

2021 SELF-ADVOCACY CONFERENCE



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ADVOCACY STARTS WITH YOU



**Presentation will start
in just a moment.**



HOW TO RELAX IN STRESSFUL SITUATIONS

Presented by

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Introduction of Speakers

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Stress is the trash of modern life—we all generate it, but if you don't dispose of it properly, it will pile up and overtake your life.

- Danzae Pace



Stress



Definition of Stress

Stress is how our bodies react to pressure. Stress is sometimes triggered when we have a new or unexpected experience or when we feel like we don't have control over a situation.

Stress Video





What are some things that cause you stress?

Procrastination

When things don't go as planned

Running late

Traffic/ dangerous drivers

Uncertainty

Deadlines

Loud noises

Public speaking

Bills/ finances

Health issues

Medical appointments

Job

Arguments/ conflict

Clutter

Large crowds

Relationships

How does stress affect health?



Stress can be a good thing because it will give you the energy to keep going. It can also be a sign there is danger.

Stress can be a bad thing when there are problems and there is no break or time for relaxation. When this happens, the person becomes overworked and tension builds. If this happens for a long time, stress can cause wear and tear on the body – both physical and emotional.



Common Effects of Stress

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Stomach upset	Irritability or anger	Social withdrawal
Sleep problems	Sadness or depression	Exercising less often



Pandemic Statistics

- Slightly more than 6 in 10 American adults (61%) reported undesired weight change since the start of the pandemic. (18% report undesired weight loss; 42% report undesired weight gain)
- 47% of people reported delaying or canceling healthcare services
- 53% of people have been less physically active than they wanted
- 1 in 4 Essential Workers (25%) have been diagnosed with a mental health disorder since the start of the pandemic
- 75% of essential workers say they could have used more emotional support than they received



Tips for Reducing Stress

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Share your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation exercises; try meditation, yoga, or Tai Chi.
- Exercise regularly. Your body can fight stress better when it is fit.



Tips for Reducing Stress

- Eat healthy, well-balanced meals.
- Learn to manage your time more effectively.
- Set limits appropriately and say no to requests that would create too much stress in your life.
- Make time for hobbies and interests.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Seek out social support. Spend enough time with those you love.



Where can I go for help with managing stress?

- Family members & Friends
- Pets
- Doctors/Therapists
- New environment
- Call your Service Coordinator
- Call your local OCRA office
- Tell your Independent Living Staff or Supported Living Staff

Stretch Break!





To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.

- Jill Bolte Taylor



Relaxation



Definition of Relaxation

To become calm and free from stress.

To calm the mind, body, or both. Relaxing can quiet your mind and make you feel peaceful and calm.



Relaxation Video





How does relaxation improve health?

Relaxation reduces stress and the symptoms of mental health conditions like depression, anxiety and schizophrenia. Relaxation can help with:

lowering your heart rate, blood pressure and breathing rate

reducing muscle tension and chronic pain

improving concentration and mood

reducing fatigue

reducing anger and frustration

boosting confidence to handle problems

Tips to Help Relax

Relaxation techniques focus on muscle relaxation or breathing. An example is progressive muscle relaxation, where you tense then relax different muscle groups.

Other exercises include:

- visualization, where you create a mental image of a calming place for you
- deep breathing, where you refocus your attention on your breathing
- Meditation and exercise
- Find a relaxation technique that works for you and make it part of your daily routine, even if it's just for 5 or 10 minutes a day.
- Keeping a healthy work-life balance helps with relaxation and managing stress.



Where do you like to go or what do you like to do to relax?

Go to the Beach

Go to the Park

Stay Home

Listen to Music

Exercise

Spend time alone

Watch Television

Play a game

Spend time with family & friends

Tidy up

Cook

Go for a walk

Play with a pet

Read

Sleep

Meditate



Importance of Sleep





Peaceful Walk



Peaceful Walk

Cute Animals





Let's Practice!

Meditation Activity



Self-Care

- The intentional practice of taking action to preserve or improve one's own health, well-being, and happiness, in particular during times of stress.
- Can include promoting physical, mental, and emotional health for overall well-being
- [Self-Care Kit](#)
- How do you care for yourself?



Questions/ Comments



Thank you!



Resource Page

[Cleveland Clinic: Stress](#)

[UCLA Mindful Awareness Research Center Guided Meditations](#)

[UCSF Osher Center for Integrative Medicine: Guided Imagery and Meditation Resources](#)

[Stress Management Strategies: Ways to Unwind](#)

[Health Direct GOV](#)

[California Department of Parks & Recreation](#)

[Gritx Self-Care Toolkit](#)



Questions?

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Locate your local OCRA office:

<https://www.disabilityrightsca.org/what-we-do/programs/office-of-clients-rights-advocacy-ocra/ocra-staff-links>

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