Give Me Some Chocolate! I’m Stressed! www.DesiPayne.com

“Take control of your stress before it takes control of you.”
Paul Huljich

Studies show that eating 1.4oz of 70% dark chocolate every day for 2 weeks reduces stress hormones.

“The single most overlooked reason for high blood pressure is stress.”
Dr. Michael Miller

“Worry is like a rocking chair. It gives you something to do, but it gets you nowhere.”
Erma Bombeck

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.”
Dr. Seuss

“Exercise improves blood flow to your brain, which increases nutrients and helps to carry away waste products that build up when you’re stressed.”
J.S. Abromowitz

“Stress is either a motivator or a mean taskmaster.”
June Hunt

“Negative thinking leads to stress, which affects our body’s natural healing capacities.”
Dr. Herbert Benson
# The Holmes-Rahe Life Stress Inventory

**The Social Readjustment Rating Scale**

**INSTRUCTIONS:** Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

<table>
<thead>
<tr>
<th>Life Event</th>
<th>Mean Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Death of spouse</td>
<td>100</td>
</tr>
<tr>
<td>2. Divorce</td>
<td>73</td>
</tr>
<tr>
<td>3. Marital Separation from mate</td>
<td>65</td>
</tr>
<tr>
<td>4. Detention in jail or other institution</td>
<td>63</td>
</tr>
<tr>
<td>5. Death of a close family member</td>
<td>63</td>
</tr>
<tr>
<td>6. Major personal injury or illness</td>
<td>53</td>
</tr>
<tr>
<td>7. Marriage</td>
<td>50</td>
</tr>
<tr>
<td>8. Being fired at work</td>
<td>47</td>
</tr>
<tr>
<td>9. Marital reconciliation with mate</td>
<td>45</td>
</tr>
<tr>
<td>10. Retirement from work</td>
<td>45</td>
</tr>
<tr>
<td>11. Major change in the health or behavior of a family member</td>
<td>44</td>
</tr>
<tr>
<td>12. Pregnancy</td>
<td>40</td>
</tr>
<tr>
<td>13. Sexual Difficulties</td>
<td>39</td>
</tr>
<tr>
<td>14. Gaining a new family member (i.e., birth, adoption, older adult moving in, etc.)</td>
<td>39</td>
</tr>
<tr>
<td>15. Major business readjustment</td>
<td>39</td>
</tr>
<tr>
<td>16. Major change in financial state (i.e., a lot worse or better off than usual)</td>
<td>38</td>
</tr>
<tr>
<td>17. Death of a close friend</td>
<td>37</td>
</tr>
<tr>
<td>18. Changing to a different line of work</td>
<td>36</td>
</tr>
<tr>
<td>19. Major change in the number of arguments w/spouse (i.e., either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)</td>
<td>35</td>
</tr>
<tr>
<td>20. Taking on a mortgage (for home, business, etc.)</td>
<td>31</td>
</tr>
<tr>
<td>21. Foreclosure on a mortgage or loan</td>
<td>30</td>
</tr>
<tr>
<td>22. Major change in responsibilities at work (i.e., promotion, demotion, etc.)</td>
<td>29</td>
</tr>
<tr>
<td>23. Son or daughter leaving home (marriage, attending college, joined mil.)</td>
<td>29</td>
</tr>
<tr>
<td>24. In-law troubles</td>
<td>29</td>
</tr>
<tr>
<td>25. Outstanding personal achievement</td>
<td>28</td>
</tr>
<tr>
<td>26. Spouse beginning or ceasing work outside the home</td>
<td>26</td>
</tr>
<tr>
<td>27. Beginning or ceasing formal schooling</td>
<td>26</td>
</tr>
<tr>
<td>28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)</td>
<td>25</td>
</tr>
<tr>
<td>29. Revision of personal habits (dress manners, associations, quitting smoking)</td>
<td>24</td>
</tr>
<tr>
<td>30. Troubles with the boss</td>
<td>23</td>
</tr>
<tr>
<td>31. Major changes in working hours or conditions</td>
<td>20</td>
</tr>
<tr>
<td>32. Changes in residence</td>
<td>20</td>
</tr>
<tr>
<td>33. Changing to a new school</td>
<td>20</td>
</tr>
<tr>
<td>34. Major change in usual type and/or amount of recreation</td>
<td>19</td>
</tr>
<tr>
<td>35. Major change in church activity (i.e., a lot more or less than usual)</td>
<td>19</td>
</tr>
<tr>
<td>36. Major change in social activities (clubs, movies, visiting, etc.)</td>
<td>18</td>
</tr>
<tr>
<td>37. Taking on a loan (car, tv, freezer, etc)</td>
<td>17</td>
</tr>
<tr>
<td>38. Major change in sleeping habits (a lot more or a lot less than usual)</td>
<td>16</td>
</tr>
<tr>
<td>39. Major change in number of family get-togethers (**)</td>
<td>15</td>
</tr>
<tr>
<td>40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)</td>
<td>15</td>
</tr>
<tr>
<td>41. Vacation</td>
<td>13</td>
</tr>
<tr>
<td>42. Major holidays</td>
<td>12</td>
</tr>
<tr>
<td>43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)</td>
<td>11</td>
</tr>
</tbody>
</table>

**Now, add up all the points you have to find your score.**

- **150pts or less** means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.
- **150 to 300 pts** implies about a 50% chance of a major health breakdown in the next 2 years.
- **300pts or more** raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.
What is STRESS?

A state of ____________or ____________ strain or tension resulting from adverse or very demanding circumstances.

“If stress motivates you to improve something, then it’s ____________
If stress deteriorates your emotions and health, then it’s ____________” Dr. Craig Payne

Non-stop stress = Non-stop ___________________________

3-Step Strategy to MINIMIZE, ELIMINATE, or MANAGE STRESS

Strategy #1: __________________ __________________

The Law of Reflection: ____________ & ____________

*Spiritually
*Socially
*Mentally
*Physically
*Financially
*Health
*Social Media
*Home
*Spiritually
Top three stressors on my job:
1.
2.
3.

“Stress occurs when the demands of a situation exceed your perceived ability to control them. The key is that the more you perceive you can control, the lower your stress level.” Laura Stack

Remember the 4 C’s:
1.
2.
3.
4.

What can you ________________?

Strategy #2: ____________________________________________

Strategy #3: ____________________________________________
HEALTH BENEFITS
Of LAUGHTER:

* Reduces tension, anxiety, fear, depression, & worry
* Enhances creativity & problem-solving skills
* Decreases stress hormones
* Lowers blood pressure
* Improves circulation
* Increases oxygen
* Helps vasodilatation of blood vessels
* Improves memory
* Natural pain killer
* Improves teamwork
* Massages internal organs
* Enhances resilience
* Relaxes the whole body
* Improves sleep
* Rests brain
* Strengthens relationships
* Improve alertness
* Gives you more energy
* Boosts immune system

JUST DO IT!:
* Be intentional about laughing more
* Watch funny movies from your past
* Put your boss, co-workers, family, or friends in a JibJab (www.jibjab.com)
* Create a funny face with Snapchat
* Hang around funny people
* Don’t watch the news all day
* Google 100 funniest movies & watch some
* Google 100 funniest TV shows & watch some
* Have game night with friends
* Hang around with funny people
* Find funny YouTube videos
* Start Pinterest board of funny things
Avoid or minimize the CRAP Diet when under stress:
- Caffeine
- Refined Sugars
- Alcohol
- Processed foods & drinks

(CRAP diet by Paul Huljich, Stress Pandemic)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Foods and Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dopamine</td>
<td>Alfalfa, apples, almonds, asparagus, bananas, beans, beets, blueberries, broccoli, chicken, eggs, fava beans, fish, legumes, lettuce, peanuts, pumpkin, seaweed, sesame seeds, spinach, tofu, turkey, watermelon, wheat germ</td>
</tr>
<tr>
<td>Endorphins</td>
<td>Bananas, brazil nuts, cacao, brown rice pasta, chicken, grapes, grapefruit, hot chilies, organs, nuts, pasta, salmon, sesame seeds, strawberries, turkey, walnuts, whole grain bread</td>
</tr>
<tr>
<td>Epinephrine (or adrenaline)</td>
<td>Almonds, avocados, bananas, chicken, eggs, grains, most leafy greens, lean meat, nuts, pineapple, seafood, seeds, soy bean, tofu</td>
</tr>
<tr>
<td>Norepinephrine</td>
<td>Avocados, bananas, blue-green algae, chicken breast, fish (shrimp, tuna, cod, haddock, and lobster), legumes, lima beans, oats, wheat, pumpkin seeds, seaweed, spinach, tofu</td>
</tr>
<tr>
<td>Serotonin</td>
<td>Bananas, basil, beans, blueberries, broccoli, broccolini, brown rice, buckwheat, cacao, butternut, fish, flax seeds, ginkgo, green tea, herring, kiwi, mandarins, nuts, orange, parsley, pecan nut, pineapple, plantains, salmon, sardines, spinach sweet potato, plums, tart and sour cherries, tomato, turkey, whole grains</td>
</tr>
</tbody>
</table>

One Tablespoon of Flaxseed a day keeps serotonin levels healthy.

**Teas to Reduce Stress:**
- **Passion Flower:** Calms down brain and nervous system. Best for anxiety. Take it at night as it acts as a sedative.
- **Siberian Ginsing:** Great for Type A personalities who can’t relax and are on the go.
- **Hawthorn:** Great for heart health and emotional stress.
- **Chamomile:** Encourages a good night’s sleep and helps with anxiety & depression.

**CHERRY CHOCOLATE SUGARLESS ICECREAM**
- 4 Cups Frozen Pitted Cherries
- 2 Frozen Bananas (Sliced & Frozen Ahead of Time)
- 1 Cup Almond Milk

Place milk in blender first, then add frozen fruit. Blend and add more milk as needed. Top with 1/2 Cup Dark Chocolate Morsels (I use half unsweetened and half semi-sweet) Toasted Almonds (Optional)
Fun Ways to Add Humor to the Workplace

1. Start a meeting with a funny YouTube video.
2. Create a humor bulletin board specifically for workplace humor.
3. Allow staff to personalize their work areas in fun ways.
4. Create funny computer screen savers.
5. Ask yourself...what’s the one thing from this obstacle that I can take away, learn from, or laugh about?
6. Count to 10 and imagine how funny it will seem a year from today.
7. Visualize an unfriendly co-worker as a cartoon character.
8. Make yourself laugh even if you don’t feel like it.
9. Share a funny story prior to a meeting starting.
10. Include fun activities in work plans—make fun a priority.
11. Create agendas with catchy titles, cartoons, jokes, or quotes.
12. Have a theme agenda using a movie title.
13. Include a humor break in every agenda.
14. Start or end meetings with a fun tradition.
15. Hold a “match the employee to the baby picture” contest.
16. Create campaign-style buttons for staff to wear to remind people to lighten up!
17. Create a fun company song, slogan, or cheer.
18. Create a giant wall mural where employees can add thoughts, ideas, quotes, or just color.
19. Devise some humorous contests for customers.
20. Auction off an ugly piggy bank or statue to be on someone’s desk and donate the proceeds to a children’s non-profit organization.
21. Make picture frames and have people make funny faces when their picture is taken.
22. Create a humorous newsletter or video to introduce change.
23. Create a quiz-style game show to help teach people about the changes going on.
24. Designate a “Fun Factor” person to promote humor.
25. Tape candy to memos, i.e. it’s “Payday.”
26. Reframe a negative event by looking at it through the eyes of your favorite comedian or superhero.
27. Create a humor bulletin board for clean good humor.
28. Form a singing group.
29. Have a fun awards ceremony midway through a particularly stressful period to energize everyone.
30. Brainstorm a humorous topic or play improv games before settling down to brainstorm the more serious topic at hand.
31. Use fun distractions like toys, wacky props, or costume items to encourage creative thinking during brainstorms.
32. Brainstorm the opposite of a problem to force a different perspective.
33. Form a Stress Busters Department.
34. Create your own “Top 10 Ways to Add Humor.”
35. Have a “pick your nose” meeting, where everyone wears either a clown nose, animal nose, etc.
36. End meetings with a dance.
37. Start a meeting out with Pictionary to introduce the agenda.
38. Hire a photographer to take pictures of employees in action and have a slide show at your next meeting or banquet.
39. Have an annual scavenger hunt.
40. Have a duct tape fashion show.
41. Have a tailgate party.
42. Have a talent show.
43. Showcase everyone’s kids.
44. Have a guess the great grandparent picture contest.
45. Volunteer time and have fun.
46. Photoshop pictures of your team onto pictures of superheroes, celebrities, or historical figures.
47. Share a funny picture of the week from on-line.
48. Rent a costume photo booth for a day.
49. Hold a “grossest foods” dessert party.
50. Create a “Wanted” poster for a problem to be resolved.
51. Pass out play dough to staff during a meeting.
52. Celebrate holidays, i.e. Star Wars day.
53. Include a funny picture in the middle of a boring slide presentation.
54. Do a flash-mob and post it on YouTube.
55. Smile, Laugh, & Enjoy Your Day!
My **Action Plan** for 2019 to minimize, eliminate, and manage the stress in my life.

1. What is the smallest thing I can commit to doing for the next week that will help me recharge more consistently?

2. What is the biggest thing I could do?

3. What stressbusters will I incorporate in 2019 into my lifestyle?

4. What can I let go of?

**Rest** to balance brain chemistry with strategic relaxation and recovery

**Repair** to calm and nourish cells with energy-enhancing nutrients

**Rebuild** to strengthen mental and physical fitness to optimize energy

**Rethink** to optimize your perspective to see stress as a challenge instead of a threat

Heidi Hanna, New York Times bestselling author of *Stressaholic*