OUR STRESS and Communicating with Those Who Are Stressing

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“Hi! How are you?”
Key to Reducing Stress:

Take care of YOU!

What does a realistic perfect day look like to you?

“My perfect day is…”
Wellness:
An evolving conscious and self-directed process through which we make choices toward a more successful, happy existence
Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You’ll even feel happier, less depressed, and less anxious.

It’s FREE! Are you interested?
Children ages seven to eight who get less than about eight hours of sleep a night are more likely to be hyperactive, inattentive, and impulsive.

Pediatrics Journal 2009
Adolescent youth on farms are 2-3 times more likely to get injured if they sleep less than 9.25 hours per night.

Journal of Agrimedicine, 2015

69.1% of high school students report sleeping 7 hours or less on a regular basis.

CDC Goal: 67% in 2020
AARP Newspaper article about inflammation, December 2019
Nutrition

EAT REAL FOOD
*variety
*in moderation

HYDRATE!

Enjoy Activity

MOVE more and sit less
(Any amount of physical activity has some health benefits)
Avoid Unhealthy Habits

Smoking
Drinking
Drugs
Unsafe Activities
STRESS
What is it?

A need or demand people confront, that is *perceived* as burdensome or threatening, and can lead to physical or mental health problems.

(Pearlin, 1989; Thoits, 2013; Dimsdale, 2008; Chen & Miller, 2007; Keller et al., 2012.)
How does stress affect you?

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Behavioral</th>
<th>Cognitive</th>
<th>Self-Worth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches / ulcers / backaches</td>
<td>Anxiety</td>
<td>Anger or acting out</td>
<td>Lack of concentration</td>
<td>Feeling like a failure</td>
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<tr>
<td>Poor posture</td>
<td>Sadness or depression</td>
<td>Passive-aggressive behavior</td>
<td>Memory loss</td>
<td>Can’t do anything right – hard on self</td>
</tr>
<tr>
<td>Overeating or not eating</td>
<td>Loss of spirit</td>
<td>Irritability</td>
<td>Difficulty with simple decisions</td>
<td>Not being able to fix things</td>
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<tr>
<td>Sleeping problems</td>
<td>Loss of sense of humor</td>
<td>Increased drinking or drug use</td>
<td>Constant worrying</td>
<td>Perception of physical image is negative</td>
</tr>
<tr>
<td>Frequent or recurring illness</td>
<td>Bitterness</td>
<td>Isolation</td>
<td>Uncontrollable, racing thoughts</td>
<td>Feeling powerless to control life</td>
</tr>
<tr>
<td>Exhaustion</td>
<td>Crying</td>
<td>Violence</td>
<td>Poor judgment</td>
<td>Lack of assertiveness</td>
</tr>
<tr>
<td>No longer doing physical activities once enjoyed</td>
<td>Non-tolerant of others</td>
<td>Clumsiness or breaking things</td>
<td>Perceiving things negatively</td>
<td>Taking on more than is reasonable to handle</td>
</tr>
</tbody>
</table>

A State of SADness

Seasonal Affective Disorder (SAD) or “Nebraska winter blues” is a genuine type of depression that can sap energy and create moodiness during cold winter months. Symptoms of SAD can include irritability, feeling sluggish, sleeping issues, weight gain, appetite changes, and general anxiety or depression.
Coping with Stress

- Sleep, Activity, Nutrition
- Deep Breathing (Box Breathing)
- Self-Talk
- Meditating
- Connect with People in your Social Network, Avoiding Negative People
- Talk to a Mental Health Professional
- Take Time for Yourself – Hobbies
- Spend Time with People and Pets You Love
- Shift from Worrying to Problem Solving
- Get Organized, De-clutter your Space, Plan Ahead
- GIVE your time or favors to community members - RAK

Focus on What You Can Control

**Attitudes:**
- Identify sources of stress you cannot change.
- Shift your focus from worrying to problem solving.
- Focus on what you achieve rather than what wasn’t accomplished.
- Set realistic daily goals.

**Responses:**
- Positive self-talk and find someone to talk to or seek help if needed.
- Make these your priorities: time in bed, activity, and water/food intake
- Build gaps into your day to take breaks; Balance work and play.
- Be assertive enough to say “No” rather than “Yes” to everything.
Two Ways of Reacting:

Frontal Lobe = Logical

Amygdala = Emotional

Signs of Chronic Stress

- Isolation from public; no socializing
- Loss of interest in things they used to enjoy
- Trouble making decisions; forgetfulness
- Negative thinking/talking; loss of sense of humor
- Increased drinking or drug use
- No desire to exercise, poor hygiene
- Health issues
Approaching Someone Who Has Chronic Stress

Do you have empathy or sympathy???

Brene Brown Video

- Plan ahead
- Create a safe, non-judgmental space
- Start the conversation with any behavior-related question
- LISTEN
- Discuss only facts and impacts without judgment or blame
- Develop a shared purpose of resolving
- Play an active role in helping them come up with solutions
a) Restate: Is this what you said?
b) Paraphrase: In other words, I’m hearing_________. Did I get it right?
c) Summarize: From what you’re saying, I sense that you’re feeling___, is that right?
d) Reframe: I’m hearing that you’d like____to happen, right?

- Look at things from their perspective, but also realize that depressed people do not think clearly.
- Ask for other views: “What am I missing?”
  “How do you see the situation?”
- Restate and paraphrase to clarify what was said.
- “Are you willing to…?”
- Involve them in finding the solution.
- Follow up even if you did not say you would!
Suicide Warning Signs

Talking or writing about suicide or death (coded or direct)
Giving away prized possessions
Isolation from others
Feeling like a burden or hopeless and trapped
Making a plan and acquiring means
Saying goodbyes or apologies
Loss of interest
Mood change

Suicide is the 10th leading cause of death in Nebraska.
Suicide is the 4th leading cause of death in 35-54 year old Nebraskans.
Suicide is the 2nd leading cause of death in 15-34 year old Nebraskans.
Risk Factors for Suicide:

- Prior attempts
- Drug and alcohol misuse
- Mental disorders like depression
- Knowing someone who died by suicide
- Access to lethal means
- Social isolation
- Chronic disease or disability, especially with pain
- Change-in-life stressors
- Lack of access to behavioral health care
Major protective factors against suicide:

- Access to behavioral health care
- Connectedness to people
- Life skills (problem-solving, coping, adapt to change)
- Self-esteem and sense of purpose
- Cultural, personal, or religious beliefs that discourage suicide

Two Things to Remember:

Choose your words wisely

“Are you having thoughts of suicide?”

and if they say yes...

Do not leave this person alone!
Your perfect day…
Choose one thing you are capable of doing today that starts a path toward that perfect day.
TAKE CARE OF YOURSELF!