

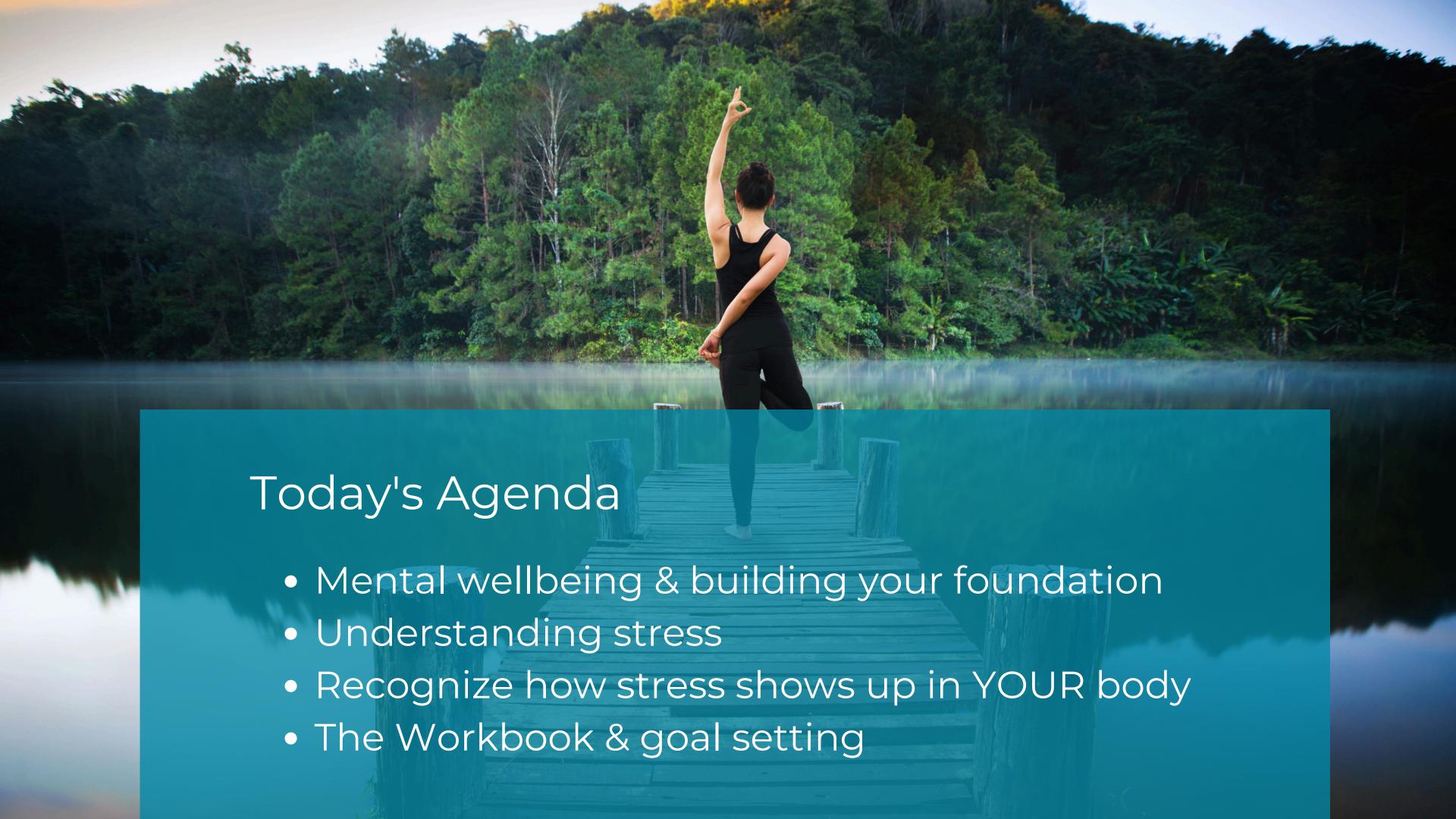


"Here is the world. Beautiful and terrible things will happen. Don't be afraid."

~Frederick Buechner

Dana Wisniewski

- 14 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

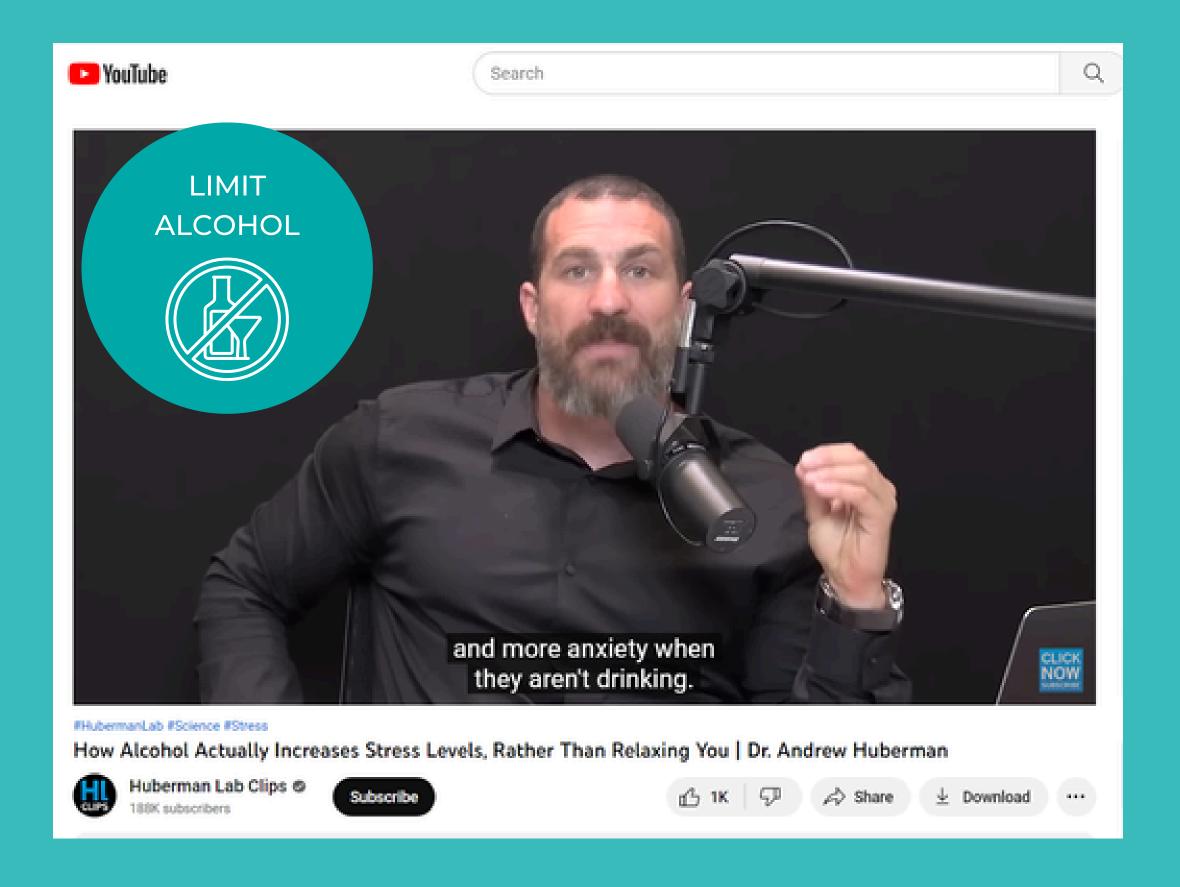


Connection
to others
& something
bigger









People who drink:

- 1 drink/day or
- 2-3 drinks one night/week
- Pattern for a few months

Release more cortisol from adrenals when they are not drinking - changes in brain chemistry & neural circuits.

They feel more anxiety when they are not drinking.

Dry January
Mocktails
Sober-curious







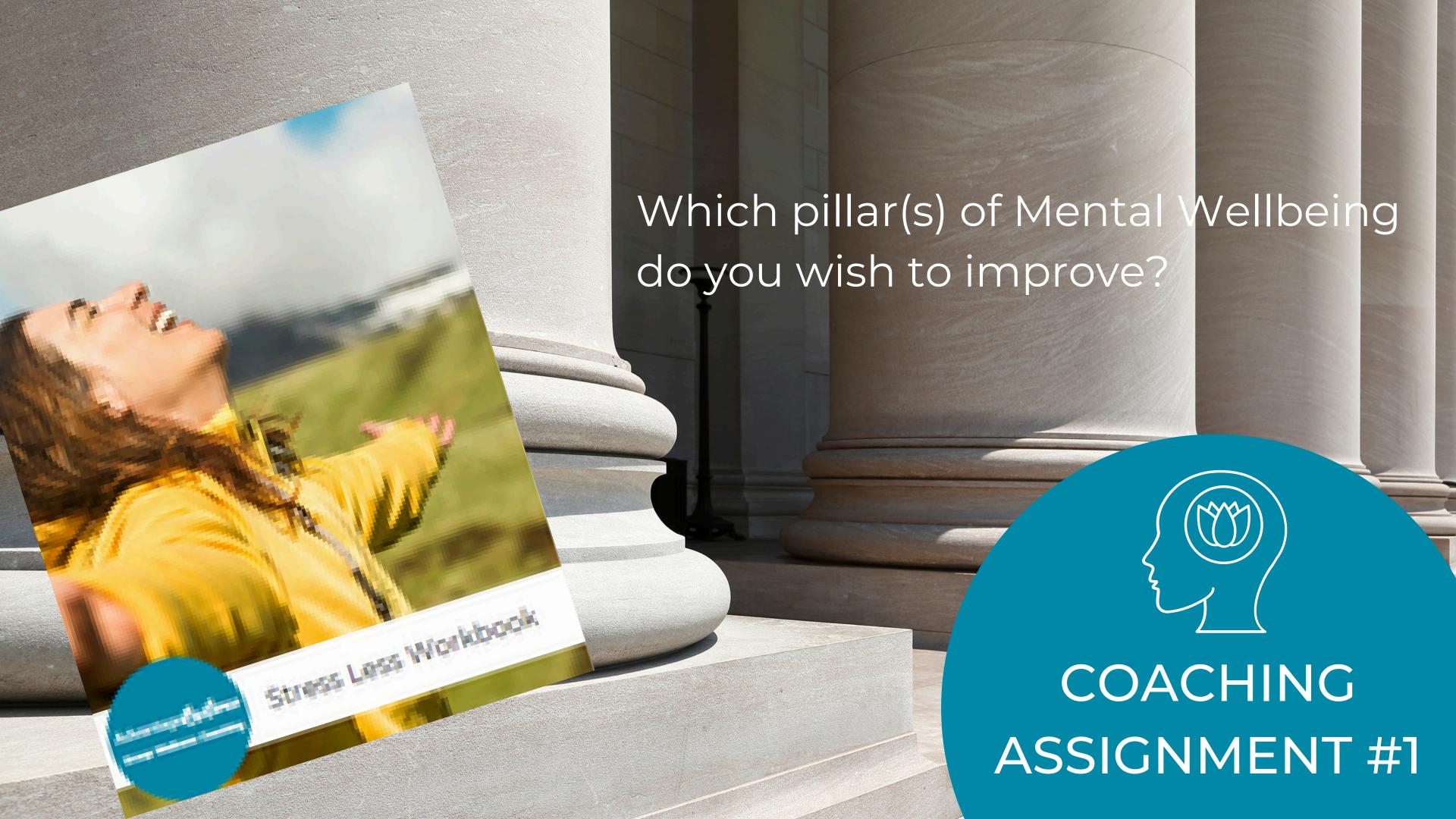
Supplements for stress / reducing cortisol:

- Theanine
- Ashwaghanda
- Magnesium

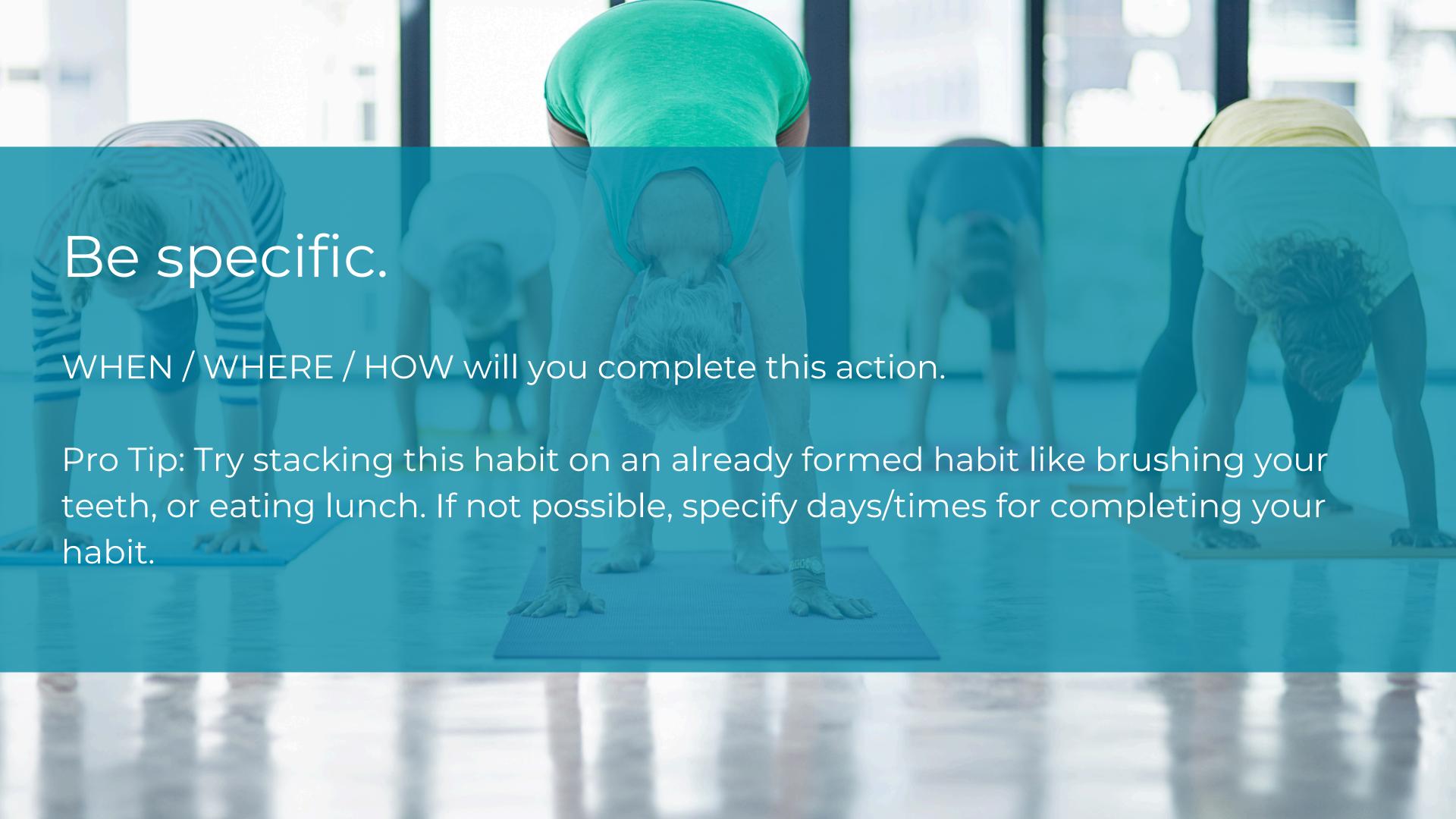












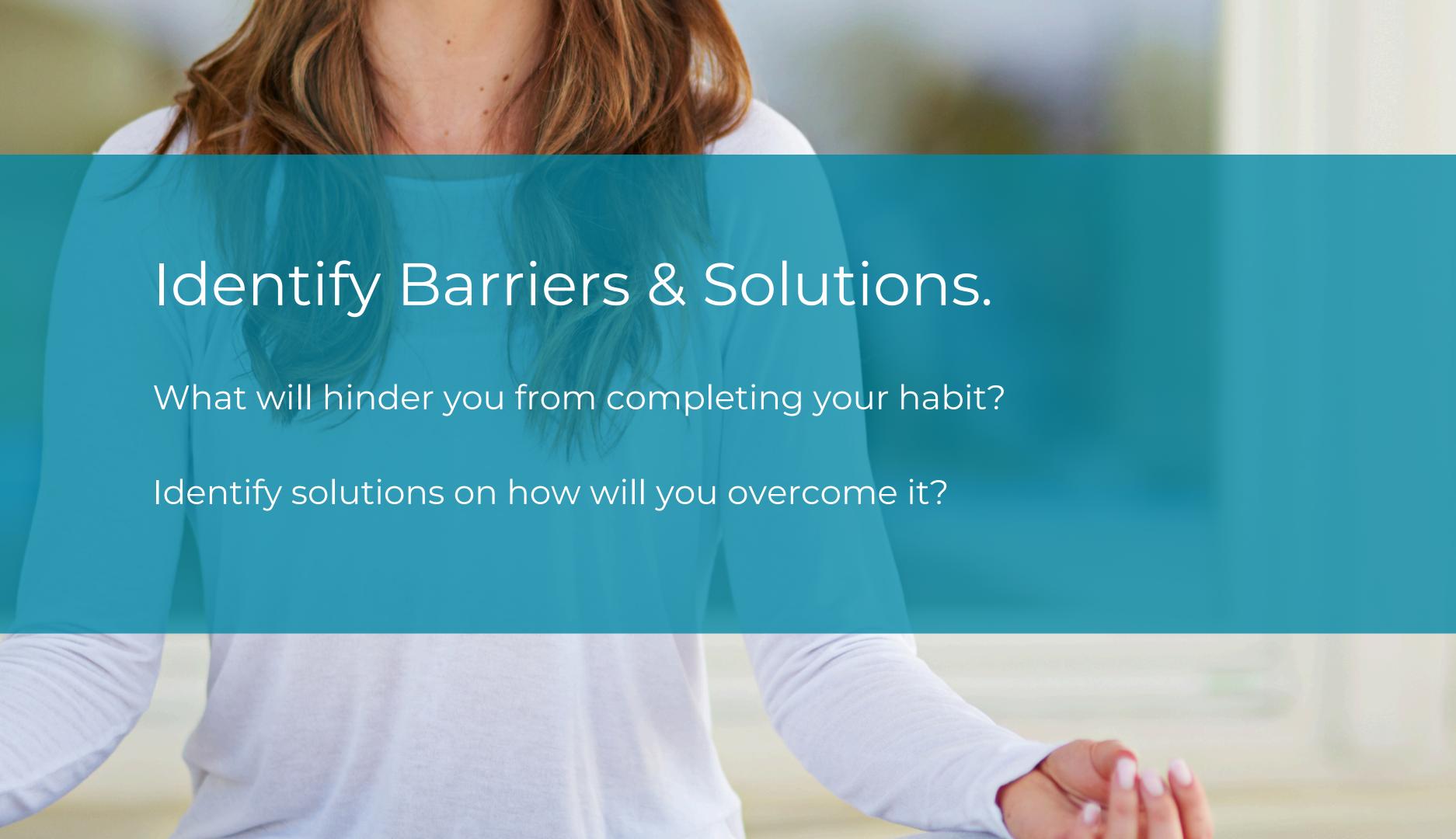
Rate your confidence.

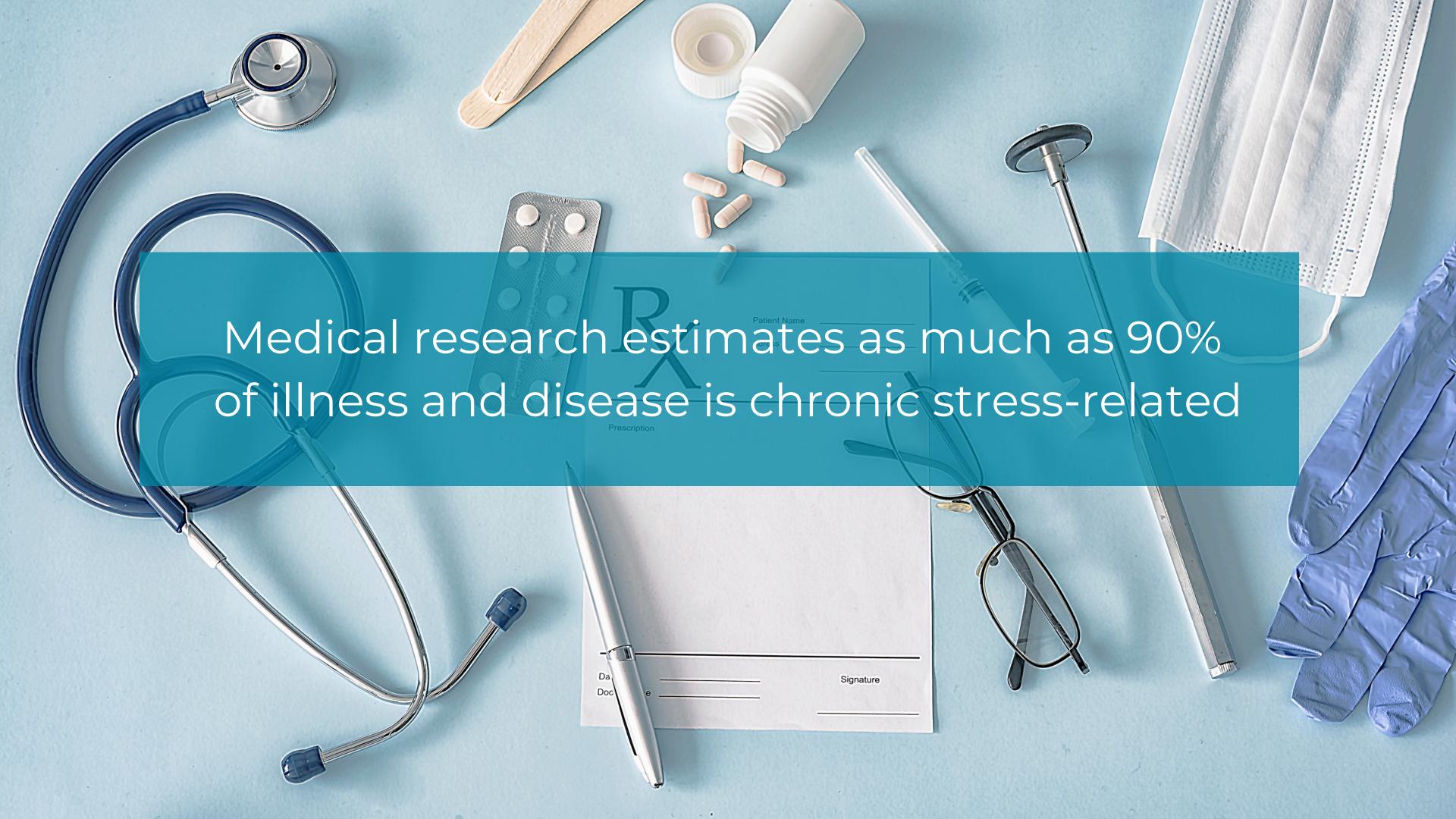
Rate how confident you feel you will be able to complete your new habit(s). Use a 1-5 scale.

1 - This is NOT going to happen

5 - I've GOT this!

Need to rate yourself at a 4 or more. Anything less than a 4, go back a reassess the habit(s) you picked and how can you make them easier to manage









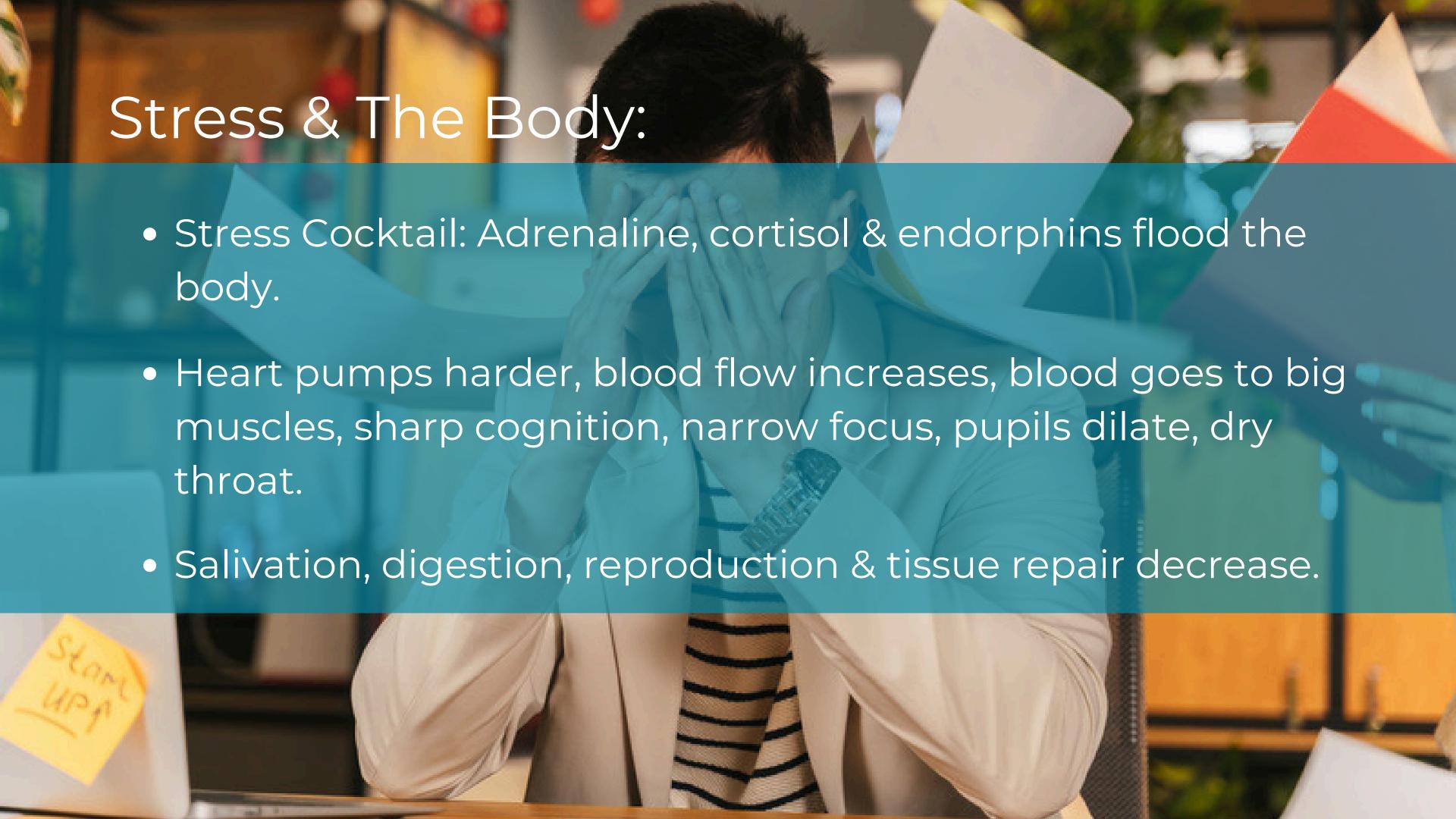
Stressors - Things that stress us out: external & internal

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.



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





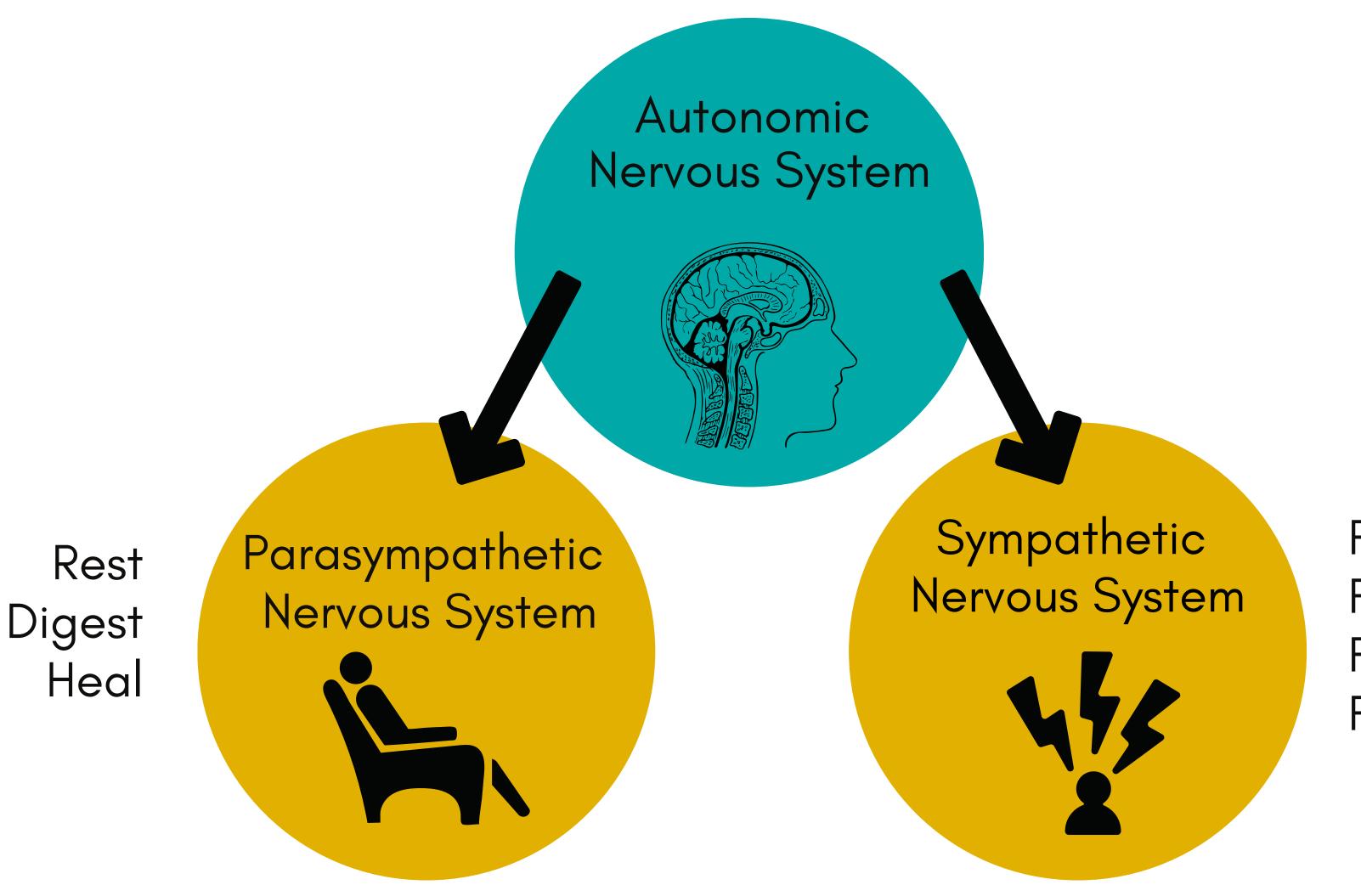
EMOTIONS

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

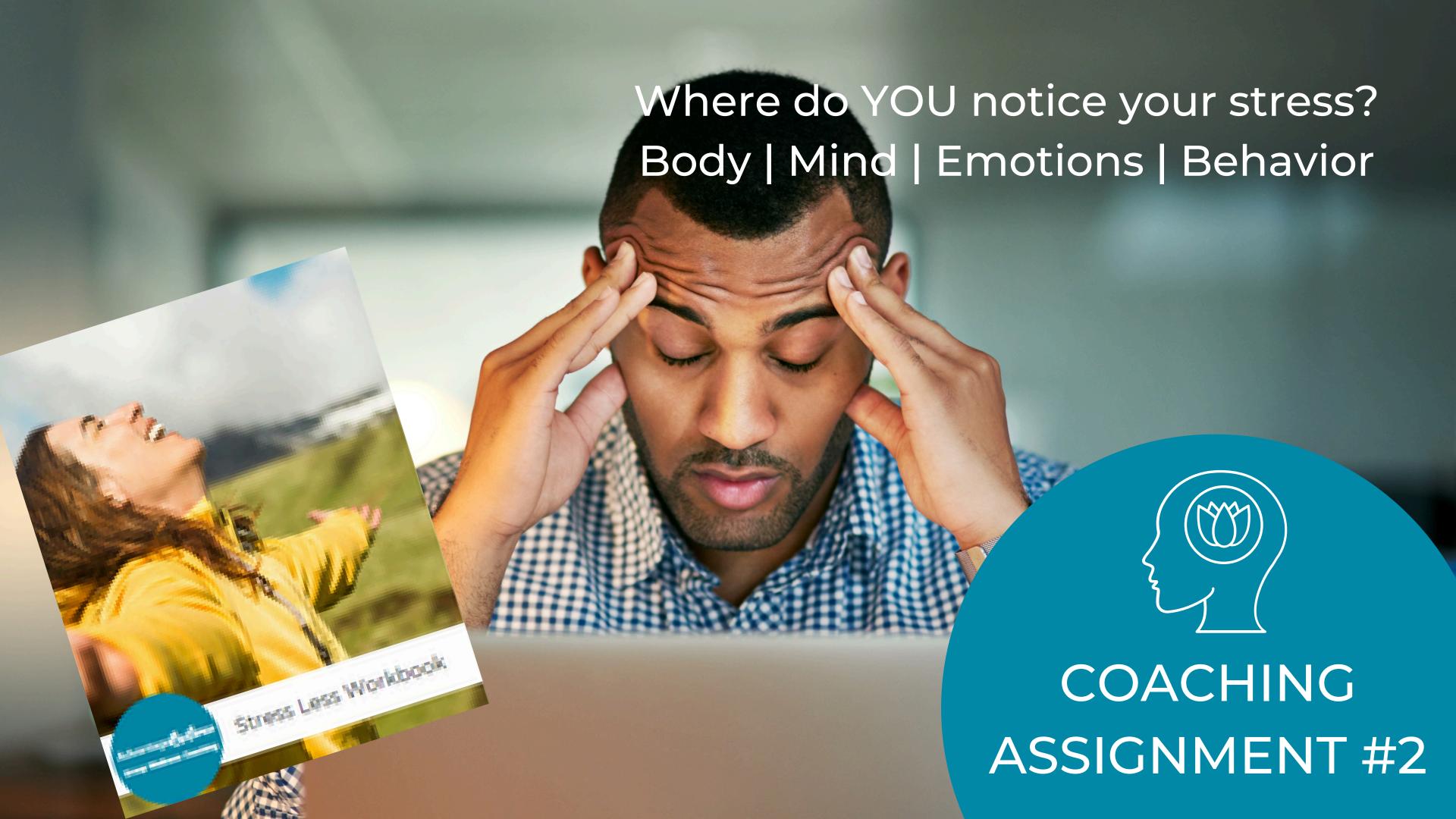


Stuckness, collapse, immobilization, spacing out, discciation, depression, shame

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 Hof
 Breathing
- 20 30 breaths (complete 3-4 rounds)
- Releases adrenaline (combats infections)
- Avoid when stressed or near water

Cold exposure: Ice bath & cold shower work (30 seconds - 2 min)





The Workbook: Week 1

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

-> Set up to 1 - 3 goals / habits

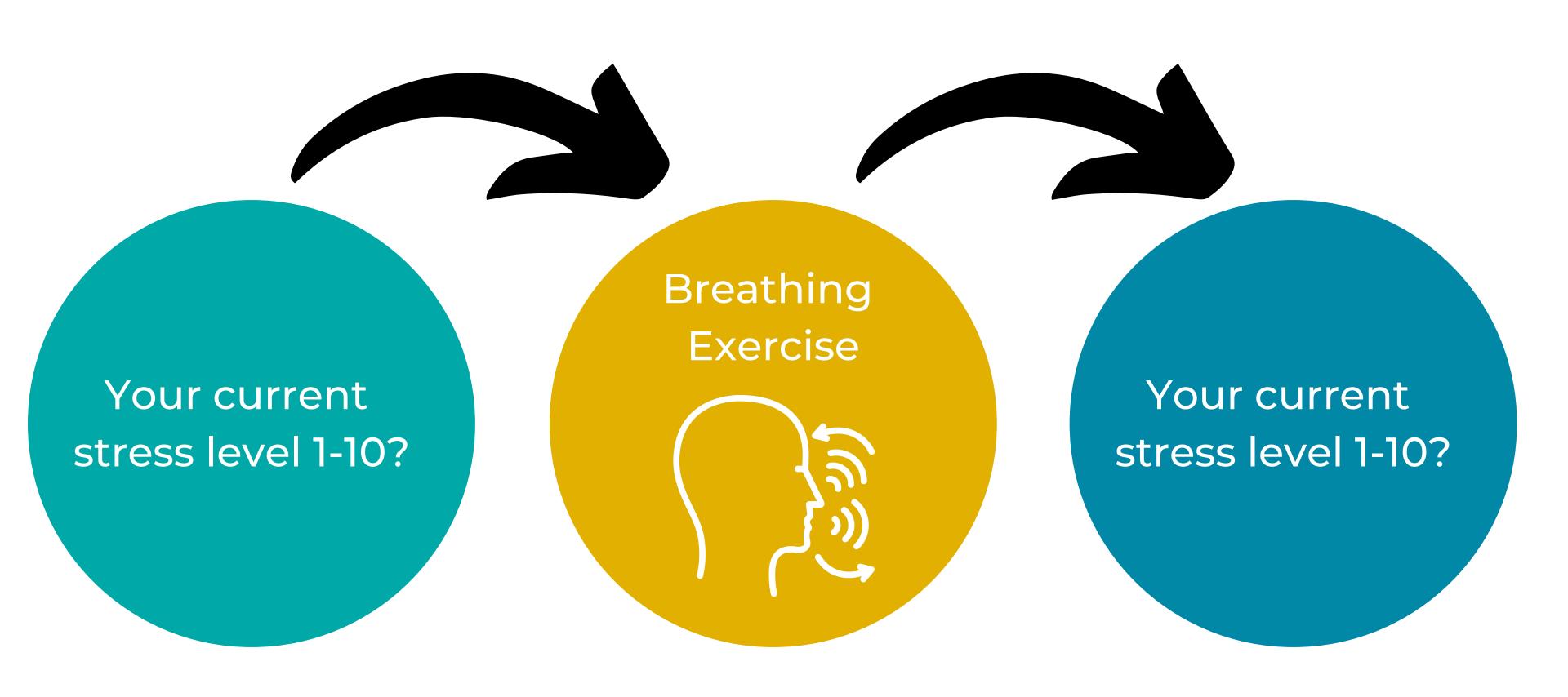
Pay attention:

Where do YOU notice your stress?
Body | Mind | Emotions | Behaviors

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









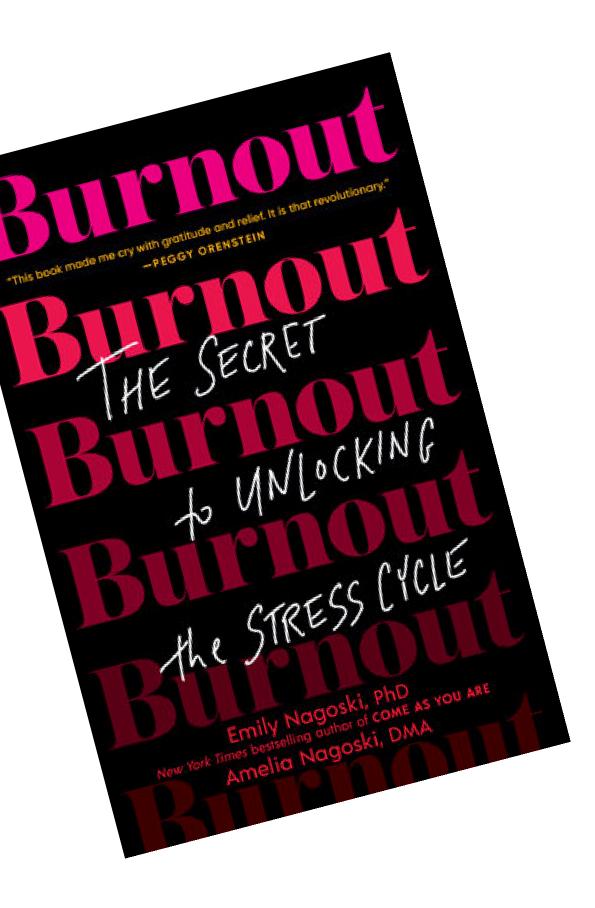


Chronic Stress/Burnout:

- 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



















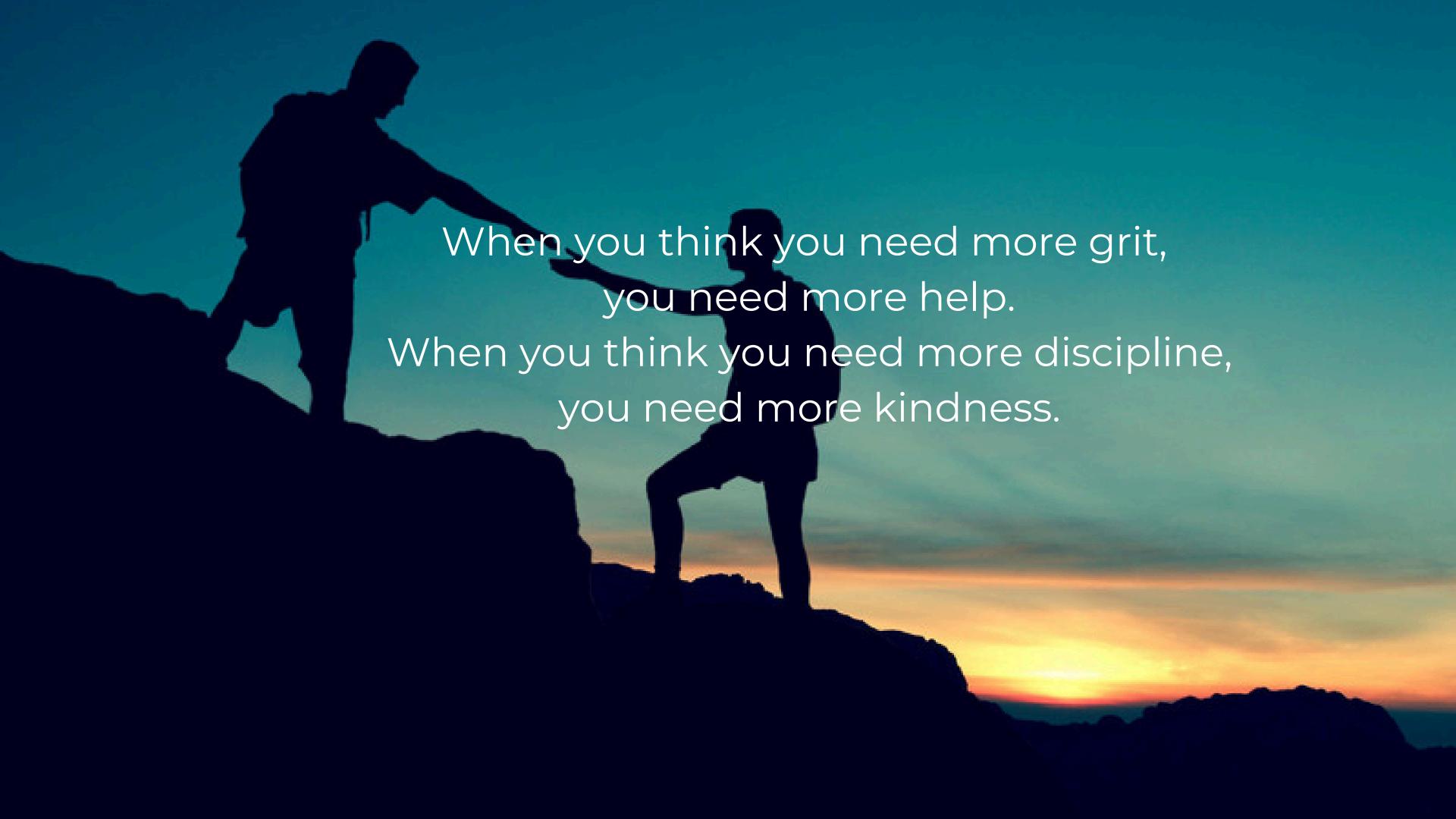
You might experience completing the stress cycle as a shift in mood or mental state or physical tension, as you breathe more deeply and your thoughts relax.



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

Share your thoughts.







Kindness & Compassion

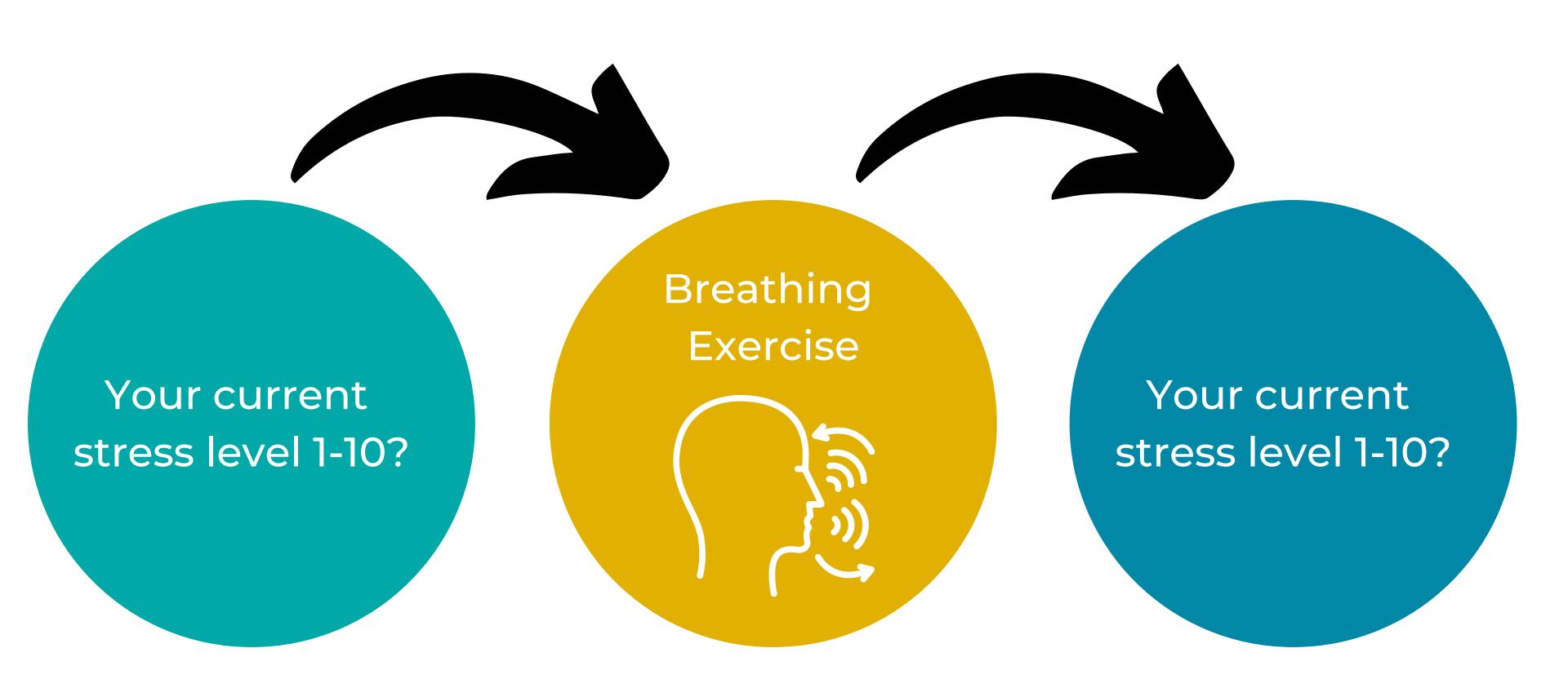
"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

~ 14th Dalai Lama



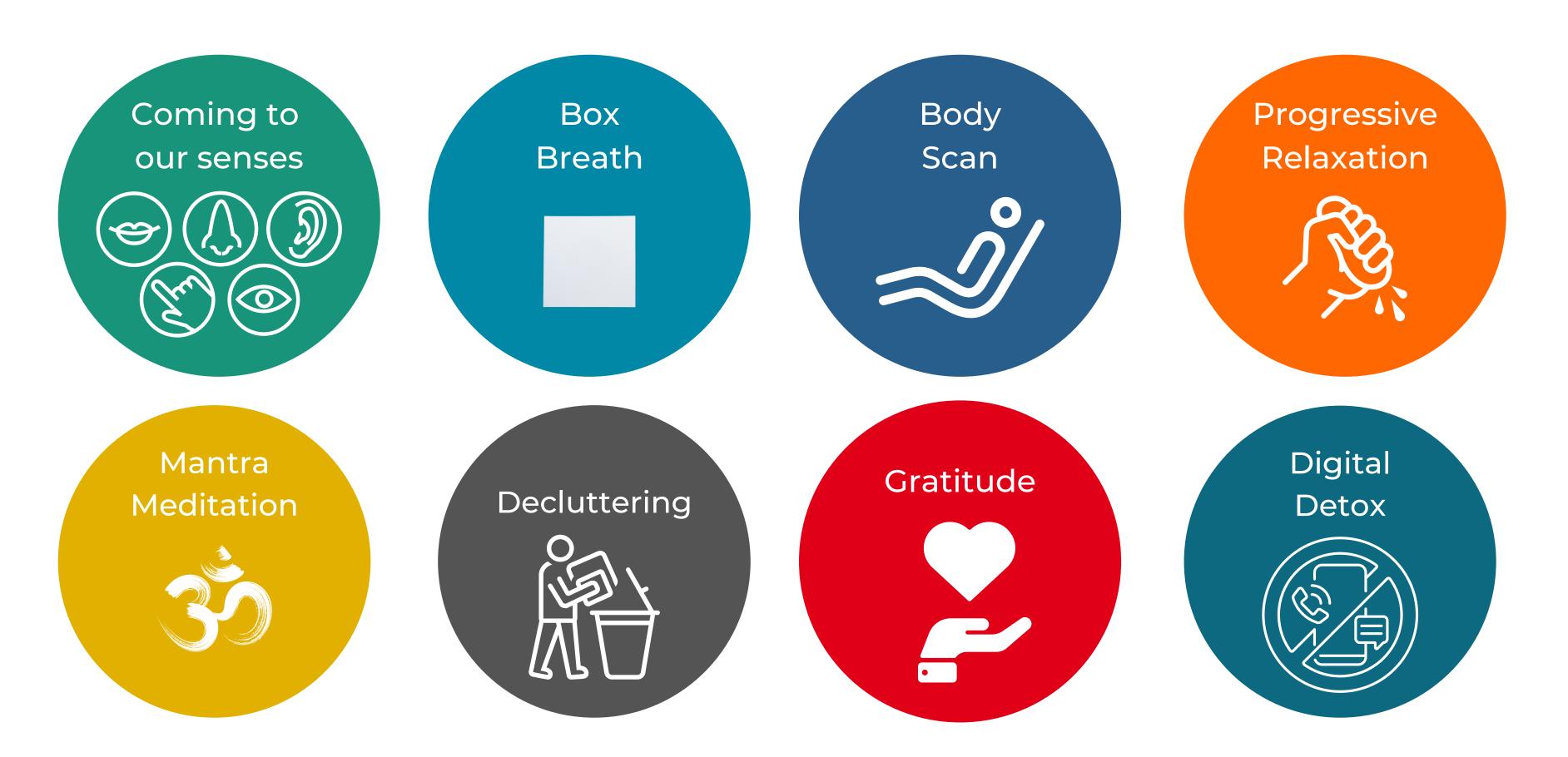








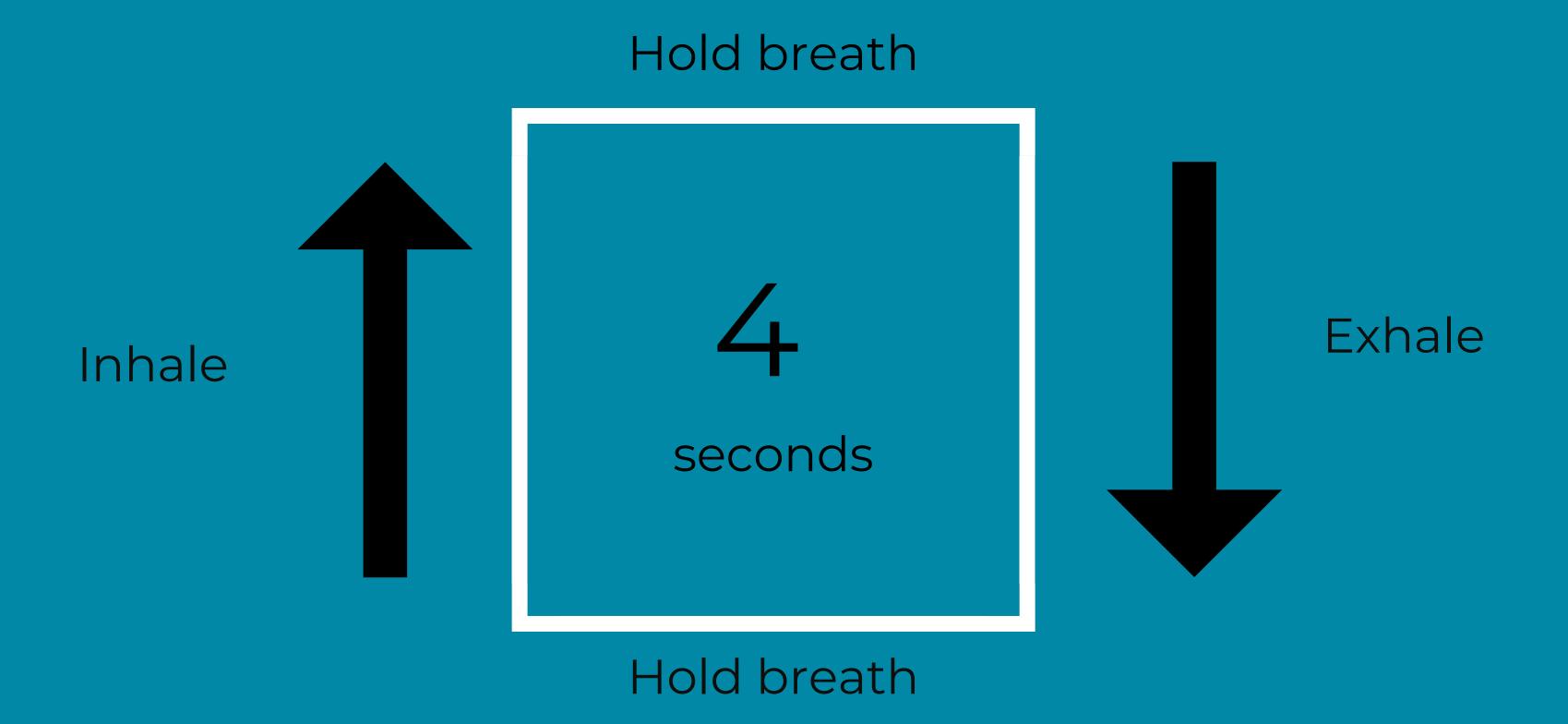
Stress Reduction Techniques: Reduce & Prevent Stress







Box Breathing or 4 Square Breathing

















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

Share your thoughts

