

# Adjusting to the New Normal: Stress Management

Presentation by:  
Alison King, LCSW  
Health Net/MHN

# Imagine...



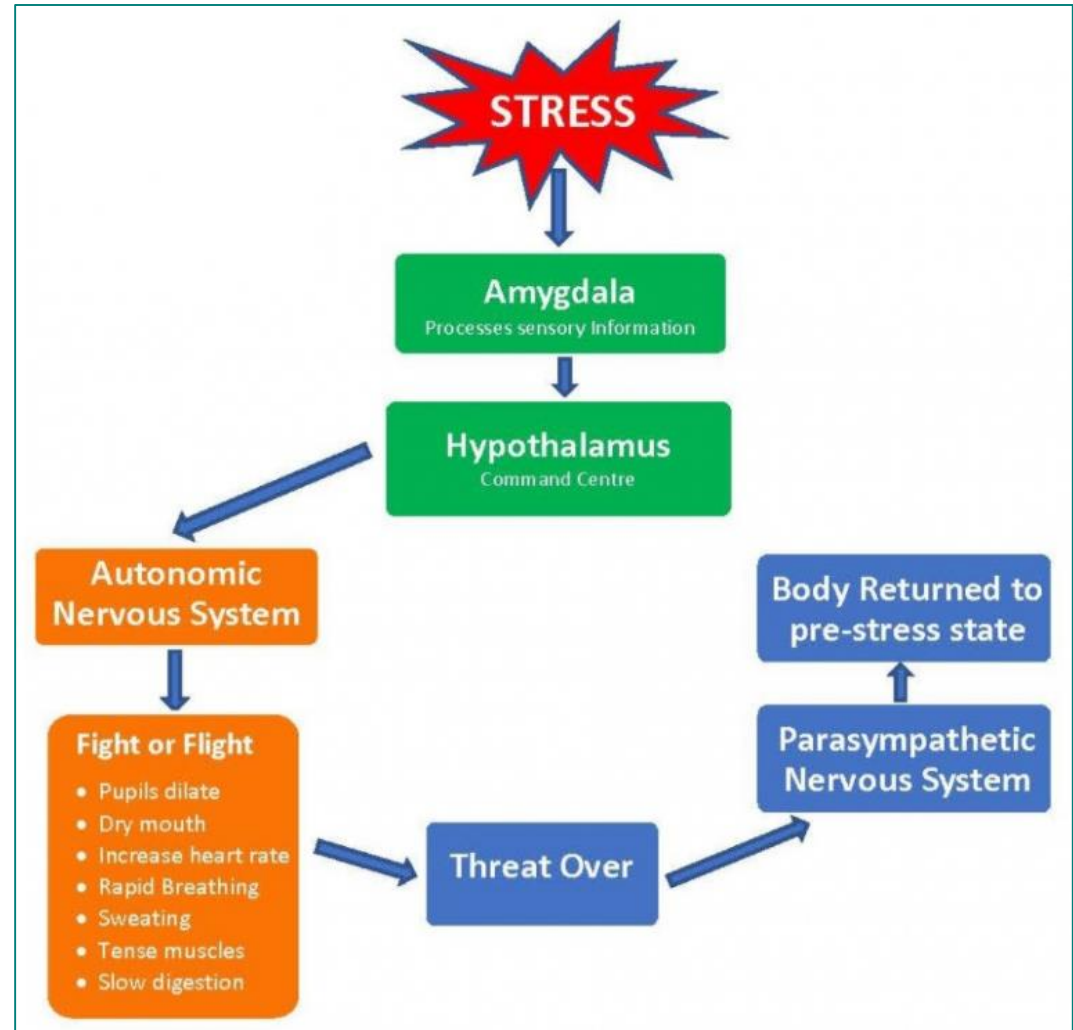
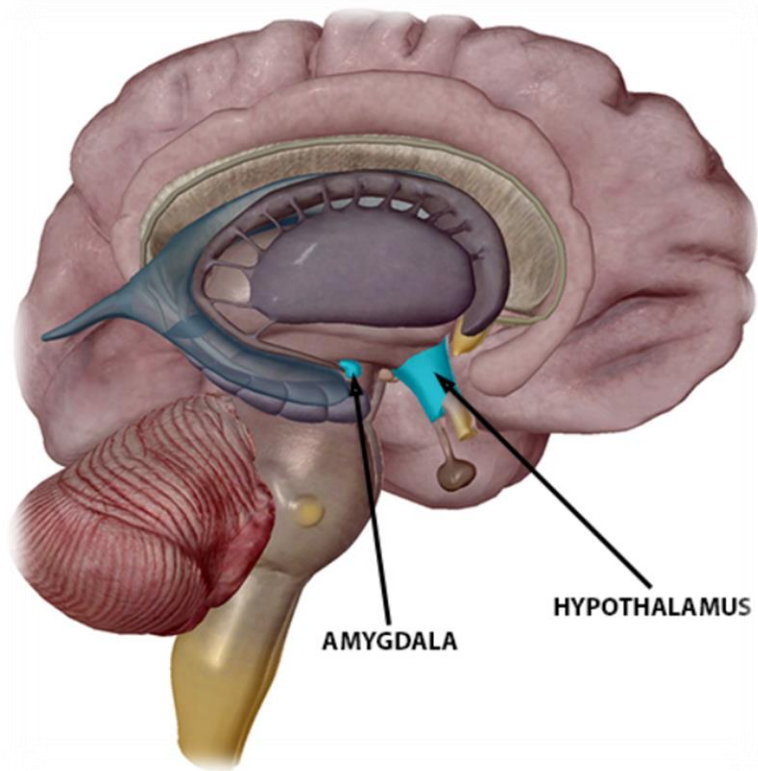
# What is Stress?

- Emotional and physiological response to an event or a thought
- A state of anxiety which occurs when we perceive something is beyond our control or ability to manage/cope

## Types of Stress

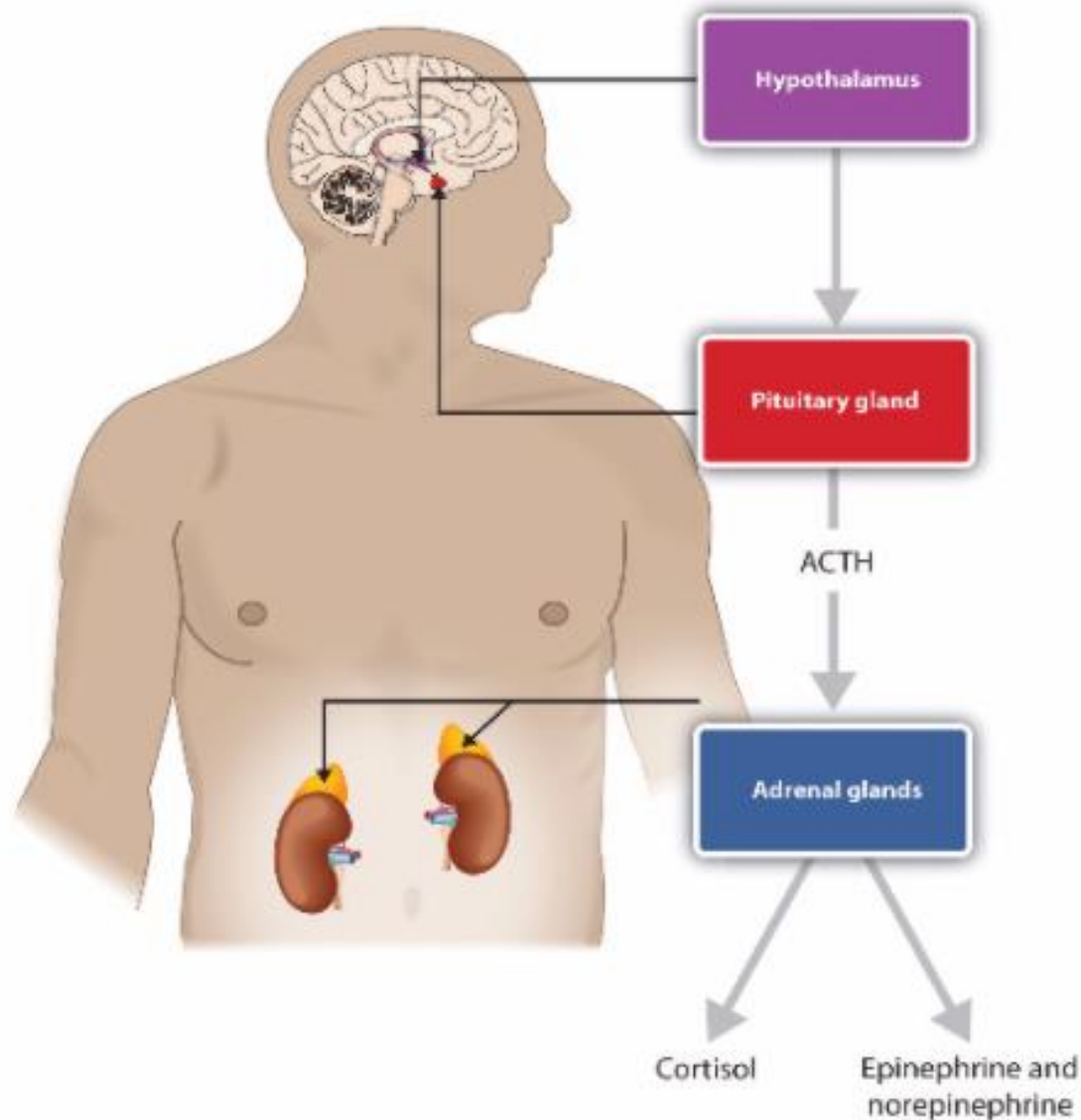
- Acute Stress
- Episodic Acute Stress
- Chronic Stress

# Stress Response - Acute





# Stress Response - Episodic Acute & Chronic



# Chronic Stress

## Level I - Burnout

- Exhaustion/fatigue
- Headaches
- Depression
- Anxiety
- Insomnia, excessive sleeping and/or dysregulated body clock
- Chronic pain
- Loss of appetite and/or difficulty digesting
- IBS symptoms such as constipation and diarrhea
- Difficulty regulating body temperature, feeling very cold or and night sweats
- Suppressed or altered immunity, including susceptibility to viral infections and increased allergic symptoms



# Chronic Stress

## Level II – Health Conditions & Telomere Length

### BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### CARDIOVASCULAR

Higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### JOINTS & MUSCLES

Increased inflammation, tension, aches and pains, muscle tightness

### IMMUNE SYSTEM

Decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

### SKIN

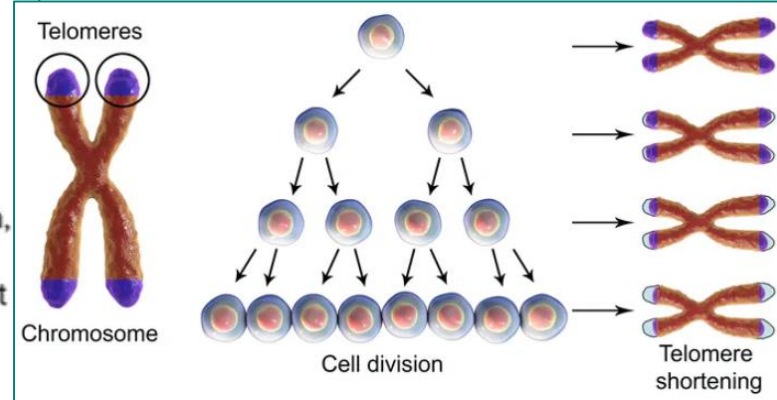
Hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### GUT

Nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

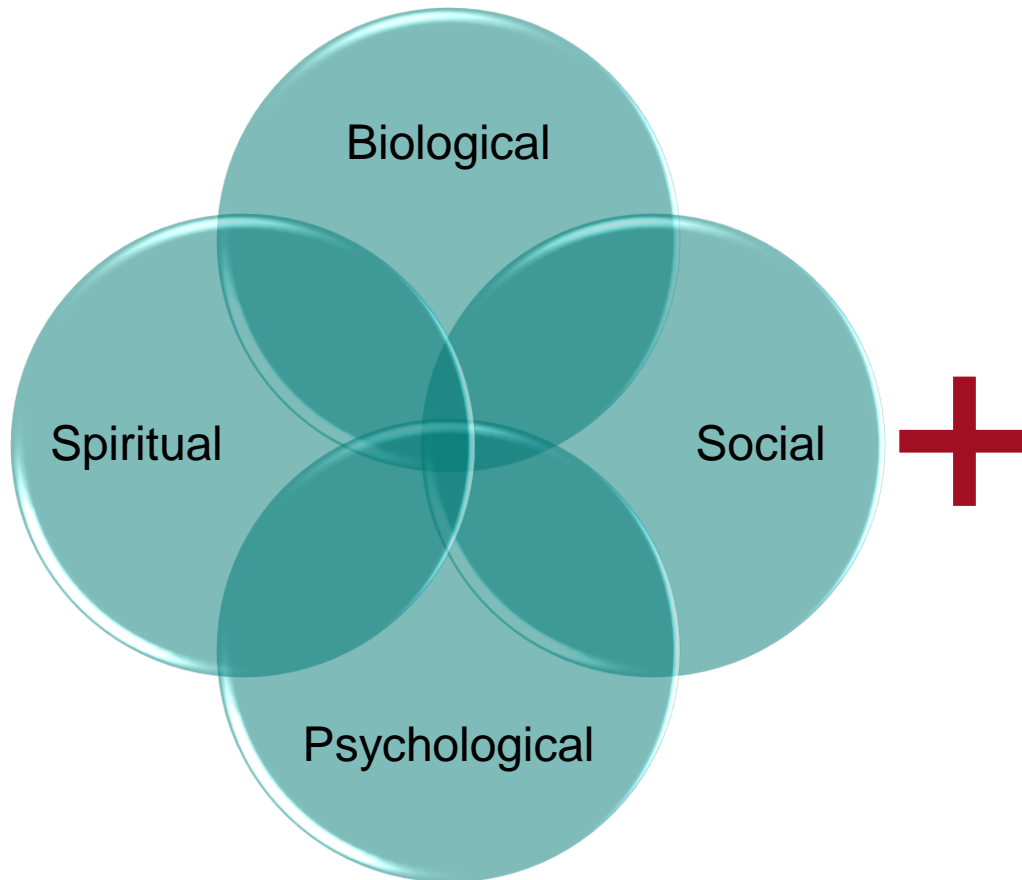
### REPRODUCTIVE SYSTEM

Decreased hormone production, decrease in libido, increase in PMS symptoms



# Stress Management

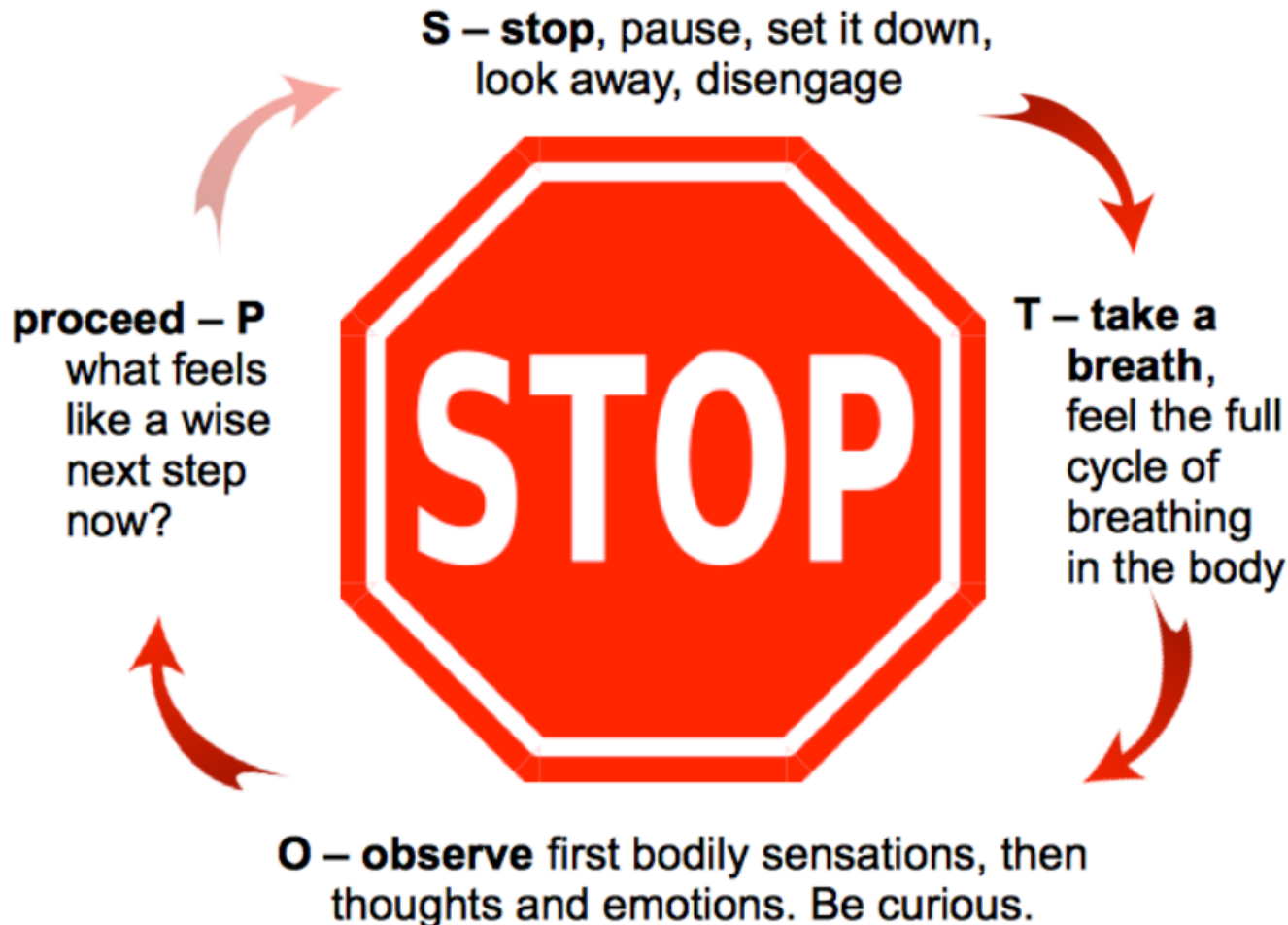
## Whole Person Self Care...*and* a Bag of Tricks





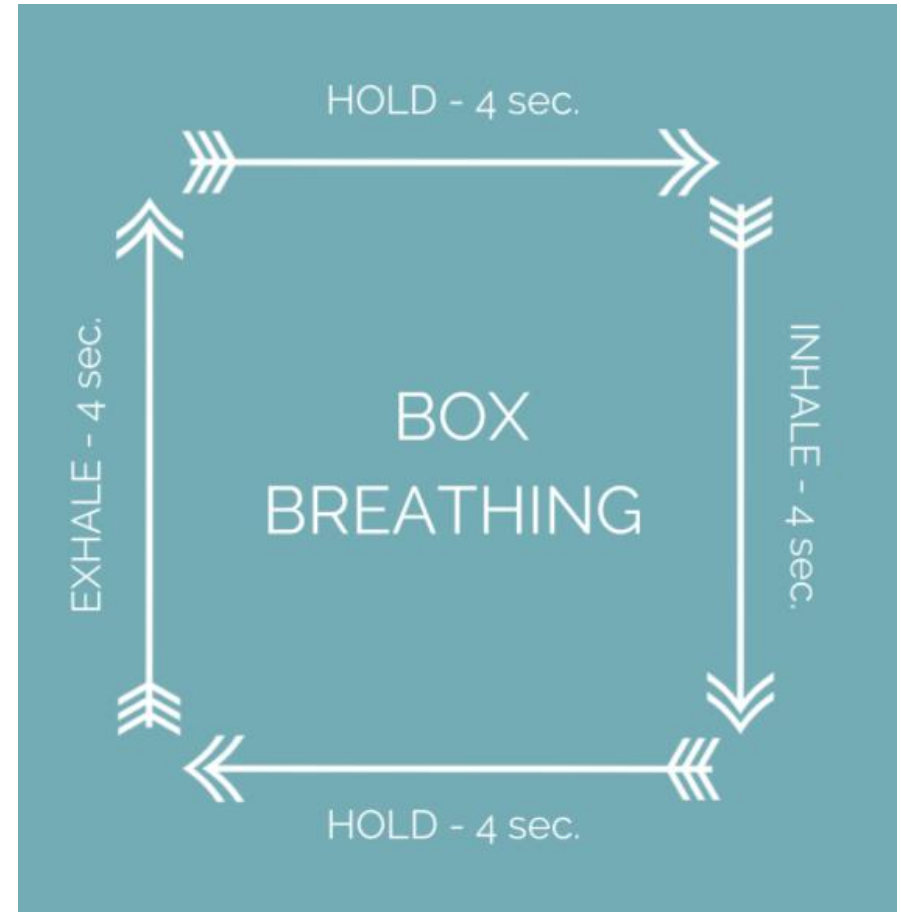
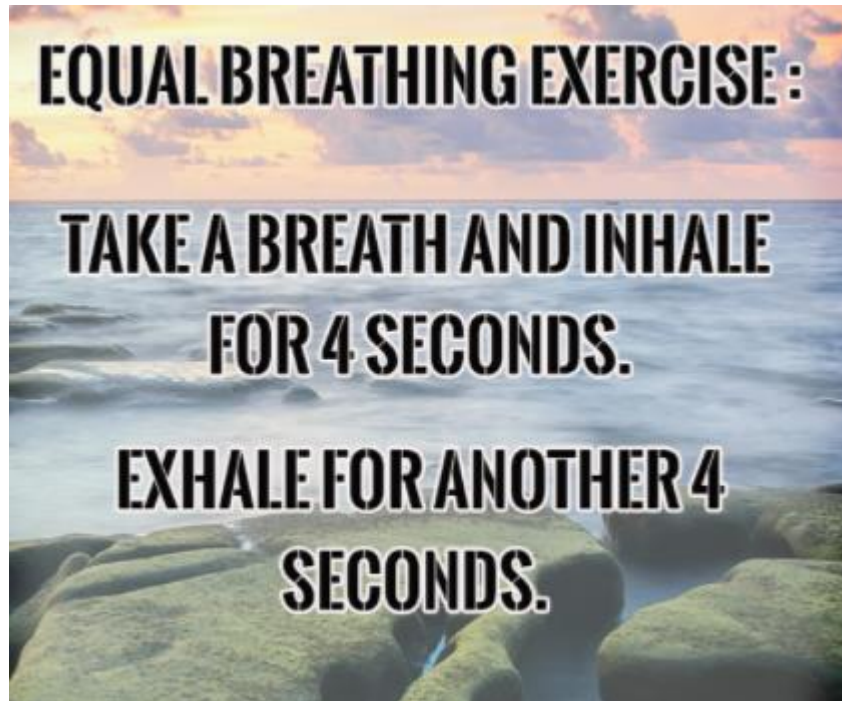
# Stress Management

## Acute and Episodic Stress: S.T.O.P.



# Stress Management

## Acute and Episodic Stress: T = TAKE A BREATH



# Stress Management

## Acute and Episodic Stress: O = OBSERVE

---

### 5 SENSES GROUNDING TOOL

---



5 things you can see



4 things you can feel



3 things you can hear



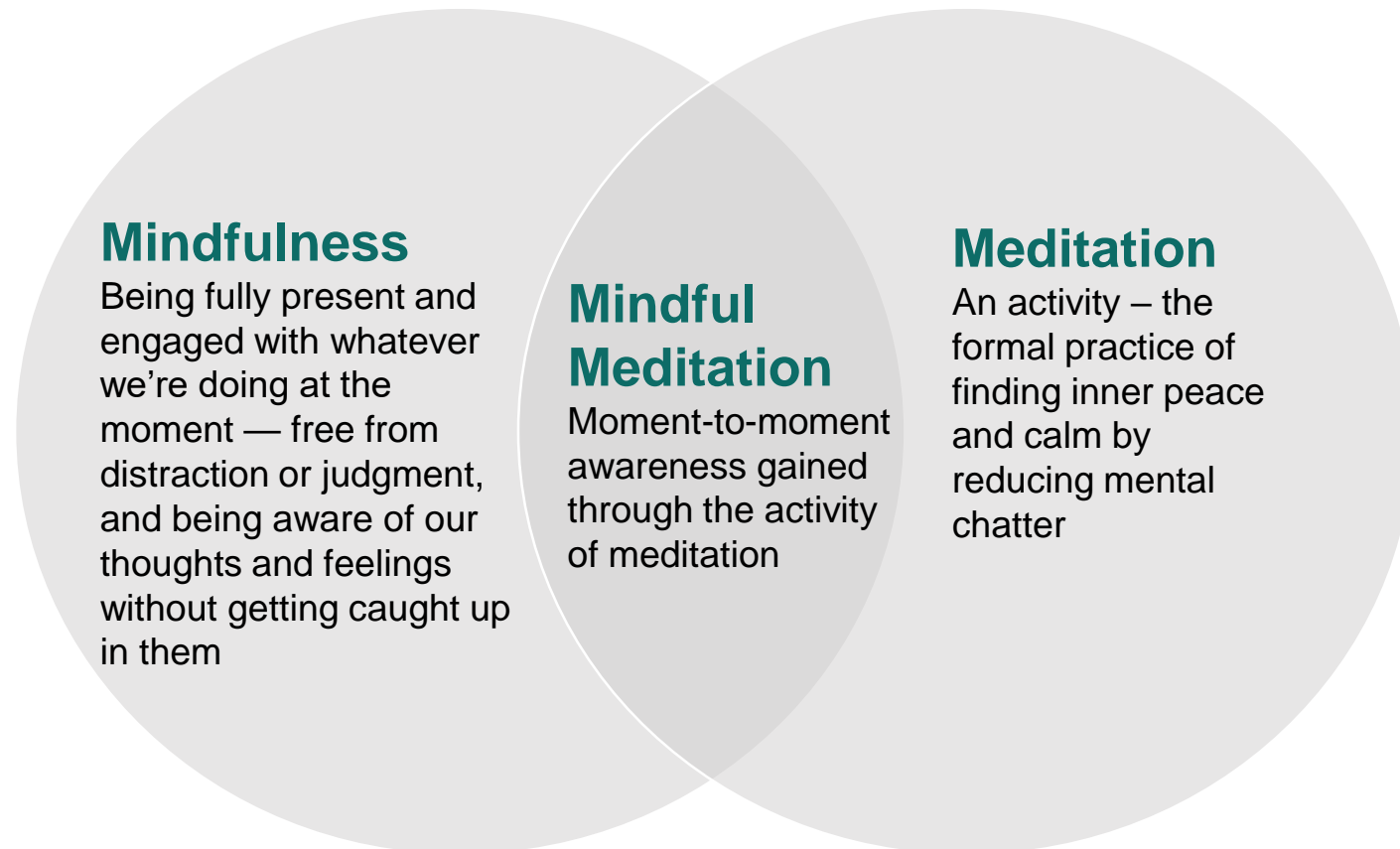
2 things you can smell



1 thing you can taste

# Stress Management

## Chronic Stress: Mindful Meditation



# Let's Practice!





# Tools & Resources

myStrength is an interactive wellness platform (web and app based) which provides self-management/self-care tools to improve awareness of our health needs from a mind/body/spirit perspective. Modules include:



Mindfulness and Meditation

- Stress
- Depression
- Anxiety
- Substance Use Disorder
- Trauma & PTSD
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)



Controlling Anxiety

To sign up:

- <https://mystrength.com/>
- Access Code
  - For HN Members – “HNwell”
  - For community at large - “HNCommunity”

# Mindful Meditation & Breathing

## Apps

Insight Timer	Calm	Simple Habit
Buddhify	Smiling Mind	Aura
Stop, Think, & Breathe	UCLA Mindful	Inscape
Headspace	Breethe	10% Happier

## [UCLA Mindful Awareness Research Center \(MARC\)](#)

### [Guided Meditation Podcasts](#)

Each weekly podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments.

Mindful.org: [www.mindful.org](http://www.mindful.org)

Free Course: [Insight Timer - Jack Kornfield and Tara Bach: Mindfulness Daily at Work](#)

## Benefits of Breathing

- [Breath Control Helps Quell Errant Stress Response](#)
- [Relaxation Effect of Prolonged Expiratory Breathing](#)

# Resources & Hotlines

State of California Website: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

- Call 211 – available 24/7 for assistance finding food or basic essential needs
- 24-hour Suicide Prevention Lifeline: 1-800-273-8255 or text 838255
- 24-hour Domestic Violence Hotline: 1-800-799-7233 or <https://www.thehotline.org/> (click *Chat Now*)
- Disaster Distress Helpline: 1-800-985-5990 (TTY 800-846-8517) or text TalkWithUs to 66746
- Crisis Text Line: Text HOME to 741741 for 24/7 crisis support

# Resources & Hotlines (cont.)



## National Parent Helpline

1-855-427-2736 - M-F 10am-7pm PDT

## Substance Use

- SAMHSA National Helpline: 1-800-662-HELP

## Mental Health

- NAMI California: 1-800-950-NAMI from 7am – 3pm or email [info@namica.org](mailto:info@namica.org)
- California Peer-Run Warm Line: 1-855-845-7415

## LGBTQ+

- Trevor Project: 1-866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth
- Lesbian, Gay, Bisexual and Transgender National Hotline: 1-800-273-8255 from 1pm – 9pm for support, information or help finding resources





Thank You!