

**Self Care for You**

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In the event of a loss of cabin pressure, oxygen masks will fall from the overhead panel. Please put on your own oxygen masks first, so that you are able to assist others.

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**What is Stress**

- It is a natural part of life.
- It is what you feel when the demands on your life exceed your ability or resources you have to meet those demands.
- It is different for everyone.
- It is not the event itself, but how we react to that event.

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## Acute Stress

- Symptoms are recognized by most people.
- It is when something goes wrong unexpectedly i.e.. car accident, rushing to meet a deadline, speeding ticket, or your child gets hurt or sick.
- Usually it is short term and manageable.
- Can be exciting i.e., skydiving, rock climbing.

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## Episodic Acute Stress

- Those who suffer acute stress more frequently.
- Type A Personalities
- People in perpetual crisis mode
- Excessive worrying

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## Chronic Stress

- The grinding stress that wears people away day after day.
- Unrelenting demands and pressures that last long periods of time.
- When individuals do not see a way out of a miserable situation.
- People get use to it, it becomes such a part of their lives, it becomes comfortable.

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## Physical Symptoms

- Sleep disturbance
- Back, shoulder or neck pain
- Stomach issues
- Constipation, diarrhea
- Weight gain/loss
- Headaches
- Fatigue
- High blood pressure
- Shortness of breath
- Chest pain
- Sweaty palms
- Cold hand or feet
- Skin issues (hives, psoriasis)
- Decreases immune system
- Hair loss

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## Emotional Symptoms

- Nervousness, anxiety
- Depression, moodiness
- Irritability, frustration
- Memory problems
- Lack of concentration
- Feeling guilty
- Worrying
- Trouble thinking clearly
- Feeling out of control
- Substance abuse
- Phobias
- Overreactions
- Insecurity

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## Behavioral Symptoms

- Short temper
- Overeating or loss of appetite
- Increase smoking, drinking or drug use
- Loss of sense of humor
- Decreased in sex urge
- Withdrawal or isolation from others
- Increased passive-aggressive behavior
- Procrastination
- Reduce motivation
- Absenteeism
- Missed appointments and deadlines
- Reduced quality or performance at work

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## How We Choose To Think

- It is commonly thought that people and situations around us cause our stress.
- In reality no one can make us feel sad, angry, or incompetent except ourselves.
  
- My thinking affects the way that I feel. *If I do not like the way I am feeling, then I can change the way I am thinking.*

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## Work stressors    Internal self talk

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|---------------------------------|--|
| ■ Ongoing change                | ■ It's not fair/right                    |
| ■ Lack of support & resources   | ■ Managers don't care or listen          |
| ■ Lack of recognition           | ■ Management lies to us                  |
| ■ Lack of feedback              | ■ Too much change for the sake of change |
| ■ High rate of staff sick leave | ■ Out of my control, powerless           |
| ■ Do I have a job?              |  |

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## Physical

- Headaches
- Muscle tension
- Loss of sleep
- Change in eating/sleeping
- Increase blood pressure
- Loss of concentration
- Difficulty in making decisions

## Emotional

- Anger
- Fear
- Anxiety
- Tension
- Frustration
- Tiredness
- Cynicism
- Resentment
- Internal conflict

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## Other Stress Building Beliefs

- Black & white thinking
- Overgeneralizing
- Filtering
- Mind-reading
- Fortune-telling
- Labeling
- Personalization
- Demands
- Awfulizing

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## Take ACTIONS

- **A** (activating event)  
*I have to share an office*
- **C** (consequences, unhelpful feelings/behavior)  
**Emotional:** *Anger/resentment*  
**Behavioral:** *Crying, slamming of door, not speaking to colleagues*

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- **T** (Thoughts, self defeating self talk)  
*I hate this place; this isn't right or fair; I deserve my own office; it's management fault; they just don't care.*
- **I** (Internal belief that supports the self defeating thoughts above)  
*Being professional means having your own office. It's awful being treated unfairly.*

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■ **O** (Options, what I want & other ways I could respond)  
**What I want:** *To enjoy my work again*  
**Other ways I could respond:** *Be more understanding about office space, take responsibility for making sharing an office work, get to know my colleague better*

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■ **N** (New, more effective self talk, beliefs and behaviors)  
To change old thoughts ask the following questions:  
Is there hard evidence to say this belief is true? Is it consistent with reality? Is my belief logical? How does it follow that just because I want something, I must have it? Is it useful to hold this belief?

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**New self-talk & beliefs:** *My manager did her best. I would prefer to have my own office, but that is not possible at the moment.*  
**New behavior:** *Greet my colleague each day. Take responsibility and organize my part of the office in consultation with her.*

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■ **S** (Start by taking the following actions)

*Greet my colleague each day (and apologize for not speaking to her).*

*Acknowledge my manager's effort and thank her (I could be sharing with 3 people).*

*Sort out my belongings and start to work.*

from: [www.rational.org.nz](http://www.rational.org.nz)

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Why do bad things happen to good people?

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Things happen to people

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Life  
is not  
fair

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Life  
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### Caretaking vs. Caregiving

When we feel responsible **for** others...we feel tired, anxious, fearful, liable

When we feel responsible **to** others...we feel relaxed, free, aware, a sense of self-worth

When we feel responsible **for** others...we manipulate

When we feel responsible **to** others...we are helpers or guides

When we feel responsible **for** others we are concerned with... the solution, answers, being right circumstances, details

When we feel responsible **to** others we are concerned with... relating person to person, and focus on the feelings of the person

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## Caretaking vs. Caregiving cont.

When we feel responsible **for** others...we expect the person to live up to our expectations

They fix, protect, rescue, control carry their feelings, don't listen to what they are saying because they are focused on what they think the other's problem is

When we feel responsible **to** others...we expect the person to be responsible for him/herself and their actions, and any consequences for those actions

They show empathy, encourage share, confront, level with them, are sensitive, listen

\* From: [www.turnonyourinnerlight.com](http://www.turnonyourinnerlight.com)

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## Take Charge Of Your Life

- Take care of yourself
- Simplify your life
- Focus on the positives
- Change the factors you can
- Play
- Laugh more
- Relax/take time off
- Connect with friends
- Share the load/set limits
- Pay attention to your thoughts

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## What Refuels You?

- Exercise
- Listen to music/dance
- Read (not news related)
- Walking/hiking/biking
- Hobbies (knitting, painting, photography)
- Church/spirituality
- Volunteering
- What is your passion?

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## Financial Investment

- What do we do to give us financial security?



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## Personal Investment

- How much do you invest in yourself?



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## Rules For Being Human

- **YOU WILL RECEIVE A BODY.**  
*Like it or hate it, it's the only sure thing you have for the rest of your life. HONOR IT!*
- **YOU WILL LEARN LESSONS.**  
*You are enrolled in a full-time informal school called "Life". Every person or incident is the Universal Teacher.*
- **THERE ARE NO MISTAKES, ONLY LESSONS.**  
*Growth is a process of experimentation. Failures are as much a part of the process as successes.*

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## Rules For Being Human

- **A LESSON IS REPEATED UNTIL LEARNED.**  
*A lesson will be presented to you in different forms until you learn it. When you have learned it - you can go on to the next lesson.*
- **IF YOU DON'T LEARN THE EASY LESSONS THEY GET HARDER.**  
*External problems are a reflection of your inner state. When you clear inner obstructions, our outside world changes. Pain is how the universe gets your attention.*
- **YOU WILL KNOW YOU HAVE LEARNED A LESSON WHEN YOUR ACTIONS OR REACTIONS CHANGE.**  
*Wisdom is practice. A little of something is better than a lot of nothing.*

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## Rules For Being Human

- **"THERE" IS NO BETTER THAN "HERE".**  
*The grass is always greener-but if you can't deal with it "here", you won't be able to deal with it "there".*
- **OTHERS ARE ONLY A MIRROR OF YOU.**  
*You cannot love or hate something about a person unless it reflects something you love or hate in yourself.*
- **WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU.**  
*You have all the tools and resources you need. What you do with them is up to you. Take charge of your life-or someone else will. The choice is yours.*

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## Rules for Being Human

- **YOU ALWAYS GET WHAT YOU NEED.**  
*Your subconscious determines what energies, experiences and people you attract. Therefore, the best way to find out what you need is to see what you have.*  
  
*\*THOUGHTS BECOME THINGS\**
- **THERE IS NO RIGHT OR WRONG, BUT THERE ARE CONSEQUENCES.**  
*Moralizing doesn't help. Judgments only hold the patterns in place. Just do your best.*

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## Rules For Being Human

- **YOUR ANSWERS LIE INSIDE OF YOU.**

*All you need to do is to look, listen, and trust.*

- **YOU WILL FORGET ALL THIS.**

- **YOU CAN REMEMBER ANY TIME YOU WISH.**

From: "If Life is a Game" by Cherie Carter-Scott

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