

STRESS
is
when
the
puzzle
pieces
of your
life
don't fit
the way
you
expect
them to!

But
don't
worry...

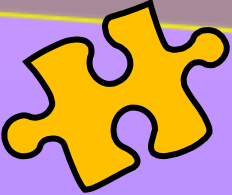

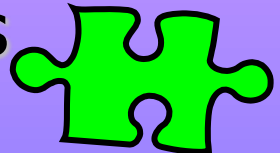






Solving the Stress Puzzle

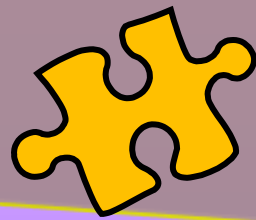
Stress Management
by Jessica Dumas



The Butterfly Connection is here to help you connect the pieces

Objectives of Puzzle Pieces

- What is stress? 
- Reasons & symptoms of stress 
- Learning to manage the pieces 
 - 1. Awareness (Page 9) 
 - 2. Avoidance (Page 12) 
 - 3. Control Reactions (Page 14) 
 - 4. Adjust Expectations (Page 18) 
 - 5. Change Habits (Page 20) 
- Summary and Appendix 



What Exactly is Stress?



Different definitions of stress



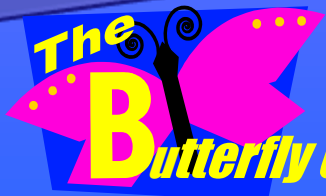
The Jokester: Stress is the confusion created when one's mind overrides the body's basic desire to choke the living crap out of some jerk who desperately deserves it!

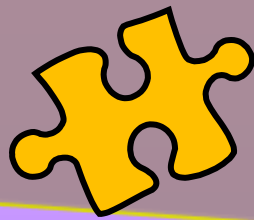


The Realist: Stress is how you perceive a difficult, emotional or traumatic situation.



The Dictionary: Stress is a physical, chemical, or emotional factor that causes tension and anxiety capable of affecting health and can even lead to death.

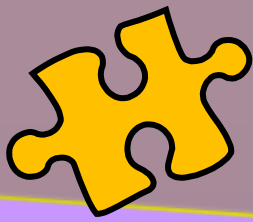




Medical Definition

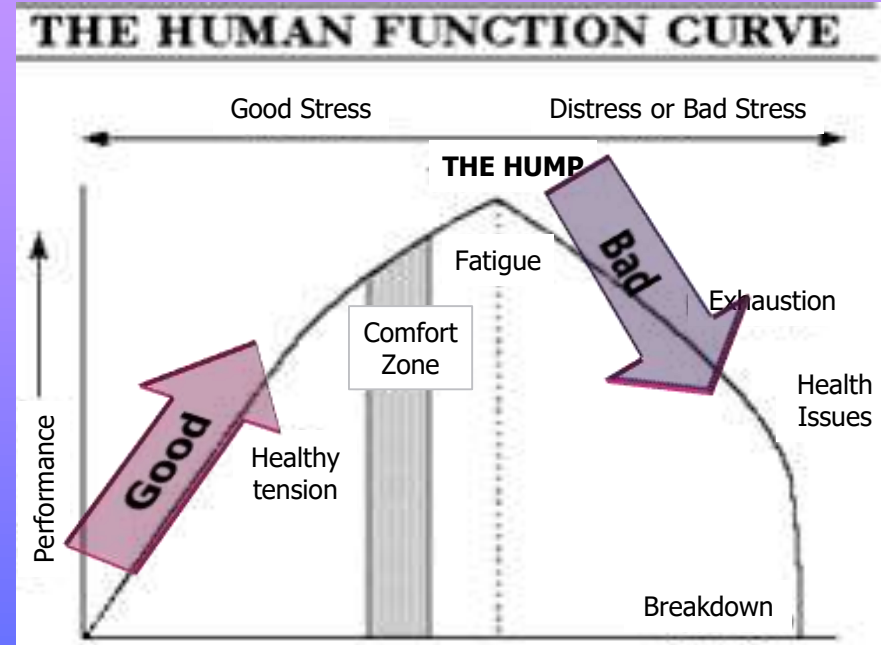
- Stress activates the nervous & endocrine systems with the release of hormones as epinephrine, adrenalin and cortisol.
- The hormones cause blood to flow to the brain and large muscles preparing to fight or run away, called the 'fight-or-flight' response.
- This causes less blood flow to the digestive system and other organs, producing all kinds of physical and emotional reactions.
- Clinical research confirms that the sense of having little or no control is always distressful – and that's what we call **STRESS!**





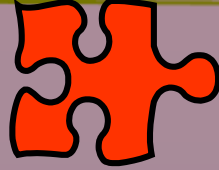
We Function Well if Stress is Positive

- Good positive stress or healthy tension results in increased performance
- If negative anxiety sets in, performance decreases and turns into distress or bad stress
- The HUMP or turning point differs for everyone



IMPORTANT
Stop good stress from turning bad by avoiding overloading yourself, which can lead to exhaustion, bad health or ultimately a breakdown.

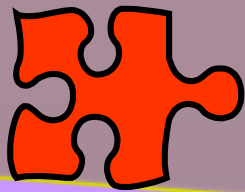





Symptoms of Chronic

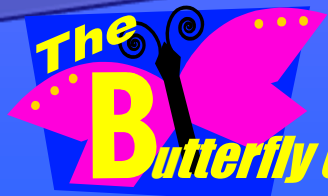


- Insomnia/nightmares
- Procrastination
- Fatigue/exhaustion
- Weakness/tension
- Being overwhelmed
- Chest or other pain
- Headache/migraines
- Skin/hair problems
- Ulcers / GI problems
- Dizziness / fainting
- High blood pressure
- Alcohol, drug, tobacco, or other addictions
- Feelings of detachment / low self-esteem
- Depression / moodiness
- Frequent colds/asthma
- Memory/concentration loss
- Eating disorders / nausea
- Immune system disorders
- Post Traumatic Stress
- Anxiety / panic attacks



Is It Anxiety, Stress, or Panic Attacks?


- Anxiety is felt by everyone but doesn't usually linger...like butterflies in your stomach...
 - An anxious feeling that goes away when situation is over
- Stress is a common reaction to things that overwhelm us causing tension & anxiety but can be managed
- Panic attack is when severe anxiety strikes with or without reason resulting in several physical signs
 - Fear of another attack can cause constant anxiety
 - Therapy and medication can help

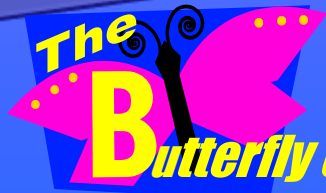
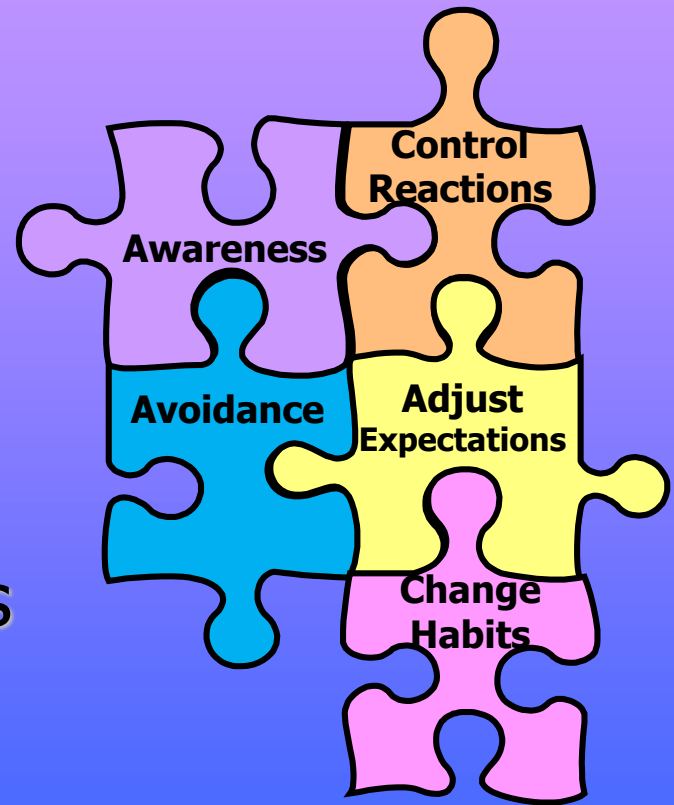


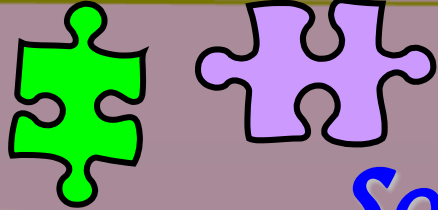


Learning to Manage the Pieces

5 Major Ways to Manage Stress

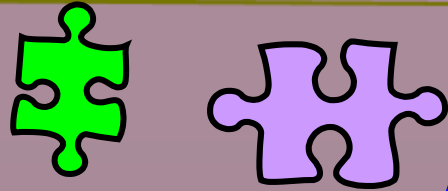
-  1. Awareness
-  2. Avoidance
-  3. Control Reactions
-  4. Adjust Expectations
-  5. Change Habits





1. Awareness~ So Many Stress Triggers

- Worrying
- Competition
- Anger / Rudeness
- Demanding Routine
- Being Overworked
- Sleep Deprivation
- Irritability/Aggravation
- Abuse or Crime Victim
- Conflicts / Arguing
- Getting Married
- Divorce / Breakup
- Misunderstandings
- New Relationship
- Natural Disasters
- Terrorist Attacks
- Scary Movies / News
- Losing a Loved One
- Losing / Changing job
- Chronic Illness / Pain
- Unrealistic Deadlines
- Drama from Others
- Unruly Children
- Lack of Cooperation by Others
- Decisions / Planning
- Perfectionism
- Anticipating an Event
- Sensory Overload (loud noises, odors or bright lights)

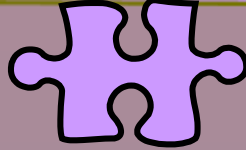


1. Awareness~ What are Your Triggers?

- Learn as many triggers about yourself as you can
- Keep a trigger journal (sample on next page)
- Write down when you stress out, why, etc when you're calm

Here's a big trigger!





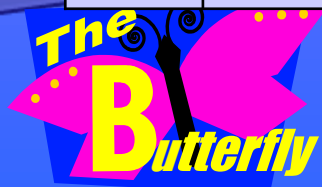
1. Awareness~

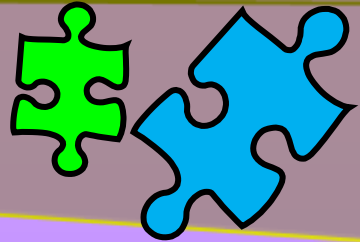
Keep Track of Triggers

Date/Time	Description of Stressful Event	My Reaction Immediately After Event Happens	My Thoughts During My Reaction	My Physical Reactions	Trigger(s) Causing Reaction	Ideas to Avoid the Trigger(s)
Mon. 3/5/15 4 pm	I get home and the entry gate to apartment building doesn't work again	I slam the car door and go to the intercom but as usual it doesn't work so I stand in front of gate with hands on hips walking back & forth waiting for someone to come. Finally, another tenant comes & says the code has been changed and opens gate for me. I jump back in car & speed through the gate and over the speed bumps breaking the speed limit allowed on premises. I'm not usually so careless.	I don't believe it! I don't care if the speed limit is 5 miles an hour..I don't even care if I get evicted! Why can't the stupid manager give us notice when the code is changed... it's so irritating!!	Hot, dizzy, fast pulse, exhausted	Stressful day, anger, irritation, impatience	Before getting out of car, do some deep breaths to relax, laugh at the situation, call neighbor to open gate

Sample

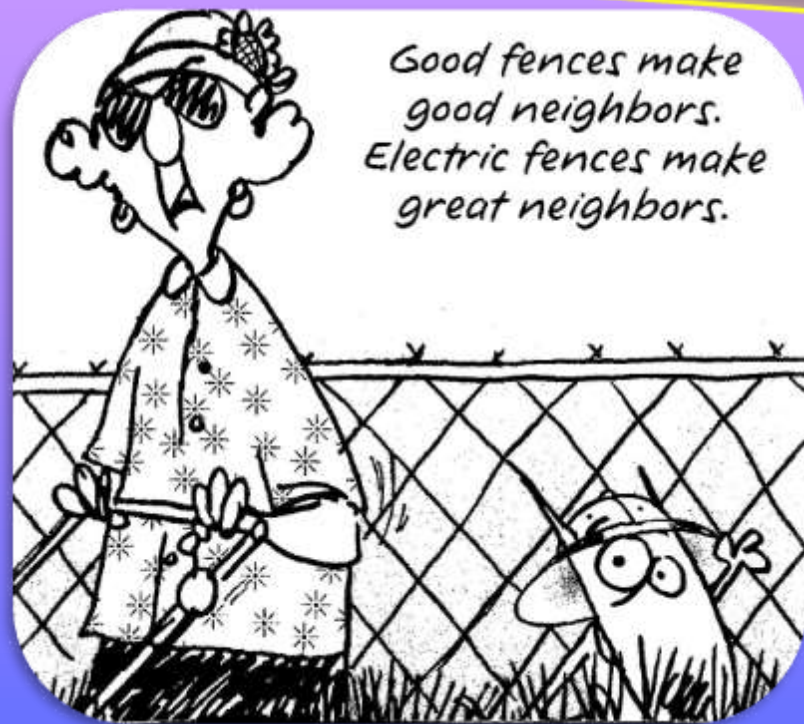
(The Appendix has a blank one you can use)



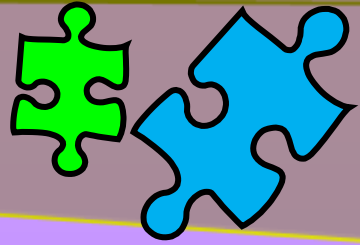


2. Avoidance~ Triggers to Avoid

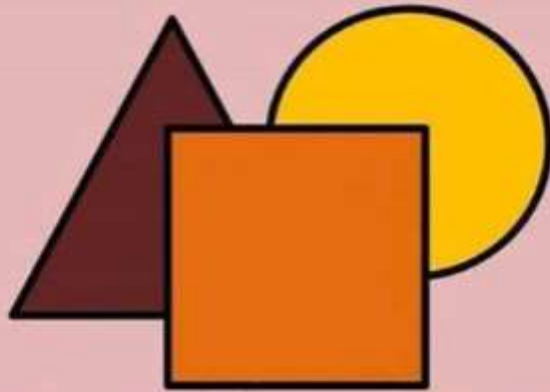
- Avoid long lines without your cell phone
- Avoid saying "Yes" to too many requests
- Avoid negative or manipulative people
- Avoid people who lie or don't respect you
- Avoid people in a heated argument
- Avoid places and situations where you may get hurt



**But don't be like Maxine
& go to extremes!**



2. Avoidance~ More Triggers to Avoid



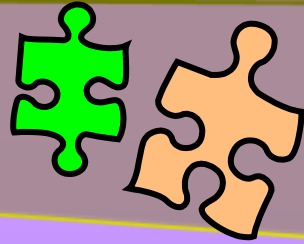
Three things to avoid in life:

Vicious circles

Love triangles

Square minds

- Avoid perfectionism
- Avoid negative self talk
- Avoid excessive guilt
- Avoid or cut back on caffeine or alcohol
- Review Trigger journal to get ideas of what to avoid
- If certain situations can't be avoided, learn to control your reactions



3. Control Reactions~ How to React to S.T.R.E.S.S

Stop what you are doing

Take a big breath & hold it 3 sec

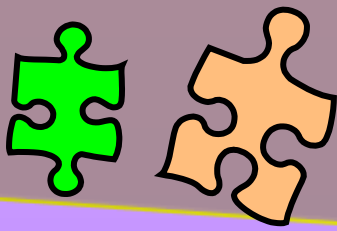
Release it slowly & relax muscles

Express your feelings

Stretch and take a 10 min. break

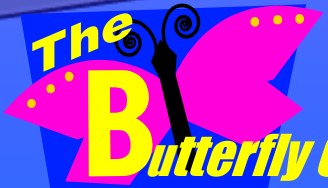
Seek support if above doesn't work

Try it - it works!



3. Control Reactions~ Practice the 3 C's

- The 3 C's: Communication, Compromise, and Consideration
- Suggestions for when people push your stress button
 - Road rage is not good communication, use consideration of yourself by not getting involved
 - For the boss or co-worker, address them when not angry – use communication and consideration
 - For people that are rude – use consideration by not retaliating
 - For your mate – use ALL 3 C's on a regular basis
 - For your children – use communication and a lot of consideration with love but don't tolerate disrespect





3. Control Reactions~ *The Amazing 10 Minutes Break*

Instead of letting stress build up too much...

- Take a coffee/tea break
- Take a relaxing stroll
- Have a nutritious snack
- Listen to relaxing music
- Go outside & do some gardening
- Read a story or article of interest
- Take some time to pet your pet
- Call a friend that makes you laugh
- Try meditation, visualization, or praying

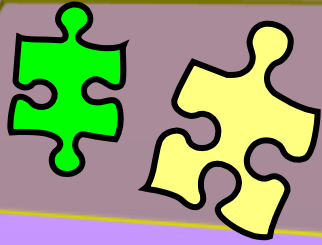




3. *Control Reactions~ Keys for Tolerating Stress*

- Studies show that people who tolerate stress well, have the ability to:
 - Look at problems as challenges to be met rather than obstacles to overcome
 - Have well-defined personal goals
 - Engage in regular aerobic exercise
 - Have some form of regular relaxation
 - Maintain a support system





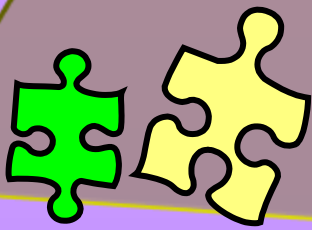
4. *Adjust Expectations~ Ways to Lower Expectations*

- Try not to anticipate what a person is going to say
- Try even harder not to guess what they may be thinking about you
- Recognize other's limitations
- Eliminate saying "You should"
- Be tolerant of other views
- Judging others sets you up for not accepting them
- Accept people as they are

Life is more fun when not expecting so much!

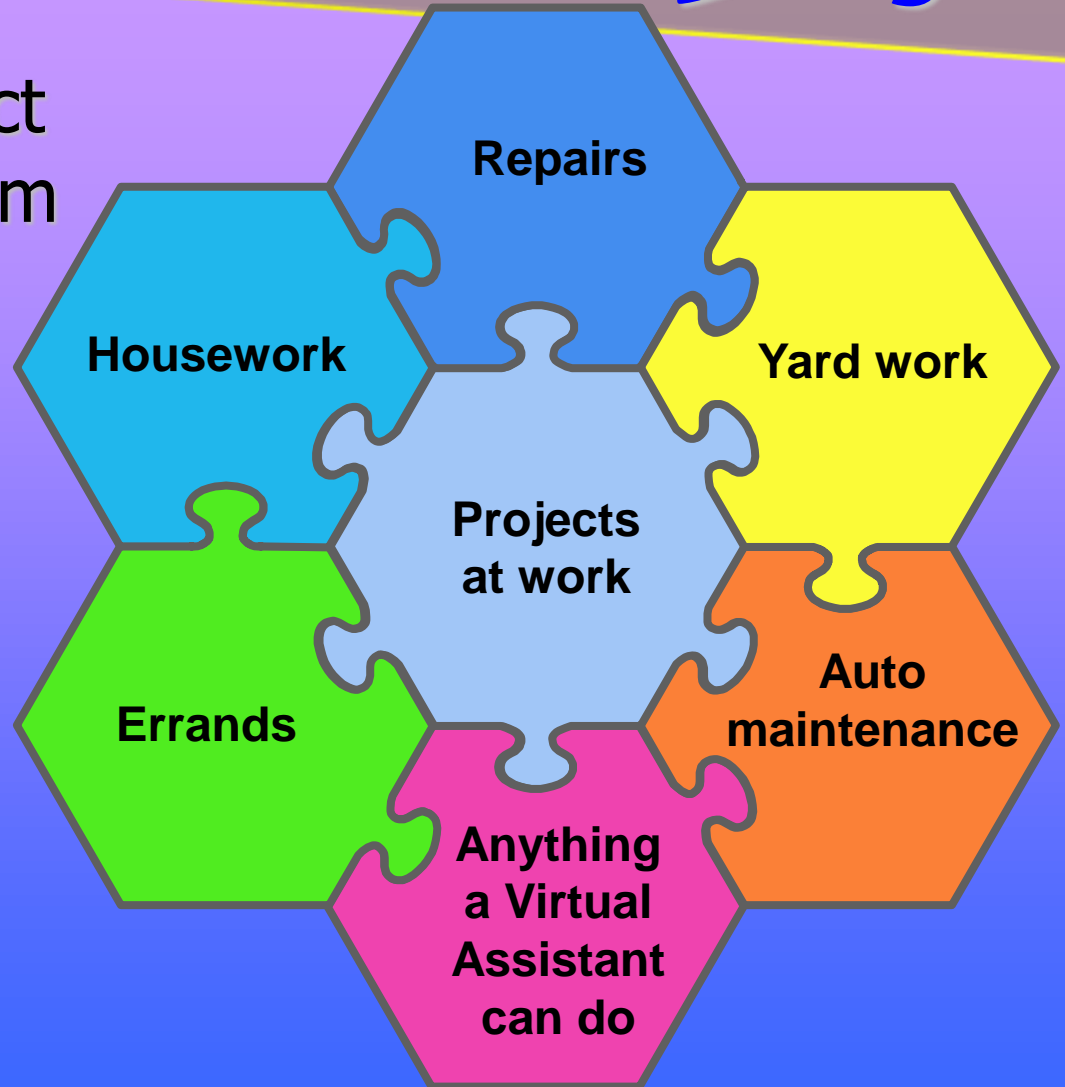


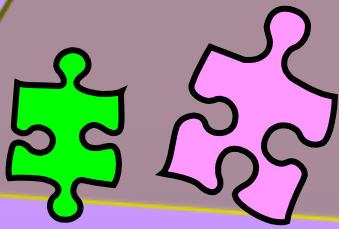
Ask Yourself: *Am I expecting too much from others or myself ?*



4. *Adjust Expectations~ Delegate*

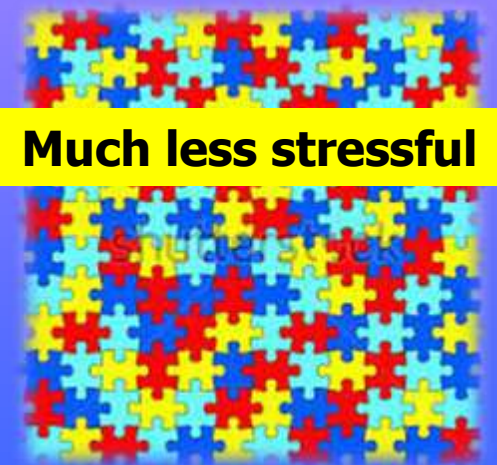
- Do you expect too much from yourself?
- Let go of some stress by passing a piece to someone else...

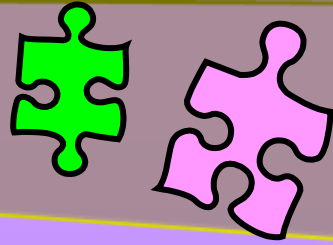




5. Change Habits ~ Get Organized

- Are your life's puzzle pieces an unorganized stress mess?
- Being organized reduces stress significantly
- Start with these tips
 - Keep a To Do list on phone
 - Use calendar on phone for appointments, etc.
 - Take 5 minutes at the end of day at to organize work space
 - Pick up the clutter at home
 - Plan meals ahead of time

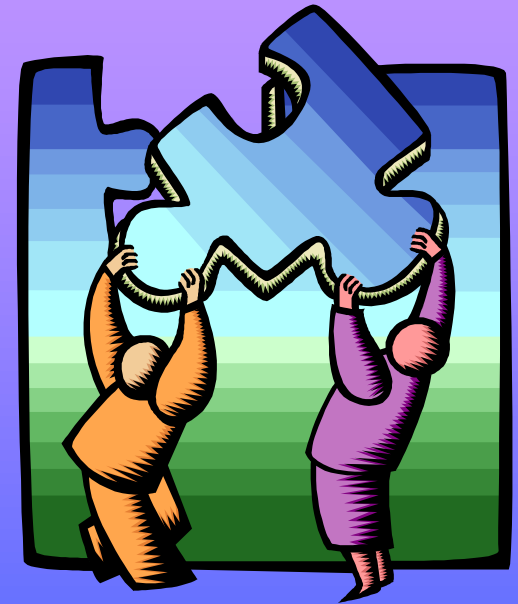


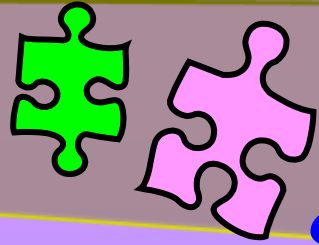


5. Change Habits~ Take Care of Yourself

■ The National Institutes of Health suggestions:

- Eat well-balanced diet
- Limit caffeine or alcohol
- Get enough sleep
- Take regular breaks
- Exercise regularly
- Have a regular hobby
- Have regular recreation
- Take time out for yourself *
- Have interests that stimulate your mind

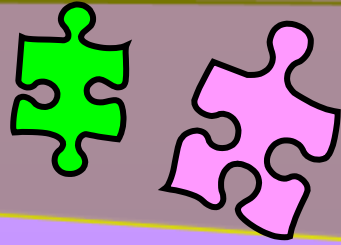




5. Change Habits~ Examine Pieces for a Week

Necessary Activities	Children / Relatives or Friends	Home Management	Recreation & Spiritual	Health & Exercise	Quality Time with Mate	MY TIME
Part-time work-10 hrs	Phone calls / texting 2 hrs	Pay bills online - 1 hr	Social media - 4 hrs	Drs/ lab - 2 hrs	Dining Out - 3 hrs	Massage - 1 hr
Hygiene - 3 hrs	O/L research - 2 hrs	Finance calls - 1 hr	Meditation - 2 hrs	Diet prep 1 hr	Home projects - 2	Read novel - 2 hrs
Eating - 7	Emails - 1 hr	Making/taking calls - 1 hr	Read Bible 2 hrs	Order/sort meds	Date/movie night - 4 hrs	
	Babysit - 3 hrs	Paperwork - 3 hrs	Ministry - 2 hrs	Meal prep - 1 hr	Snuggling/talking-7 hrs	
	Buy or make gifts - 1 hr	Planning / keep...	TV - 5 hrs	Naps - 5 hrs		
	Visiting relatives- 4 hrs			Pool aerobics - 4		
		Meal prep, cook, clean up - 8 hrs				
		Shopping - 5 hrs				
		Errands - 2 hrs				
		Cleaning - 4 hrs				
Total 20 hrs	Total 13 hrs	Total 30 hrs	Total 16	Total 14	Total 16	Total 3

Sample



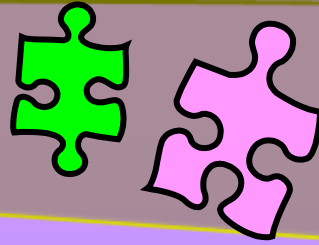
5. *Change Habits~ Pursue Physical Outlets*

Get out and do whatever activities that work best for you for at least 30 min. 3-4 times a week.

 Just a few examples:

-  Walking, Jogging, Biking
-  Swimming, Water Aerobics
-  Dancing / Exercise classes
-  Golfing or other sports
-  Gym workout, punching bag
-  Stretching, Yoga, Pilates
-  Walking the dog





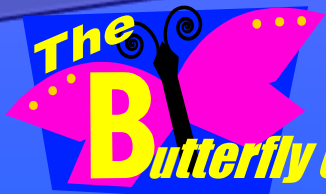
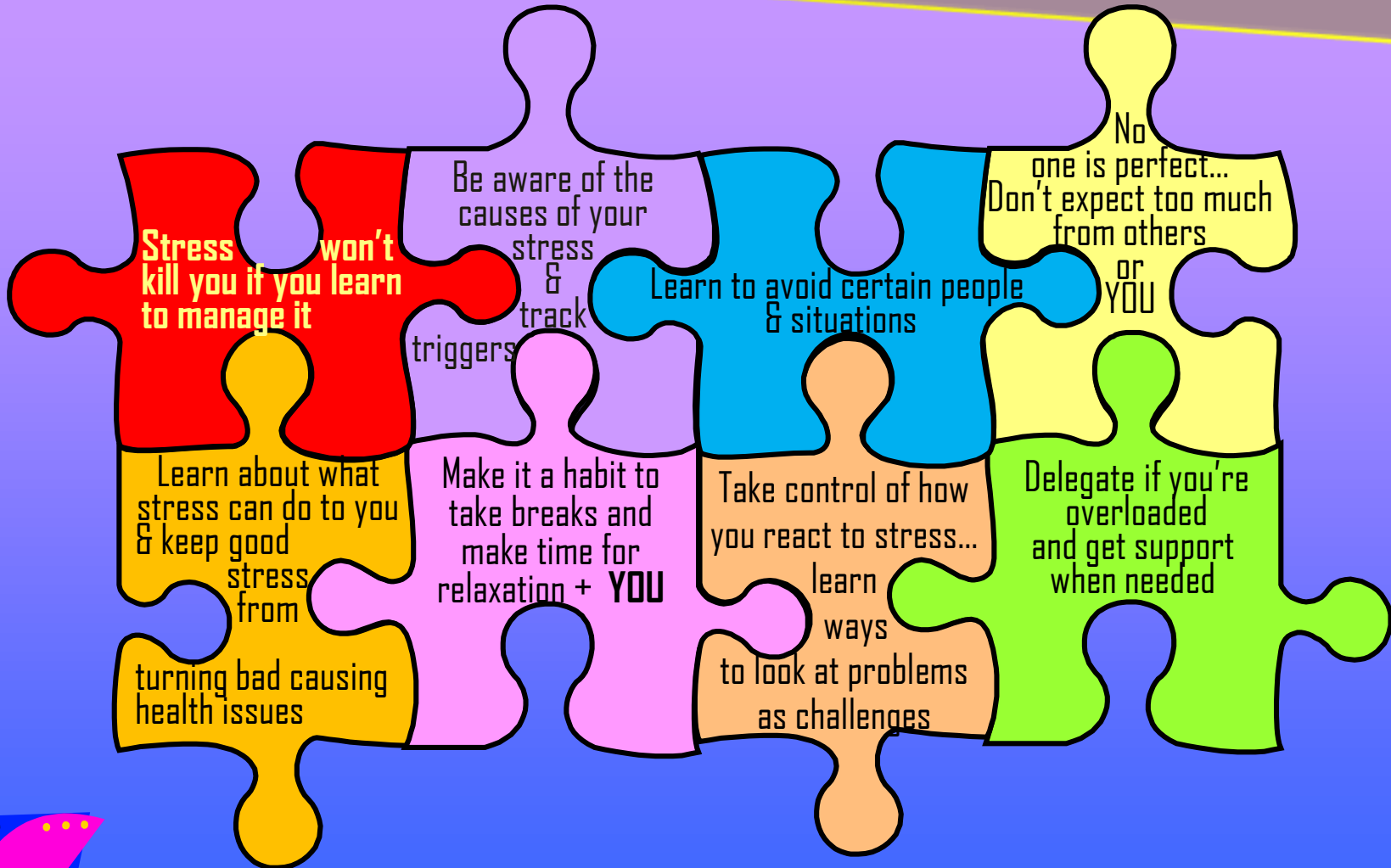
5. Change Habits~ Reach Out for Help

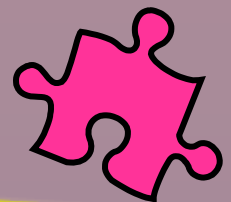
- Asking for help does not mean you are weak – it's just the opposite
- Ways to seek help:
 - Join a support group
 - Call a stress hotline
 - Find a therapist
 - Ask mate to help out more
 - Ask friends/family to help
 - Take a stress management course





Bringing the Pieces Together



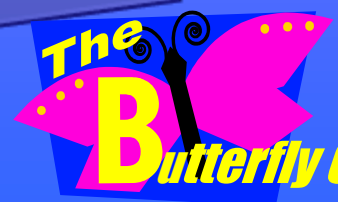


Summary~ Contact Information

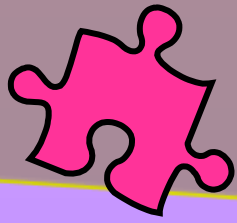
■ I'm not a licensed therapist so may not be able to answer all your questions but to email me go to my website at www.thebutterflyconnection.simdif.com



■ Also go there if you need a Virtual Assistant for any document or customer service help

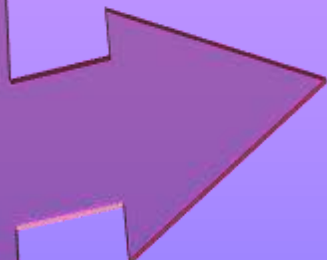


...is here to help you connect the pieces.



Try Relaxation Techniques

If you stress out
about stress
before
there's even
any stress to
stress out about
try this
progressive
relaxation with
a touch of humor



10

9

8

7

6

5

4

3

2

1

Counting

Backwards

Relaxation

Technique



By Jessica Dumas ©

(To order send me an email)

Great for helping you go to sleep too.

...is here to help you connect the pieces.

Thank You!

- Thanks for your patience during this rather long presentation
- I truly hope this will help you put the puzzle pieces of your life together so you can have a less stressful life
- To get copies of this presentation send me an email at jessicajdumas@gmail.com



**THANK
YOU**

**Have a blessed &
less stressed day!**



...is here to help you connect the pieces.