



1



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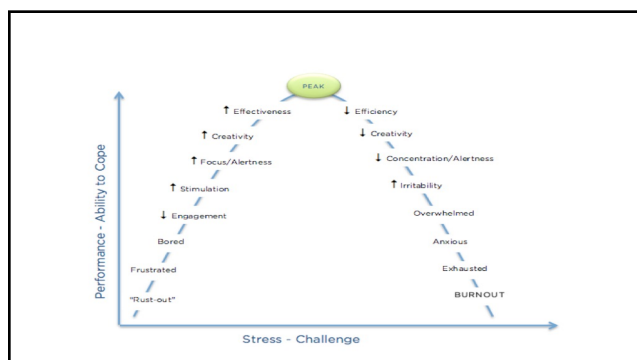
### what is stress?

- the non-specific physical and mental response to a perceived threat
- what happens when demand exceeds capacity
- based on a relationship we have with the circumstances with our lives

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**Stress Wise** connecting mind, body, and spirit with grace, ease, and compassion

**Stress Strong** practicing habits to build fitness of mind, body, spirit

**Stress Smart** building awareness and tools for brilliance and resilience


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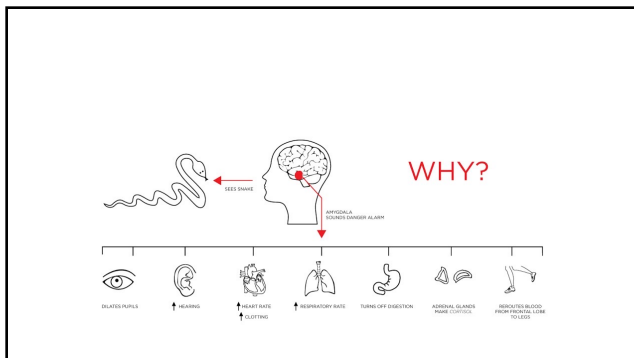


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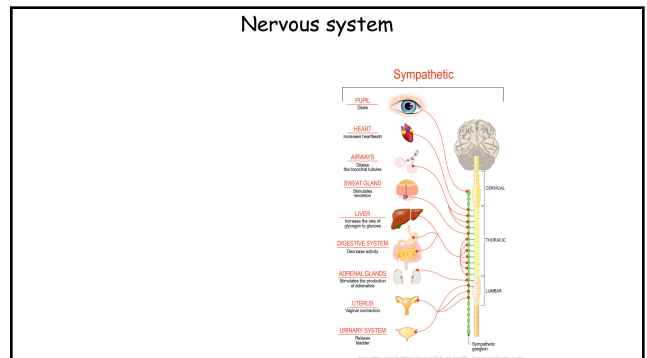


1. safety
2. satisfaction
3. connection

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**Prefrontal Cortex = the executive center**



judgment	problem solving
attention span	critical thinking
perseverance	forward thinking
impulse control	learning from experience
organization	emotional regulation
self monitoring/ supervision	empathy


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oxygen  
water  
sleep  
nutrients

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rest  
movement  
social connection  
play  
stress management



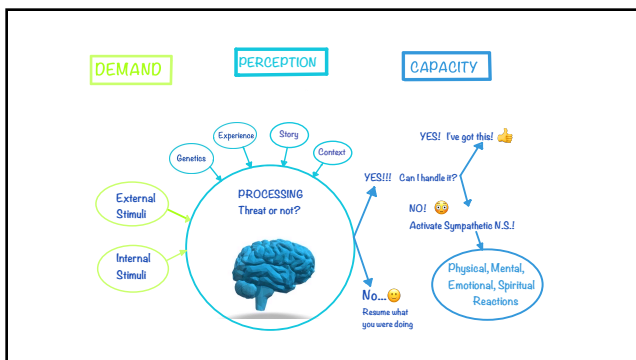
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energy

- \*physical
- \*mental
- \*emotional
- \*spiritual




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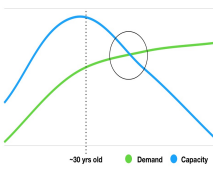


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Stressors add up:  
balance demand with capacity/  
stressors with recharges



Energy Capacity Chart



-30 yrs old      Demand      Capacity

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What do you notice FIRST?

<p><b>COGNITIVE SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>Memory problems</li> <li>Inability to concentrate</li> <li>Poor judgment</li> <li>Seeing only the negative</li> <li>Anxious or racing thoughts</li> <li>Constant worrying</li> </ul>	<p><b>EMOTIONAL SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>Moodiness</li> <li>Irritability or short temper</li> <li>Agitation, inability to relax</li> <li>Feeling overwhelmed</li> <li>Sense of loneliness and isolation</li> <li>Depression or general unhappiness</li> </ul>
<p><b>PHYSICAL SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>Aches and pains</li> <li>Diarrhea or constipation</li> <li>Nausea, dizziness</li> <li>Chest pain, rapid heartbeat</li> <li>Loss of sex drive</li> <li>Frequent colds</li> <li>Lack of energy</li> </ul>	<p><b>BEHAVIORAL SYMPTOMS</b></p> <ul style="list-style-type: none"> <li>Eating more or less</li> <li>Sleeping too much or too little</li> <li>Isolating yourself from others</li> <li>Neglecting responsibilities</li> <li>Using alcohol, cigarettes, or drugs to relax</li> <li>Nervous habits (e.g. nail biting, pacing)</li> </ul>

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breathe...

**IN 5... OUT 5... REPEAT!**

Advanced:

1. How's my energy- physical, mental, emotional, spiritual?
2. What do I need? Or what's needed now?
3. Who do I want to be?

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clear

calm                      curious

courageous                      compassionate

and grateful


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## RECHARGE HABITS

Brainstorm the tiny shifts you can make in your day that will add up to more energy

- physical - nap, water ,snacks, stretches, movement?
- mental - breaks, play, challenges, meditation
- emotional - meditation, connection, time to process
- spiritual energy - connect to your why, your people, community, and faith

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brainstorm! 


	Need more (energizers)	Need less (drains)
<b>PHYSICAL</b> sleep/rest/hydration nutrition/ exercise		
<b>MENTAL</b> focus vs. distraction flexibility/creativity stimulation/rest time for processing		
<b>EMOTIONAL</b> mood regulation health		
<b>SPIRITUAL</b> meaning/purpose connection to others, bigger picture, and your why		

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### Proven Resilience Strategies

- \* Balance your energy drains with energy renewing activities-  
Be creative! Add music, touch, movement, scents!
- \* Take care of your body- exercise, nutrition, sleep hygiene,  
preventive medical care
- \* PRACTICE ACTIVE RELAXATION DAILY!!
- \* Connect with nature
- \* Connect with meaning - build rituals to remind you what matters to you
- \* Train your physiology for resilience- breathwork, meditation,  
biofeedback, mind/body work, massage
- \* Nurture your connections- intimate, social, community, spiritual
- \* Forgive (start with yourself!), laugh, play, love, celebrate!

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**YOU matter!**

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<https://www.youtube.com/watch?v=RP4abiHdQpc>

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?

**THANK YOU!**

[www.CynthiaAckrill.com](http://www.CynthiaAckrill.com)  
[Cindi@CynthiaAckrill.com](mailto:Cindi@CynthiaAckrill.com)  
 828-777-9730

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