

Self care in the workplace

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Workshop Objectives



- **What is stress?**
- **Physiological & psychological effects of stress**
- **What we can do to manage stress?**
- **Techniques to transform the energy of stress**
- **Tips to healthy eating & hydration for stress reduction**
- **Building self care into your daily work schedule**

Obstacles to Self-care in the Workplace



What are your obstacles?



What is stress?



Stress: “Your body’s response to a demand placed on it”

Negative Stress = Distress

Positive stress = Eustress (Euphoria)

No Stress = Flat line on the Cardiac Monitor of Life

Stress Awareness - Common types of stress



- Biological:** Depression, anxiety, sleep disorders, pain, aging, poor nutrition
- Psychological:** Pressure, frustration, loss, conflict, threat
- Developmental:** Childhood stressors
- Environmental:** Noise, lighting, air, safety hazards, crowded conditions
- Interpersonal:** Politics, harassment, violence, conflict, bullying, teams, roles
- Sociological:** Children, spouses, family, isolation, lack of network
- Organizational:** Workload, low staffing, board, leadership, volunteers, Decreased funding, job security

The Stress Response



Alarm

- Adrenal glands kick in
- “Fight or Flight Response”
- Muscles tense
- Heart rate increases
- Breathing rate quiets, shallow breathing, hold your breath
- Electro-chemical activity-Nervous system on high alert
- Stomach knots



How Do You React to Stress



Resistance:

Where do you feel stress, how do you behave?

Exhaustion:

- Burnout
- Symptoms: decreased immune system function, lack of focus, sleepless, increase cortisol levels create belly fat, loss of appetite, lethargy, low libido, adrenal glands wear out.

43% of adults suffer from stress related disease.

Stress is cumulative and must be managed.

What can we do to manage stress?



What do you do to manage stress in your life?



John W. Travis, MD, MPH 1976, 2004 & HealthWorld Online, Inc.

Self Care



*Self Care is **the** essential foundation in your life of service.*



Techniques for transforming the energy of stress



Physical Techniques

- **Stretching and yoga at work**
- **Take a quick walk at work...even 5 minutes**
- **Movement outside of work**



Passive Stress Management



Anchoring

Breath

Meditation

Visualization, Imagery

Biofeedback

Laughter



Healthy Eating & Hydration Tips



Make your “Twenty of Plenty” list
Plan & Pack: meals and snacks
Measure & Monitor Fluids
High Tea Tradition
Eat for Energy



Adopt the Healthy Meetings model
Give gifts of nourishment

Building Self Care into your Work Schedule



- **Awareness – check in with yourself**

- **Build into daily schedule**

- **Resources –**

- www.kp.org

- www.kaisersantarosa.org

- <http://www.kaisersantarosa.org/relaxation>



Building Self Care into your Schedule



Wellness in the Work Environment

Ways to model and motivate your team

- Wellness tips
- Stretch breaks
- Walking meetings

The last word . . . *BALANCE*



If you don't find balance between pressure and pleasure, your epitaph is going to read, "Got everything done, died anyway."

-Paul Pearsall