

2021 Self-Advocacy Conference, Your Voice/ Your Choice: Advocacy Starts with You

Office of Clients' Rights Advocacy

Disability Rights California

Presentation will start in just a moment.

SLIDE TWO

How to relax in stressful situations

Presented by Ana Rivas, Kristen Evans, & Noretta Quiroz

Office of Clients' Rights Advocacy

SLIDE THREE

Introduction of Speakers

Noretta Quiroz

Ana Rivas, OCRA

Kristen Evans, OCRA

SLIDE FOUR

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

SLIDE FIVE

Stress

SLIDE SIX

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.

SLIDE SEVEN

Stress Video

[How Stress Affects Your Body and Mind](#)

SLIDE EIGHT

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

SLIDE NINE

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.

SLIDE TEN

Common Effects of Stress

On your body: Headache; muscle tension or pain; chest pain; fatigue; stomach upset; sleep problems

On your mood: Anxiety; restlessness; lack of motivation or focus; feeling overwhelmed; irritability or anger; sadness or depression

On your behavior: overeating or undereating, angry outbursts, drug or alcohol misuse, tobacco use, social withdrawal, exercising less often

Source: [Mayo Clinic](#)

SLIDE ELEVEN

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

Source: [APA 2021 Stress in America](#)

SLIDE TWELVE

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.

SLIDE THIRTEEN

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.

SLIDE FOURTEEN

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

SLIDE FIFTEEN

Stretch Break!

[Relieve Neck Pain and Tension at Your Desk](#)

SLIDE SIXTEEN

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

SLIDE SEVENTEEN

[Relaxation](#)

SLIDE EIGHTEEN

[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.

SLIDE NINETEEN

[Relaxation Video](#)

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

SLIDE TWENTY

[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

SLIDE TWENTY-ONE

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.

SLIDE TWENTY-TWO

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

SLIDE TWENTY-THREE

Importance of Sleep [How to Sleep Better](#)

SLIDE TWENTY-FOUR

Peaceful Walk

[Peaceful Walk](#)

SLIDE TWENTY-FIVE

Cute Animals

[Animal Planet](#)

SLIDE TWENTY-SIX

Let's Practice!

Meditation Activity

SLIDE TWENTY-SEVEN

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?

SLIDE TWENTY-EIGHT

Questions/ Comments

SLIDE TWENTY-NINE

Thank you!

SLIDE THIRTY

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](#)

SLIDE THIRTY-ONE

Questions?

Office of Clients' Rights Advocacy (OCRA)

Northern California

1-800-390-7032 (TTY 877-669-6023)

Southern California

1-866-833-6712 (TTY 877-669-6023)

Locate your local OCRA office:

[Disability Rights California OCRA Staff Links](#)

OCRA for Westside Regional Center

consumers

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