

The background of the slide is a repeating geometric pattern in shades of green. It consists of a grid of diamonds, with each diamond containing a smaller diamond and a circle. The circles are formed by a series of dots, creating a dotted effect. The overall pattern is intricate and rhythmic.

MANAGING STRESS & SELF-CARE

**PDHC Parenting Classes
May 2020**

WHAT IS STRESS?

- ❑ A real or imagined threat from the past or present
- ❑ Triggered by a physical, social, or psychological event or crisis
- ❑ Something that causes strong feelings of
 - ❑ worry, anxiety, or depression
 - ❑ motivation and courage



NEGATIVE STRESS AFFECTS THE ENTIRE BODY

How **STRESS** Affects

The **BODY**

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SKIN

skin problems like acne, psoriasis, eczema, dermatitis, random breakouts, and skin rashes

STOMACH

can cause peptic ulcer disease, IBD, IBS, food allergies, stomach cramps, reflux, nausea and weight fluctuations

PANCREAS

results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity

IMMUNE SYSTEM

suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions

HEAD

issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks

HEART

increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol

INTESTINES

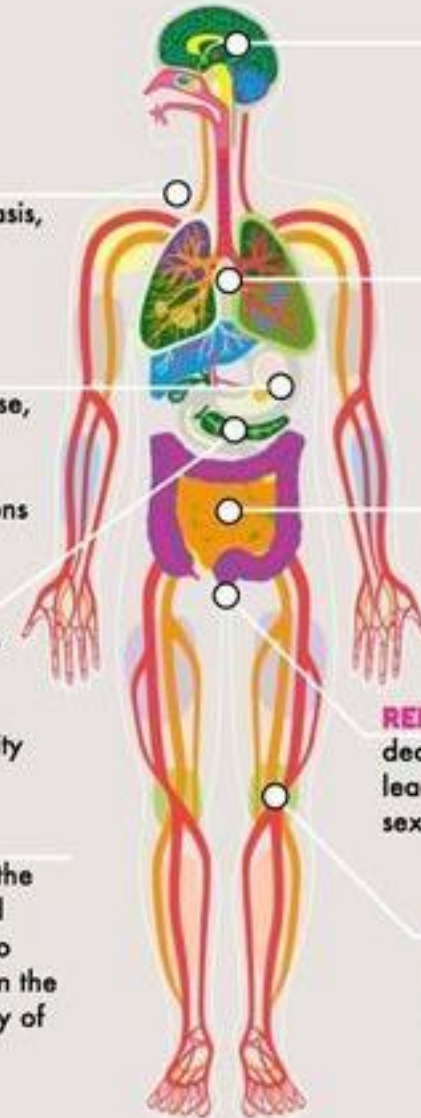
decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes, and more

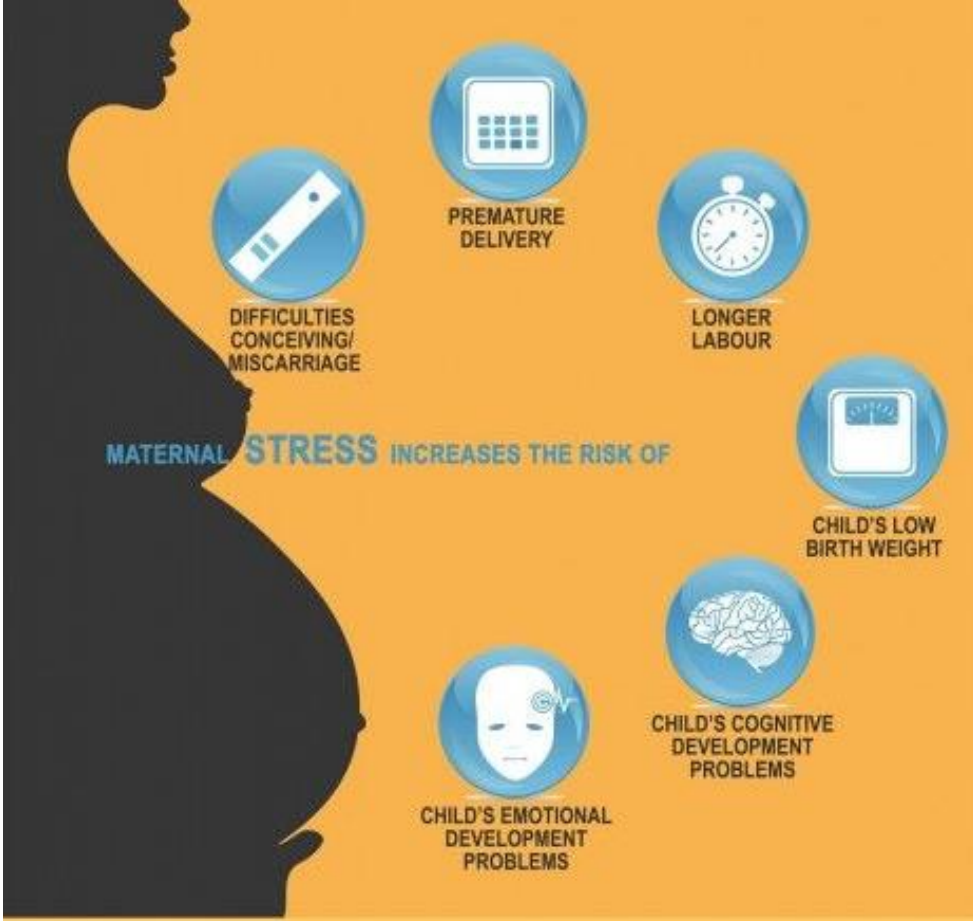
REPRODUCTIVE SYSTEM

decreased testosterone and estradiol production leading to reduced fertility. Dampening of sexual behaviour and loss of sexual drive

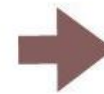
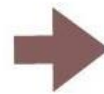
JOINTS & MUSCLES

aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back





DEVELOPMENTAL EFFECTS



Maternal stress during pregnancy affects the developing fetal stress systems

Critical periods of brain development are influenced by stress

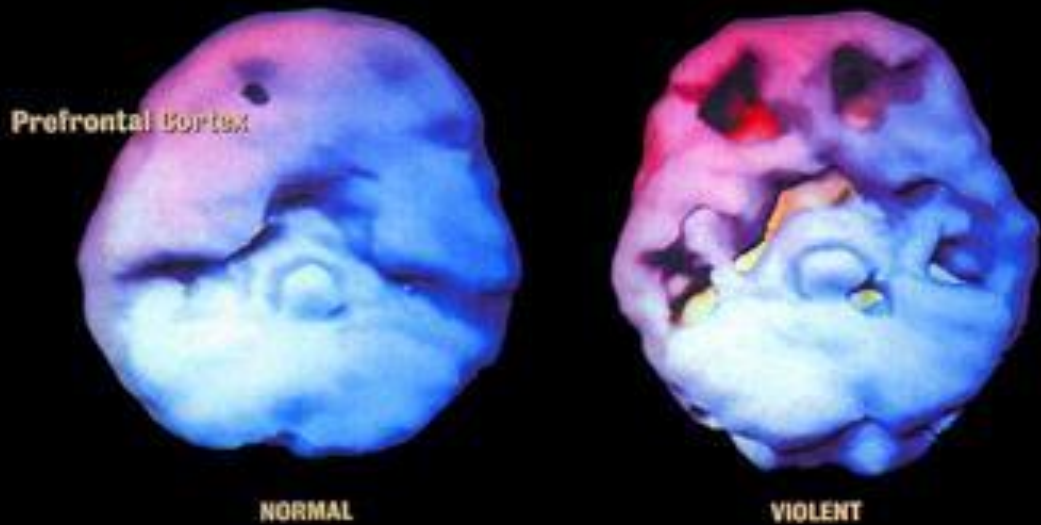
Severe, chronic stress can result in a lower threshold for stress response

<https://upliftingfamilies.com/stress-pregnancy-harmful-mom-baby-infographic/>

<http://slideplayer.com/slide/9351033/>

DOES STRESS AFFECT PREGNANCY? YES IT DOES.

CHRONIC STRESS IMPACTS THE BRAIN



<https://www.youtube.com/watch?v=WuyPuH9ojCE>



EUSTRESS VS DISTRESS

EUSTRESS = GOOD STRESS	DISTRESS = BAD STRESS
Provides energy	Drains energy
Protects	Causes worry
Helps complete tasks	Leads to mental or physical issues
Increases competition	Results from trauma or loss
Increases awareness	Information doesn't process correctly
Short Term	Short or Long Term

ACUTE VS CHRONIC STRESS

ACUTE STRESS

An immediate response to a threat or stressor

“Fight, flight, or freeze” response

A form of protection

CHRONIC STRESS

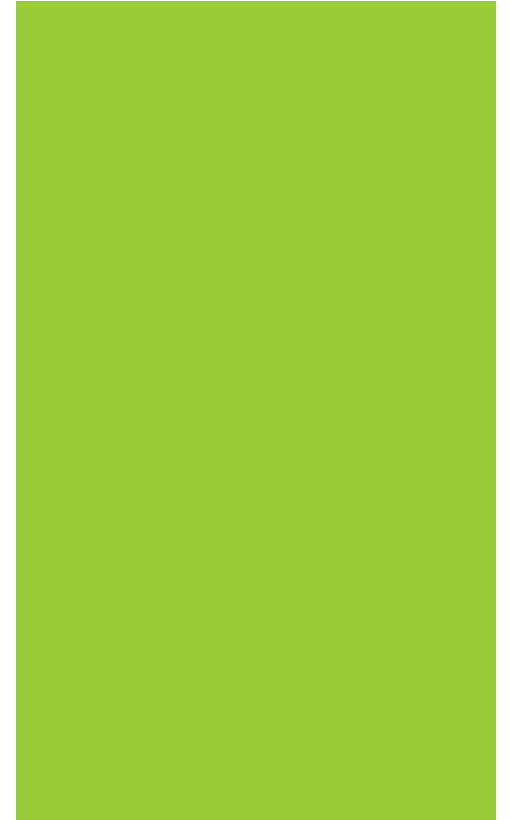
Long term acute stress

More subtle, but lasting

Nagging & Unrelenting

BASIC WAYS TO KEEP OUR BODIES HEALTHY

- Avoid nicotine, alcohol, caffeine and refined sugar**
- Relax with a stress reduction technique every day**
- Get enough sleep**
- Embrace your support system**





Respect yourself

Listen to your body



Rest

Stay home if you're sick



Be Proactive

Set healthy boundaries
and learn how to say
“no”



Be Realistic

Manage your time and
don't over commit.



Self Awareness

Be aware of your
surroundings.

BASIC WAYS TO DEAL WITH STRESS WHEN IT'S HAPPENING



<https://www.youtube.com/watch?v=QovJbtIz5jE>

DEPRESSION AND ANXIETY DURING PREGNANCY

(It doesn't mean you're a bad mom!)

IT'S OKAY TO ASK FOR HELP

Who can I talk to?

- Family or friends
- Your OBGYN or Family Doctor
- A professional counselor

MAYBE YOU FEEL LIKE....

your emotions
are constantly
changing...

you've been
stuck in a mood
for a long time...

UNDERSTANDING OUR BRAIN



[https://www.youtube.com/
watch?v=FTnCMxEnnv8](https://www.youtube.com/watch?v=FTnCMxEnnv8)



LEARNING TO
IDENTIFY OUR
EMOTIONS HELPS US
HANDLE STRESS

<https://brenebrown.com/downloads/>

*List of
Core Emotions**

Anger	Happy
Anxious	Humiliation
Belonging	Hurt
Blame	Jealous
Curious	Joy
Disappointed	Judgment
Disgust	Lonely
Embarrassment	Love
Empathy	Overwhelmed
Excited	Regret
Fear Scared	Sad
Frustrated	Shame
Gratitude	Surprised
Grief	Vulnerability
Guilt	Worried



SELF-CARE

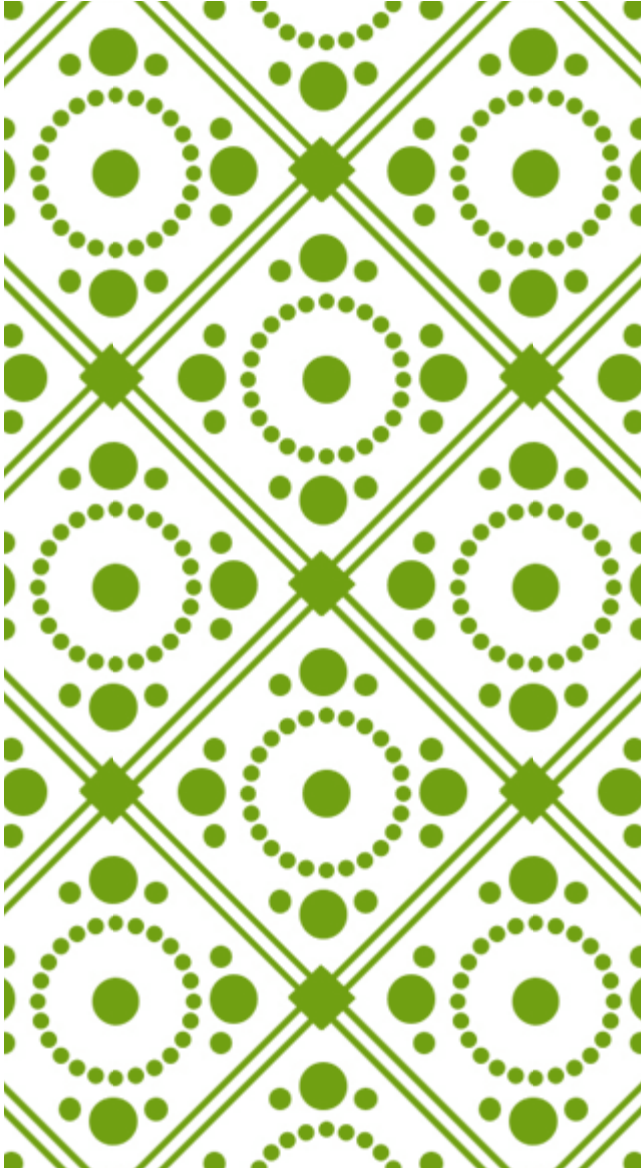
the practice of taking action to preserve or improve one's own health.

INSIDE ACTIVITIES

Do deep breathing exercise	Guided imagery
Take pleasure in quiet time	Listen to relaxing music
Reflect on memories	Make a cup of hot cocoa or tea
Sing or whistle a song	Clean out a closet
Write a letter	Focus on a puzzle
Tear up a newspaper or magazine	Take a bath or a shower
Plan a dream vacation	Pray
Light a candle	Finish a project

Blow bubbles	Plant flowers
Pull weeds	Enjoy the sunshine
Walk in the rain	Walk to a library or park
Rollerblade or bike	Draw with chalk
Take a long car ride	Kick a soccer ball

OUTSIDE ACTIVITIES



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