

Time-for-Me

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Managing Stress: Time-for-Me**. This learning module contains 7 posters and takes approximately 10 minutes to complete.

Before you get started, print the **Passport to Time-for-Me** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Managing Stress: Time-for-Me



Name: _____

Answer these questions as you go through the Virtual educational exhibit to reinforce your learning.

Exhibit 1: Overview Of Stress

Circle one: The first indicator of stress for me is usually: a) Physical b) Behavioral c) Mood Changes

Exhibit 2: The SCARF Model And Stress Triggers

Recognizing that the _____ trigger from the SCARF model is a major stress trigger for me will help me to identify and respond more effectively to stress.

Exhibit 3: Responding To Stress

Circle one: My typical response to stress is: a) Fight b) Flight c) Freeze

Exhibit 4: Coping With Stress

Two examples of stress management practices that I am willing to do on a regular basis to help me cope with stress are:

Exhibit 5: Stress Reduction Practices

List stress reduction practices that you are interested in trying:

Exhibit 6: Time-for-Me

What are you interested in doing during your 15 minutes of Time-for-Me in the areas of Connecting, Fun, Relaxation, and Physical Activity:

Connecting: _____

Fun: _____

Relaxation: _____

Physical Activity: _____

Exhibit 7: Meditation

Try this 5 Minute BBLISS Meditation as you complete the Virtual Exhibit. Write down how you felt after completing the meditation. Try to make time each day for brief meditation.

OVERVIEW OF STRESS



What is Stress

Stress is a normal physical response to events that make you feel unsettled, threatened or upset your balance in some way.

Recognizing Stress

By understanding the ways stress affects your body, you can learn to quickly identify the signs of stress and how to cope with it in a healthy way.



Physical Indicators

- Headache
- Muscle pain or tension
- Chest pain
- Fatigue
- Upset stomach
- Change in sex drive
- Sleep problems



Behavioral Response

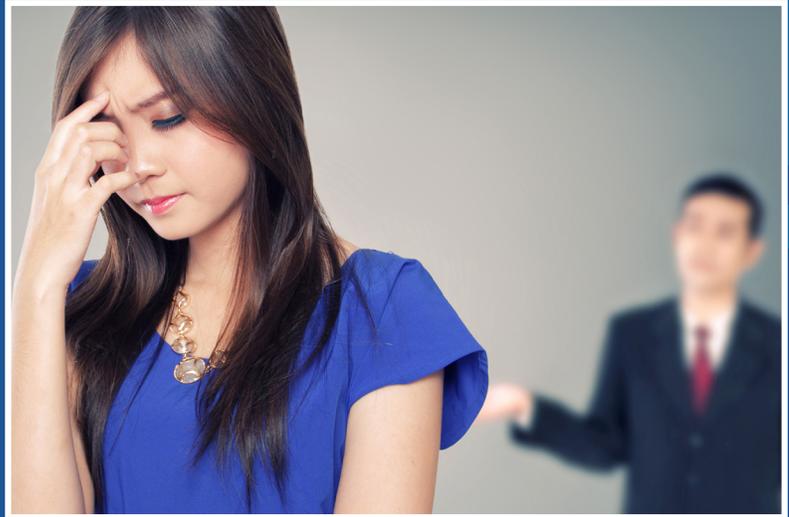
- Over or undereating
- Drug or alcohol use
- Tobacco use
- Social withdrawal



Mood Changes

- Anxiety
- Low motivation
- Restlessness
- Irritability
- Sadness/depression
- Anger

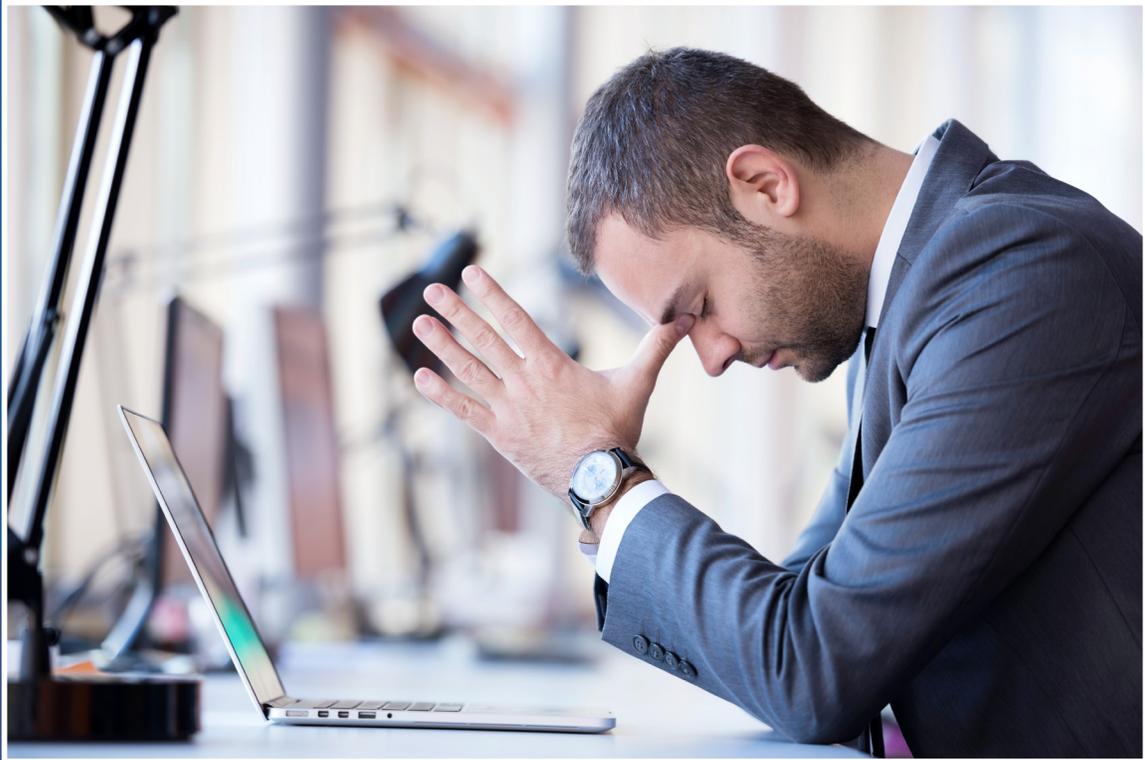
THE SCARF MODEL AND STRESS TRIGGERS



The SCARF Model provides a framework for understanding core stress triggers. This model labels the major key stress triggers, enabling people to take measures to respond effectively.



- S Status:** refers to one's sense of importance relative to others, e.g. peers, co-workers, friends, and supervisors.
- C Certainty:** refers to one's need for clarity and the ability to make accurate predictions about the future.
- A Autonomy:** is tied to a sense of control over the events in one's life and the perception that one's behavior has an effect on the outcome of a situation, e.g. getting a promotion, finding a partner.
- R Relatedness:** concerns one's sense of connection to and security with another person.
- F Fairness:** refers to just and non-biased exchange between people, e.g. praise for or acknowledgement of one's efforts, equivalent pay for equivalent work.



RESPONDING TO STRESS

The Fight/Flight/Freeze Model of Stress Response describes typical ways in which people respond to stress. Think about your stress response in situations and how certain people in your life influence your response to stress.



Fight

Also known as the “attack” mode. This alertness causes one to perceive everything in their surroundings as potential threats. The threats can be real or imaginary. Blood flow to the muscles is increased by 300% and causes the muscles to tense. Forms of the fight response include physically acting out or emotionally lashing out at others.



Flight

Also known as the “retreat” mode. In times of perceived danger or threat, one may run away from the situation. This can be beneficial in times where one is making a conscious decision to remove themselves from a toxic situation, but often times, this response is a temporary avoidance of the real stressor at hand.



Freeze

Also known as a state of physical, emotional, or mental stillness. Hopeless, powerless, or overwhelming feelings may cause one to completely freeze. This response is common when the fight/flight responses are not options.



COPING WITH STRESS

Pay attention to signals of an oncoming fight-flight-freeze response.

Signals may include:

- Physical symptoms such as tension in our muscles, headaches, upset stomach, racing heartbeat, or quick breaths.
- Emotional symptoms such as anxiety, poor concentration, depression, hopelessness, frustration, anger, sadness, or fear.

Overcome the Stressor

-  **Fight:** Confront the threat or stressor and deal with it.
-  **Flight:** Get as far away from the threat or stressor as quickly as possible if it is likely to be a dangerous situation.
-  **Freeze:**
 1. Focus your eyes on one spot.
 2. Concentrate on your breathing.
 3. Notice the environment around you, using the senses of touch, hearing and vision.
 4. Evaluate your surroundings and decide what is the healthiest, safest way to react to the stressor.

To cope with stress, make time each day to engage in stress management practices.

STRESS MANAGEMENT PRACTICES



Take initiative to manage your stress. Try different stress reduction practices to discover what works for you.

- 1 Exercise reduces stress
- 2 Write it down in a journal
- 3 Meditate
- 4 Do something you enjoy
- 5 Yoga and Tai Chi combine exercise with meditation
- 6 Master relaxation techniques
- 7 Scale back on obligations
- 8 Stay organized – declutter your home, office, and car
- 9 Talk to family, friends, or a counselor
- 10 Get enough sleep

Live Well

TIME

There is still a little “me” in time

Time-for-Me



Time to Reconnect



Physical Activity

Fun Time



Time to Relax



TIME-FOR-ME

Personal time is easy to skip but just **15 minutes a day** will help you reduce stress, reconnect, and recharge. Time-for-Me is just as important as every other item on your “To-Do” list.

In 15 minutes a day, find time in one of these four areas:

- Time to Reconnect
- Time to Relax
- Fun Time
- Physical Activity

NOTE: Time-for-Me Activities do not include chores or doing things for others. It’s your 15 minutes. It’s just 15 minutes. The idea is to take a break from the busyness of life to recharge daily. The reward will be reduced stress, greater resilience, prevention of burnout, and increased happiness.



MEDITATION

Meditation is a proven practice that reduces stress, increases mindfulness, and improves well-being. Meditation can be done anywhere and for small increments of time.

5 Minute BBLISS Meditation

B - BODY

Bring your awareness into your body. Scan every part of your body from your feet up to your head and notice your sensations.

B - BREATH

Take three full, deep breaths. Fully inhale. Fully exhale. As you do, let go of what is old. Notice how the new breath comes back all by itself.

L - LISTEN OUT

Listen to and notice the sounds around you. Let your hearing become receptive, as if you are breathing in and out of your ears.

L - LISTEN IN

Listen internally to your thoughts and the stories you are telling yourself in the moment. Simply notice them, without judgment.

I - ACKNOWLEDGE THE "I" STORIES

Acknowledge the stories you are telling yourself. "I hear that I am telling myself (fill in your own story in the moment)."

S - SENSATIONS

Again without judgment, notice the sensations that happen in your body as a result of those stories. For instance, "My breathing gets more deep, my throat feels more open."

S - SENSE

Sense the life force pulsating through you, and recognize that you are alive. Name something you are grateful for.



Time-for-Me

Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Managing Stress: Time-for-Me**. Additionally, we hope that you learned more about stress, the different responses to stress, ways to cope with stress, and how to use Time-for-Me as a way to manage stress on a daily basis. You are now ready for the **Time-for-Me** Challenge to put these practices into daily living.