

A Breath of Fresh Air: Guidance for Relieving Stress

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DISABILITY RIGHTS CALIFORNIA (DRC)

California's Protection & Advocacy System

Mission Statement: Advocate, educate, investigate and litigate to advance and protect the rights of Californians with disabilities.

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DRC SERVICES

Intake & Referral

Self-Help Materials & Other Publications

Public Policy & Legislative Advocacy

State Hospital Patients' Rights Advocates

Clients' Rights Advocates for Regional Center Clients

Legal Counsel & Advice

Representation of Individuals with Disabilities in Priority Areas

Systemic Litigation

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PEER SELF-ADVOCACY PROGRAM (PSA) SERVICES

Facilitate Self-Advocacy Groups in Mental Health Facilities & State Hospitals

Provide Trainings to People with Mental Health Disabilities, Family

Members & Service Providers on Legal Rights and Access to Services

Help Participants Develop Self-Advocacy Skills & Strategies to Advocate for their Own Goals and Services

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TRAINING AGENDA

All About Stress
The Stress Response
How Our Bodies Respond to Stress
Long-Term Effects of Stress
Evaluating Your Stress
Ways to Reduce Stress
Relaxation & Breathing Exercises
Guided Imagery

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ALL ABOUT STRESS

Stress Is A Part of Life
Everyone Reacts to Stress Differently
Causes of Stress:
 Life Experiences
 Change
 Environmental Factors
 Job Issues
 Family & Friends
 Bills

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THE STRESS RESPONSE

Freeze, Fight or Flight
Release of Hormones
Adrenaline
Cortisol
Return to Baseline

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BODY'S RESPONSE TO STRESS

Digestive System
Immune System
Cardiovascular System
Nervous System
Skin Reactions

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LONG-TERM EFFECTS OF STRESS

Risk of Obesity
Insomnia
Digestive Problems
Heart Disease
Depression
Physical Illness
Memory Issues

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CO-VID & STRESS

Focus on What You CAN Do:
Wash Your Hands (for 20 seconds)
Stay at Home
Wear a Mask & Gloves
Physical Distancing
Reach Out to Family & Friends for Support

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ARE YOU UNDER STRESS?

Crying More Than Usual?
Eating When You Are Not Hungry?
Excess use of Alcohol or using street drugs?

Having Difficulty Concentrating?
Sleeping Less or More Than Usual?

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EVALUATING YOUR STRESS

Identify the Causes for Your Stress

Keep a “Stress Journal”

Identify the Triggers & Patterns

What CAN You Change?

What Works & What Doesn't

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WAYS TO REDUCE STRESS

Create a Schedule & Structure

Break Tasks into Small Steps

Take a Breather

Focus on the Positives & Say Them Out Loud

Do Something You Enjoy

Help Others - Safely

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MORE WAYS TO REDUCE STRESS

Ask for Help

Check in with Family & Friends

Get Forest Therapy

Do Something Goofy

Smile – This Too Shall Pass

Express Your Feelings

Draw or Make Art

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THINGS TO REMEMBER

Self-Care is How You Get Your Power Back
Stop Trying to Calm the Storm – It Will Pass
The 5 X 5 Rule
Relax - You are Enough
Breathe Deeply
Be Gentle with Yourself
A Bad Day Does NOT = A Bad Life
Live in the Moment

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FINDING CALM

Say “No”
Add a Dab of Lavender
Read or Watch Something Funny
Don’t Forget to Laugh!
Get Rid of “I Should,” “I Have To” & “I Must”
Replace with “I May,” “I Want To” & “I Choose To”

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RELAXATION

Deep Breathing
4 Square Breathing
Massage Your Temples & Exhale
Listen to Relaxing Music

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PROGRESSIVE RELAXATION

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GUIDED IMAGERY

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REMEMBER TO BREATHE

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FEEL FREE TO ASK QUESTIONS OR SHARE
COMMENTS

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RESOURCES

For assistance, please contact the Disability Rights California confidential intake line at 1-800-776-5746, available 9:00 am - 4:00 pm, Monday through Friday, or for TTY call: 1-800-719-5798.

DRC Website: www.disabilityrightsca.org