

SUMMERVILLE

Family Health Team

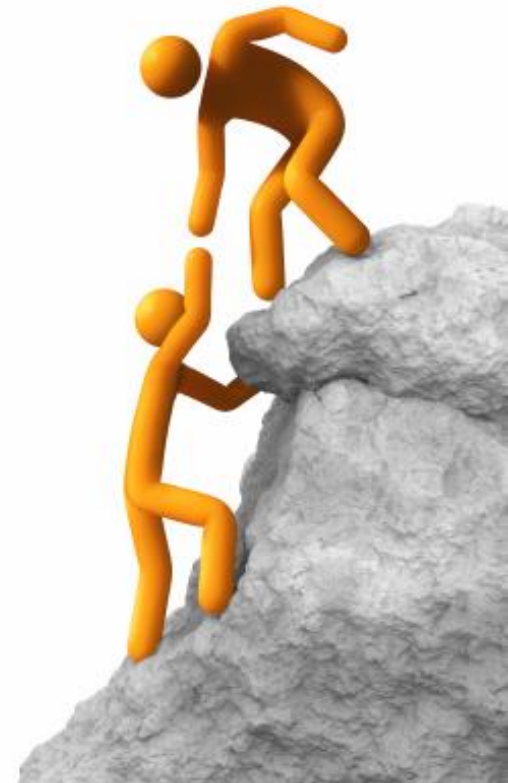
Navigating Stress during Uncertain Times

May 26, 2020

10:00-11:00am

Agenda

1. Intention Setting
2. Explore the (your) Meaning of Stress and Self-Care
3. Signs & Symptoms of Stress
4. Coping Strategies
5. Self-Care Practices
6. Resources

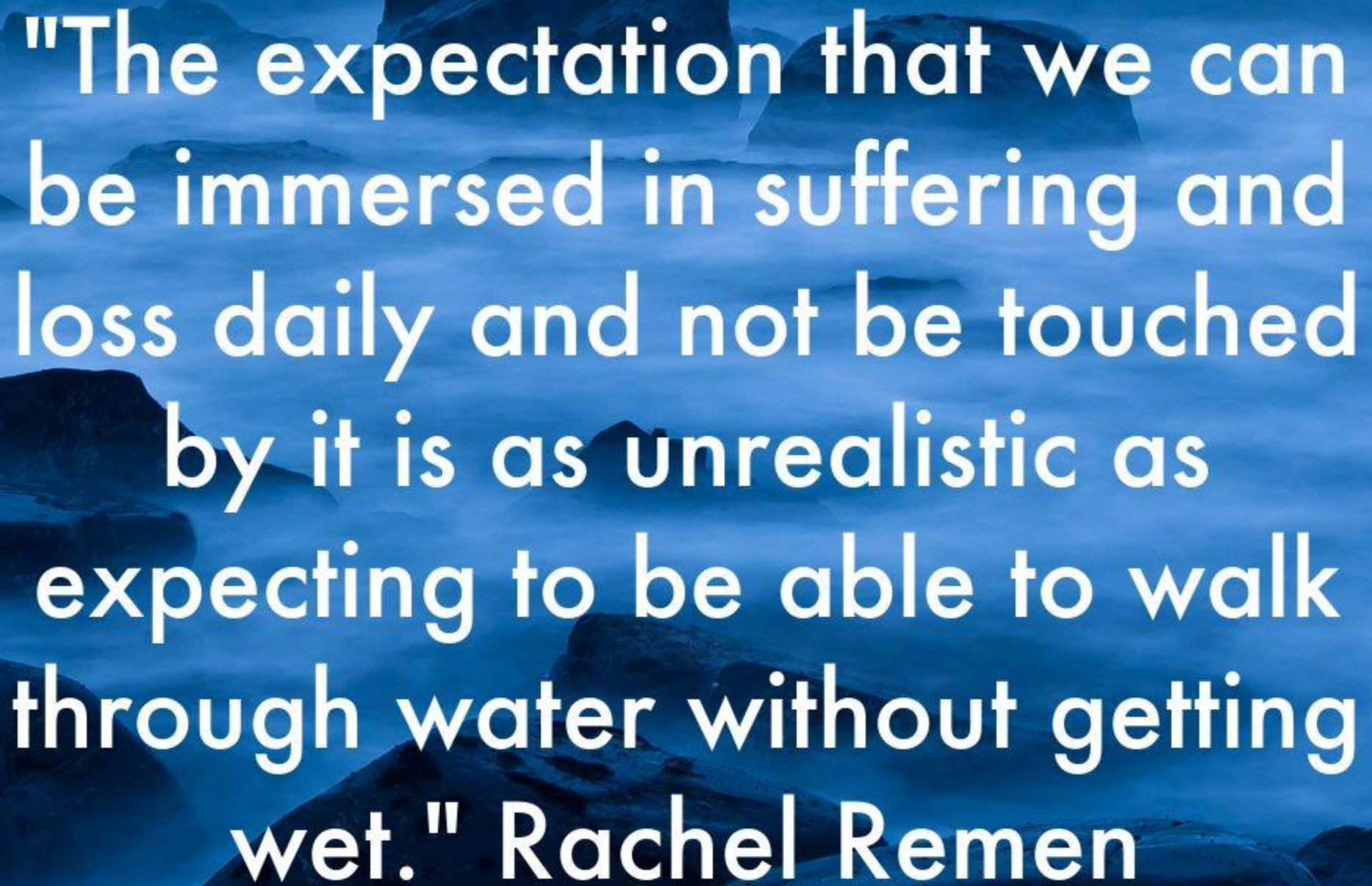


Objectives

1. To Pause
2. To Reflect
3. To Connect
4. To Practise







"The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet." Rachel Remen

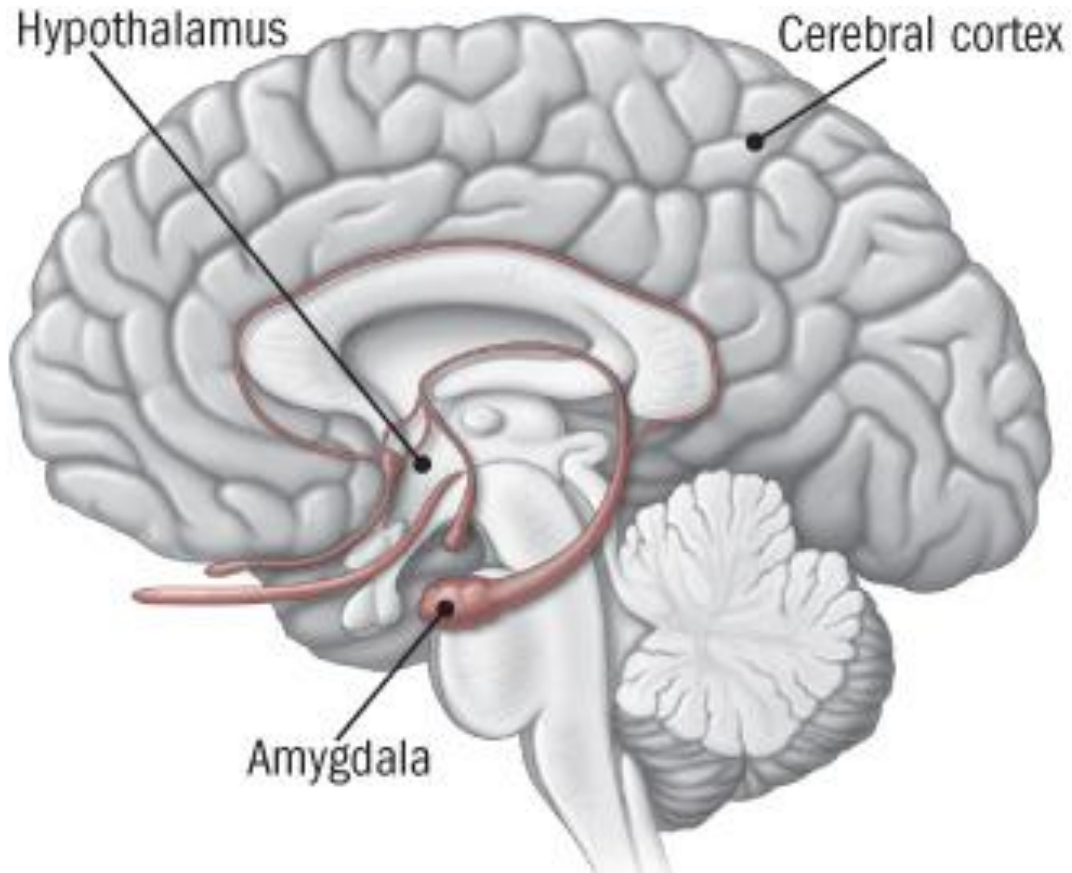
Stress

Noun.

1. Pressure or tension exerted on a material object.
2. A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
3. Physiological disturbance or damage caused to an organism by adverse circumstances.
4. Particular emphasis or importance.

Stress

Noun.



Signs & Symptoms of Stress

- Insomnia
- Somatization
- Increased use of alcohol & other substances
- Anger & irritability
- Negative self-image and self-talk
- Resentment
- Difficulty in concentrating or making decisions
- Loss of interest, enjoyment or energy in something you used to enjoy

Self-Care

Noun.

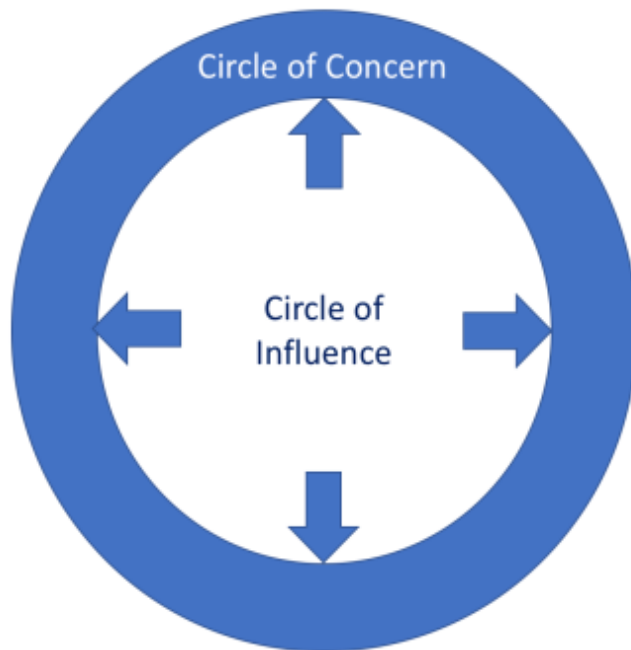
1. The practice of taking action to preserve or improve one's own health

1.1 The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Coping Strategies

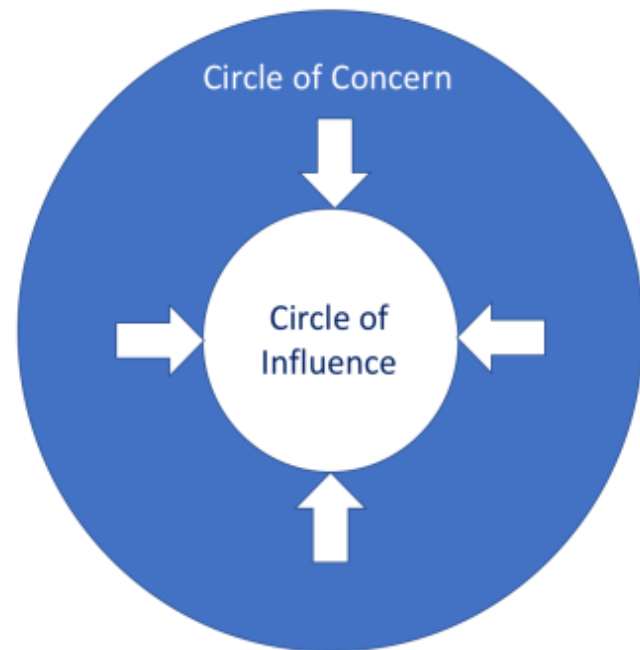
- Talk about your problems & ask for help.
- Prioritize.
- Learn How to Say “No.”
- Start on the inside.
- Connect with nature.
- Get active.
- Do something you enjoy.

Circle of Concern / Circle of Influence



Proactive Focus

Positive energy enlarges the Circle of Influence



Reactive Focus

Negative energy reduces the Circle of Influence

"You can't stop the waves, but you can learn to surf."

-Jon Kabat-Zinn



Self-Care Practices

1. Breathe
2. Imagine
3. Supportive
Touch
4. Gratitude



Resources

- Wellness Together Canada - <https://ca.portal.gs/>
- CAMH Mental Health and the COVID-19 Pandemic - <http://www.camh.ca/en/health-info/mental-health-and-covid-19>
- CMHA Mental Health Works - <http://www.mentalhealthworks.ca/>
- Workplace Strategies for Mental Health - <https://www.workplacestrategiesformentalhealth.com/>
- TEND Academy - <https://www.tendacademy.ca/resources/>
- Government of Canada - Sleep Infographic
- CMHA BounceBack Ontario - <https://bouncebackontario.ca/>

Resources

- Judson Brewer - <https://drjud.com/>
- Kristen Neff - Self-Compassion - <https://self-compassion.org/>
- Brené Brown - Empathy - <https://www.youtube.com/watch?v=1Evwgu369Jw>
- 50 Ways to Take a Break - <http://www.fullcupthirstyspirit.com/posters.php>
- The Wellness Society - Coronavirus Anxiety Workbook