

“Did You Break Your Stress Ball Again?” Stress Inoculation Tips

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“After my Lactation Care Provider career,
I think I'll become a
Hostage Negotiator.

Seems less stressful.”



Here's what we are going to do in the next 50 minutes:



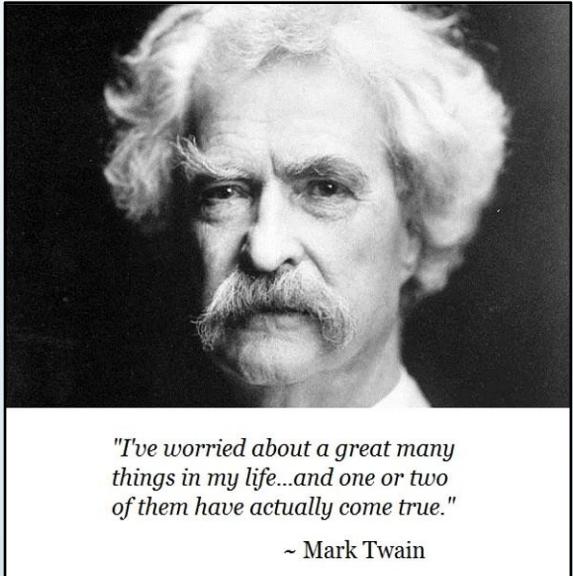
- Very quick review about what stress is and isn't
- A few insights about life that might help to prevent (inoculate) you from having to be stressed in the first place
- Some creative stress response techniques to help you after the fact
- Questions and comments throughout and also at the end

You Know What Stress is, Right?

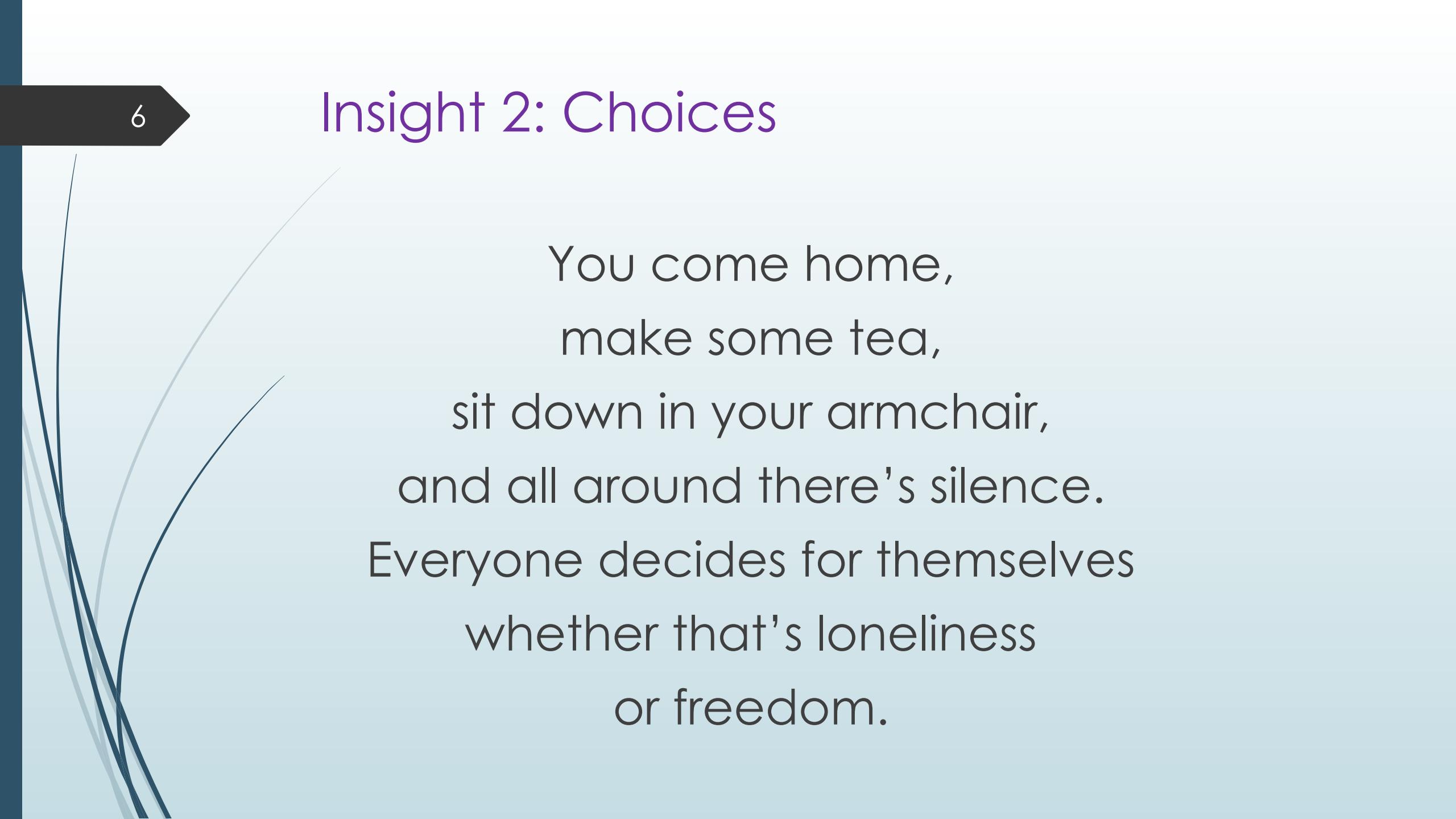


- Chinese Parable
Crisis = danger & opportunity
- It's not good, it's not bad, it just is. And it too, shall pass. Let it.

Insight 1- Perspective: Stress resides in the eye of the beholder.



Insight 2: Choices



You come home,
make some tea,
sit down in your armchair,
and all around there's silence.
Everyone decides for themselves
whether that's loneliness
or freedom.

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My doctor told me to
start killing people.



Well, not in those exact words.
She said I had to reduce the stress in my life.
Same thing.

Insight 3 – Motivation: Do you have drive ... or are you driven?



Insight 4: ~~Guilt or Resentment~~

Don't agree to anything that will result in either guilt or resentment.

If I say **yes**, I'll feel **resentment**.

If I say **no**, I'll feel **guilty**.



If you must, err on the side of saying **no** and feeling **guilty**.

It is much easier to shed later on than resentment.
Friends can help.

Insight 5: Do you have p-TSD?

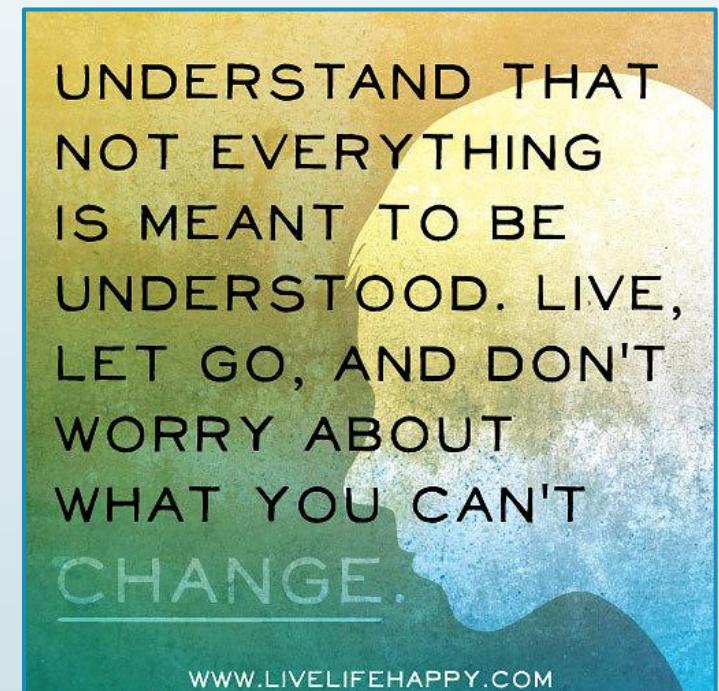


Do you have **PRE-**
Traumatic Stress Disorder?

“If you are depressed, you are in the past. If you are anxious, you are in the future. If you are at peace, you are in the present.”

Insight Tip 6: Control – Give it Up

- “That's just it; I can't control him.”
- Positive Intent: the illusion of control gives us the illusion of safety
- Fast Track to Anxiety Disorders
- Daily Question: “What am I in control of, what am I not in control of?” Let it go.
- Process: a) List the four areas of life you have stress about; b) list what is stressing you; c) what can I do/what can't I do about each; d) make a plan and let go of the rest



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How to reduce workplace stress:

Stand up.

Stretch.

Take a walk.

Go to the airport.

Get on a plane.

Never return.



Insight Tip 7: You Don't Have to be Perfect

You can need and receive support now and then, and still be considered a strong, capable leader.



Insight Tip 8: Optimal Level of Arousal

- Believe it or not, stress, or arousal is “good.”
- If you have too little arousal, thought processing will be slow.
- If you have too much arousal, it will be too scattered.
- “Just right”



Insight Tip 9: Pain is Inevitable; Suffering is Optional

- Are you experiencing legitimate pain or illegitimate suffering?
- Pain Phobia
- Suffering is caused by attachment or aversion.
- Attachment – identity, ruminating
- Aversion – shoulds, if in pain, something is “wrong.” Stop it. Unlike compassionate witnessing.



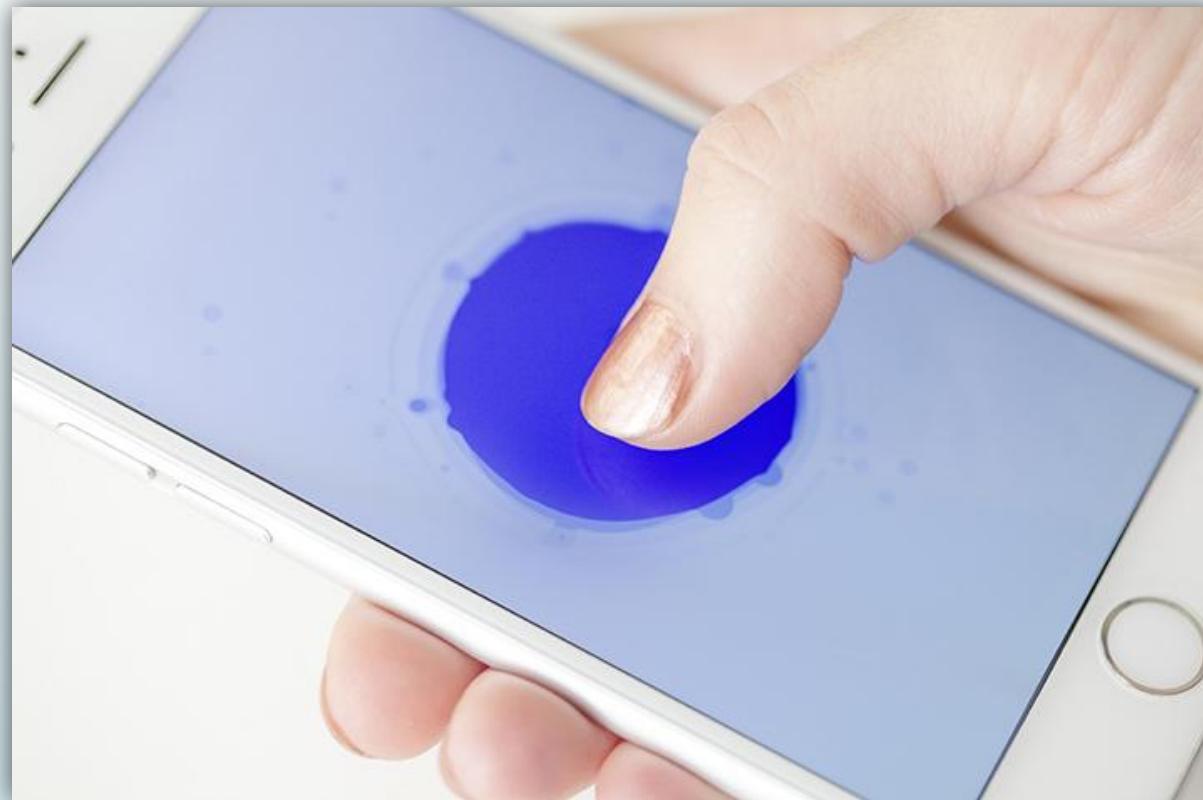
Self-Care Tip 1: TP Cardboard Roll



Self-Care Tip 2: Portable Prayer Closet



Self-Care Tip 3: Try the “Pause” App



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Some days you eat salads and go to the gym.

Some days you eat cupcakes and refuse to put on pants.

It's called balance.

Self-Care Tip 4: Deal with it!



1. What happened?
2. What are my feelings? Express them. MSC
3. What am I responsible for?
4. What am I in control of doing about it now?
5. What do I choose to do about it now? Do it.
6. *LET IT GO!!!*

Self Care Tip 5: Try EFT “Tapping”

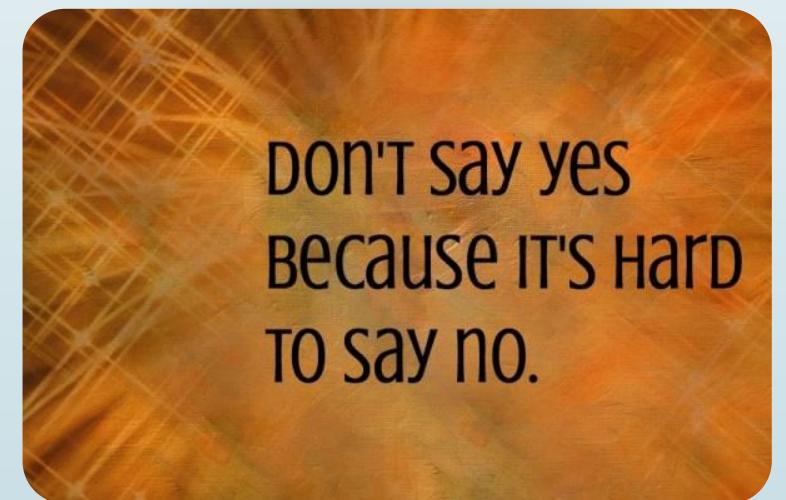
While tapping on the Karate Chop point (or K27 or Thymus),

“Even though I am feeling this _____, I deeply and completely love and accept myself.”

“Even though I am feeling this _____, I deeply and completely love and accept myself.”



Self-Care Tip 6: Be Assertive



Self-Care Tip 7: Metta

May I accept things as they are

May I be free from suffering and the cause
of suffering

May I have ease of well being

May I be protected and safe

May I be happy



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Before you diagnose yourself with depression or low self-esteem, first make sure you are not in fact, surrounded by assholes.

Sigmund Freud

Self-Care Tip 8: Use Ritual



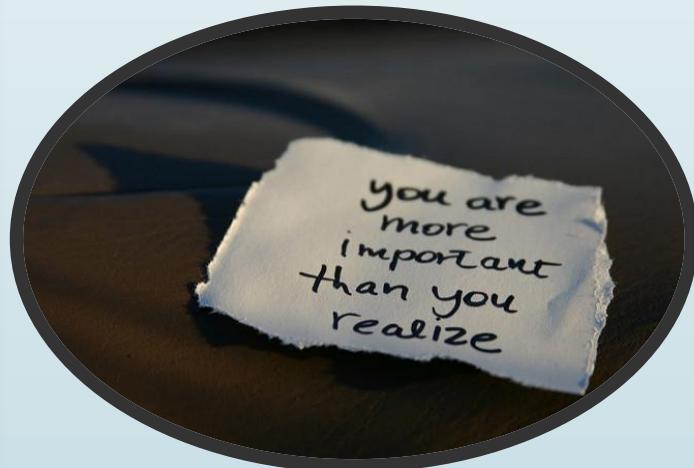
Self-Care Tip 9: Mindful Self-Compassion

1. This is a moment of _____.
2. _____ is a part of life.
3. May I be kind to myself.
4. May I give myself the compassion I need.



Self-Care Tip 10: Random Act of Kindness

“An act of gratitude decreases the depression of victimhood.”

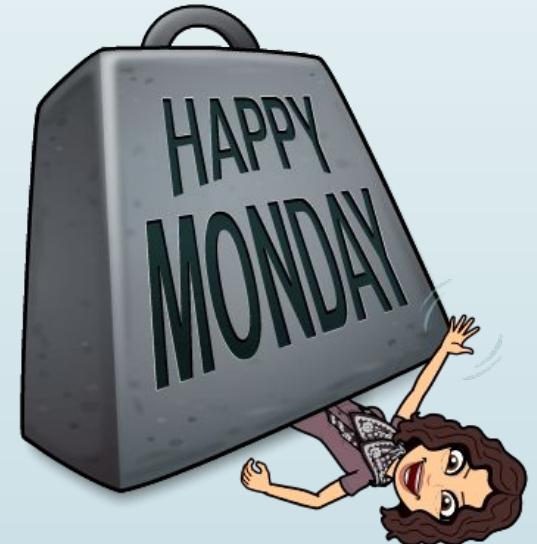


Insight Tip 10: Let it Go!



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I don't like
Monday mornings
Or people
who like
Monday mornings
Or Mondays
Or mornings
Or people



Questions? Comments?



Thank You! Let's Be in Touch!

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