

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.

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

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.

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

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



THE STRESS RESPONSE

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



Red: Life Threat – Freeze
Immobility Response

Yellow: Danger – Fight/Flight
Mobilization, Self-Protection

Green: Safe – Relaxed
Socially engaged, Rest and Digest

BODY'S RESPONSE TO STRESS

- ▶ Digestive System
- ▶ Immune System
- ▶ Cardiovascular System
- ▶ Nervous System
- ▶ Skin Reactions



LONG-TERM EFFECTS OF STRESS

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



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

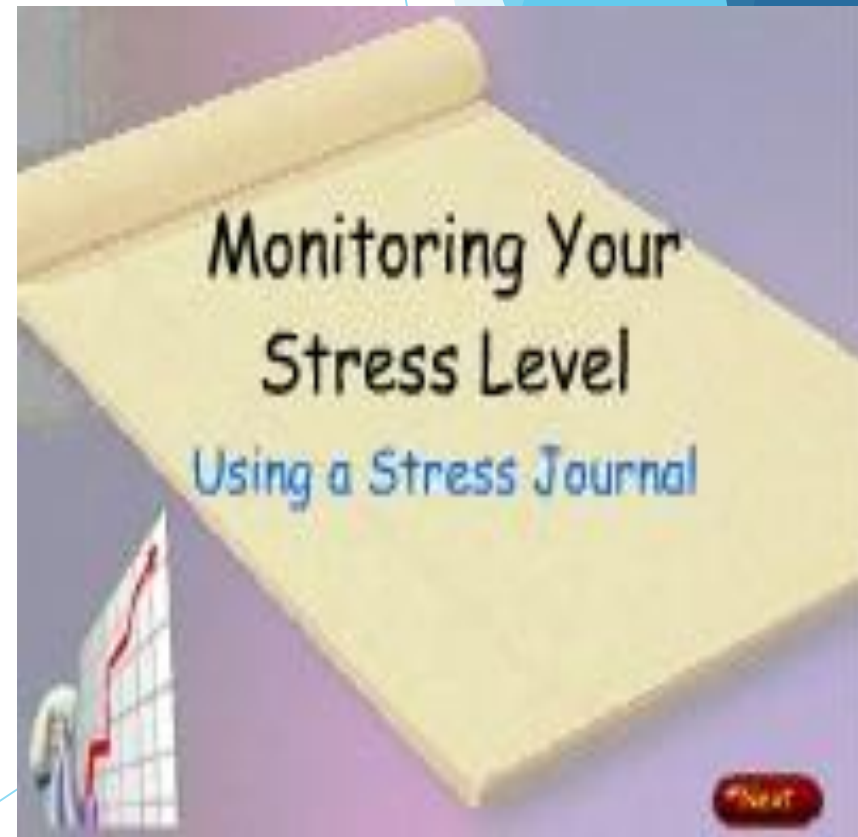


ARE YOU UNDER STRESS?

- **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?**

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



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



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



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



LIVE IN THE
MOMENT

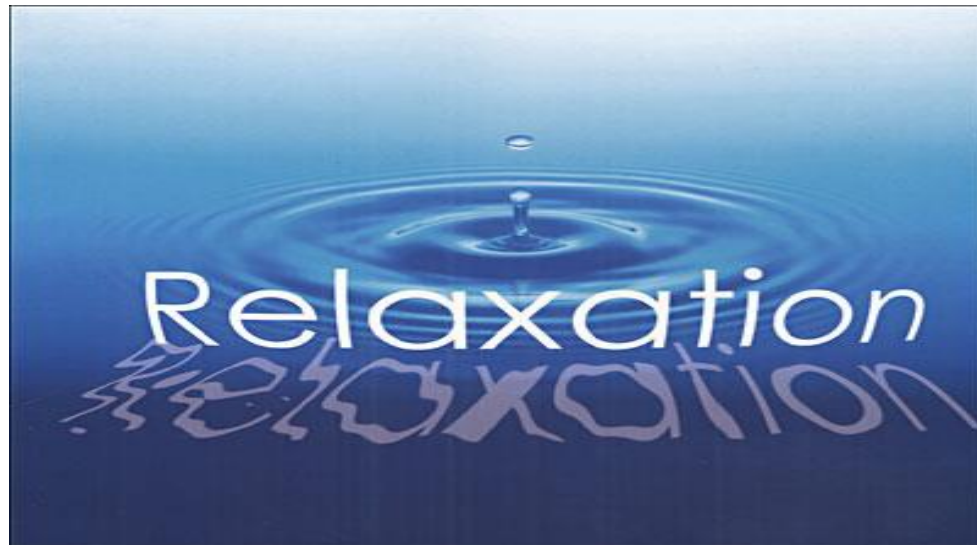
FINDING CALM

- ▶ 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”



RELAXATION

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



PROGRESSIVE RELAXATION



GUIDED IMAGERY



***REMEMBER
TO BREATHE!***



Feel Free to Ask

Questions or Share

Comments!



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