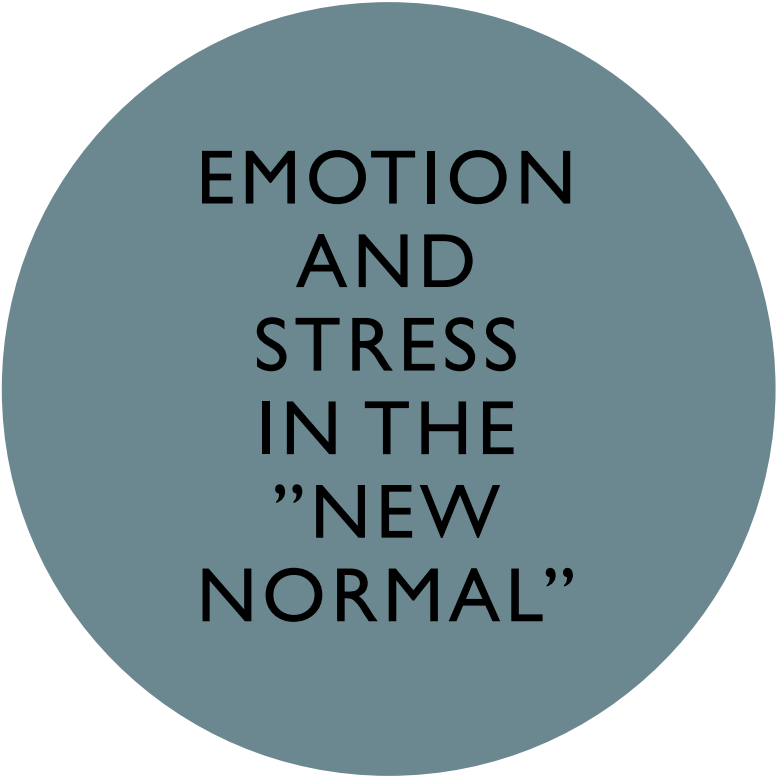


TAKE CONTROL OF  
STRESS IN THE  
"NEW NORMAL"

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EMOTION  
AND  
STRESS  
IN THE  
"NEW  
NORMAL"

AGENDA

- Stress and Emotional Upheaval all around us
- How affect work
- Our Response
- Identify in our Lives
- How to Address our Emotions
- How we may cope
- Learn how to manage
- Some exercises!

# LOOK AROUND AT THE CHALLENGES FACING SOCIETY TODAY

Each day brings its unique challenges:

- Money
- Families, and relationships
- Careers
- Health
- Economic challenges
- Societal unrest
- A global pandemic
- and more ....

LOOK AROUND AT THE CHALLENGES  
FACING SOCIETY TODAY

Each day brings us challenges ...

QUESTION:


WHEN HAVE YOU ENCOUNTERED  
STRESS?

# STRESS

Defined: the perception of physical, emotional, or psychological threat

Of course, can be Positive, too:

- Getting married
- Having a baby
- Buying a new car or house
- And some Stress is ok



OFTEN  
TOLD THAT  
WE NEED  
TO “TAKE  
CONTROL”  
OF OUR  
STRESS

- What does that mean?
- Have better work relationships and be better to yourself!
- Learn how to handle your stress to lead better

# STRESS AND WORK

Now, more than ever, we need an easy way to take care of ourselves, reduce stress, build strength, and feel good!

This past year has an added layer of complexity as we continue to deal with the uncertainty of COVID-19, spending more time indoors and less in social settings.

Putting daily time aside to unplug and release tension is one of the best ways to ward off unnecessary stress.

Routine to recharge between meetings or when we're feeling stressed.

Emotions can be all over the place. When we react to the stress, it affects my emotions.



# STRESS AND WORK

Time Management, helps you feel less overwhelmed - it's good for working at home:

- Wake up at least an hour before work to stretch and get prepared for the day ahead.
- Try to incorporate some sort of sunlight into your morning/day, either by getting outside or sitting by a window.
- Eat breakfast, lunch, and dinner at consistent times.
- If you're working from home, create a calendar and try to follow a work schedule that feels similar every day.
- Plan a consistent time for exercise.
- Get into bed at the same time every night.



# STRESS AND WORK

## **Small Routines that help us Mark the End of the Workday**

Without a clear separation at the end of each day, our days can feel like one long continuum!

When your workday ends, have a routine to transition:

- Close your laptop and notebook
- Briefly tidy up your desk
- Can pause to do a few transition breaths.
- Even change your outfit to signify your workday is done.

# STRESS FROM ZOOM

- **CLOSE UP EYE CONTACT IS EXHAUSTING**  
Excessive amounts of close-up eye contact is highly intense. And the size of faces on screens is unnatural. RESOLVE Minimize the face sizes of attendees into grid view
- **WATCHING YOURSELF IS EXHAUSTING**  
There's lots of research showing negative emotional consequences to seeing yourself in a mirror." RESOLVE users should use the "hide self-view" button, which one can access by right-clicking their own photo
- **SITTING IMMOBILE IS EXHAUSTING**  
Movement is limited in ways that are not natural. There's a growing research now that says when people are moving, they're performing better cognitively. RESOLVE Turn Off your image on screen so can move around
- **COGNITIVE LOAD IS EXHAUSTING**  
In-person conversation – transformed into something that involves a lot of thought. RESOLVE Turning off your camera, and also turn your body away from the screen,

# ZOOM STRESS

## QUESTION

- HOW DO YOU MAKE YOUR  
WEB-EX / ZOOM / TEAMS  
ONLINE MEETINGS BETTER?



OUR  
RESPONSE  
AND  
EMOTIONS

- How can we deal?
- Learn how to handle your emotions

## OUR RESPONSE

- The New Normal is starting to actually nurture mental health and resilience
- Increasingly aware of how critical rest and time off are for our mental health, our overall wellbeing, and even our professional
- Acknowledge recharging and taking care of yourself is in everyone's best interest. It's good for your own well-being, but it also makes you a better friend, a better parent, a better partner, a more effective leader, and a more creative and productive worker.

# HEALTHY WAYS TO RESPOND

- Ask for support from a friend or a professional.
- Create a to-do list.
- Engage in problem-solving.
- Establish healthy boundaries.
- Walk away (leave situation causing u stress)
- Work on managing your time better





IDENTIFY  
AND  
ADDRESS

- You can take control of your stress!
- Learn how to handle your emotions, and stress to lead better

# IDENTIFY STRESS

- Need to be aware of the true source of the stress
- Could be way your thinking, feeling, attitude, habits or excuses....
  - Do you minimize the stress but yet don't take a break?
  - Do you say "always a crazy day"
- Might want to journal each time feel stressed
  - What caused?
  - How felt? – both physically and emotionally
  - What was your response?
  - What did you do to feel better?



## IDENTIFY/ADDRESS STRESS DURING WORK

- During the meeting or after – tell yourself “That’s *their stress/energy*, not mine.” Make effort to distinguish between your fears and others. Taking a moment to remind yourself of this reality after calls that are stress-inducing it will make a huge difference.
- A.B.C. method: **A**wareness, **B**reath, **C**hoice. Awareness of the environment. Then breathing. Every breath helps you stay calm. The third is a conscious choice. Choose your frame of mind.
- Find your calm in high-stress situations with a gratitude practice. Close your eyes and as you breathe, think of what you’re thankful for with each breath. This will lift your spirits and get your positive thoughts flowing!
- Think of the place that you always enjoyed as a child. This exercise can immediately ground and center you.
- Keeping a list can give you perspective and the act of writing something down is calming in and of itself. \*It always helps to reflect and refocus.”



# HOW TO COPE

- Learn how to manage stress and have a positive effect on your mind and body
- How can I manage stress so it doesn't affect me adversely.
- Have better health and well-being!

# COPE AND MANAGE

## **What supports a peaceful state of mind for you?**

- At work be conscious of thought, as opposed to being caught in it... Where, you can maintain an even keel, which is really the hallmark of leadership, having that grace in the midst of a crisis around you.
- Leadership: Have uncertainties, be in a circumstance where there's unknowns and the stakes are high, but not feel that pressure
- The quality of your state of mind has a direct impact on your performance. Just be more conscious and you'll be more calm and clearer, which will bring more of yourself to your work in the moment when it matters.

# COPE AND MANAGE

- How do you currently handle your stress?
- Are your strategies helpful? Or unproductive?
- **Unhealthy** ways of coping:
  - Zoning out for hours in front of TV or computer
  - Drinking too much
  - Over-eating or under-eating
  - Withdrawing from friends, family or activities
  - Sleeping too much
  - Procrastinating
  - Using pills or drugs to relax
  - Taking out your stress on others
  - Filling up your calendar to avoid facing problems

# SOME STRESS MANAGEMENT

- Let's talk about four things you can do – AVOID, ALTER, ADAPT & ACCEPT
- **Avoid** the stressor
  - Say “No!”
  - Try to change the situation or environment
  - Avoid hot-button topics or people
  - Pare down your to-do list
- **Alter** the stressor
  - Compromise
  - Express your feelings
  - Manage your time – so don't overextend
  - Be assertive with the problem – deal with it immediately and head-on

# SOME STRESS MANAGEMENT

- Let's talk about four things you can do – AVOID, ALTER, ADAPT & ACCEPT
- **Adapt** to the stressor
  - If can't change the situation or environment, then change yourself.
  - Try to regain control by changing expectations or attitude.
  - Adjusting your attitude! Is the best way to cope
  - Focus on the positive to keep things in perspective
- **Accept** the stressor that you can't change!
  - Look for an upside - Facing major challenge, try to look at it as an opportunity
  - Share your feelings – can be very good to talk with someone else

# MANAGE STRESS

## QUESTION

- HOW DO YOU MANAGE YOUR STRESS?

# EATING

## ***EATING UNHEALTHY DUE TO PANDEMIC***

- Emotional eating is a common coping mechanism in response to many different environmental factors: **38% of adults** admit to overeating or eating unhealthy foods due to stress. But it's not only stress that can cause emotional eating. It can happen when you're facing a difficult problem, lonely, angry, afraid, sad or simply bored.
- With the COVID-19 pandemic, many of us are experiencing additional stress and anxiety on top of the stresses of everyday life. As a result, **47% of adults** say they're eating more.

## ***KNOW YOUR TRIGGERS***

- Starting a food diary that details your emotions, what you ate, how much you ate and how hungry you are will help you begin to connect the dots between your mood and food. You may be using food to unwind after a stressful day or as a distraction from relational conflict or other stressors.
- Eat regular, balanced meals full of fiber and protein to sustain your feeling of “fullness” and enjoy the occasional treat so you don't feel deprived.
- Make sure to keep healthy snacks like fresh fruit, vegetables and low-fat dip, nuts or popcorn on hand.



# SIX FOODS THAT REDUCE STRESS

“Research has shown that the food we eat is directly correlated with mood,” says [Eliza Savage](#), registered dietician at New York City-based [Middleberg Nutrition](#).

“Cortisol, the hormone most frequently associated with stress, plays an important role with blood sugar regulation, weight, immunity — and can be directly affected by what you’re consuming.”

The **six stress-busting foods** she recommends:

- **Pumpkin and Sunflower Seeds**
- **Salmon**
- **Kimchi and Greek Yogurt**
- **Bone Broth**



TIME FOR  
YOU –  
RELAX  
AND BEING  
HEALTHY

- Manage your stress – make it better
- Our mind and body are just friends that want to play well together!

# TIME FOR YOU – RELAX & HEALTHY

## **Nurture yourself!**

- Listing positive affirmations in the morning can help start your day positively
- Call a friend
- Play with your children or pet
- Keep a pick-me-up folder
- Break into a mini dance party
- Try a new recipe
- Listen to music - a song you love
- Exercise - Try cardio, lifting or yoga for a lasting mellow
- Light a candle
- Watch a heartwarming video or comedy
- Curl up with a book

# TIME FOR YOU – RELAX & HEALTHY

*Create an Aromatherapy Spa like environment*

- LAVENDER OIL is believed to promote calm and may improve **anxiety** and sleep
- PASSION FLOWER an herb with **sedative properties** which may help **decrease anxiety** symptoms and improve sleep
- LEMON BALM herb in the mint family. May have a **calming effect** and improve sleep quality. Lemon balm can be found as a single ingredient or part of a various combination of products

# TIME FOR YOU – RELAX & HEALTHY

It's important to have some mood boosting habits

- **Ignite all five senses** - sight, sound, smell, taste and touch.
- Flip the switch on vision first, then let the rest of the senses follow the lead.

## **Surround yourself with nature.**

- Whether it's looking at the trees against the blue sky, seeing red berries on a bush, or a red cardinal sitting in a tree -- look outside to see the beauty around. Take a moment to let it sink in and savor the beauty of the world. There is beauty of nature - notice, savor, and enjoy!
- Open a window or door
- Take a walk
- Work in garden or with plants

# WAYS TO ELIMINATE STRESS

## QUESTION

- WHAT DO YOU DO?





# MEDITATION

- You can definitely take control!

# MEDITATION / MINDFULNESS

Meditation is an ancient and increasingly popular practice of  
**mental concentration and relaxation**

- Mindfulness is focusing on the present moment while accepting your feelings, thoughts, and bodily sensations.
- Incorporating the practice at work, resulting in lower stress levels, less frustration, fewer sick days, and less burnout

By doing Deep Breathing, Mindfulness or Meditation you can let go of and manage:

- Concerns
- Worries
- Negative thoughts
- Way to find a few moments of peace and balance



# MEDITATION / MINDFULNESS

The values of adopting mindfulness as a fundamental part of our personal and professional lives to help achieve the tangible benefits

You'll discover how to:

- Enhance mental focus, resilience, and decision-making under pressure
- Increase the impact of your communication and leadership
- Connect, understand, and interact with others more effectively
- Effectively incorporate self-care into a highly stressed life
- Demystify the practice of mindfulness – can make it for a corporate setting

# MEDITATION / MINDFULNESS

When you eliminate some of your distractions and be more present to the now. The more attention give to something. the less distracted your attention is, the more effortlessly and actually peacefully your mind can operate.

By doing Deep Breathing, Mindfulness or Meditation you can let go of and manage your stress

- It is portable, free, and freeing
- Brings you back to the present moment
- Focus on something else
- Thoughts are now on the pleasant and positive





LET'S TRY SOME METHODS:

1. JUST BY BREATHING IN AND OUT - HOLDING
2. SAYING WORDS OR SOUNDS

MINDFULNESS / MEDITATION

IN NATURE

RAFT ON RIVER

PERSON -TO- WORLD

BEACH AND WATER

MOUNTAINS



# MEDITATION

- Pause. Breathe. Choose.
- Again, it is so simple, but it is not always easy in the moment.
- We all have times when it feels like life and circumstance are suffocating us.
- Even as life crowds in on us, we have to carve out space enough to breathe.

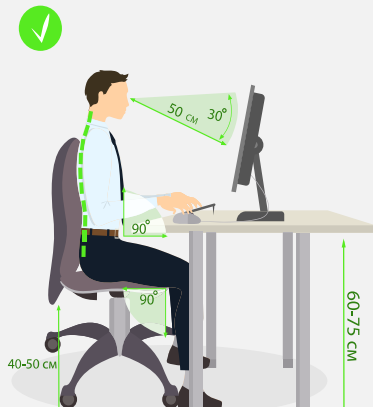
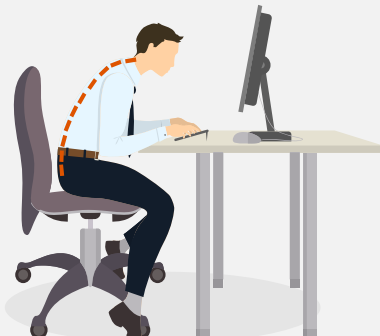
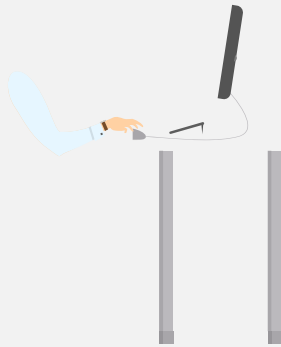
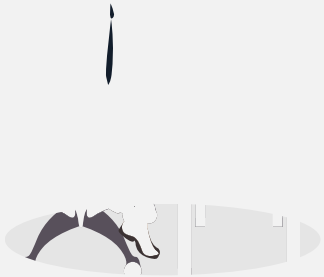


EXERCISES  
OR MOVING  
YOUR BODY

- You can definitely take control!

# BEING INACTIVE

- Sitting at a desk all day – not the best for your body.
- Your shoulders, neck, back and legs are affected from being inactive.
- You'll feel energized, stronger, and accomplish less stress in less than 15 minutes a day if you do stress releasing exercises.



# MOVING YOUR BODY

You can start out by:

- Making sure to (try) move every hour during work
  - Getting up out of your chair very important
- Walking! This is a great way to move your body.
  - Can do in your house, around the block, in a park, or a mall.
- Enjoy nature around you
  - This will bring your mind and body back





## LET'S TRY SOME BASIC EXERCISES

- \* **WHEN EXERCISING, DO WHAT YOU CAN**
- \* **NEVER PUSH PAST ANY PAIN**
- \* **PAIN IS TELLING YOUR BODY TO STOP**

MASSAGE YOUR NECK AND THEN YOUR SHOULDERS

MASSAGE HANDS

MOVE YOUR HEAD / NECK

SHOULDERS IN CIRCLES

REACH OUT R & L

HANDS CLASPED BEHIND AND THEN IN FRONT

CAT AND COW

CROSS OVER FOOT

REACH OUT AND THEN OVER

PLIE ARMS CROSS OVER



## AS WE MOVE FORWARD

- As we start this 2021 year, many of us have planned new intentions around creating routines that improve our health, increase our energy, reframe our stress, and deepen our connections
- It's these small choices that we make daily that have far more impact on our long-term health!
- Even as life crowds in on us, we have to carve out space enough to breathe. So, can come back from stress to a healthy, mindful choice.
- Pause. Breathe. Choose.



QUESTIONS?

COMMENTS?

- Take control of stress in this  
“New Normal”



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# RECIPES

- **Recipes to try:**
- [Zoodles with Pumpkin Seed Pesto](#) from **Cookie and Kate**
- [Winter Crunch Salad](#) from **Bon Appetit**
- [Healthy Salmon Avocado Boats](#) from **Fit Foodie Finds**
- [Lemon-Pepper Salmon with Cauliflower Rice](#)
- [Salmon Patties with Turmeric and Dill](#)
- [Avocado Egg Salad](#) from **Two Peas and Their Post**
- [Tofu, Kimchi and Bacon Tacos](#) from **Viet World Kitchen**

## SOURCES / CREDITS

- American Heart Association
- Deepak Chopra – Mindfulness
- VerywellMind.com – Amy Morin, LCSW

# GOVERNMENT

- “Modernization of **Regulation S-K Items 101, 103 and 105,**” effective on **November 9th** new requirements will reward companies that look after their people.
- “Companies that are able to clearly communicate the material human capital measures and objectives that management focuses on may reap benefits when interacting with investors, employees, suppliers, and their communities,” the authors write. They also note how the pandemic and the social justice movement “spotlight the dependency of companies on their workforce and give them an opportunity to demonstrate how investing in human capital management drives value as a result of engagement, innovation, and productivity.”
- Biden’s nominee for U.S. Surgeon General. Last week, Murthy spoke about suffering from isolation himself as a child, has pledged to integrate mental health into primary care.
- The evolving conversation about how deeply interconnected our physical, mental, emotional and spiritual needs are. Dr. Murthy’s three top prescriptions for staying connected are: schedule daily check-ins; be fully present (no devices); and perform acts of service.