



Western Health Advantage

Building Resilience for Well-Being & Stress Management

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Objectives

- Define Stress
- Define Resilience
- 3 Steps to Improve Resilience
 - Mindfulness
 - Raising Awareness
 - Cognitive Restructuring
- Resilience through **Strength Building**



Stress Facts (pre-pandemic)

- 66% of Americans cited work as a significant source of stress
- 64% of Americans feel anxious or irritable at work
- 75-90% of all visits to the doctor are for stress-related health concerns
- Workplace stress is as bad for the heart as smoking or high cholesterol

APA, American Institute of Stress



Stress Facts (April 2021)

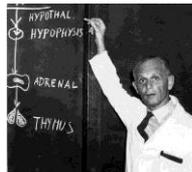
- 81% of Americans cited the future of our nation as a significant source of stress
- 80% of Americans report the coronavirus as another significant source of stress
- 74% report political unrest and dis-unity in our country as another source of stress.
- 77% report stress as affecting their physical health (Aug 21)

APA, American Institute of Stress



Stress Defined

- Your body's response to the demands placed on it
- Fight or flight response
- Everyday life hassles vs. major life trauma
- "Stress isn't so much what happens to you but how you take it."



Dr. Hans Selye



That was then....



...this is now



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AND...this is now

- Pandemic Stress
 - Masks, mandates, vaccines, illness, loss of lives, social distancing, unemployment, low employment, working from home
- Political Stress
 - Divided country, misinformation, contradicting information, lack of unity
- Social Stress
 - Social and racial injustice, inequality, unrest

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Resilience Defined

- The capacity to recover quickly from difficulties; toughness
- An ability to adjust easily to misfortune or change
- Adapting to stressors with flexibility rather than rigidity
- Resilience is proactive, whereas stress management is reactive



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Mindfulness

- Mindlessness
- History and Philosophy
- "Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." ~Jon Kabat Zinn



Mindfulness Practice

- Observe your breathing
- Positive affirmations
- Meditation
- Prayer
- Journaling (gratitude)
- Time in nature
- Exercise (walking, yoga, tai chi)
- Pausing between actions



Benefits of Mindfulness

- Benefits
 - Enhanced flexibility, improved concentration and mental clarity, emotional intelligence, improved interpersonal relations, creativity, & reduction in stress
 - Lowers anxiety, alleviates depression, reduces anger, chronic pain, eating disorders, boosts the immune system, helps cancer patients cope better with treatment



Raising Awareness

Connect the dots.....

Who?

What?

Where do you feel the stress?

When?

How?

(can I change the situation)

(can I change my view of the situation)



Cognitive Restructuring

- Cognitive
 - Thinking ability, your knowing, perception
- Restructuring
 - Reframing or changing your perception
- Changing the way you think about a stressful situation & challenging your thoughts for a more positive outcome.

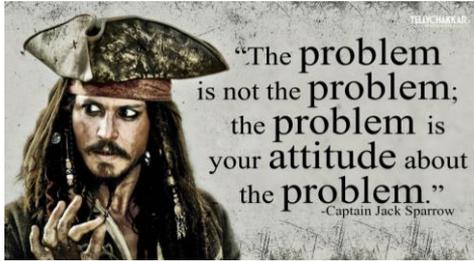


Historical Perceptions

- **Marcus Aurelis:** "If you are pained by any external thing, it is not the thing that disturbs you, but your own judgment about it."
- **Shakespeare:** "There is nothing either good or bad but thinking makes it so."
- **Epicetetus:** "People are not disturbed by things but by the views they take of them."



Captain Jack Sparrow



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Cultivating Resilience

- ✓ Boundaries
- ✓ Good company
- ✓ Self-awareness
- ✓ Acceptance
- ✓ Let it unfold
- ✓ Self-care
- ✓ Seek support
- ✓ Consider possibilities
- ✓ Mindfulness

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Character Strengths



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In Conclusion...

- Realize stress is not what is happening to us, but rather our reaction
- Practice using mindfulness and cognitive restructuring to reframe reaction to stressors
- Focus on personal strengths and strengths of others to maintain positive emotion and confidence



Bamboo



Cultivating resilience

**GRANT ME
THE SERENITY**
TO ACCEPT THE THINGS
I CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN, AND
THE WISDOM TO KNOW
THE DIFFERENCE.



For more information

Western Health Advantage
members can find more
healthy living tips at

mywha.org/healthyliving

Check with your health plan's wellness page
for healthy living resources.

