

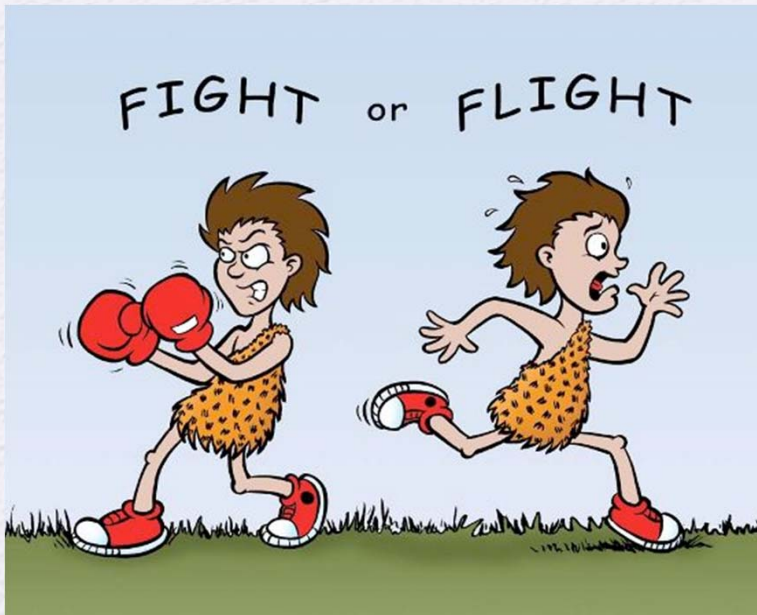


Stress Relief in the Modern Day

Presentation by: Melissa Albers, B.S., ACSM-HFS

Why do we need stress?

- Necessary for life
- Needed for creativity and learning
- Most importantly, our survival

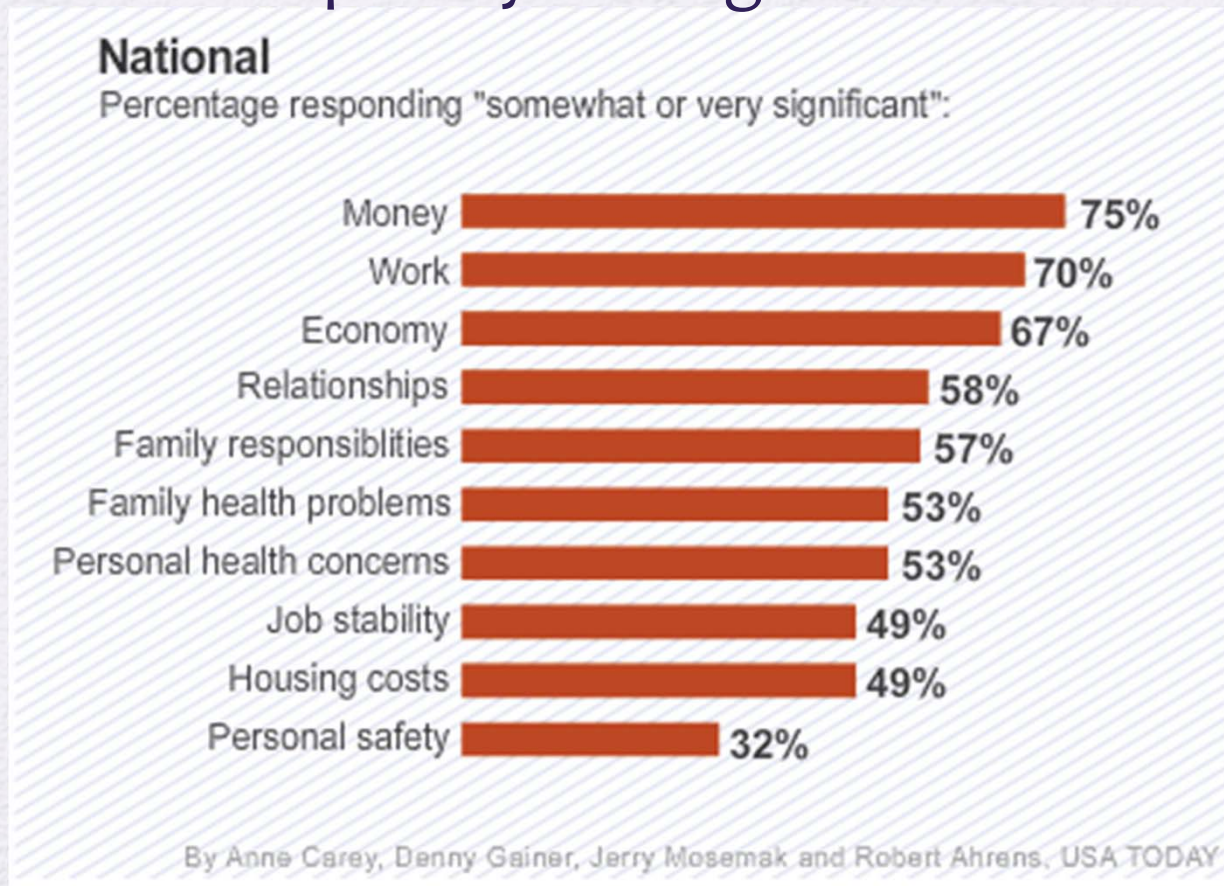


When stress becomes harmful

- 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



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

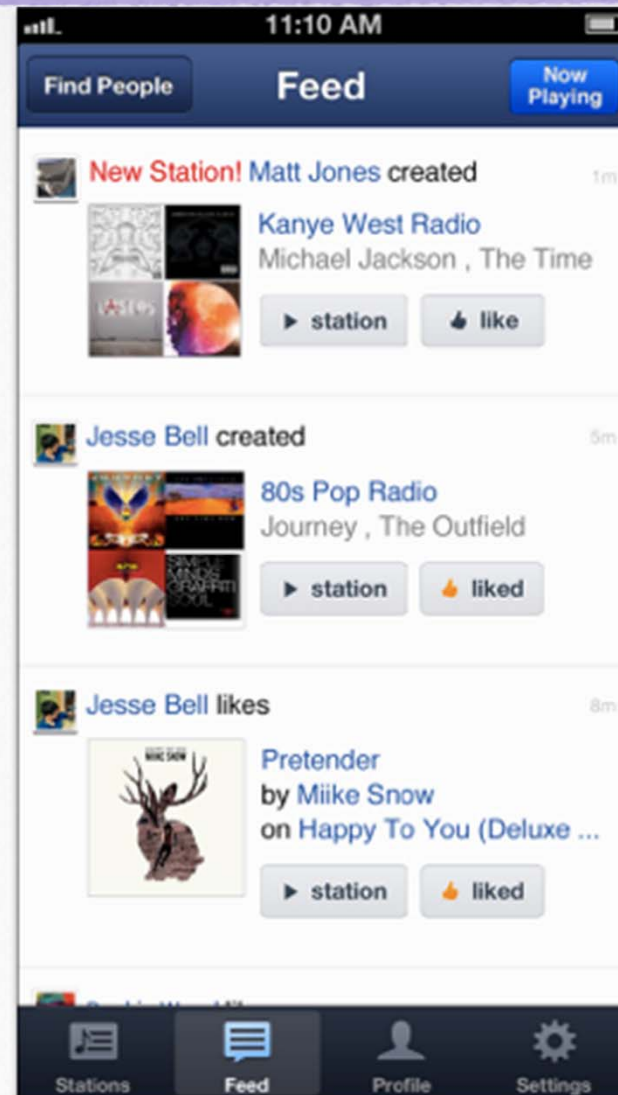
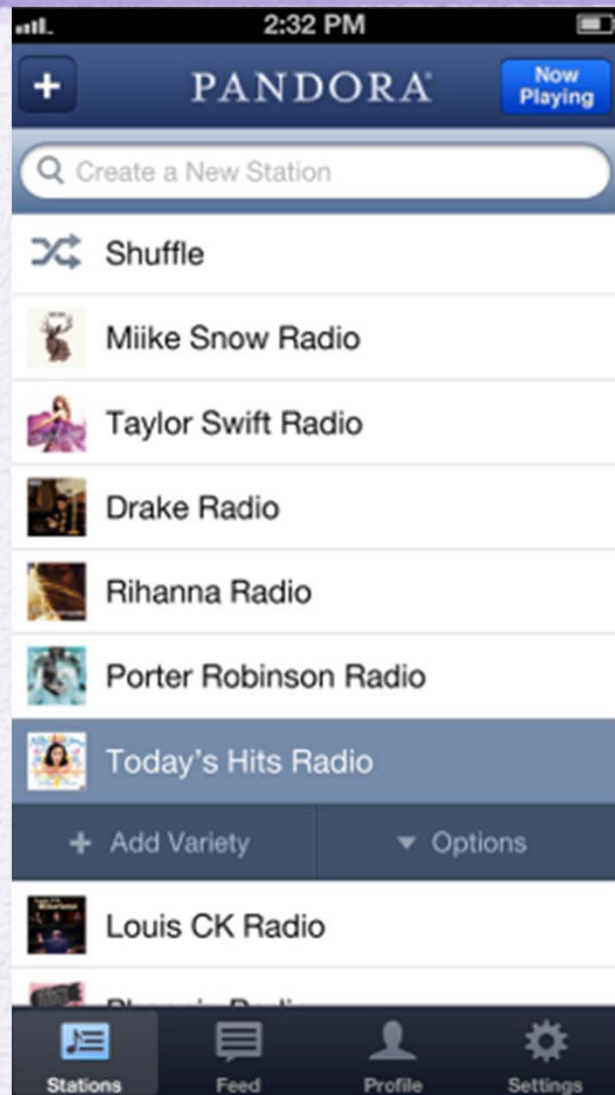
- Can have a tremendous relaxing effect on our mind and bodies
 - Especially slow, quiet classical music-slows heart rate, lowers blood pressure, and decreases stress hormones
- Can be a great aid to meditation, helping to prevent mind wandering

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

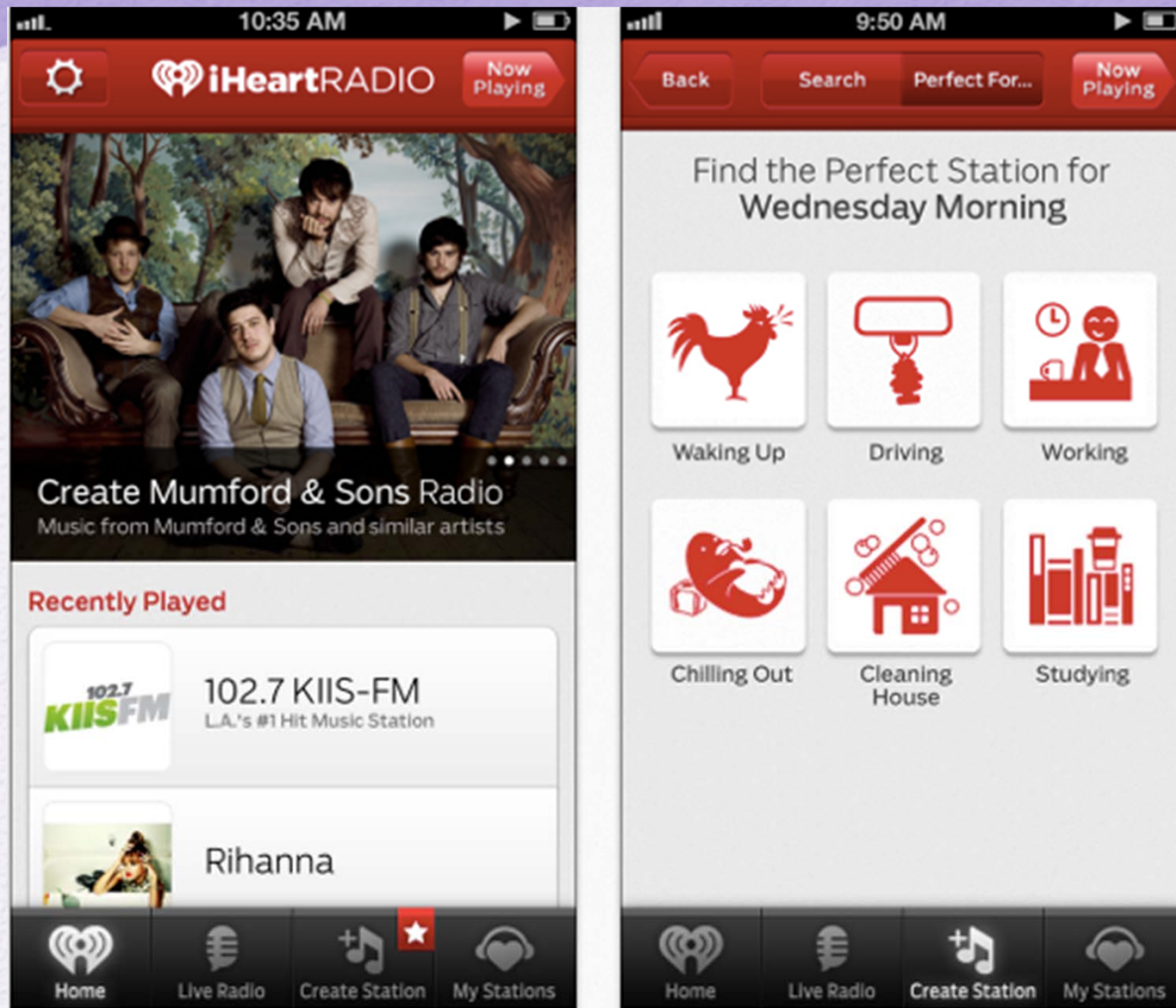


App: iHeartRadio +

- 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

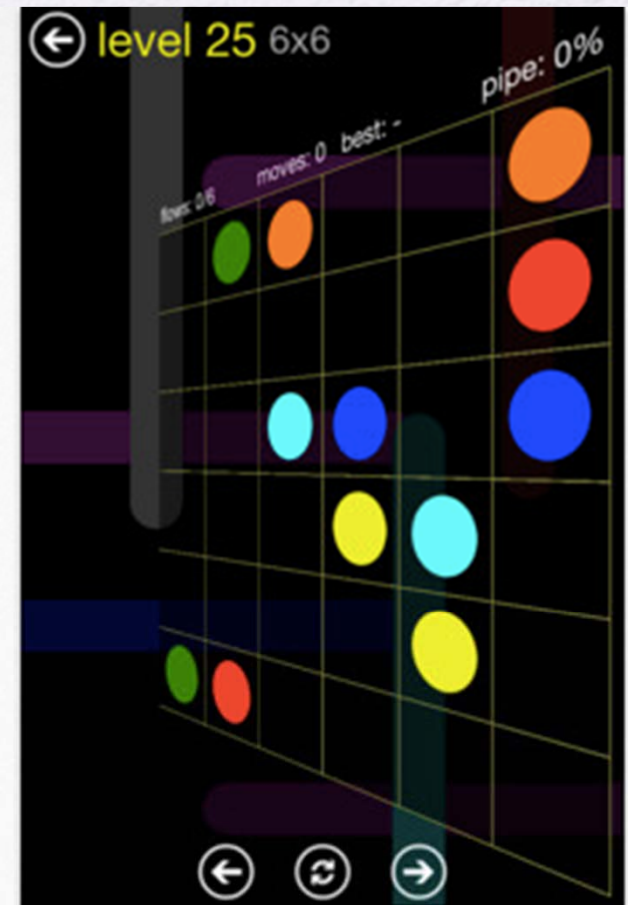
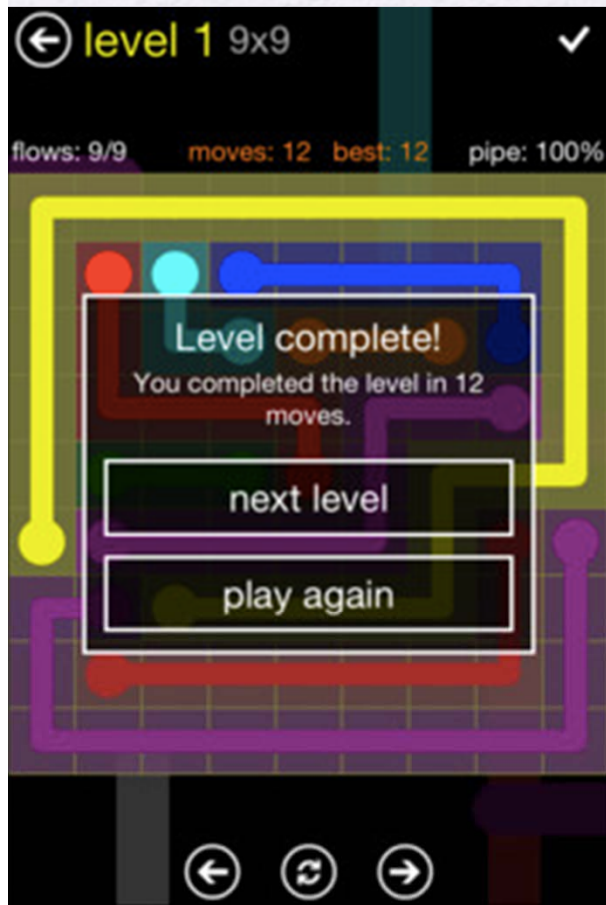
- Playing a game for as little as five minutes can re-stabilize the brain, which refreshes focus, and results in more overall productivity
- Can bring added joy and happiness to your life while reducing stress
- Stress relief games which are easy to win- makes person feel successful and provides a relaxed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

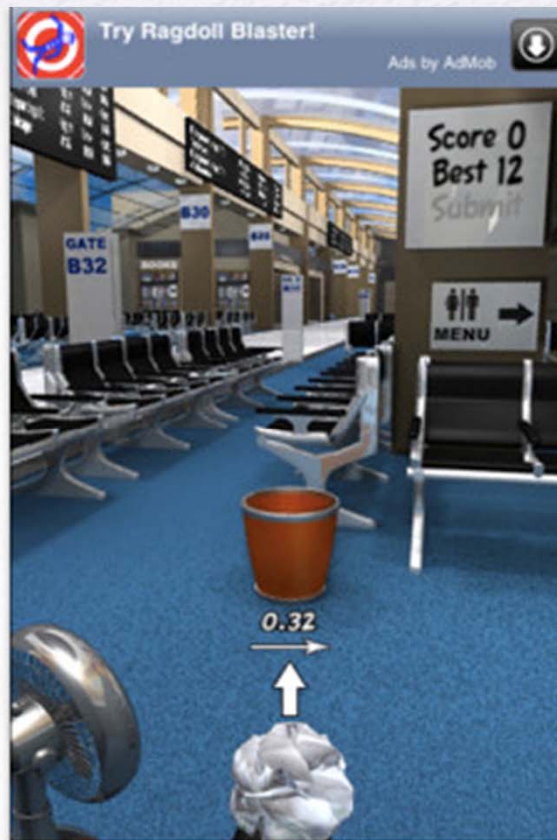


App: Paper Toss +

- 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

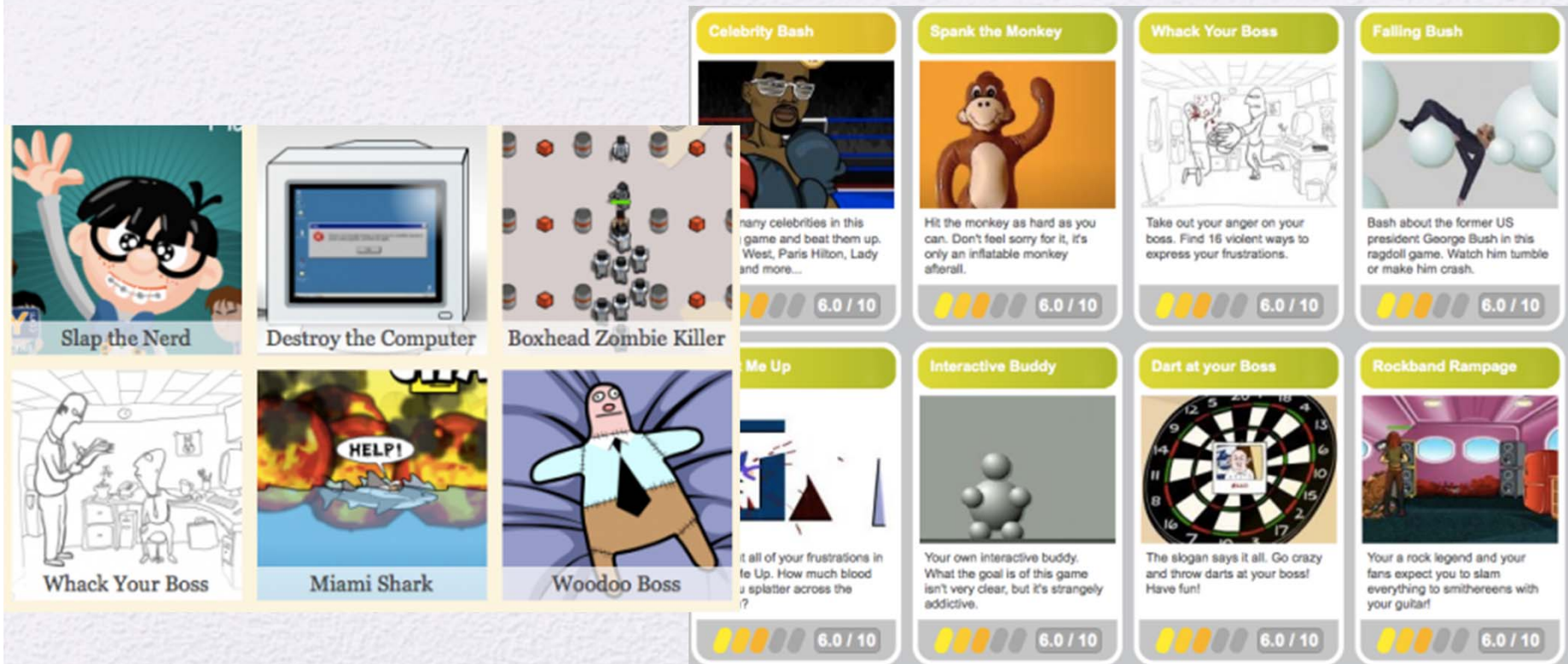


Overview



Websites for Games

- www.stressreliefpig.com/games
- www.games.co.za/stress-relief



Relief Technique: Laughter

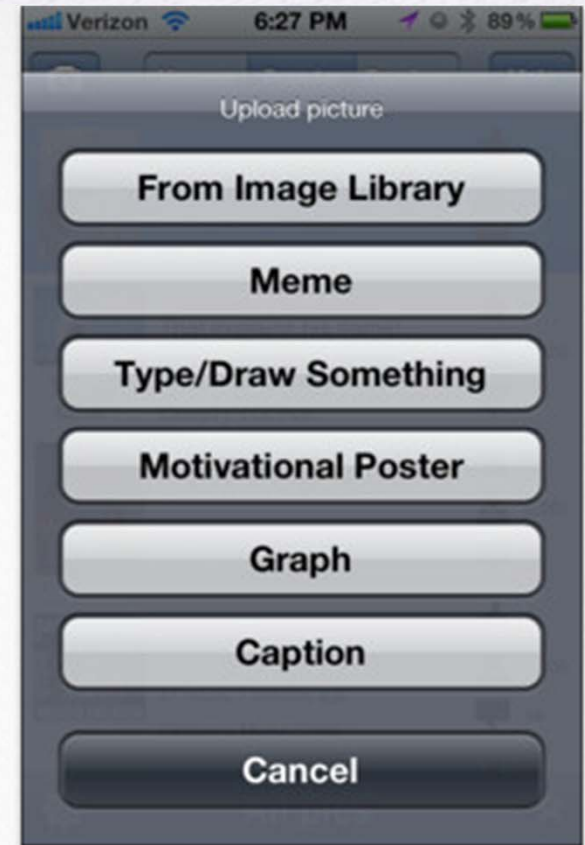
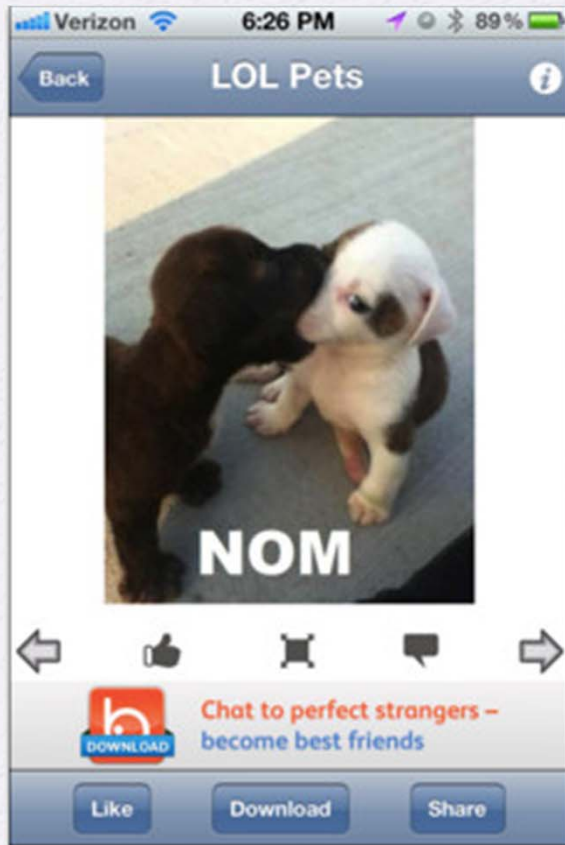
- Laughter reduces the level of stress hormones like cortisol, epinephrine, dopamine, and growth hormone
- Fires up and then cools down your stress response and increases your heart rate and blood pressure- leaves you feeling relaxed
- Can stimulate circulation and aid muscle relaxation- help reduce 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

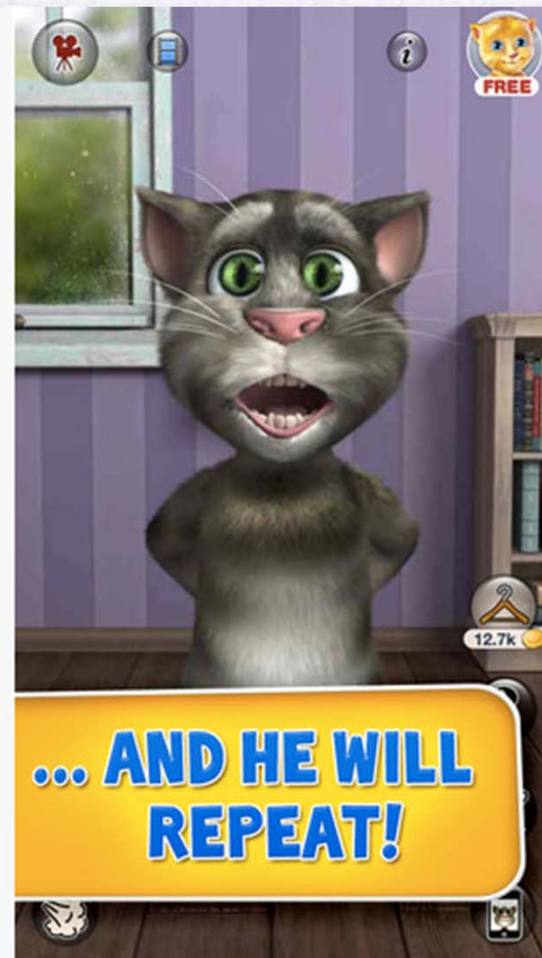


App: Talking Tom Cat 2 +

- 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



Websites for Laughter

- Top 15 most popular funny websites (as of January 2013)

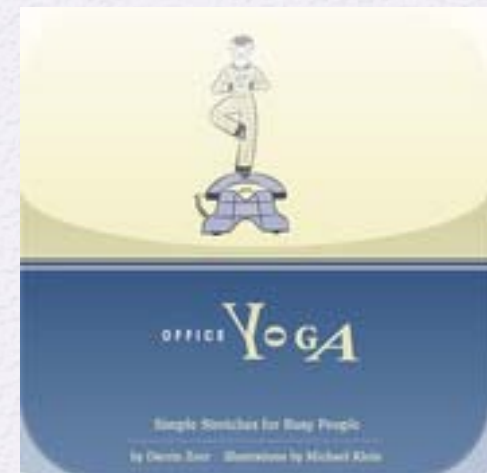


Relief Technique: Yoga

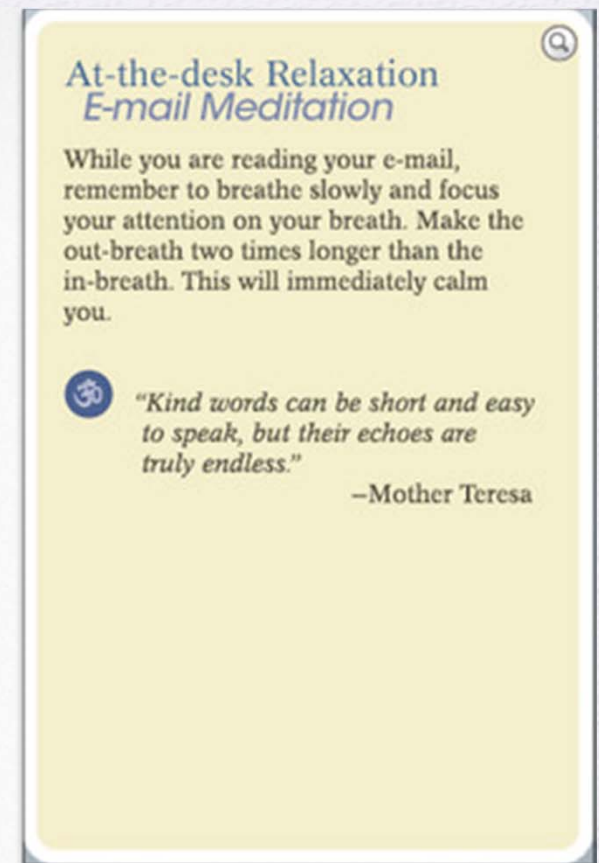
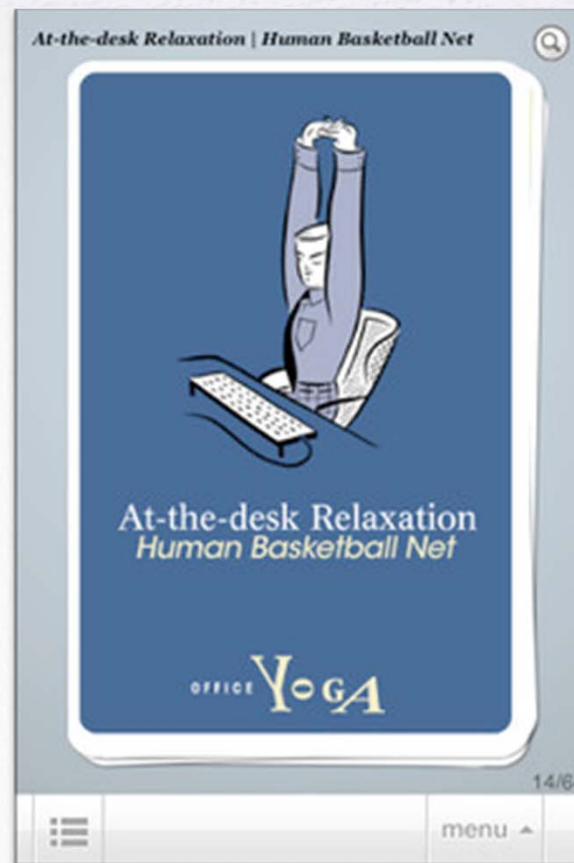
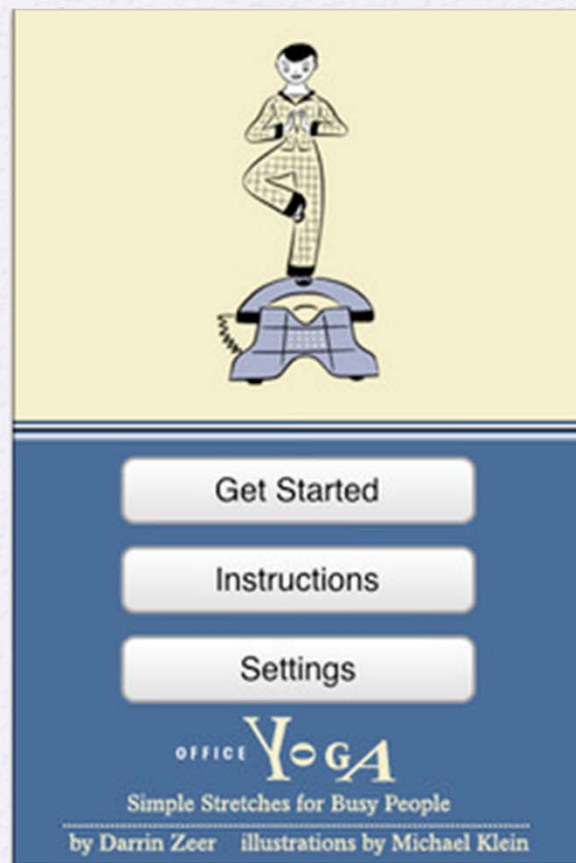
- Benefits include: decreased stress and tension, increased strength and balance, increased flexibility, lowered blood pressure, and reduced cortisol levels
- Emphasis on breathing and the mind/body/spirit connection- better sleep and feel less stressed

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

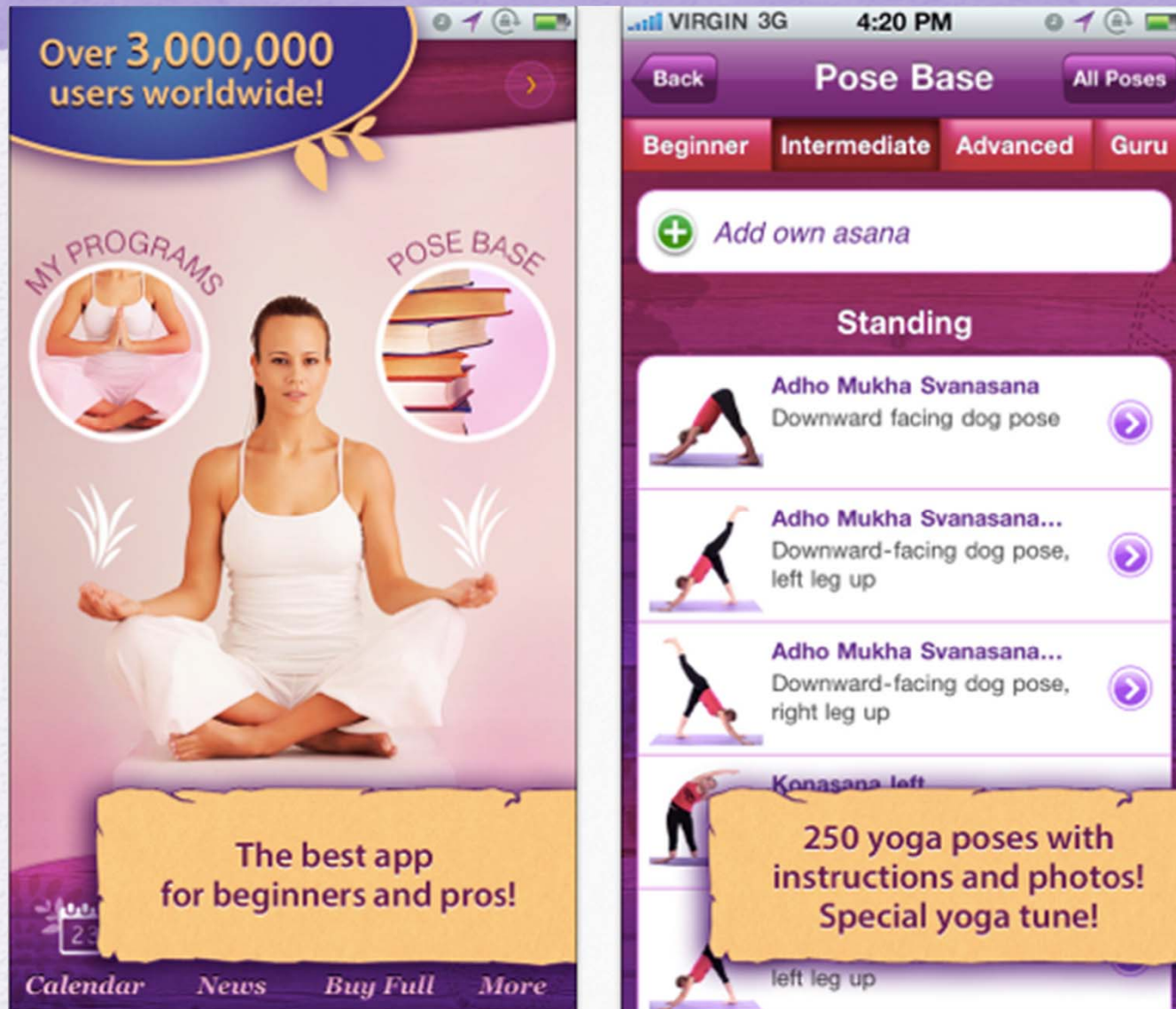


App: Yoga Free: 250 Poses & Yoga Classes -

- 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



Websites for Yoga

- www.youtube.com
 - “Desk Yoga”
 - Gaian has several videos
- 8 Poses for Yoga at your desk
 - <http://www.fitsugar.com/8-Poses-Yoga-Your-Desk-7114943>



Relief Technique: Time Management

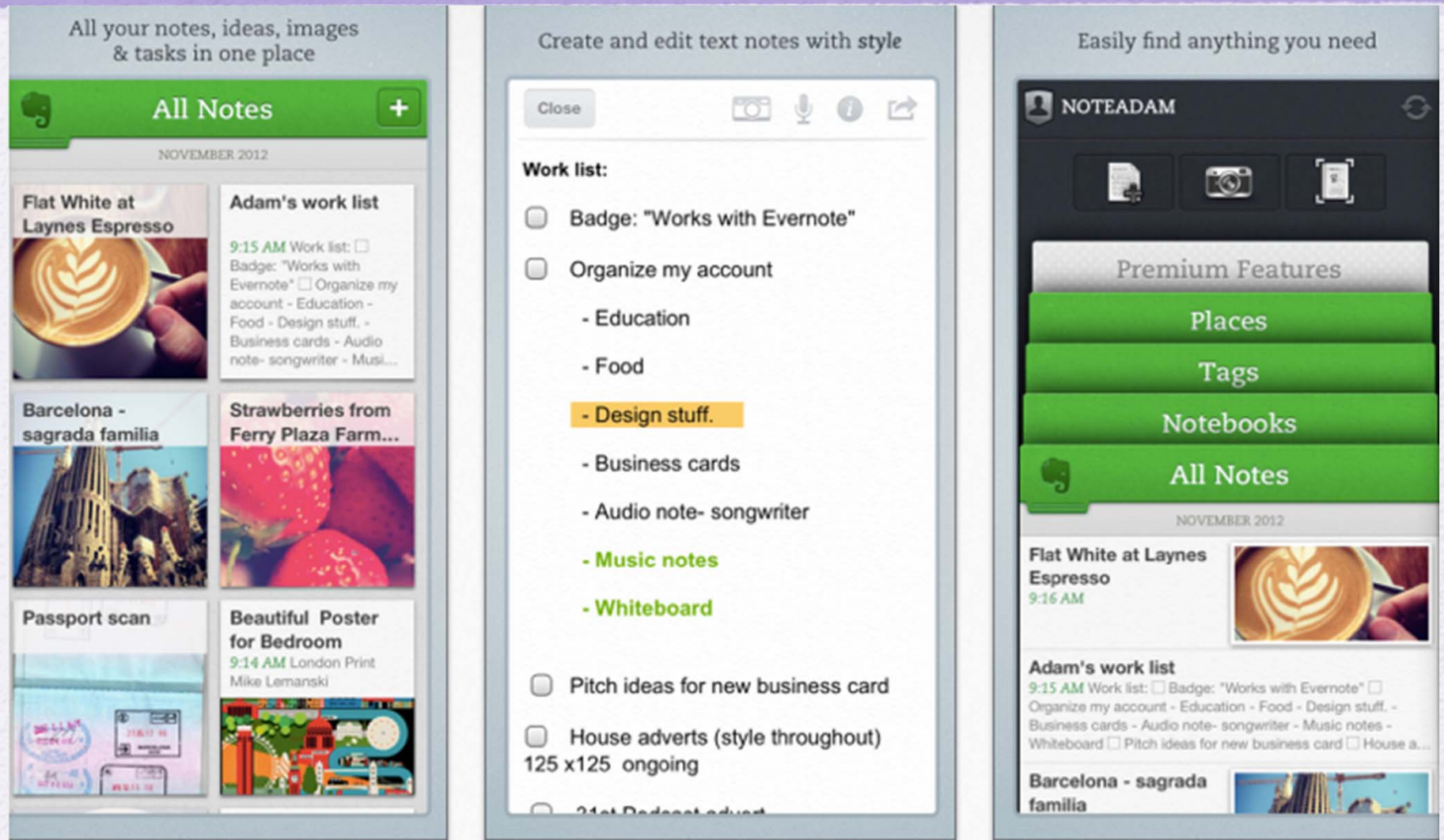
- Are you prioritizing your day to day tasks on a consistent basis?
- Do you often find yourself completing tasks at the last minute, or even asking for extensions?
- Have you set aside time in your daily schedule for planning and organizing?
- Do you find yourself dealing with distractions and interruptions 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




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

The Dutton Family



Home

Calendar

To Do

Shopping

Journal

Settings


Birthdays **NEW!**

Hot Toy List

More Cozi Apps

Cozi Gold

More from Cozi



Calendar ▾ October ▾ +

Type an event to enter, or a date to go to

THU Oct

11:00 a Sci

1:00 p ● A

5:00 p Wal

6:00 p ● A

6:30 p Soc

7:45 p ● E

FRI Oct

7:00 a Brin

7:30 a ● E

5:15 p Pick

5:45 p ● D

6:30 p Fam

9:30 p ● A

SAT Oct

11:00 a Piar

12:00 p ● E

12:00 p Chr

2:00 p ● D

Today

Shopping ▾ Groceries ▾ +

PRODUCE

☐ Baby Carrots

☐ Gala Apples

☐ Butter Lettuce

MEAT AND DAIRY

☐ Chicken Breasts

☐ Ground Beef

☐ Gallon Skim Milk

☐ Eggs

OTHER

☐ Peanut Butter

☐ Whole Wheat Bread

Clean up/reorder Email list

To Do ▾ Ryan Daily Chores ▾ +

TUESDAY

☐ Collect trash from all rooms

☐ Take out trash to curb

THURSDAY

☐ Set dinner table

SUNDAY

☐ Load dishwasher after dinner

☐ Tidy room

OTHER

☐ Return library books by 11/2

Add new item

Clean up/reorder Email list

Websites for Time Management

- http://www.keepandshare.com/htm/calendars/free_printable_day_planner.php
- Google calendar

- | | |
|--|-------------------------------|
| » Free Printable Daily Calendar | » Free Daily Online Planner |
| » Free Printable Journals | » Free Printable Diaries |
| » Free Printable Appointment Calendars | » Free Printable Logs |
| » Franklin Planner | » Personal Organizer |
| » Free Online Planner | » Appointment Books |
| » Day Planner | » Franklin Daily Planner |
| » Online Daily Planner | » Free Online Daily Planner |
| » Daily Planner Calendar | » Electronic Daily Planner |
| » Daily Planner Organizer | » Free Daily Planner Software |
| » Printable Daily Planner | » Online Daily Planner |
| » Online Planner | » Weekly Planner |
| » Monthly Planner | » Franklin Covey Planner |
| » Printable Online Planner | |

Relief Technique: Meditation

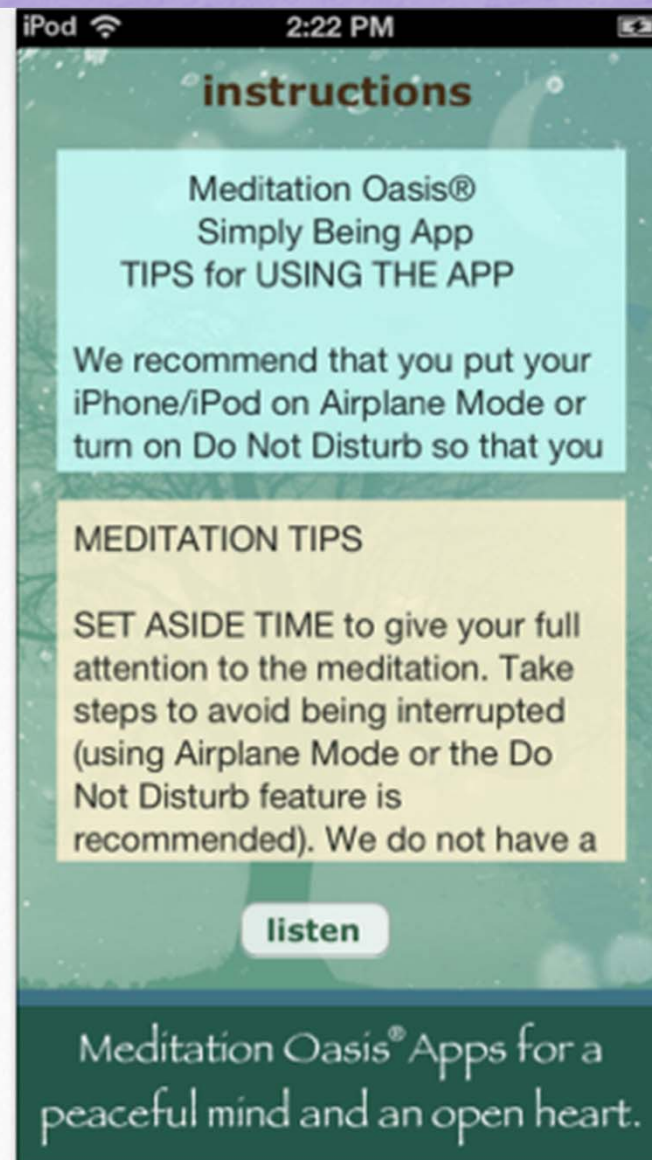
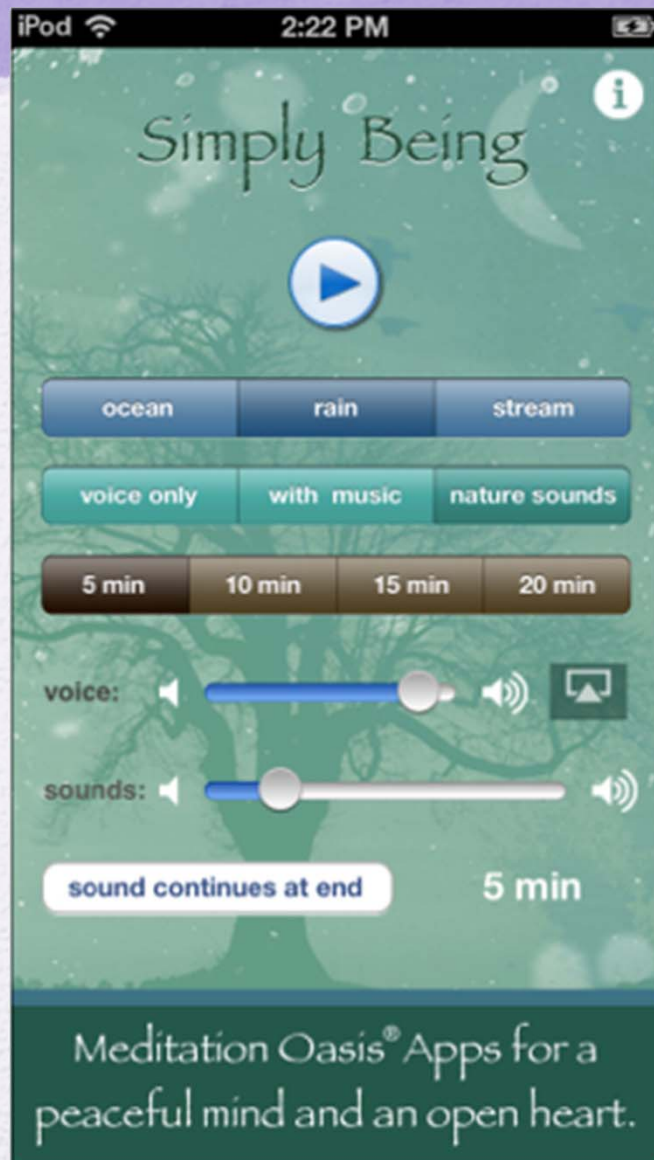
- Produces a deep state of relaxation and a tranquil mind
- Can be practiced anywhere
- During meditation you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress
- Several different types: guided imagery, progressive muscle relaxation, guided 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

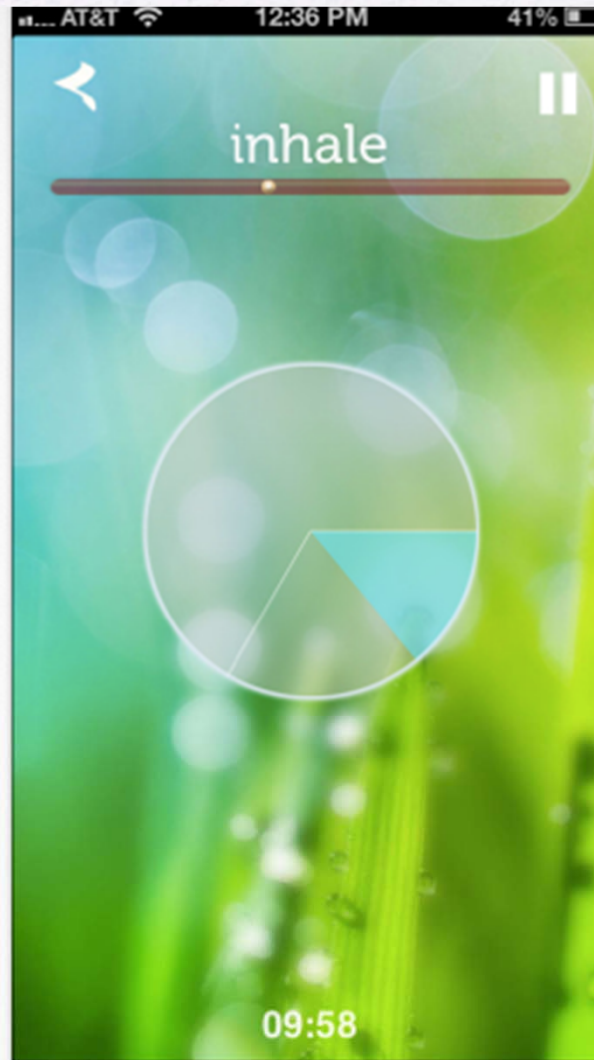
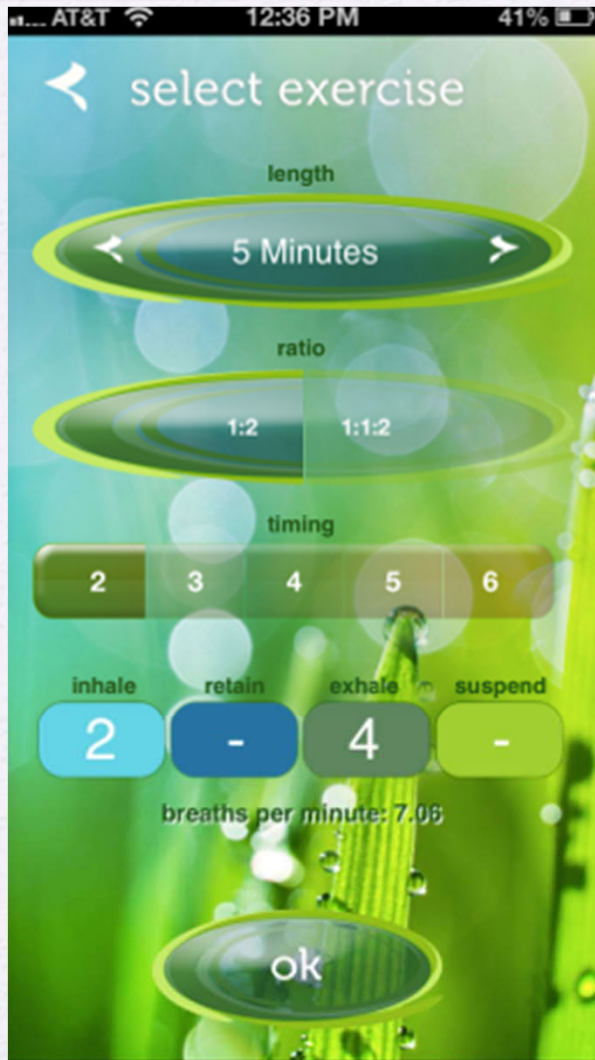


App: Relax Lite- Stress and Anxiety Relief +

- 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://www.oprah.com/spirit/Audio-Meditations-for-Rejuvenating-the-Body>
- <http://marc.ucla.edu/body.cfm?id=22>
- <http://www.doctoroz.com/videos/dr-breus-guided-muscle-relaxation>

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>
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- <http://www.mayoclinic.com/health/meditation/HQ01070>