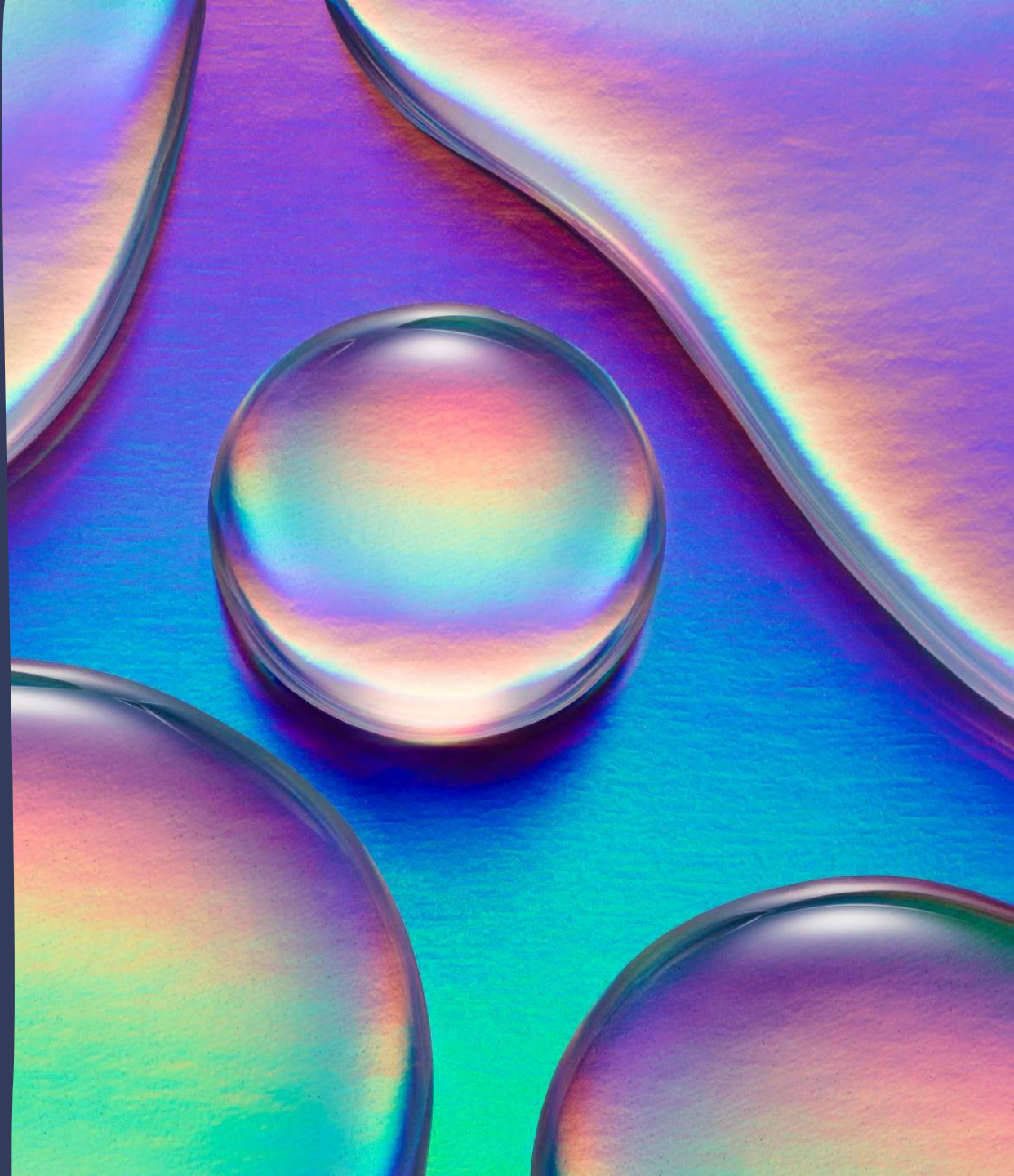


Stress Management

By Moving Mountains
with Katherine Miller



How do you feel stress?

Acute Symptoms

symptoms that occur before or during a stressful situation

Physical	Emotional / Cognitive	Behavioral
Asthma	Worry	Nail biting
Headaches	Irritability	Constant thoughts about stressors
Migraines	Anger	Restlessness
Back pain	Loss of motivation	Teeth grinding
Sweating	Difficulty concentrating	Disrupted sleep, diet, and exercise
Nausea	Mood instability	Interpersonal conflict
Indigestion	Decreased sex drive	Social withdrawal
Chest pain	Memory problems	Substance use
Fatigue		Procrastination

How do you feel stress?

Chronic Symptoms

symptoms and consequences of long-term stress

Heart disease

Anxiety disorders

Skin diseases

Depression

Memory impairment

Substance use

Sleep disorders

Weakened immune system

Poor diet and exercise habits

Stress



Neurological and physiological shift that happens in your body when you encounter a threat



Just because you dealt with the stressor doesn't mean you dealt with the stress itself



Wellness is not a state of being, but a state of action.



Story: Chase by a lion

Chased by a Lion Story



What do you
do?



Completing the Stress Response Cycle

- Physical activity:
- Creative expression:
- Social connection/affection:
- Big 'ole Cry:
- Laughter:

Completing the Stress Response Cycle

- Physical activity: running, jumping up & down, crying, laughing, deep breathing, slow progressive muscle relaxation- start w/feet end w/face.
- Creative expression: writing, drawing, singing (radio), painting, reading, building w/Legos, playing w/kids.
- Social connection/affection: complimenting a stranger- first external sign the world is a safe place; 6 secs kiss w/partner, 20 secs hug or hug until relaxed; 6 mins of snuggling w/partner; helpless laughter with friends/loved ones; petting an animal.
- Big 'ole Cry: ugly cry. Pick a movie or song that makes you cry, the story guides you through completing the cycle.
- Laughter: deep, belly laugh, uncontrollable. Regulates emotions.

The background is a deep blue underwater scene with numerous bubbles rising from the bottom right towards the top center. The lighting is soft and diffused, creating a serene atmosphere. In the top left and bottom left corners, there are three green, pill-shaped decorative elements arranged in a slight arc.

Deep breathing exercise

More coping
skills:

Deep breathing

Five Senses

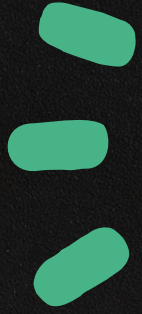
Self-care

Circle of Control

Seeking help when needed

Challenging Anxious Thoughts

Questions or Comments





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