

Blow A Bubble... Not A Gasket!



Stress Management Techniques That Really Work!

a workshop presented by

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Basic Facts About Stress

1. **Definition:** Stress is the body's response (both internal responses and external responses) to a demand placed on it.

2. **Stress Hormones, Chemicals, and Internal Destruction**

"Many hormones are elevated during the body's response to stress. Three of them are norepinephrine, epinephrine, and cortisol. Norepinephrine and epinephrine are more commonly known as adrenalin.

In general, norepinephrine has the greatest effect in increasing heart rate and blood pressure. Epinephrine has the greatest effect in releasing stored sugar. All of these actions tend to aid in preparation for vigorous physical activity...fight or flight.

Cortisol also acts to aid in preparation for vigorous physical activity. But unfortunately, one of its functions is to break down lean tissue for conversion to sugar as an additional source of energy. Cortisol also blocks the removal of certain acids in the bloodstream, often resulting in ulceration of the lining of the stomach.

Even if we could exercise or somehow "burn-off" all of the hormones and chemicals produced by physical and emotional stress, upsetting psychological distress can interfere with productivity, learning, and interpersonal relationships. If our stress reactions increase, we become less and less able to handle even minor stress."

from the book *Stress Management: A Comprehensive Guide to Wellness*
Edward A. Charlesworth, PhD and Ronald G. Nathan, PhD.

3. **Practical examples of stress and its effects taken from above book:**

	<u>BEHAVIOR</u>	<u>PHYSIOLOGICAL</u>	<u>EMOTIONAL</u>
Immediate Effects	- over-eating - excessive alcohol	- muscle tension - elevated blood pressure	- depression - anger
Long Term Effects	- obesity - alcoholism	- headaches - hypertension	- phobias - mental illness

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General Concepts About Stress:

1. If at all possible, _____ .
2. If you can't _____ , then _____ .
3. Stress _____ for all of us.
4. It's not the event that causes stress, it's our _____ of the event that causes it.
5. To manage stress, we must take _____ for our _____ .



BLOW A BUBBLE, NOT A GASKET!!

(Stress Management Techniques That Work!)

1. Develop Your Character
2. Laugh
3. Control Your Thoughts
4. Get Organized
5. Sleep
6. Eat Healthy Foods
7. Exercise
8. Do Good Deeds
9. Take Periodic Breaks
10. Prepare Your Foxhole

(A special place to retreat from "the world"; a place filled with things you enjoy and find restful.)

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Workshops Available through Champion Communications:

Blow A Bubble, Not A Gasket!

(Stress Management Techniques That Really Work!)

Popeye and Popsicles or POP Goes The Weasel!

(The Importance of Humor in the Workplace)

The Garbage Truck Comes On Tuesdays and Fridays!

(Neutralizing Negatives – Remaining Positive While Experiencing Negatives)

Normal Is Gone, And It Won't Be Back!

(Coping With and Embracing Change)

YOU SAID WHAT?!#%?&#??

Communicating Effectively: Listening and Speaking, In That Order!

The Little Engine Did, And SO CAN YOU!

The Power of Optimism to Move an Individual and Organization Forward!

Succeeding At Classroom Management When Plan "Q" Fails!

(Student-Teacher Relationships / Teaching Techniques / Discipline / Learning Environment, etc.)

You Don't Have To Be A Soprano To Shatter Glass!

(A "How-to" Workshop for Women Seeking Promotions)

"It's Been A Pleasure Doing Business With You!"

(Customer Service "Redefined" / Salesmanship Skills)

When Your Blood Starts Boiling, Don't Let It Cook Your Goose!

(Conflict Resolution and Anger Management)

To Boldly Go Where Few Have Gone Before:

Leadership Skills for the 21st Century!!

A New Day Or Just Another One?

(Living Your Dreams; Goal-setting; Time Management)

Teamwork: United We Stand, Divided We Need Excedrin!

"God Bless 'Em, Change 'Em, or TAKE 'EM!"

(Strategies for Dealing with Difficult People)

Sock It To Me, Socrates: Know Thyself and Other Treasured Wisdom

(Balancing Your Personal Life, Career, and Family)

Leading From The Sidelines: A 21st Century Approach To Management

(Coaching Skills for Managers; How To "Coach" Your Employees)

Three Cheers For Us!!

(Building Self-Esteem in Ourselves and Others)

***Effective Public Speaking:
Even When Your Knees Are Knocking!!!***

For more information on how you can schedule one of these presentations, call or write:

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