

Stress 101

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Workshop Objectives

- 1. Develop individual awareness of one's stressors
- 2. Understand how stress impacts life positively and negatively
- 3. To learn effective stress management techniques
- 4. To adapt and incorporate success management techniques into one's lifestyle in uniquely individual ways

Which Way Do You Deal?

- King- demanding
- Warrior- impatient
- Artisan- withdraws
- Storyteller- defensive
- Server- overextends
- Priest- complains
- Scholar- argumentative

Debbie Gawrych, *The Seven Aspects of Sisterhood: Empowering Women through Self-Discovery*

Know Thyself

- How do you know when you are stressed?
- What are your stressors?
- How is stress helpful/harmful to you?

Symptoms

- **Do you tense up?**
- **Do you reach for something to eat, drink, smoke?**
- **Do you get impatient?**
- **Do you get angry?**
- **Are you reduced to tears?**
- **Do you give up?**
- **Do you let negative thoughts take over?**

Effective Coping

- What successful coping strategies have you used?

Some Tips.....

- Build stress management into each day
- Mindfulness vs Monkey Mind
- Daily ritual
- Practical with priorities
- Try something different
- Positive thinking + positive people

Back to Basics

- Self Care
 - Sleep
 - Eat well
 - Do something you love
 - Exercise
- Care for others
- How much is wellness worth?

Resources

- The Mayo Clinic:
<http://www.mayoclinic.com/health/stress-management/MY00435>
- National Mental Health Association:
<http://www.nmha.org>
- Mental Health America (nonprofit):
<http://www.liveyourlifewell.org/>