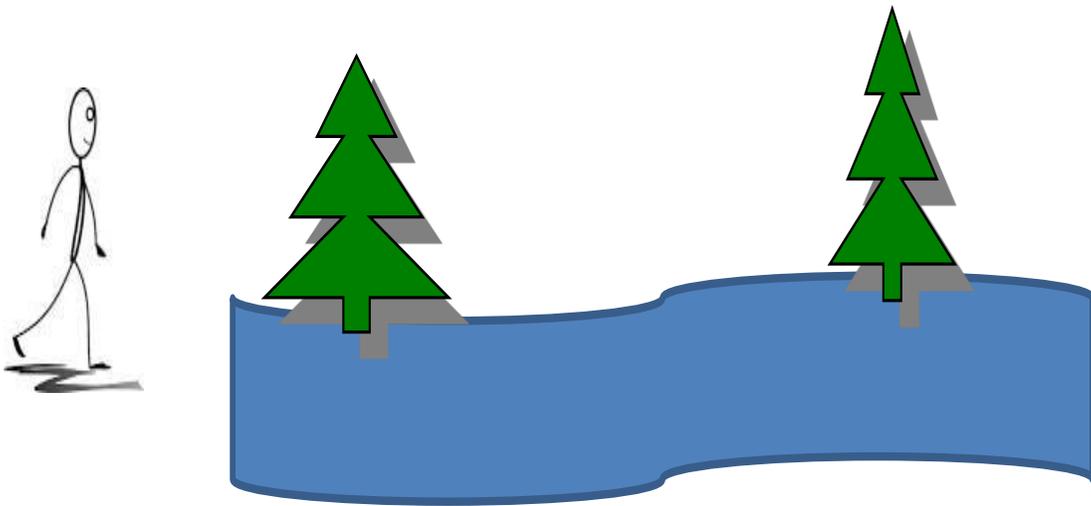
WHAT IMPACT DOES CHRONIC STRESS HAVE ON US?

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WE RESPOND TO USUAL STIMULI IN UNUSUAL WAYS

Stress Miscues Us to Stressors Present



wiseGEEK



QUESTIONS TO ASK YOURSELF

- Why am I stressed? What is this bringing up for me? (vulnerability)
- What are the solutions?
- Do I need to be this upset?
- Is this serving me? Is this helpful?



WHAT CAN WE DO?

Thoughts are automatic

Everyone has thought traps

Find which one you fall into most often

IDENTIFY YOUR COGNITIVE DISTORTION

Beck, A. T. (1964). Thinking and depression. *Archives of General Psychiatry*, 10, 561-571. harvard.edu

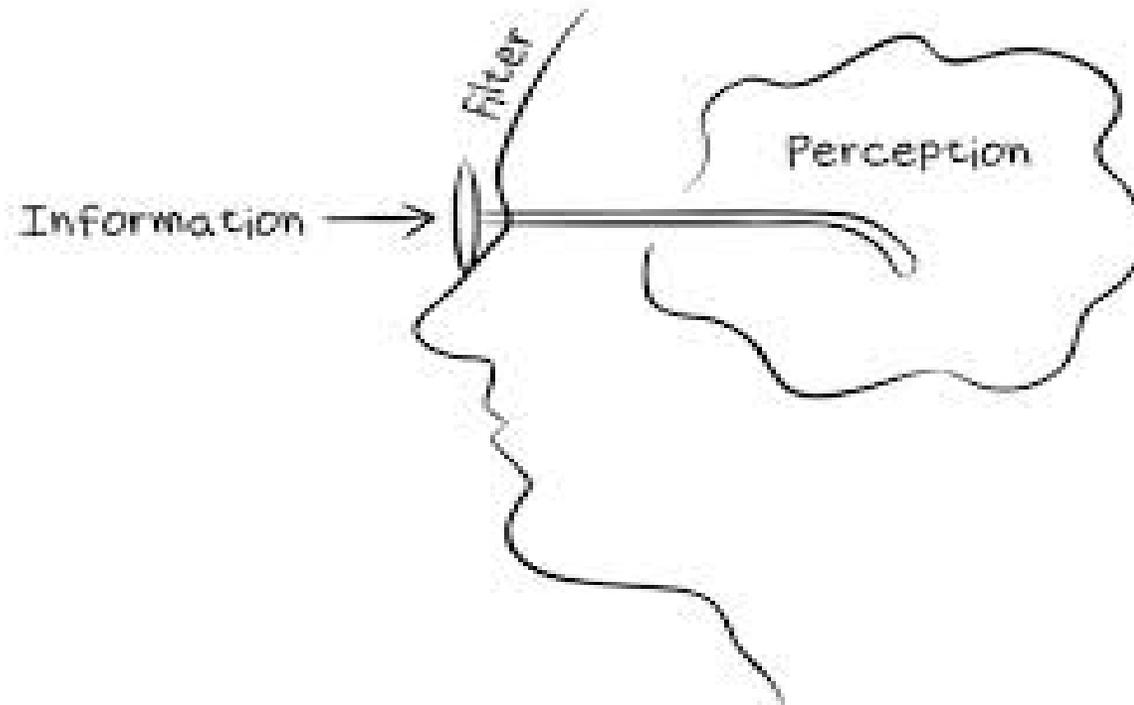
Burns, D. (1980). *Feeling good: the new mood therapy*. New York: Morrow

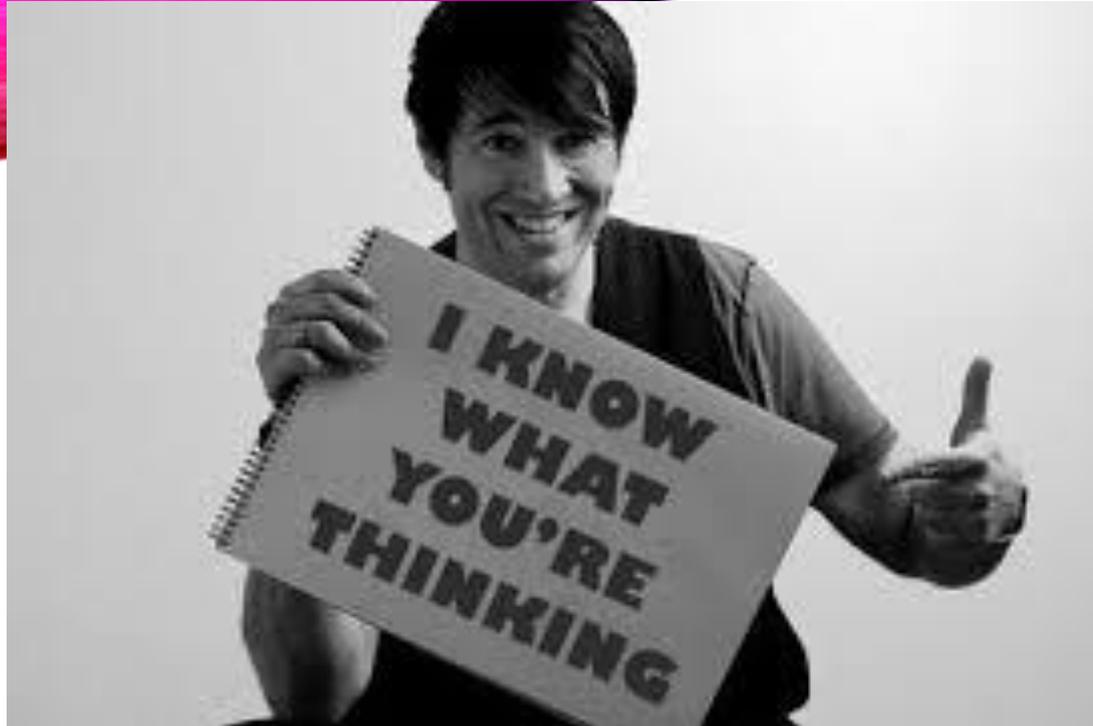


ALL OR NOTHING

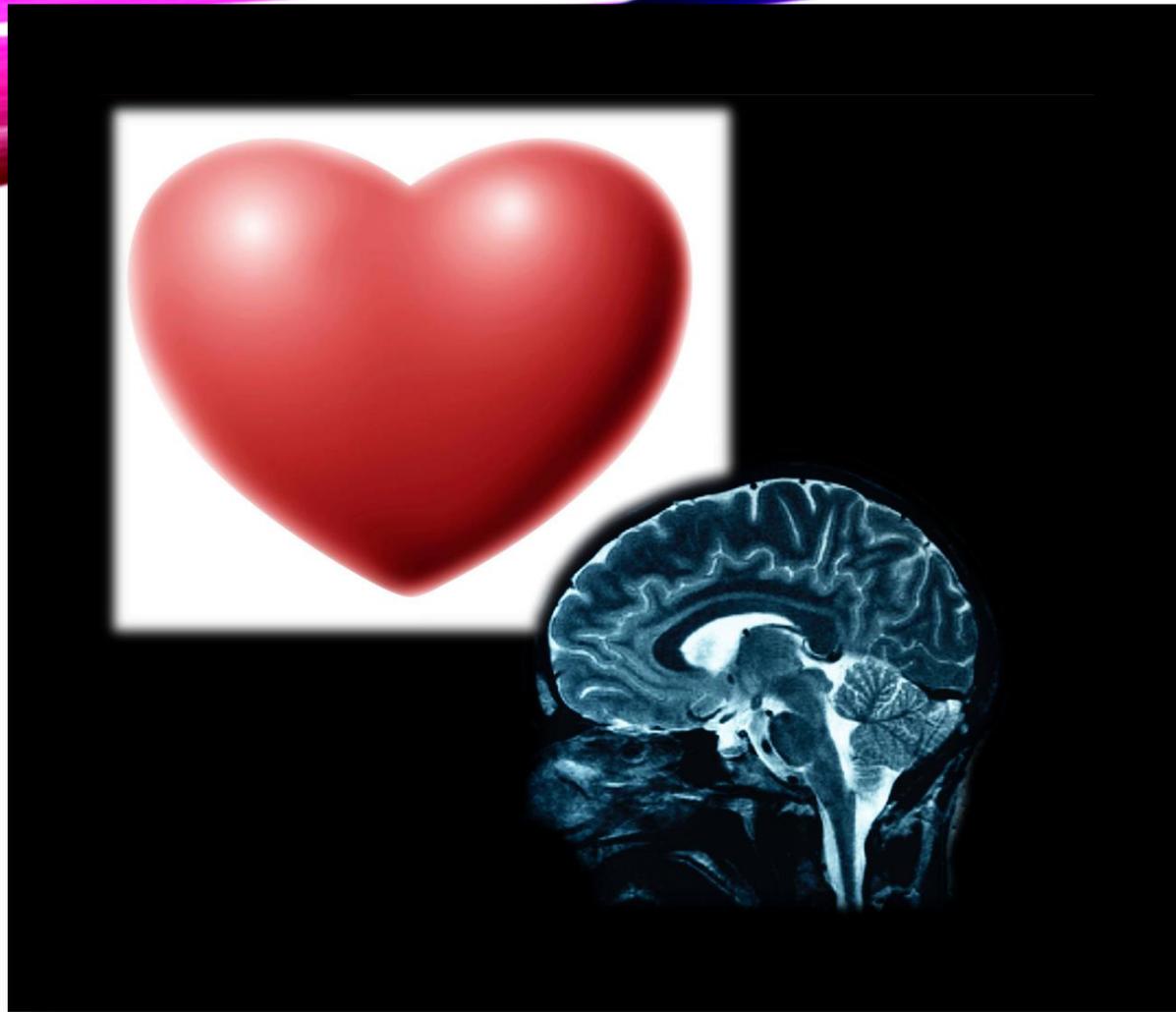


MENTAL FILTER



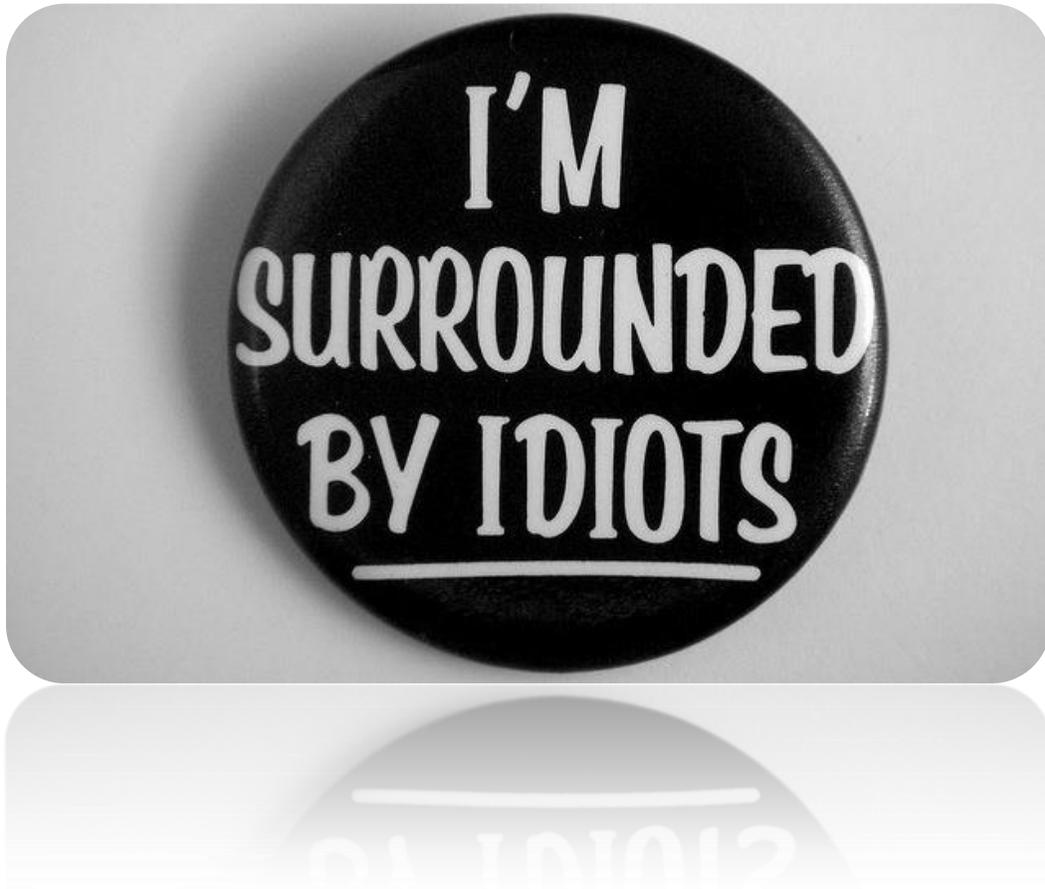


JUMPING TO CONCLUSIONS MIND READING PREDICTING



EMOTIONAL REASONING

LABELING



OVERGENERALIZING

**YOU
ALWAYS
BELIEVE.**

**NEVER
NEVER**



DISQUALIFYING THE POSITIVE

CATASTROPHIZING



SHOULD, OUGHT, AND MUST

EXPECTATIONS
— vs. —
REALITY



PERSONALIZATION (BLAME A WAY TO DISCHARGE ANGER)



BLAME



STEPS TO COMBAT STINKIN' THINKIN'



- 
- Identify the distortion
 - Examine the evidence
 - Double standard: best friend experiment
 - Cost benefit analysis
 - Think in shades of gray
 - Survey
 - Definitions
 - Re-attribution: solutions rather than blame

TAKE CONTROL BACK!

GOALS

Performance based not outcome based

Emotional attachment to goals

Start big and work your way back:
lifetime back to monthly/weekly/daily

Write them down!

- S-Specific
- M-Measurable
- A-Attainable
- R-Relevant
- T-Timebound

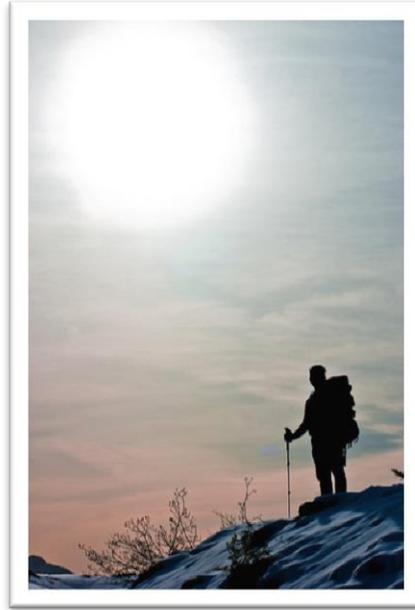


AWARENESS



Goals are Important:
Intention and attention

THE TRAVELERS



Modified from: <http://wiki.c2.com/?ParableOfTheTwoVillages>

TOOLS OF THE MINDFULNESS TRADE

- Hands Feet Back Seat—Breath
- Progressive Muscle Relaxation
- Controlled Deep Breathing
- Meditation
- Body Scan
- Yoga
- Cognitive Strategies

Germer, Christopher K. 2005. Mindfulness: What is it? What does it matter? In *Mindfulness and psychotherapy*. Edited by Christopher K. Germer, Ronald D. Siegel, and Paul R. Fulton, 3–27. New York: Guilford.

Langer, Ellen J. 1989. Minding matters: The consequences of mindlessness-mindfulness. *Advances in Experimental Social Psychology* 22:137–173.

Thera, Nyanasatta, trans. *The foundations of mindfulness: Satipatthana Sutta*. Kandy, Sri Lanka: Buddhist Publication Society, 1993.

WHAT GETS IN THE WAY?

Thoughts

- Judgments
- Labels
- Perfecting
- Planning and skipping to the next thing
- Flooding
- Stinkin' Thinkin'

Feelings

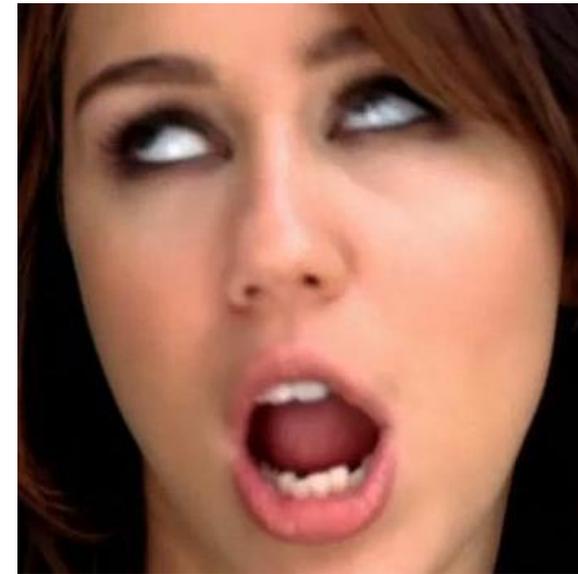
- Disconnected
- Desire to numb the undesirable
 - REMEMBER YOU CAN'T SELECTIVELY NUMB!
- Lack of emotional awareness or vocabulary

GREMLINS

You're Not Good Enough



Who do you think you are?



INCORPORATE MINDFULNESS IN DAY TO DAY ACTIVITIES



MINDFULNESS AND CELL PHONES





PERMISSION FOR MISTAKES: EMBRACING IMPERFECTION

BROWN, B. (2010, JUNE). BROWN, BRENE: THE POWER OF VULNERABILITY [VIDEO FILE].
RETRIEVED FROM [HTTPS://WWW.TED.COM/TALKS/BRENE_BROWN_ON_VULNERABILITY](https://www.ted.com/talks/brene_brown_on_vulnerability)

Why relationships matter
Compassion for Self First

MINDFULNESS

Giving your full attention to the present moment and being fully present.





INCORPORATE MINDFULNESS IN DAY TO DAY ACTIVITIES

12 THINGS HAPPY PEOPLE do differently

by Marc

#1

Express gratitude

- ❖ When you appreciate what you have, what you have appreciates in value
- ❖ If we aren't thankful for what we already have, we will have a hard time ever being happy.

#2

Cultivate optimism

- ❖ People who think optimistically see the world as a place packed with endless opportunities, especially in trying times.

#3

Avoid over-thinking and social comparison

- ❖ Comparing yourself to someone else can be poisonous
- ❖ The only person you should compare to is yourself before now.

#4

Practice acts of kindness

- ❖ Selflessly helping someone is a super powerful way to feel good inside.

#5

Nurture social relationships

- ❖ The happiest people on the planet are the ones who have deep, meaningful relationships

#6

Develop strategies for coping

- ❖ It helps to have healthy strategies for coping pre-rehearsed, on-call, and in your arsenal at your disposal

#7

Learn to forgive

- ❖ Harboring feelings of hatred is horrible for your well-being.

#8

Increase flow experiences

- ❖ Flow is a state in which it feels like time stands still.
- ❖ It's when you're so focused on what you're doing that you become one with the task.
- ❖ Nothing is distracting you or competing for your focus.

#9

Savor life's joys

- ❖ Deep happiness cannot exist without slowing down to enjoy the joy.

#10

Commit to your goals

- ❖ Magical things start happening when we commit ourselves to doing whatever it takes to get somewhere.

#11

Practice spirituality

- ❖ When we practice spirituality or religion, we recognize that life is bigger than us.
- ❖ We surrender the silly idea that we are the mightiest thing ever.

#12

Take care of your body

- ❖ Taking care of your body is crucial to being the happiest person you can be.

Gratitude Journal

MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (big or small!).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

1.

I'm learning:

2.

I'm learning:

3.

I'm learning:

PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

THE IMPORTANCE OF SELF CARE



Find Purpose and Meaning in the Struggle





When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words, and I am always comforted by realizing that there are still so many helpers - so many caring people in this world.

- Fred Rogers

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LIVE WHOLE HEARTED, BE A WARRIOR, RISE TO THE
CHALLENGES AND BE A FORCE FOR GOOD IN THE
WORLD

Thank you!

