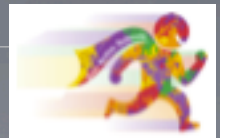


# Revitalize!

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Making Your Own Wellness a Priority

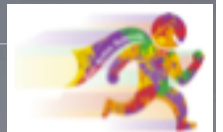


# SETTING THE STAGE



# Mental Wellness is...

- More than the absence of mental illness.
- It is the state of mind that allows one to flourish and fully enjoy life.
- There is no HEALTH without mental health!



# Stress Buster...

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60 minutes of daily activity

(running on the spot)

Helps me BUST my levels of stress

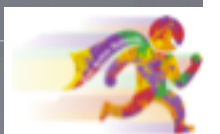
(fist to hand )

Keeps my mind calm and focused

(hand on chin)

So I can do better on tests!

(point to self and nod head)



# Chorus 😊

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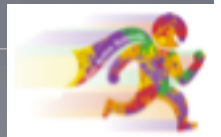
\*Stand up or sit down for each B...

Bring **b**ack, bring **b**ack

Oh **b**ring **b**ack some **b**alance to me, to me

Bring **b**ack, bring **b**ack

Oh **b**ring **b**ack some **b**alance to me, to me!



# Factors Affecting the Mental Health of Students

- Self esteem
- Feeling loved
- Confidence
- Family loss (break up)
- Difficult Behaviors
- Physical Health
- Abuse



# Stress Facts

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- Anywhere from 50 to 80 percent of all diseases, at least in part, can be attributed to stress-related origins (Humphrey, 2004).
- Heart disease , eating disorders, cancer, diabetes and infectious diseases are all types of stress related illnesses
- There is a strong correlation between an increase in stressful events and a decrease in health and psychological functioning (Newcomb, et al., 1991).
- Stressful events have an effect on an individual's coping mechanisms; decrease problem solving skills and and increase dysfunctional behaviours

(Davis et al. 2000; Frydenberg & Lewis, 2004; Humphrey, 2004)



# Types of Stress

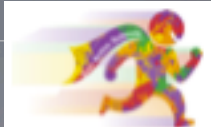
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## Eustress

- Good stress
- “It can cause adrenaline to flow and actually improve the functioning of our bodies and minds” (*Humphrey p. 68, 2004*)
- Some stress is good; it sharpens our focus.

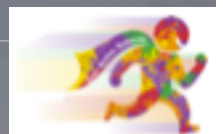
## Distress

- Bad stress
- Can cause health issues and our brains to shut down (*Humphrey p. 68, 2004*)
- Stress can be fatal (Davis et al)



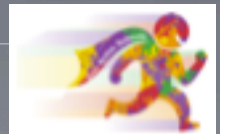
# Self Care...

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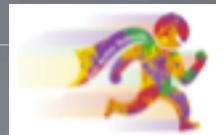
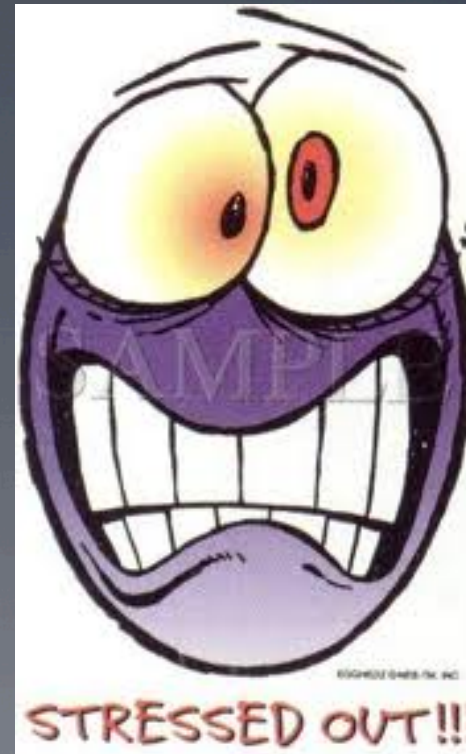
# Know Your Triggers

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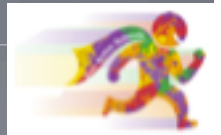
# Stressed Out...

- List the things that stress you out.



# Getting to Know You

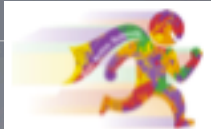
- ① Partner up
- ② Share list
- ③ Introduce your partner and one of their top stressors



# Signs and Symptoms...

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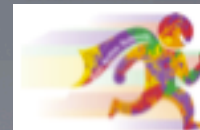
- How do you know you are stressed?



## Signs and Symptoms Checklist

Stress affects an individual's cognitive (thinking ability), physical, emotional and behavioural functioning in many ways. Put a \* beside any of the signs and symptoms you have experienced. Add any others signs or symptoms at the end of the sheet.

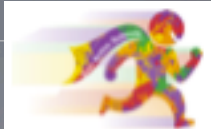
Cognitive Symptoms	Physical Indicators	Emotional Indicators
<ul style="list-style-type: none"> <li>• Forgetful</li> <li>• Unable to concentrate</li> <li>• Disorganized</li> <li>• Preoccupied</li> <li>• Lack of attention to details</li> <li>• Blurred vision</li> <li>• Blocking</li> <li>• Negative self-talk</li> <li>• Decreased coordination</li> <li>• Slowed thinking</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• Increased heart rate</li> <li>• Elevated blood pressure</li> <li>• Increased breathing rate</li> <li>• Tightness of chest, neck, jaw and back</li> <li>• Shallow breathing</li> <li>• Insomnia</li> <li>• Fatigue</li> <li>• Upset stomach</li> <li>• Diarrheal</li> <li>• Constipation</li> <li>• Chronic pain</li> <li>• Urinary tract problems</li> <li>• Get sick easily</li> <li>• </li> </ul>	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Withdrawal</li> <li>• Anxiety</li> <li>• Low self-esteem</li> <li>• Loss of interest</li> <li>• Restless</li> <li>• Nightmares</li> <li>• Impatient</li> <li>• Worrying</li> <li>• Obsessive thinking</li> <li>• Crying</li> <li>• Helplessness</li> <li>• Isolation from others</li> <li>• </li> </ul>
Behavioural Symptoms		Others
<ul style="list-style-type: none"> <li>• Impatient</li> <li>• Compulsive behaviour</li> <li>• Anger</li> <li>• Overeating, smoking substance abuse</li> <li>• Loss of appetite</li> <li>• Aggressive</li> <li>• Prone to accidents</li> <li>• </li> </ul>		



# Coping Strategies...

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- How do you deal with your stress?



# KADE

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- **K** – Keep
  - **A** – Alter
  - **D** – Delegate
  - **E** – Eliminate
-

# Perception Shift



# Action Plan...

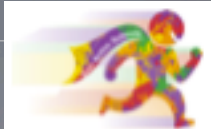
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# Postcards

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1. Write your address on the envelop provided
2. Inside your card record the following
  - I get stressed out when...
  - I know I am stress because...
  - To help me (fill in your word) I will...
  - I will remember to use my coping strategy by...
  - Remember it takes 21 days to create a new habit! Congratulations you are on your way!



# Room Full of Rain



# References

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- Switzer, V. (2009). Empower: A psycho-educational group program to foster stress reduction in adolescents. Unpublished masters final project, University of Lethbridge, Lethbridge, Alberta, Canada.



# Contact information

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