

Possible Stress Responses/Symptoms

Physical	Emotional	Cognitive	Behavioral
Aches and pains	Anxiety	Forgetfulness	Sleep problems
Headaches	Worry	Lack of concentration	Crying
Fatigue/lethargy	Tension	Mental block	Poor appetite
Heart palpitations	Irritable/jumpy	Difficulty organizing	Over-eating
Stomach dysfunction	Depressed/moody	Difficulty making decision	Withdrawn
Feeling ill (colds, flu, shingles)	Overwhelmed		Depression
Diabetes	Restless		Obsessive-compulsive disorder
Hair loss	Pressure		Anxiety disorder
Heart disease	Frustration		
Hyperthyroidism	Resistance		
Obesity	Irritation		
Tooth and gum disease	Strain		
Ulcers			
Cancer			

Health Affects of Stress

Pamela, a homemaker, often feels tense. Her days leave her feeling frazzled and drained. Sometimes she is unable to cope with the demands that her family places on her. She feels as if she is being pulled in several directions at once. Sometimes she becomes irritable and has emotional outbursts over minute details. Lately she has even had trouble sleeping at night, though she is exhausted.

Deep Abdominal Breathing

In preparation:

1. Lay down or sit
2. If seated-uncross your legs and have a straight back
3. Keep your shoulders relaxed and minimize the movement in your upper chest area, when inhaling/exhaling.
4. Place your hands on lower ribs so that you can feel the expanse of the inhale.
5. Your diaphragm should expand, and your chest should rise very little.
6. Inhale slowly and deeply through your nose for 4 counts.
7. With your jaw relaxed, exhale slowly through your mouth for 4 counts.
8. Repeat this breathing exercise for several more breaths.

Holisitic Self-Care Plan

Mental

*5m meditation
Leave a toxic relationship
Read
Daydream*

Emotional

*Say "I love you" more
Forgive someone
Create a vision board*

Physical

*Walk in nature/play football/skate
Garden
Deep breathe
Manicure/pedicure*

Social

*Connect with friends/family
Go on a date (be careful, choose wisely)
Do a nice thing for someone*

Spiritual

*Pray
Be grateful
Play spiritual music*

Practical

*Grocery shop every two weeks
Clear my schedule
Bake a new thing*

Reflexology

10 minutes of foot care

Soaking feet in warm water before massaging will soften and soothe them. Also, sitting on a pad with your back against a wall can provide more comfort while performing these massages.

Roll foot making circular motions; this improves flexibility.

1

2

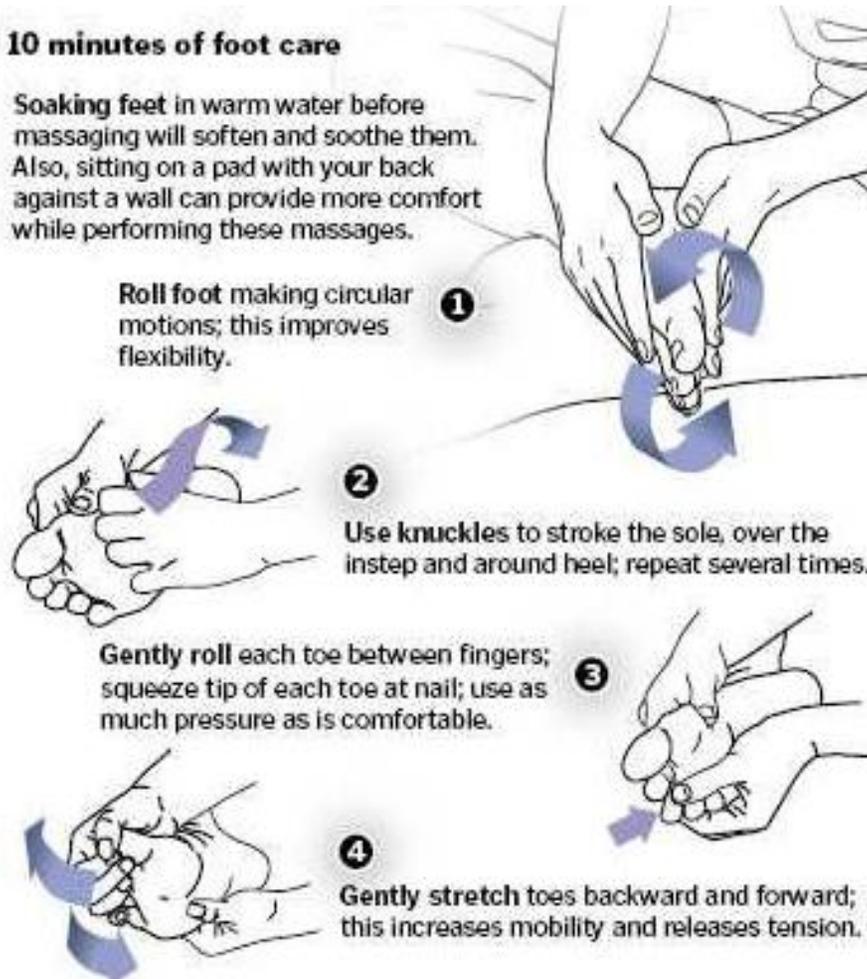
Use **knuckles** to stroke the sole, over the instep and around heel; repeat several times.

Gently roll each toe between fingers; squeeze tip of each toe at nail; use as much pressure as is comfortable.

3

4

Gently stretch toes backward and forward; this increases mobility and releases tension.



BSDT Stress Courses

Stress Management Series (5)

1. *Coronavirus Anxiety*- This workshop will provide participants an understanding of personal skills using routines, relaxation techniques, and lifestyle elements they can change to reduce stress.
2. *Deep Breathing*- This workshop will provide participants an understanding of personal skills using routines, relaxation techniques, and lifestyle elements they can change to reduce stress.
3. *Moving from Worry to Responsible Concern*- This workshop will provide participants an understanding of personal skills using routines, relaxation techniques, and lifestyle elements they can change to reduce stress.
4. *Self-Care*- This workshop will provide participants an understanding of personal skills using routines, relaxation techniques, and lifestyle elements they can change to reduce stress.
5. *Simple Movements*- Practicing these simple movements can ultimately help to relieve your body of unwanted stress.
6. *Mindfulness*-This version of stress management offers strategies on regaining focus and centering your mind in the "now".

BSDT Additional Courses

Triumph Series (3)

1. *Finding Triumph in Chaos*- This course is adapted from Whitney Johnson's Disrupt Yourself Podcast Series. Being able to capitalize on your skills and recognize areas for growth during times of great difficulty is necessary to overcoming life's sometimes tumultuous pivots and changes. During this course, participants will be introduced to concepts and tools needed to find triumph in chaos.
2. *The Power of Thought*- This segment will focus on the power of thought and understanding how your thoughts are responsible for where you are now and where you desire to go in the future. The purpose of this training is to empower you with the knowledge and applicable tools necessary to harness the power of your thought and find triumph in life's chaos.
3. *The Power of Visualization*- The purpose of this training is to understand the value of your thoughts and identify how the visuals they create of yourself, and others dictate your future success and expectations-ultimately the ability to find triumph in the chaos of life

Work Life Balance

Work-Life Balance is a facilitated course that taps into the insights of its participants to collaborate and share knowledge. Participants brainstorm ways to combat stress, reduce health risks, balance lifestyles, and increase productivity at home and at work.

***This highly interactive course requires each participant to join from a computer requiring audio and video capabilities.**

Work-Life Balance: Steps to Crafting Personal Improvement Action Plans

Work-Life Balance: Steps to Crafting your Personal Improvement Plan (PIAP) is a webinar that raises our awareness on identifying and establishing certain parameters that can lead to a rewarding and stable personal and professional life. Participants are encouraged to and given examples on how to begin creating their own PIAP.