

Re-Creation: De-stressing in a Stressed Out World

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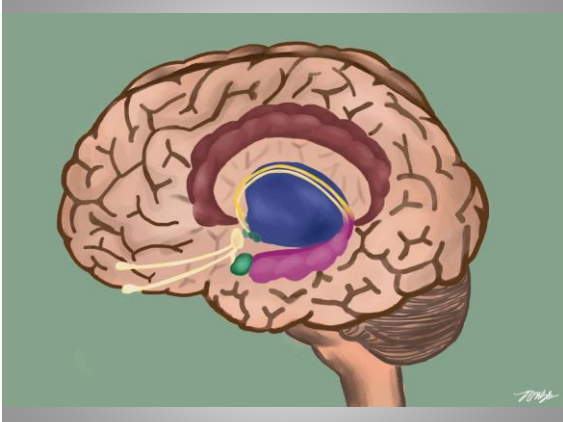
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How are you doing...

2

How are you doing...
...really?

3



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So what difference does that make?

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6

Your Brain...a time machine.

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Where were you when...

8

These emotions can be a result of

- Internally produced Conflict
- Externally produced conflict

9

What are your buttons?

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Buttons



- ☉ Weak spots or vulnerabilities
- Weight
- Race
- Complexion
- Sex
- Our personality traits

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Which will you be?

Thermostat or Thermometer

12

Emotions that create stress

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Emotions that create stress

Anger

Fear

14

As stress gets higher it
tends to drive changes in
behavior.

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As tension goes up...

- Assault/Acting Out are more likely
- Threats are more likely
- Speech
- Motor Activity
- Autonomic Responses

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The Discharge of Stress

- Can be directed
 - Inwardly
 - Outwardly

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Examples of Inwardly Directed Stress

- Self neglect
- Depression
- Suicide
- Self mutilation

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Examples of **Outwardly** Directed Stress

- Destruction/abuse of property
- Assault
- Explosive behavior
- Instigating others to above

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The Discharge of Stress can be

- Immediate
 - Delayed
 - Both
- Which is more dangerous?

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How Do You or Others Know When You Are Stressed?

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How does this sometimes look clinically?

22

Remember the See-Saw

Structure

Nurture



*

23

Remember the See-Saw

Structure

Nurture




*

24

Remember the See-Saw

Structure Nurture



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What clients do you have the hardest time being objective (positive or negative) with?

- Transference
- Countertransference

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What Happens When Stress Is Ongoing?

27

How Stress Affects the Body

28

How Stressed Out Are You?

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The Holmes-Rahe Life Stress Inventory
The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the total value of each of these life events that has happened to you during the previous year. Total these associated points.

Life Event	Score (pts)
1. Death of spouse	100
2. Divorce	73
3. Marital separation from mate	73
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Near accidental death or illness	53
7. Marriage (own, spouse's or child's)	50
8. Move (home or work)	47
9. Major relocation with mate	45
10. Retirement from work	44
11. Major change in the health or behavior of a family member	44
12. Hospitalization	40
13. Personal confinement	39
14. Gaining a new family member (i.e., birth, adoption, older adult moving in, etc.)	38
15. Major business readjustment	38
16. Major change in financial state (i.e., a lot more or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e., either a lot more or a lot less than usual) (includes most marital, domestic, sibling, etc.)	36
20. Taking on a mortgage (for home, business, etc.)	31
21. Transferring to a new job or school	29
22. Major change in responsibilities at work (i.e., promotion, demotion, etc.)	29
23. Sex or marriage partner moves home (i.e., divorce, remarriage, remarriage, etc.)	29
24. In-law trouble	29
25. Outstanding personal achievement	28
26. Serious beginning or ending work outside the home	28
27. Beginning or ending formal education	28
28. Major change in living conditions (e.g., housing, remodeling, deterioration of neighborhood or home, etc.)	28
29. Trouble with the law	24
30. Changes in personal habits (dress manners, associations, quitting smoking)	24
31. Trouble with the boss	23
32. Major changes in working hours or conditions	20
33. Changes in residence	20
34. Changing to a new school	20
35. Major change in usual diet and/or amount of recreation	20
36. Major change in church activity (i.e., a lot more or less than usual)	19
37. Major change in usual attitude (happy, angry, nervous, etc.)	19
38. Trouble with the children	18
39. Major change in sleeping habits (a lot more or a lot less than usual)	16
40. Major change in number of family get-togethers (TV)	15
41. Major change in eating habits (a lot more or less food intake, or very different meal hours or arrangements)	15
42. In-law trouble	14
43. Major holidays	12
44. Major celebration of the New Year, Christmas, etc.	11

Now, add up all the points you have to find your score.

100 or less: means a relatively low amount of life change and a low susceptibility to stress-related health breakdown.

150 or 160 pts: implies about a 30% chance of a major health breakdown in the next 2 years.

200 or more: means the odds to about 60%, according to the Holmes-Rahe statistical predictor model.

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How Stressed Out Are You?
Any Surprises?

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Where Do You Carry Your Stress?

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How Do You Support Others When They Are Under Stress?

How Do You Prefer to be Supported by Others When You Are Under Stress?

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Manage Crises & Pressing Problems 1 Important and Urgent	Focus On Strategies and Values 2 Important & Not Urgent
Avoid Interruptions & Busy Work 3 Urgent and Not Important	Limit The Trivial & Wasteful 4 Not Important or Urgent

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What Can You Do About It...

...in the short term?

...in the midterm?

...in the long term?

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What Are You **Going** to Do About It?

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