

DREAM INITIATIVE

SESSION 3: MANAGING STRESS



- সিহভর্ম্ম প্লেট নং ১

১/৪ সস

১/৪ খট্টা-ভট্টা খাট

১/২ সস

সিহভর্ম্ম প্লেট নং ২

১/৪ সস

১/৪ খট্টা-ভট্টা খাট

১/২ সস

সিহভর্ম্ম প্লেট নং ৩

১/৪ সস

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১/২ সস

সিহভর্ম্ম প্লেট নং ৪

১/৪ সস

১/৪ খট্টা-ভট্টা খাট

১/২ সস

Outline

1. Session Objectives
2. What is Stress
3. Effects on body
4. Types of Stressors
5. Managing Stress
6. Mindfulness

Session Objectives

- Understand stress
- How it affects your health
- Learn how to manage stress

What is Stress?

- Stress is a physical, mental, or emotional factor that causes bodily or mental tension.
- Stresses can be external (i.e. social situation) or internal (i.e. chronic pain). Stress is a natural part of living life.
- Stress is not always bad for you but having repeated stress can be bad for your body, mood, and behaviors.

Types of bad stress

Health

Family

\$ \$ \$

Discrimination

Work



Life in a
new
country

Environment

Why talk about all these stresses?

Talking about stress is important because you can:

- ▶ Acknowledge how much you're going through – it's a lot!
- ▶ Feel a sense of community by sharing with others
- ▶ Feel proud of how much you're doing
- ▶ Start to think about what sources of stress you can control and what you cannot control

What about good stress?

Eustress, or good stress, is a type of stress that is beneficial to your body.

- ▶ This type of stress produces positive feelings excitement, satisfaction, competition, and well-being.
- ▶ It is ideal to create good stress in your life, such as setting fitness goals, working towards a promotion, or improving English communication.

Can you name one good stress that you have?

Can we turn bad stress into good stress?

- ▶ For certain stressors, YES!
- ▶ If you think of a situation like a threat, it can be a stress. If you can view the same situation as a challenge it can change the stress feeling.
- ▶ Try:
 1. Focusing on what resources you have to face the challenging situation.
 2. Seeing any benefits of the situation. What can you learn?
 3. Reminding yourself of your strength.
 4. Having a positive mindset over what you can control.

*Discussion (10 minutes):
Let's talk about what kind of stresses
you have in your life right now*



Impacts of Stress

Effects of Stress on your Body

Effects on your body right away:

Muscle tension

Temporary increase in blood pressure

Heart beats faster and harder

Raises blood sugar



Cold or clammy hands, Sweating

Shaking

Breathing harder and faster

Trouble sleeping

Headache

Trouble remembering or concentrating

Effects of Stress on your Body

Effects on your body over time:

Headaches, migraine, muscle pain

Can lead to high blood pressure

Increased chance of having a heart attack or stroke

Can lead to Type 2 Diabetes ★

Weakens immune system, frequent colds/infections

Weight gain ★

Digestive problems, upset stomach

Speeds up aging process

Low energy

Increased chance of infertility



Effects of Stress on your **Mood**

Stress can make you feel:

A lot of tension or constant worrying

Restless

Forgetful, disorganized

Unmotivated, unable to focus

Feeling like you are losing control

Irritable or angry

Seeing everything in a negative way

Sad



How do you feel when you are stressed?

Effects of Stress on your Behavior

Stress can cause you to:

Eat too much, or eat to feel better rather than because of hunger

Eat too little

Have angry outbursts

Smoke or use tobacco

Drink too much alcohol

Not want to spend time with family and friends

Exercise less

Put off or avoid responsibilities



Do you do any unhealthy behaviors when you are stressed?

Stress and Healthy Behaviors

When you are stressed, it may be harder to focus on keeping up with a healthy lifestyle:

- Eating healthy
- Being physically active
- Taking medication as prescribed
- Checking your blood sugar (for people with diabetes)
- Sleeping well

Do you have trouble keeping up with a healthy lifestyle when you are stressed?

Long-term Sadness

Long-term sadness and worry can be harmful for your overall health.

You may:

- Want to spend a lot of time alone
- Feel hopeless and guilty
- Have trouble focusing or remembering
- Lie down and sleep a lot
- Eat too much, or not feel like eating at all

If you are feeling like this for a **LONG** period of time, it is best to speak to your doctor.

Managing Stress

Healthy Ways to Cope with Stress

Stress can have a big impact on health, so learning to manage stress is important.

► **Take care of yourself.**

- Eat healthy meals: follow the Plate Method.
- Exercise regularly, and do it with a buddy.
- Get plenty of sleep (7-9 hours of uninterrupted sleep per night).
- Give yourself a break and ask for help and appreciation when you need it.

► **Talk to others.** Share your problems with a family member, friend, or health provider.

► **Stay connected to the present moment** and reflect on how you are feeling.

- Mindfulness / Meditation
- Use prayer

Mindfulness

- ▶ In many religions, we are asked:
 - To be more present in prayer
 - To have more control over our wandering minds and desires.
- ▶ Mindfulness focuses on the present and not worrying about the past or future.
- ▶ Mindfulness can help train our minds to become more **disciplined** and can help our regular worship and daily activities.

A Mindfulness Exercise

Step 1



Choose a time of day



A quiet, secluded place



A comfortable posture

A Mindfulness Exercise

Step 2



Focus
awareness on
your natural
breathing

Relax tension

1. Jaw
2. Arms/Hands
3. Core/Shoulders
4. Legs/Feet

One at a time, from your
head to your feet, relax
the muscle tension
throughout your body



Find a feeling of calm and
peace. Feel that you are
strong and alive.

A Mindfulness Exercise

Step 3

THINK ABOUT
SOMETHING
THAT MAKES
YOU FEEL
CALM AND
GROUNDED



If you're religious, know that a higher power is watching you



Silence your inner dialogue and thoughts



Focus on the PRESENT moment. Let go of past or future worries.
If you're religious, focus on connecting with a higher power in the present.

Benefits of Mindfulness

If done regularly, the mindfulness exercise will have several benefits:



Easier, more
natural presence
in prayer or
meditation



Strengthened
mental and
spiritual health



Stress relief
and relaxation



Better focus
and
attention



Increased
empathy and
compassion

Practicing Mindfulness

- Notice when you begin to have thoughts/ feelings/ emotions
 - If you have a doctor's appointment and you are in the waiting room for more than 45 minutes, how does that make you feel? What is your typical response?
- Instead of reacting with angry words that might hurt someone, try to respond calmly. This can help you to resolve the situation with a more positive outcome.





Discussion:

How can you incorporate mindfulness, or mindful prayer into your day, especially in times of strong emotions or stress?



Positive Habits to reduce stress

Healthy Sleep Habits

Sleep is important for managing stress and your health:



Limit technology in bed



Limit caffeine



Avoid naps



**Sleep 7 – 9 hours,
uninterrupted**



**Leave the bed if you can't fall asleep.
Come back when you're feeling tired.**

Identify your Strengths



- ▶ Identifying and focusing on your most important values can protect against the damaging effects of stress.
 - What is really important to you? Family? Charity? Health? Focus on these things.

Be Positive

- ▶ **Be positive.** Identify your strengths and what is great about who you are.
 - Share with the group: *What is one thing you did today that you are proud of?*
- ▶ Practicing affirmations can help you to think more positively.
Repeat:
 - I am WORTHY
 - I am STRONG
 - I am A GOOD PERSON
 - I am ABLE

Appreciation

Expressing gratitude or giving thanks can improve your relationship with your family and friends.

- ▶ It is important to tell your loved ones why you appreciate them.
 - “Thank you for cooking this delicious, healthy meal today.”
 - “Thank you for working hard today to provide for our family.”
- ▶ It is also important for you to share with them ways in which you would like to receive appreciation.
 - “It makes me happy when you tell me you love me.”

Next session: Physical Activity

- Reminder: I will follow-up with you over the phone to set some **specific goals to help you eat healthier.**
- Next session: Learn some exercises and how to incorporate more physical activity into your daily life!