Stress Relief in the Modern Day

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Why do we need stress?

• Necessary for life
• Needed for creativity and learning
• Most importantly, our survival
When stress becomes harmful

- Overwhelms and interrupts the healthy state of equilibrium the nervous system needs to remain in balance
- Increasingly common characteristic in contemporary life
- “Fight or flight” response can be lifesaving in emergencies
  - Wears on your body when constantly stressed in normal situations
Top Stressors Americans Experience

- Only one in four of us feels that they know how to adequately manage our stress

By Anne Carey, Denny Gainer, Jerry Mosemak and Robert Ahrens, USA TODAY
And the survey says...

- USA average stress level in 2011 was 5.2/10
  - Down from 6.2 in 2007
  - 39% stress rose, 17% stress dropped, 44% stayed same

- Difference is the way we approach stress and what it means to be under stress

- Decrease in stress likely because stress has become the new normal for life in USA
  - People have ‘adapted to it’
Top ways to reduce stress

- Meditation (including guided imagery, breathing, and progressive muscle relaxation)
- Yoga
- Laughter
- Listening to music
- Playing games
- Time Management
2013: Welcome to the world of apps and websites

- There is the ‘old-fashioned’ way (i.e. reference books, VHS, DVD, etc.) of doing all of these things but why not use the tools we have in today’s day and age to help with stress relief?

- Apps/Websites: Fast, convenient, and readily available with the touch of a button
Relief Technique: Listening to Music

- Can have a tremendous relaxing effect on our mind and bodies
  - Especially slow, quiet classical music-slow heart rate, lowers blood pressure, and decreases stress hormones
- Can be a great aid to meditation, helping to prevent mind wandering
App: Pandora Radio +

- Pandora Radio - free personalized radio
  - Start with the name of one of your favorite artist, group, or song and Pandora will play it along with other artists/songs similar to it
  - Great way to discover new music!
- www.pandora.com
Overview

- Pandora Mobile App Interface
  - Station Creation: "Create a New Station"
  - Stations:
    - Shuffle
    - Miike Snow Radio
    - Taylor Swift Radio
    - Drake Radio
    - Rihanna Radio
    - Porter Robinson Radio
    - Today’s Hits Radio
    - Louis CK Radio
  - Feed:
    - "New Station! Matt Jones created"
    - "Kanye West Radio"
    - "Jesse Bell created"
    - "80s Pop Radio"
    - "Jesse Bell likes"

- Mobile App Navigation:
  - Stations
  - Feed
  - Profile
  - Settings
App: iHeartRadio +

- Offers free music in an all-in-one, digital internet radio service with more than 1,500 live radio stations
- Create commercial-free, all-music custom stations featuring songs from the artist you select and similar music
- www.iheart.com
Overview
Relief Technique: Playing Games

- Playing a game for as little as five minutes can re-stabilize the brain, which refreshes focus, and results in more overall productivity
- Can bring added joy and happiness to your life while reducing stress
- Stress relief games which are easy to win makes person feel successful and provides a relaxed feeling
App: Flow Free +

- Simple puzzle game
- Object: Connect matching colors with pipe to create a flow
- Pair all colors and cover the entire board to solve each puzzle
Overview
App: Paper Toss +

- Use crumpled up virtual paper to try and shoot into a small trashcan
- Challenges of throwing the paper over a longer distance or use of electric fans to make it more challenging
Overview
Websites for Games

- www.stressreliefpig.com/games
- www.games.co.za/stress-relief
Relief Technique: Laughter

- Laughter reduces the level of stress hormones like cortisol, epinephrine, dopamine, and growth hormone.
- Fires up and then cools down your stress response and increases your heart rate and blood pressure - leaves you feeling relaxed.
- Can stimulate circulation and aid muscle relaxation - help reduce physical symptoms of stress.
- Enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
App: LOL Pics (Funny Pictures) -

• Offers more than 30 categories of hilarious pictures in one app.

• Some include: Photo bombs, LOL pets, LOL babies, stupid auto correct, Mullets R Us, Creeptastic, Redneck pics, etc.
Overview
App: Talking Tom Cat 2 +

- Tom is your cat that responds to your touch and repeats everything you say in a funny voice
- Pet his head or belly and make him purr
- Pull or touch his tail
- Neighbor Ben pesters him with popping paper bags, throwing pillows, etc.
Overview

TALK TO TOM...

... AND HE WILL REPEAT!
Websites for Laughter

- Top 15 most popular funny websites (as of January 2013)
Relief Technique: Yoga

- Benefits include: decreased stress and tension, increased strength and balance, increased flexibility, lowered blood pressure, and reduced cortisol levels

- Emphasis on breathing and the mind/body/spirit connection - better sleep and feel less stressed
App: Office Yoga ($) -

- Bring yoga to the office with fully illustrated, easy-to-use guide
- Offers 75 stress-relieving stretches perfect for the cube environment
- Perfect for beginners and experts
- Organized by time of day and for different situations—walking, commute, on-the-phone, and at-the-copy machine
Overview

Get Started
Instructions
Settings

At-the-desk Relaxation
Human Basketball Net

At-the-desk Relaxation
E-mail Meditation

While you are reading your e-mail, remember to breathe slowly and focus your attention on your breath. Make the out-breath two times longer than the in-breath. This will immediately calm you.

“Kind words can be short and easy to speak, but their echoes are truly endless.”

—Mother Teresa
App: Yoga Free: 250 Poses & Yoga Classes -

- Poses with instructions and photos, plus a yoga tune
- Can use a pre-made yoga program or create your own with all the yoga poses available
Overview

Over 3,000,000 users worldwide!

MY PROGRAMS
POSE BASE

The best app for beginners and pros!

250 yoga poses with instructions and photos! Special yoga tune!

Pose Base

Add own asana

Standing

Adho Mukha Svanasana
Downward facing dog pose

Adho Mukha Svanasana...
Downward-facing dog pose, left leg up

Adho Mukha Svanasana...
Downward-facing dog pose, right leg up

Konasana left

Calendar  News  Buy Full  More
Websites for Yoga

- www.youtube.com
- “Desk Yoga”
- Gaiam has several videos
- 8 Poses for Yoga at your desk
Relief Technique: Time Management

- Are you prioritizing your day to day tasks on a consistent basis?
- Do you often find yourself completing tasks at the last minute, or even asking for extensions?
- Have you set aside time in your daily schedule for planning and organizing?
- Do you find yourself dealing with distractions and interruptions more often than you would like?
- Do you tackle your objectives based on how important they are?
- Is your life consumed by stresses that are accompanied by deadlines and commitments?
- Before you take on a new task, do you check to make sure that the results will be equal to or greater than the time spent on it?
App: Evernote +

- Stay organized, save your ideas and improve productivity
- Take notes, capture photos, create to-do lists, record voice reminders
- Take meeting notes, draft agendas and research notes
- Plan a trip
- Create a grocery list or to-do lists and check things off as you go
- Keep finances in order
Overview

All your notes, ideas, images & tasks in one place

Create and edit text notes with style

Work list:
- Badge: "Works with Evernote"
- Organize my account
  - Education
  - Food
  - Design stuff.
  - Business cards
  - Audio note- songwriter
  - Music notes
  - Whiteboard
- Pitch ideas for new business card
- House adverts (style throughout) 125 x 125 ongoing
- 21st Bedpost advert

Premium Features
- Places
- Tags
- Notebooks
- All Notes
App: Cozi Family Organizer +

- Includes shared calendar, shopping lists, to do lists, and a family journal
- Have access to these items from any mobile device or computer
- Set reminders that are sent via on-device notifications, text, or email
Overview
Websites for Time Management

- Google calendar
Relief Technique: Meditation

- Produces a deep state of relaxation and a tranquil mind
- Can be practiced anywhere
- During meditation you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress
- Several different types: guided imagery, progressive muscle relaxation, guided meditation, etc.
App: Simply Being- Guided Med. for Relaxation and Presence ($) +

- Can choose between 4 meditation times and gives you the option to listen with or without music or nature sounds
- Voice guided step by step meditations of 5-20 minutes
- Useful for beginners and experienced meditators alike
Overview

**Simply Being**

- Ocean
- Rain
- Stream
- Voice only
- With music
- Nature sounds
- 5 min
- 10 min
- 15 min
- 20 min

**Instructions**

Meditation Oasis®
Simply Being App
TIPS for USING THE APP

We recommend that you put your iPhone/iPod on Airplane Mode or turn on Do Not Disturb so that you

MEDITATION TIPS

SET ASIDE TIME to give your full attention to the meditation. Take steps to avoid being interrupted (using Airplane Mode or the Do Not Disturb feature is recommended). We do not have a

**Meditation Oasis® Apps for a peaceful mind and an open heart.**
App: Relax Lite- Stress and Anxiety Relief +

- Guided breathing exercises that use calming music to promote relaxation
- Lite version has only the beginner level of the structured breathing course used for relaxation
- Does the counting for you so that you can focus on awareness and technique
Overview
Websites for Meditation

- http://marc.ucla.edu/body.cfm?id=22
Finding the best app/website that’s best for you

- No single app/website is best for everyone
- Consider your specific needs, preferences, fitness level, and the way you tend to react to stress
- Find one that resonates with you, fits your lifestyle, and is able to focus your mind, and interrupt your everyday thoughts in order to relax
Questions?
References

- http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm
- http://usatoday30.usatoday.com/news/health/medical/health/medical/mentalhealth/story/2012-01-11/Americans-are-stressed-but-were-getting-used-to-it/52485486/1
- http://www.ebizmba.com/articles/funny-websites
- http://www.mayoclinic.com/health/meditation/HQ01070