

Sing, Dance, & Shout!
“An Interactive Intro to
What Stress is All About”

Jennie C. Trotter, M.Ed.

INGREDIENTS

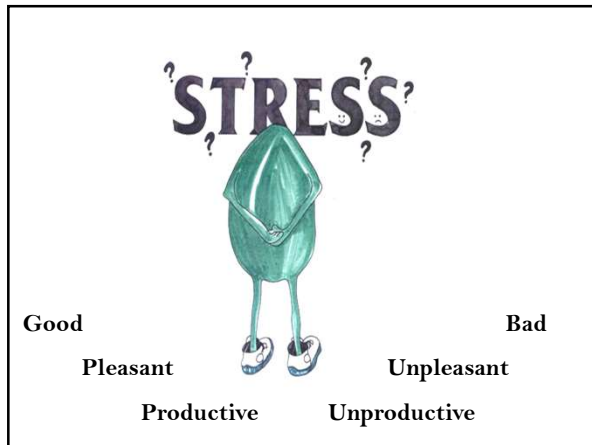
- Creativity
- Engagement
- Positive Attitude
- Games
- Music
- Shared Stories
- Practical
- Fun
- Laughter/Jokes
- Exercises
- Sensational
- Personality
- Hands on Role Play
- Demonstrations
- Factual Information
- Affirmations

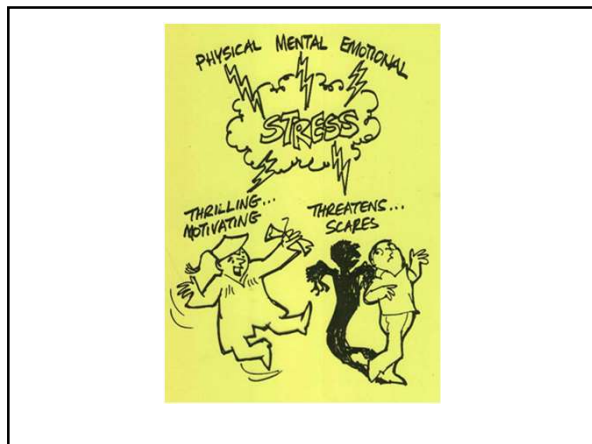
QUALITY

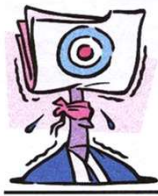
OF

LIFE SURVEY









“The Basic confusion created when one’s mind overrides the body’s desire to choke the living daylights out of some jerk who definitely deserves it”

Refers to the negative effects of life’s pressures and events.” Adapted

STRESS - is the non-specific response of your body to any demand placed on it.
-Hans Selye,M.D.

Stress is anything that **causes a change** in your body. This change usually results from people feeling.....
-WSCI

Happy



Scared



Sad



Angry or Mad





PERSONAL

JOB



FINANCIAL

FAMILY & FRIENDS

RELATIONSHIPS

ENVIRONMENTAL

HEALTH



Signs & Symptoms of Stress in Adults

Physical

fast heartburn
upset stomach
nervousness
backaches

Emotions

anger outburst
low self-esteem
sad/depressed
irritability

Mental

poor thinking
being worried
poor concentration
drop in school performance

Behavioral

wants to be alone
nail biting
unable to eat
changed habits

3 Types of Thoughts

IRRATIONAL

leads to greater worry, negativity, poor self-concept and INCREASED STRESS.

RATIONALIZATIONS

leads to avoidance, poor decisions, excuses, and more problems which INCREASES STRESS.

RATIONAL

- > causes a DECREASE IN STRESS
- > promotes an increase in mental clarity and effectiveness
- > think what you want to happen.

COGNITIVE TECHNIQUES FOR STRESS MANAGEMENT

A B C'S: STRESS MODEL

A	B	C
	<u>thoughts and beliefs</u>	
<u>stressors</u>	<u>about stressors</u>	<u>responses</u>
death, illness	irrational	feelings and
job: fire or hire	rationalizations	behavior
parenting	rational thinking	
relationships		
A	B	C
stressor	thinking	responses
A does not cause C: B causes C		

Developed by Albert Ellis, M.D.

MIND & BODY CONNECTION

- We are energy beings
- Positive vs. Negative Words
- Will Power
- Laughter is Healing
- Forgiveness is Key

S.M.I.L.E.

Start
My
Internal
Love
Engine



Resources

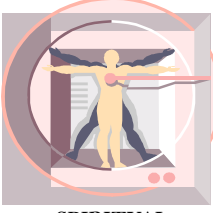
Cancer can be prevented and/or cured through diet, healthy lifestyles, positive thought patterns, slow moving exercises, meditation visualizations, emotional releasing, forgiveness, unconditional love kindness and service to others.

People who have healed themselves of cancer and/or who have helped people to heal of cancer:

- ✓ Brenda Cobb – Living Food Institute (www.livingfoodinstitute.com)
- ✓ Louise Hays – You Can Heal Yourself (www.louisehay.com)
- ✓ Gary Null – (www.garynull.com)
- ✓ Master Chunyi Lin (www.springforestqigong.com)
- ✓ DE:MP

Wholistic Stress Management

EMOTIONAL



PHYSICAL

SOCIAL

MENTAL

SPIRITUAL

WHOLISTIC APPROACH


- Involves the total person
- States that total healing comes from within the individual

Wholistic Stress Management Techniques


PHYSICAL:

- Exercise
- Nutritious Diet
- Massage
- Acupressure
- Relaxation
- Breathing
- Aromatherapy

TAIYANG




HEGU



MENTAL AND EMOTIONAL:

- Praise yourself
- Affirmation
- Automatic suggestion
- Visualization/daydream
- Colors
- Positive attitudes
- Set Priorities
- Mind and feeling control
- Take one thing at a time




POSITIVE COMMUNICATION

SOCIAL

- Don't compete
- Do things you enjoy
- Talk over problems
- Support person

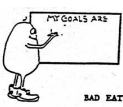
SUPPORT PERSON




SPIRITUAL

- Love yourself
- Pray/mediate/mantra
- Forgive others
- Do something for others
- Inspirational readings
- Learn from mistakes
- Energy fields
- Gratitude

GOAL SET



BAD EATT



The Effects of Deep Breathing

- It expands the blood vessels, reducing blood pressure and assisting the penetration of nutrients and oxygen deep into the capillary system.
- Deep breathes propel the lymph fluid more dynamically than any other mechanism, which circulates immune cells and drives metabolic by-products and waste into the elimination system.

- Affirmations can help correct negative self-talk comments that can cause one stress.
- Affirmations should be: positive, personal, stated in the present tense, short/simple, indicated accomplishment or achievement, realistic, private and express feeling.

For example:

I am healthy and calm.
I have everything I need to enjoy a wonderful life.
I am in complete control to handle any stressful situations.

VISUALIZATION



Creative visualization is the technique of using your imagination to create what you want in your life.

Imagination is the ability to create an idea or mental picture in your mind.

Pressure Points

BAIHUI (bah way)



TAIYANG (tie yang)



HEGU (ho koo)



QUICHI (koo chi)



What a MASSAGE can do for YOU!

- **TENSION:** Massage relaxes muscle spasms and relieves tension. It also stimulates sensory nerves, which helps relieve headaches.
- **METABOLISM:** Massages improves nutrition of tissues and heightens metabolism. It acts as a cleanser to eliminate water and toxins. Massage increases the blood supply which brings more nutrients to the muscles.
- **CIRCULATION:** Massage improves circulation by dilating blood vessels. Improved circulation is a step in preventing heart attacks and strokes. Brisk massage restores the body's vigor!
- **INJURY:** Massage helps eliminate edema (excessive accumulation of liquid in tissue) lessens pain, and facilitates movement.
- **MUSCLE TONE:** Massage improves muscle tone and helps prevent or delay muscular atrophy resulting from forced inactivity or age.

Morning Breakfast Juice

- ½ Avacado
- 1 Med. Apple
- 1 Handful Spinach or Kale
- 1 -2 cups water or unsweetened apple juice
- Place all ingredients in blender. Add water or juice and blend. Add more liquids if you want a thinner consistency.

Note** - You may use the Avocado seed if you are using a high powered blend. Cut seed in quarters.

Optional Ingredients – ¼ cucumber, 1 stalk of celery, cayenne pepper, ¼ lemon wedge (squeezed)



Wholistic Stress Control Institute, Inc. (WSCI)
2545 Benjamin E. Mays Drive SW
Atlanta, Georgia 30311
(404)755-0068 Office / (404)755-4333 Fax
www.wholistic1.com / wsci@wholistic1.com
Jennie C. Trotter, Executive Director
