



"Here is the world. Beautiful and terrible things will happen. Don't be afraid."

~Frederick Buechner

Dana Wisniewski

- 11 years with AdvantageHealth
- Boulder, Colorado
- BS Community Health Education
- MS Management
- Wellcoaches Trained
- Certified Meditation Teacher
- Momma to two boys





MENTAL WELLBEING

It's not just the absence of mental disorder. It is a state of wellbeing in which one realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.



Foundation to Mental Wellbeing

Sleeping 7-8 hrs



Drinking More Water



Eating
More Plants



Moving Your Body



Connection
to others
& something
bigger





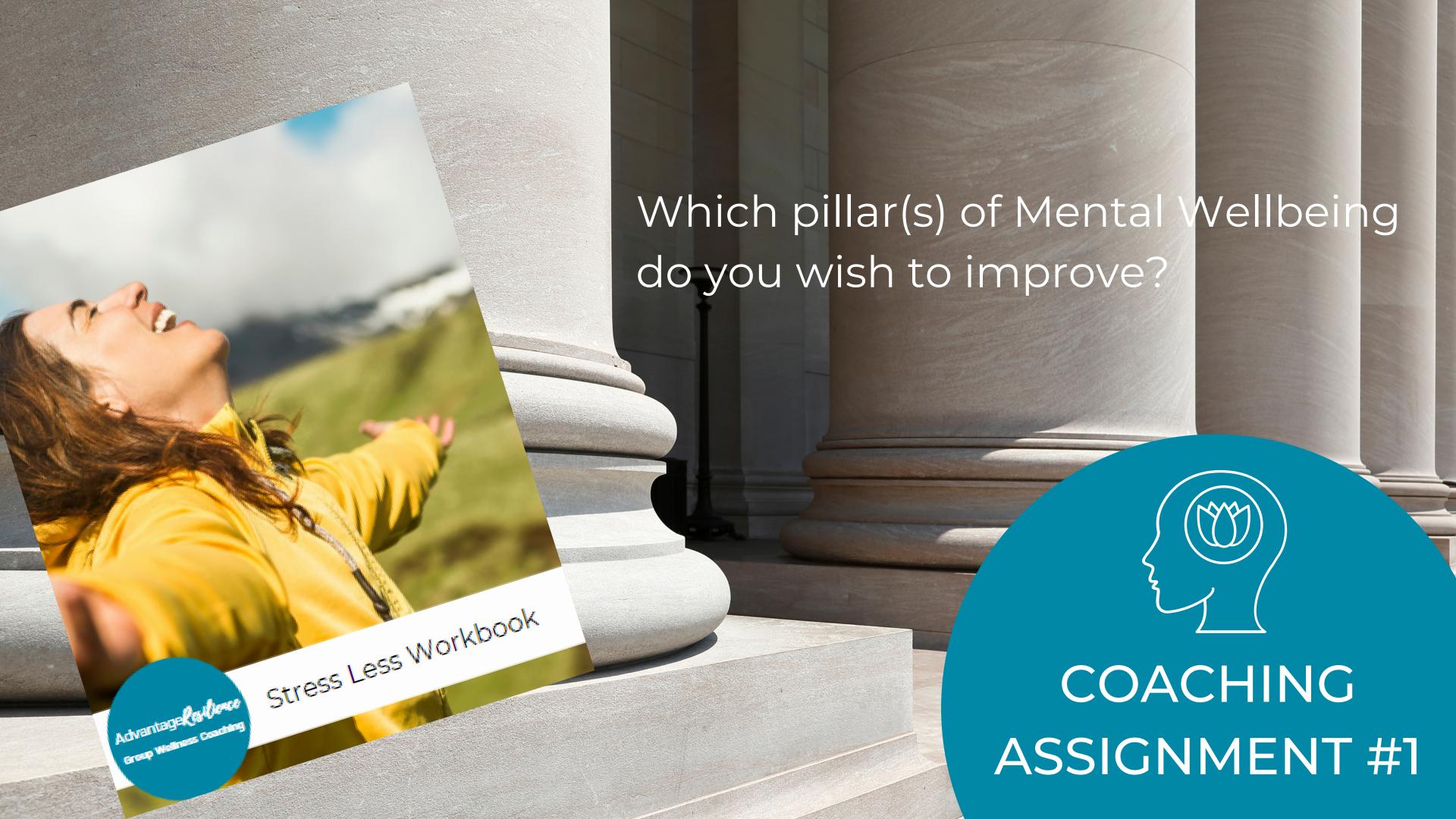




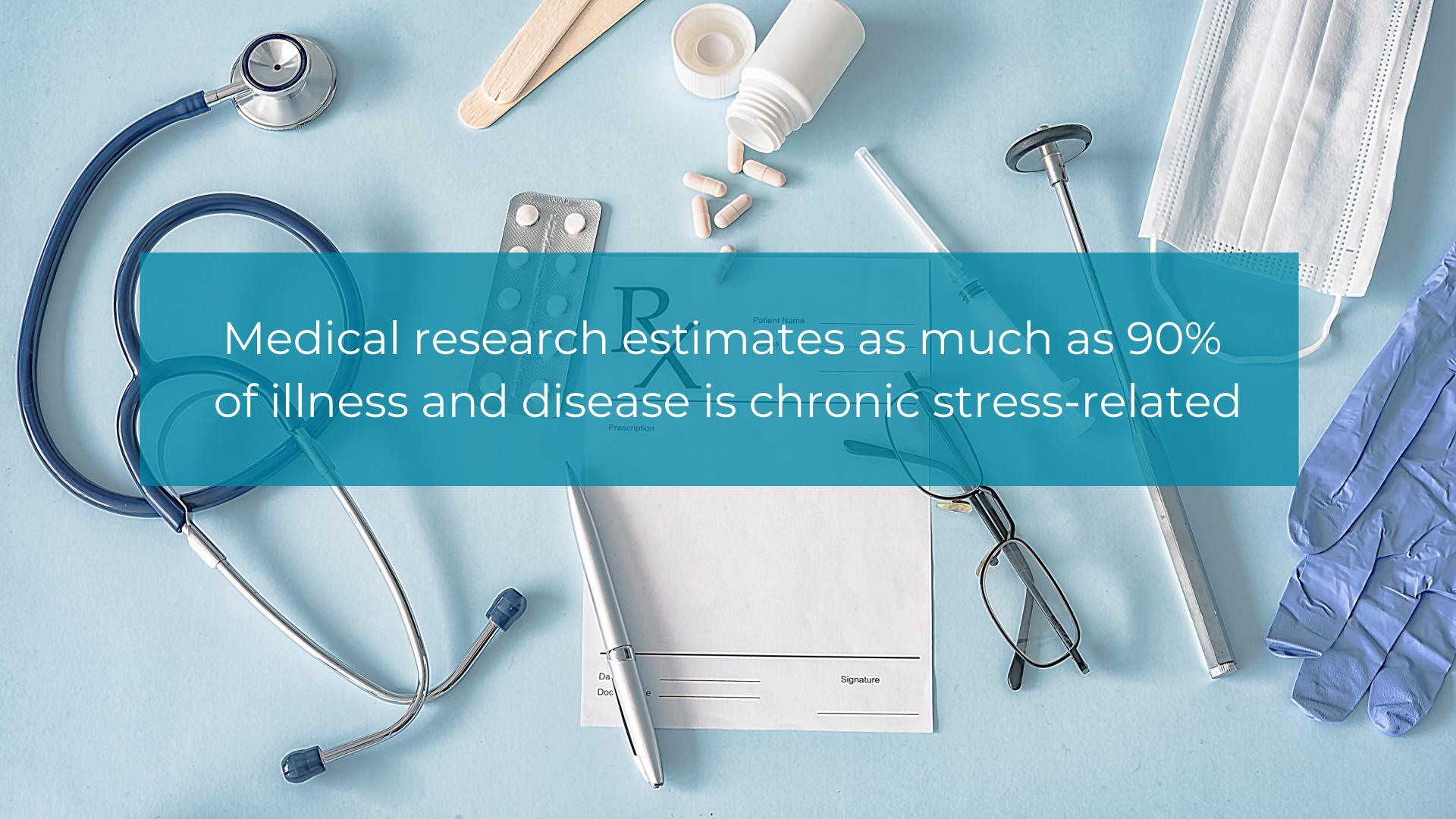
















Stressors - Things that stress us out: external & internal

Stress - Your response to things (Good news - we can adjust it!)

Stress Response is generic - Doesn't differentiate between psychological or physical

Stress & The Body: How long it lasts

 Short-term stress (acute): Good for the immune system! T cells or killer cells are activated)

 Medium-term stress: Days to weeks (train to calm the mind when body is activated)

• Long-term stress (chronic): Bad. Impacts sleep. Can lead to heart disease & other major illnesses

Stress & The Body:

- Stress Cocktail: Adrenaline, cortisol & endorphins flood the body.
- Heart pumps harder, blood flow increases, blood goes to big muscles, sharp cognition, narrow focus, pupils dilate, dry throat.
- Salivation, digestion, reproduction & tissue repair decrease.

How Stress Shows Up in the Body



BODY

Headaches, muscle tension, frequent illness, fatigue, diarrhea, breathlessness, skin irritation



Worrying, inability to concentrate, indecision, brain fog, negativity, sinical, nightmares





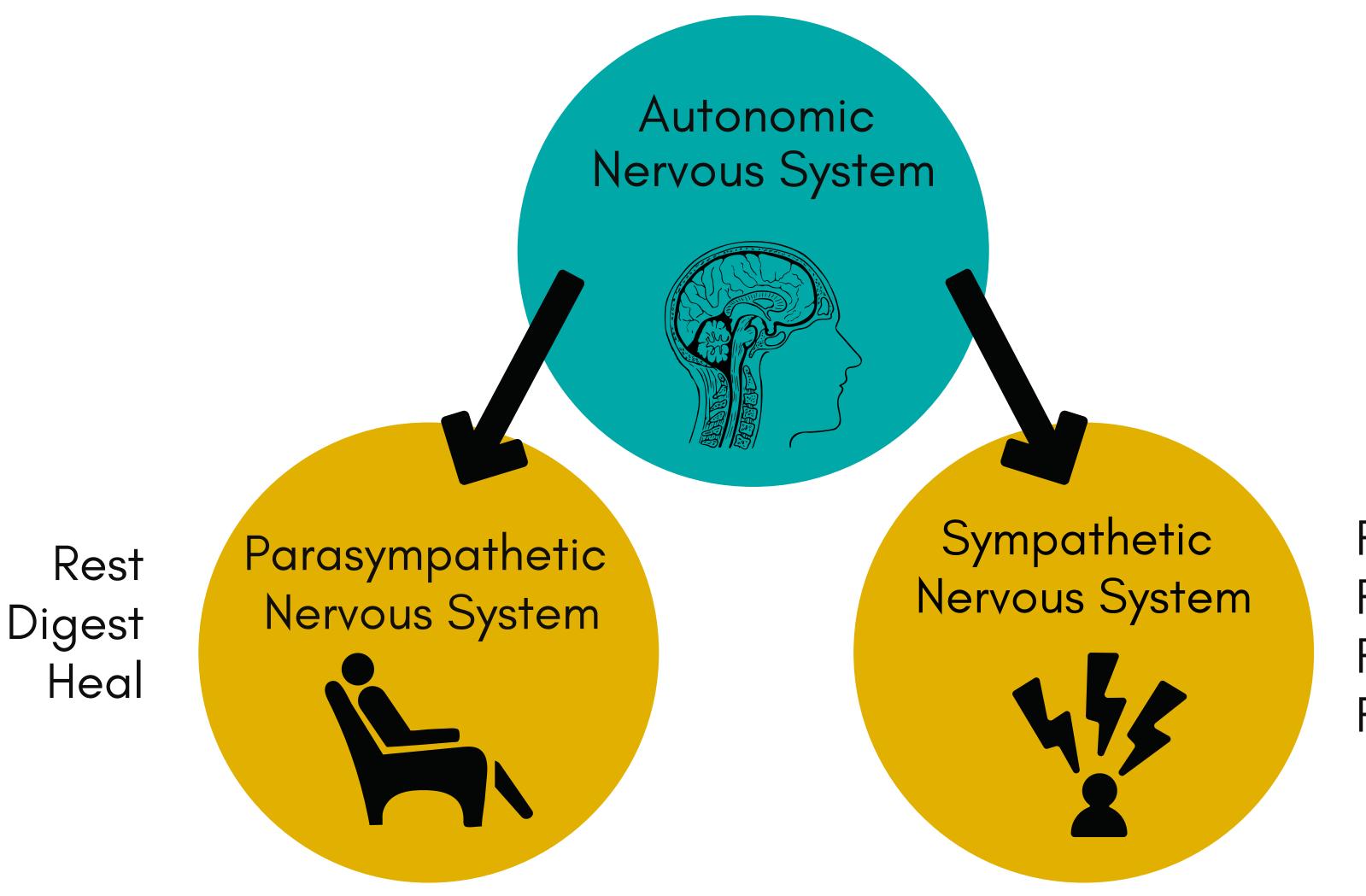
EMOTIONS

Loss of confidence, irritability, depression, anger, apprehension, anxiousness

BEHAVIOR

Over/under eating, drinking more, loss of sex drive, insomnia, restlessness, smoking more, accident prone, withdrawn





Fight
Flight
Freeze
Fawn

Stress Response



FIGHT

Iirritability, anger, movement, aggression



Anxiety, fear, panic, avoiding, chronic worry, perfectionism



FREEZE

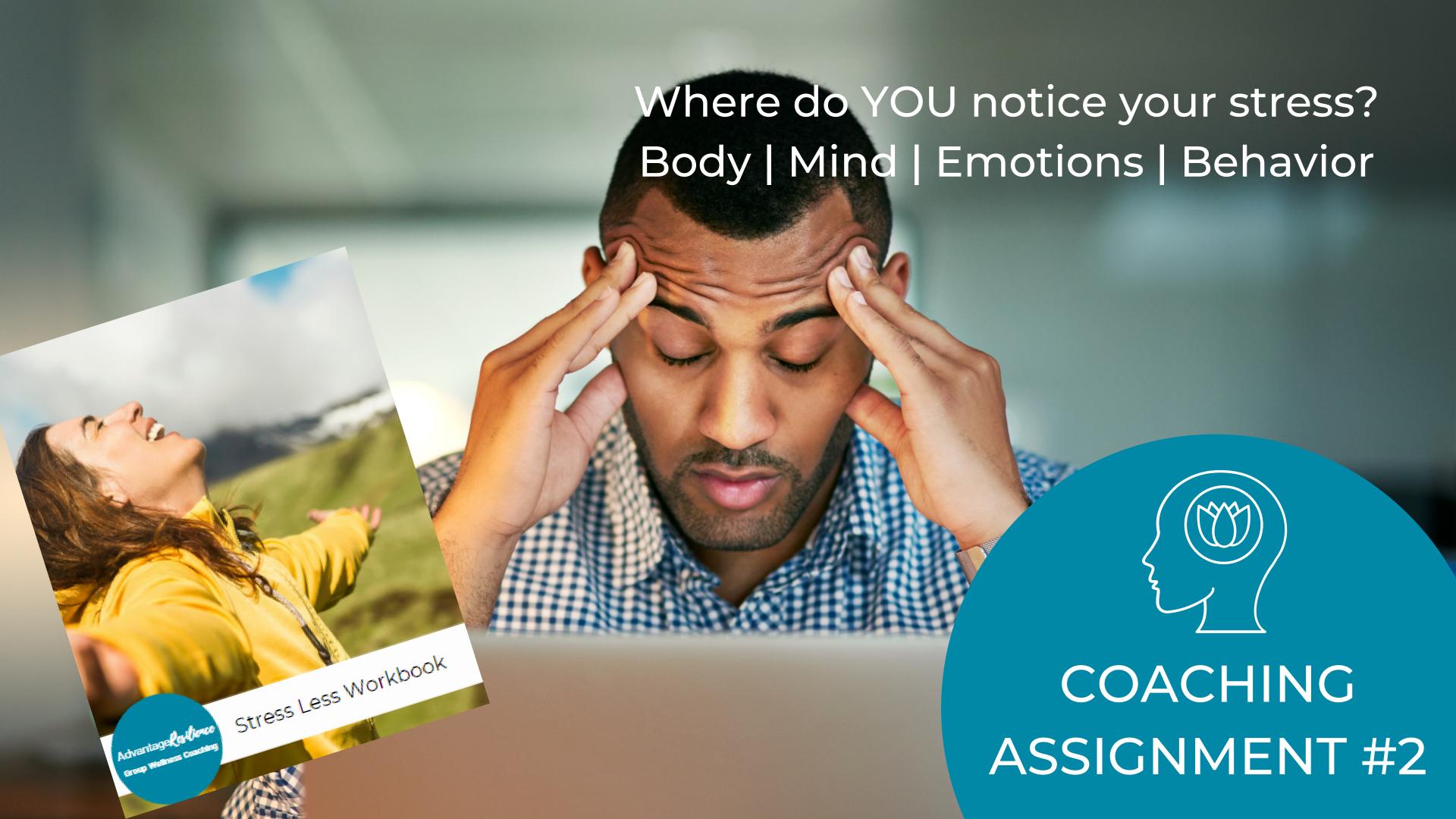


Stuckness, collapse, immobilization, spacing out, discciation, depression, shame

FAWN

People-pleasing, avoiding conflicts, prioritizing others over own, difficult saying no, setting boundaries now







Learn to control the stress response

Difficult for mind to control mind

What does not work: Telling yourself to calm down

We need real-time tools to shift from Sympathetic to Parasympathetic







Decrease your alertness:

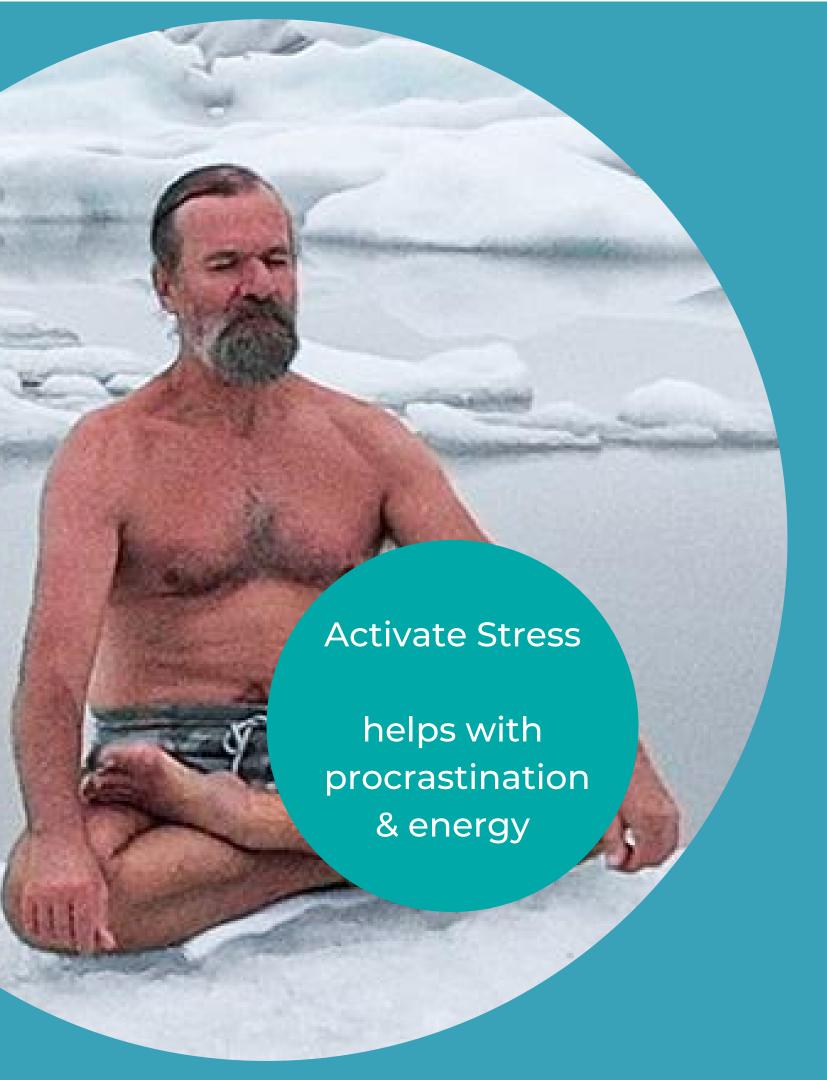
- 1) Double inhale: Deep inhale then mini inhale (nose)
- 2) 3x's longer exhale.

Repeat 10 - 15 times to help with sleep.

Research indicates this is the fastest way to calm down in real-time.







Increase your alertness:

- Tummo Breathing, Super
 Oxygenation Breathing, Wim Hoff
 Breathing
- 20 25 breaths
- Releases adrenaline (combats infections)
- Ice bath & cold shower work
- Avoid when stressed or near water



Supplements for stress / reducing cortisol:

- Theanine
- Ashwaghanda
- Magnesium



The Workbook

Establish your Mental Wellbeing Pillars Which pillar(s) of Mental Wellbeing do you want to improve?

-> Set up to 3 S.M.A.R.T. Goals

Pay attention:

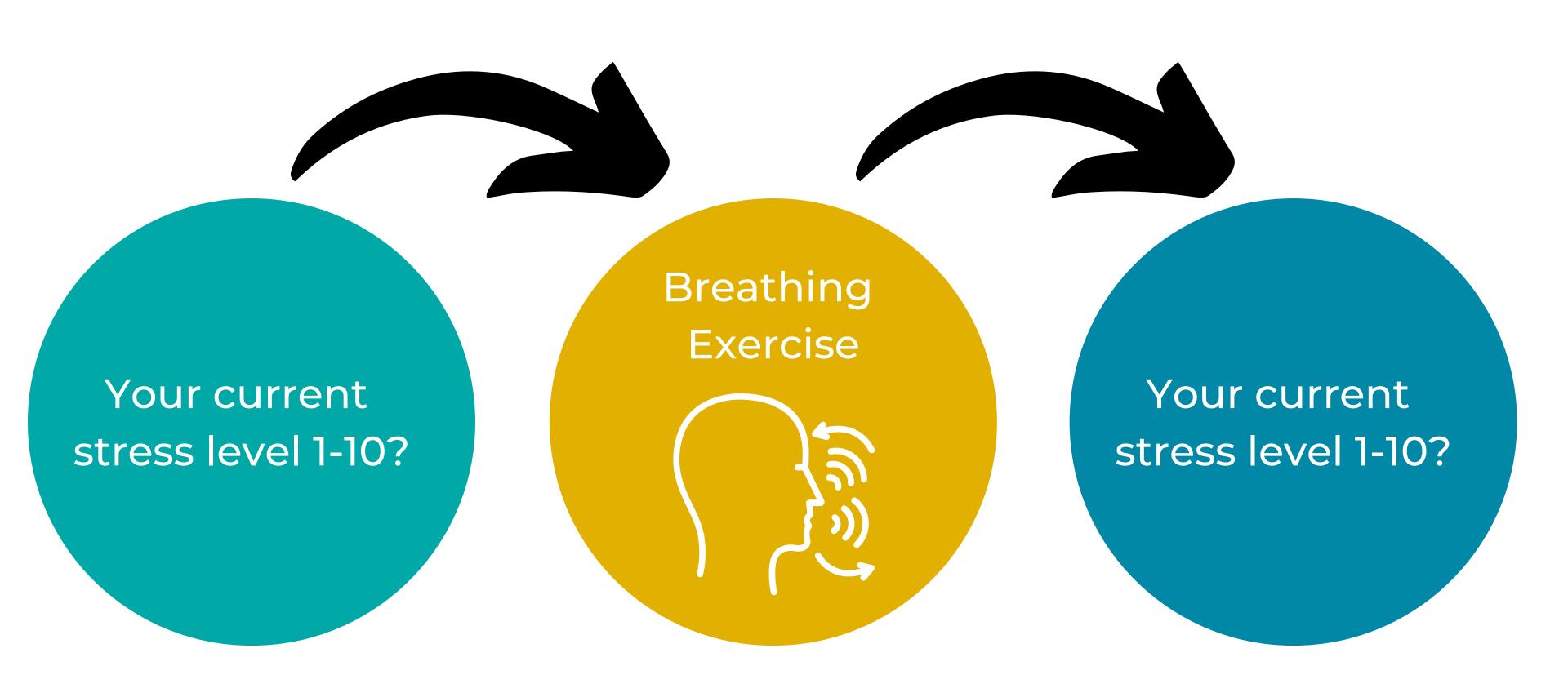
Where do YOU notice your stress?

Body | Mind | Emotions | Behaviors

Mindful Check-in & Using Your Breathing techniques 4x's in a day









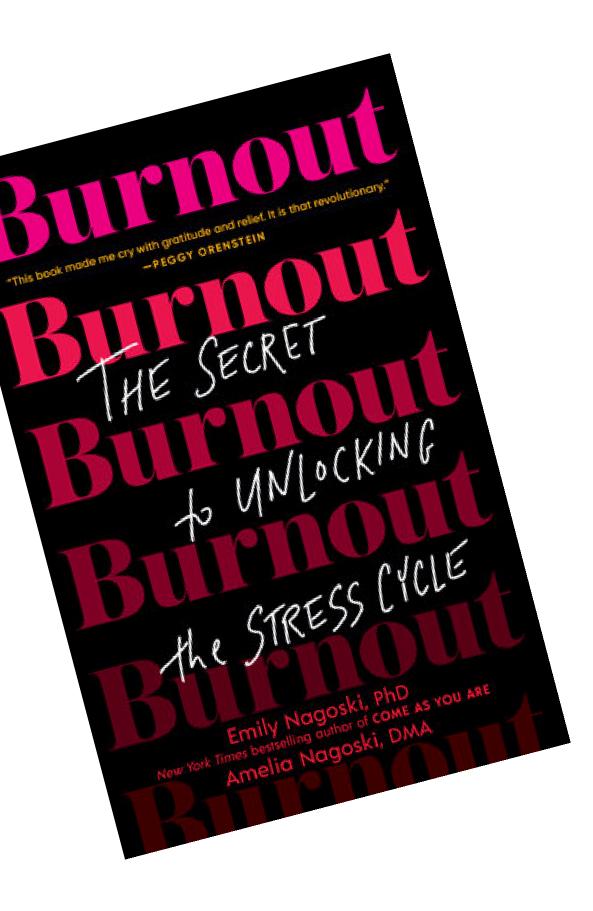


Chronic Stress/Burnout:

- Emotional exhaustion
- Depresonalization (lack of compassion, caring)
- Decrease sense of accomplishment (nothing I do makes a difference common for men to feel this way)
- Care-givers experience high burnout (nurses, teachers, parents)

Stress Cycle: Your goal is to complete the cycle to prevent burnout





Burnout – Just because you've dealt with the stressor, doesn't mean you've dealt with the stress

These are ways to signal to your BODY that it can complete the stress cycle & stop pumping the stress juice

Telling yourself that you're safe isn't enough

Your digestive system, reproductive system, immune system, cardiovascular system & musculoskeletal system never get the signal they're safe

















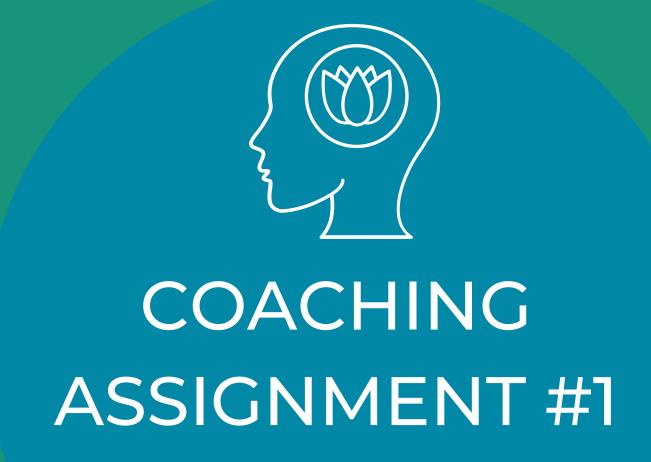


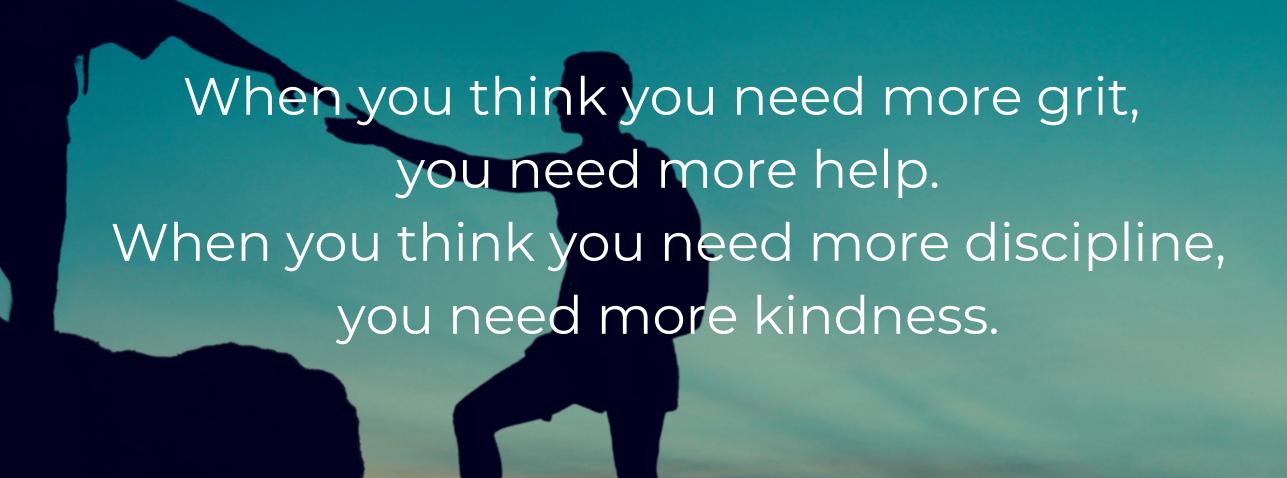
You might experience completing the stress cycle as a shift in mood or mental state or physical tension, as you breathe more deeply and your thoughts relax.



Select 2 - 3 of these activities that you can try for the next week

Share your thoughts.







Kindness & Compassion

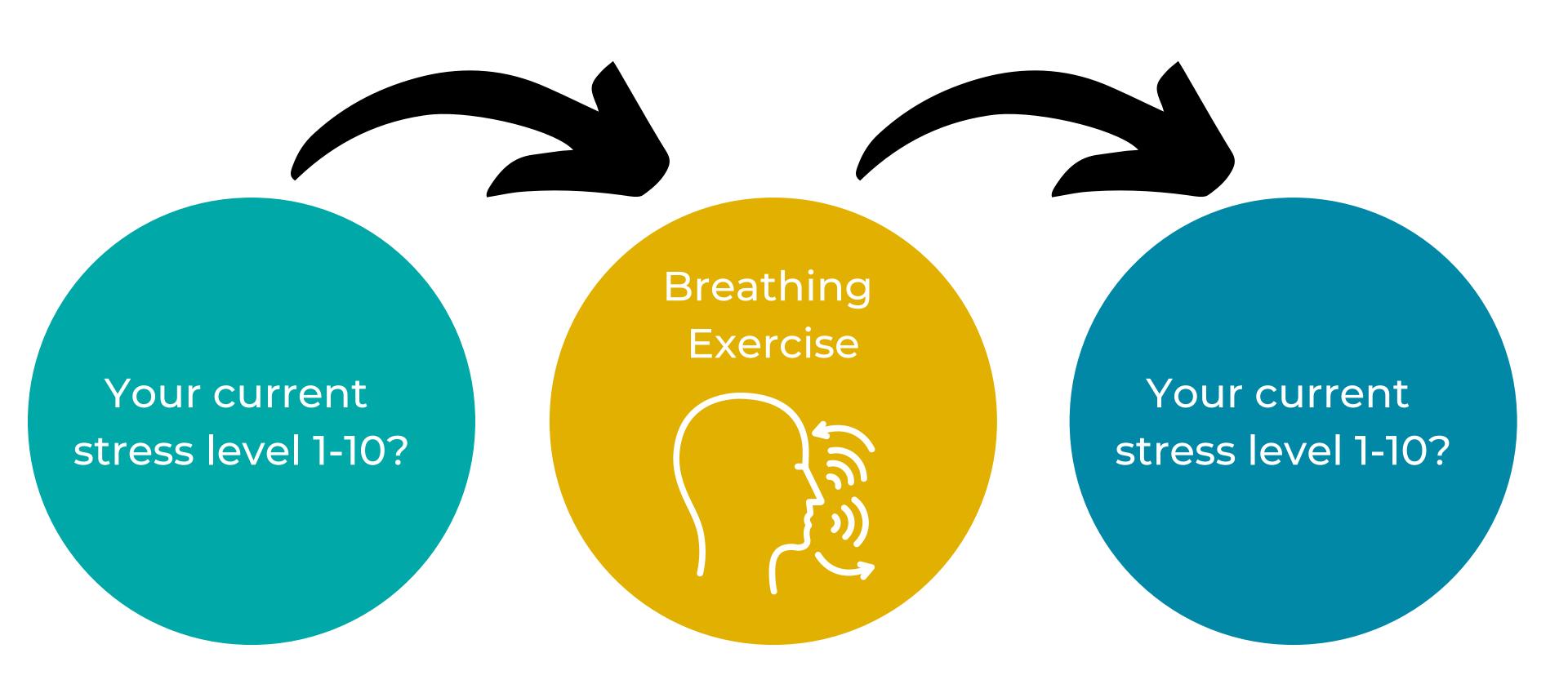
"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

~ 14th Dalai Lama



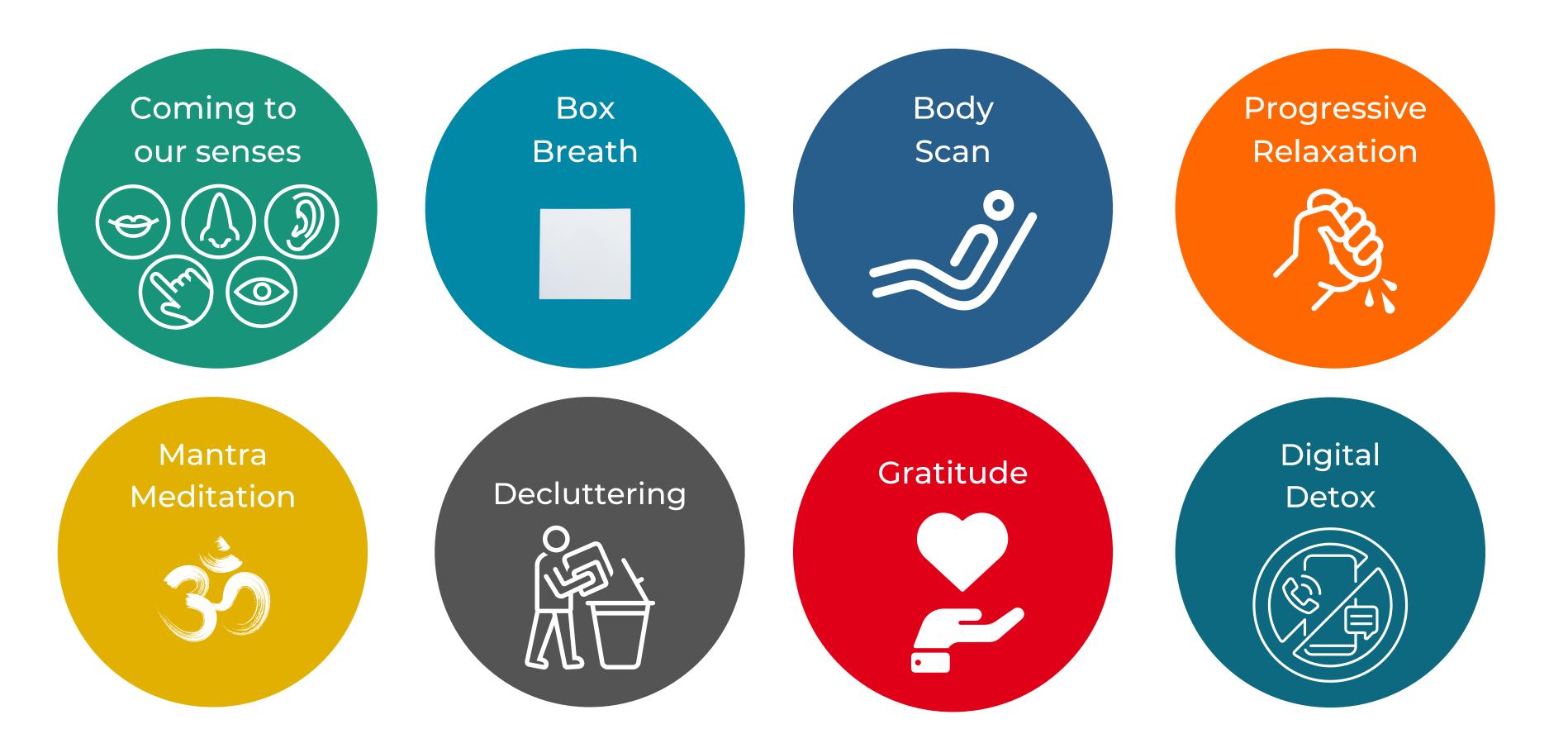








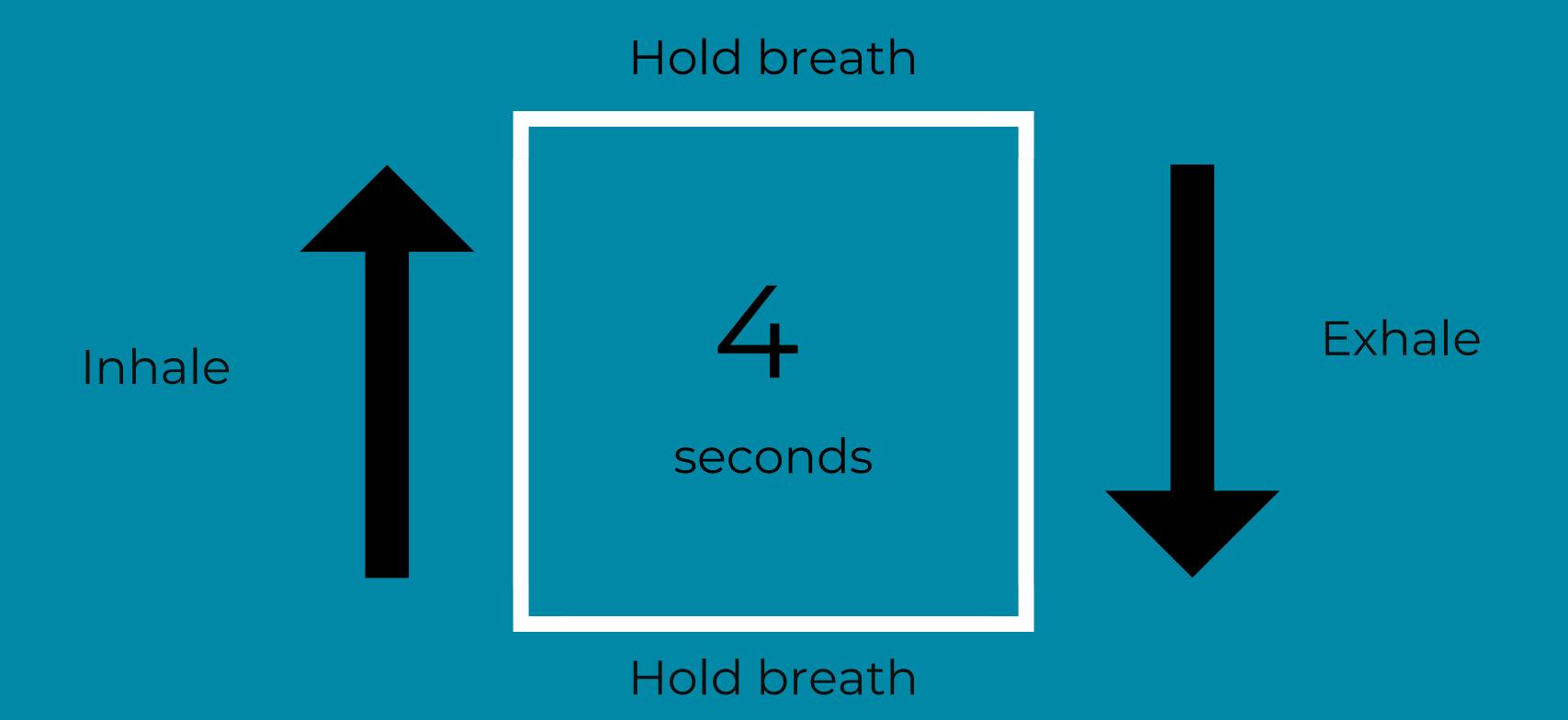
Stress Reduction Techniques: Reduce & Prevent Stress







Box Breathing or 4 Square Breathing

















Select 2 - 3 stress reduction techniques that you can try for the next week

Share your thoughts

