



Stress, Immunity and Your Health

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Stress Defined

- ★ Stress is an Every Day Fact of Life
- ★ Not all stress is bad
- ★ Stress is every change that we must adapt too, from physical danger to falling in love, to achieving goal.
- ★ Is experienced as state of tension created from a cascade of up to 1,400 biochemical changes that prepare our body for stress



Four Basic Sources to Stress

- Environmental Stress: endure and adapt to weather, pollution, traffic, noise
- Social Stressors, such as dead lines, financial problems, interviews, presentations, disagreements, loss, demands on your time
- Physiological Stress: adolescence, menopause, illness, aging, accidents, poor sleep, diet, exercise, headaches, anxiety
- Internally Generated Stress; from thinking, self imposed judgments, worry, fear, obligations and demands and self criticism

Good stress is called **EUSTRESS**

- ✿ is related to a situation or event that is enjoyable and not considered a threat.
You would experience Eustress in a situation that you find motivating or inspiring.
- ✿ Eustress has the same physiological markers, but the perception of the feelings are not considered threatening
- ✿ Over time eustress can wear down the body too

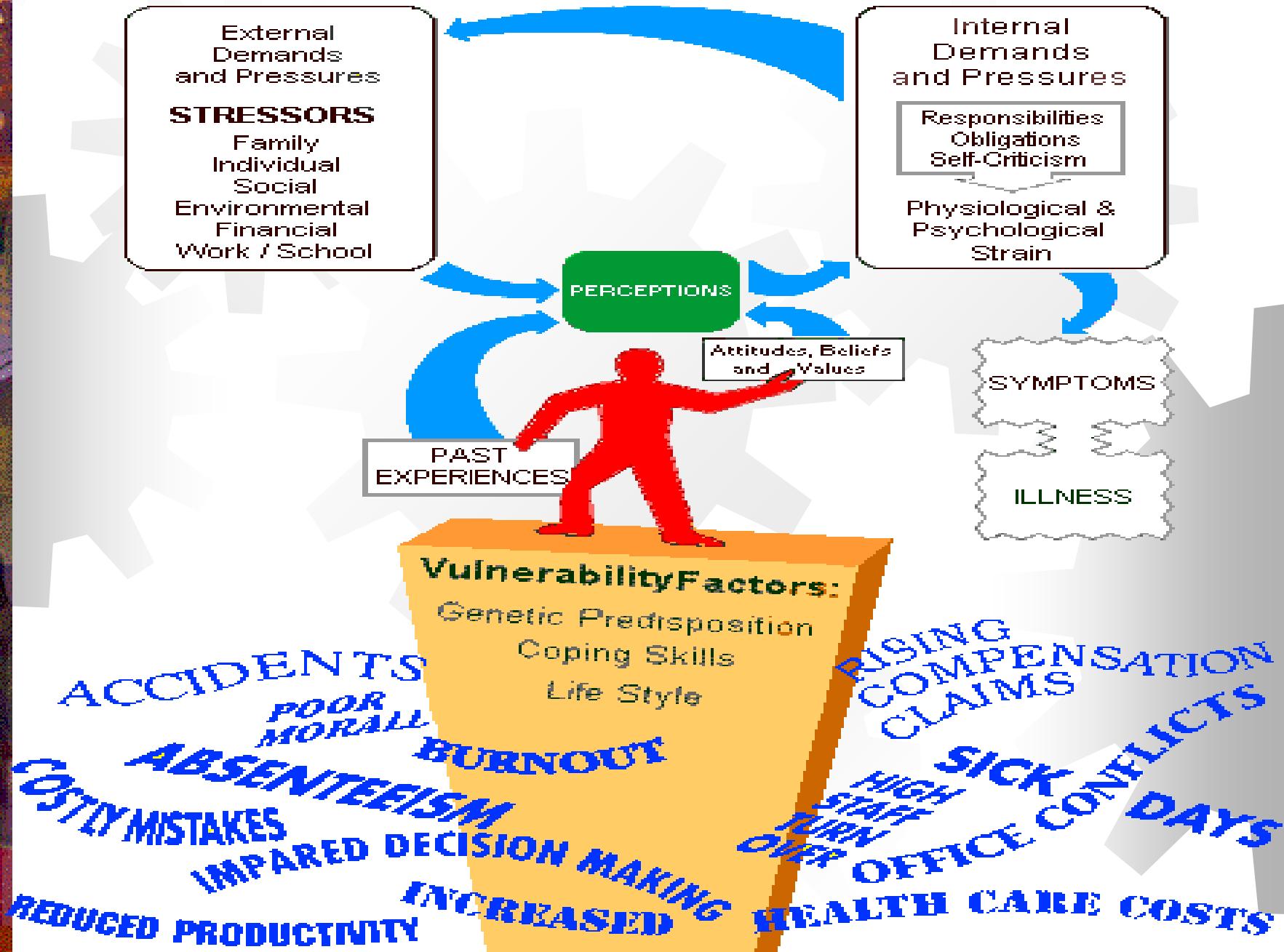
Killer Stress

- ★ We are a population out of balance
- ★ 2/3 of all Doctors visits are for stress related illness
- ★ Depression is the most common Medical Diagnosis
- ★ Depression is a product of how we relate to stress
- ★ A stress related chronic disease epidemic is predicted

Stress Perception

- ✿ How we label and interpret an experience will relax or stress us
- ✿ Interpreting a sour look from your boss
 - ✿ To mean you are doing a bad job, and he wants to fire you....or
 - ✿ to mean he is tired and preoccupied
 - ✿ Results in personal anxiety, compassion or a neutral response

MODEL OF STRESS



Researchers Holms and Rahe

- ✿ Concluded that there is a strong relationship between selected life events and illness
- ✿ Their study based on 5000 subjects supported a widely held belief that stressful life events are an important contribution to the onset of disease
- ✿ Not only psychosomatic disorders, but infectious diseases and injuries as well

Stress is Addictive and Cumulative

- ✿ At first the adrenaline push to accomplish tasks are effective. The body supports what the brain sets out to accomplish.
- ✿ The brain likes the rush, the busyness, the importance, the intensity and focus.
- ✿ However, stress adds up over time until the first symptoms appear, the original getting things accomplished faster starts to us wear down.
- ✿ Unconscious and untreated stress develops into the six leading causes of death

Signs of stress can include the following:

- ★ sleep disturbance (insomnia, sleeping fitfully)
- ★ clenched jaw
- ★ grinding teeth
- ★ digestive upsets
- ★ lump in your throat
- ★ difficulty swallowing
- ★ agitated behavior, like twiddling your fingers
- ★ playing with your hair
- ★ increased heart rate
- ★ general restlessness
- ★ sense of muscle tension in your body, or actual muscle twitching
- ★ Non-cardiac chest pains
- ★ dizziness, lightheadedness
- ★ hyperventilating
- ★ sweaty palms
- ★ nervousness
- ★ stumbling over words
- ★ high blood pressure
- ★ lack of energy
- ★ Fatigue

Cognitive signs of stress include:

- ★ mental slowness
- ★ confusion
- ★ general negative attitudes or thoughts
- ★ constant worry
- ★ your mind races at times
- ★ difficulty concentrating
- ★ forgetfulness
- ★ difficulty thinking in a logical sequence
- ★ the sense that life is overwhelming; you can't problem-solve

Emotional signs of stress include:

- ★ irritation
- ★ no sense of humor
- ★ frustration
- ★ Jumpiness
- ★ over excitability
- ★ feeling overworked
- ★ feeling overwhelmed
- ★ sense of helplessness
- ★ apathy

Behavioral signs of stress include:

- ✿ decreased contact with family and friends
- ✿ poor work relations
- ✿ sense of loneliness
- ✿ decreased sex drive
- ✿ avoiding others and others avoid you because you're cranky
- ✿ failing to set aside times for relaxation through activities such as hobbies, music, art or reading

Stress is a contributing factor

- ✿ Either directly or indirectly to
 - ✿ Muscle tension
 - ✿ headaches
 - ✿ low back pain
 - ✿ Insomnia
 - ✿ restricted breathing
 - ✿ high blood pressure
 - ✿ Coronary artery disease
- ✿ Cancer
- ✿ Respiratory disorders
- ✿ Accidental injuries
- ✿ Cirrhosis of the liver
- ✿ Suicide
- ✿ Poor functioning immune system

Stress Aggravates and contributes significantly to

- ★ Multiple Sclerosis
- ★ Heart disease
- ★ Arthritis
- ★ Diabetes
- ★ Herpes
- ★ Mental Illness
- ★ Alcoholism and Drug Abuse
- ★ Family discord and violence

Stress Fact #1:

- ★ Your body doesn't care if it's a big stress or a little one.
- ★ Regardless of the significance, stress affects the body in predictable ways.
- ★ A typical stress reaction, which most of us experience dozens of times each day, begins with a cascade of 1,400 biochemical events in your body.

- ★ If these reactions are left unchecked or re-balanced
 - we age prematurely,
 - our cognitive function is impaired,
 - our energy is drained,
 - we are robbed of our effectiveness and clarity

Stress Fact #2:

- ★ Stress causes what brain researchers call "**cortical inhibition.**" This phenomenon helps to explain why smart people do dumb things.
- ★ Stress inhibits a small part of your brain, limiting access to other parts of the brain and you can't function at your best.
- ★ **When we are in coherence** - a state where we are cognitively sharp, emotionally calm, and we feel and think with enhanced clarity - the brain, heart and nervous system are working in harmony.
- ★ This state of coherence facilitates our cognitive functioning - we are actually operating at peak performance mentally, emotionally and physically.
- ★ Coherence can be created at will. It can be a choice.

Stress Fact #3:

- ✿ Many people are oblivious to their stress.
- ✿ Some have become so adapted to the daily pressures, irritations and annoyances of life that it starts to seem normal.
- ✿ Yet without balance, the small stresses accumulate quickly and we may not realize how much they're impairing our mental and emotional clarity and our overall health
 - ✿ until it shows up as a bad decision,
 - ✿ an overreaction
 - ✿ an unwanted diagnosis at the doctor's office.

Stress Fact #4:

- ★ We can control how we respond to stress.
- ★ We don't need to be victims to our own emotions, thoughts and attitudes.
- ★ We can control how we respond to stress and we can become more sensitive to stressful situations and how they are affecting us before it manifests as a physical, mental or emotional complaint.
- ★ There are simple, scientifically validated solutions to stress that empower people to rewire their own stress response.

Stress Fact #5:

- ★ The best way to manage stress is to deal with it the very moment you feel it come up.
- ★ Millions of Americans unsuccessfully use the binge-and-purge approach when it comes to stress. They stress out all day, believing that they can wait until later to recover when they go to an evening yoga class, go to the gym or chill out when they take the weekend off.
- ★ Unfortunately, when we put off attending to our own inner balance our bodies have already activated the stress response and it's our health that suffers.
- ★ Stress facts From www.heartmath.com



It is no longer sufficient to merely educate about stress

- ★ Education must be experiential, reinforced
- ★ Reactive behavior patterns toward stressors must change
- ★ Thinking around stress must change
- ★ We must learn new ways of pro-acting that supports wellness
- ★ Reacting without mindfulness causes dis-ease in the body and mind

The pattern of stress

- ★ Our nervous system has burned in the pattern of responses to stress it is automatic
- ★ Cannot undo these patterns
- ★ Can only reinforce new patterns
- ★ Requires a multipronged plan of action
- ★ We need 6/10ths of a second to change a reaction to a response
- ★ Breath first

Good Stress and Bad Stress

Two Co-workers have the same job

- ★ Worker #1 loves the job
- ★ Is easy going
- ★ No problem meeting deadlines
- ★ Is cheerful and energetic
- ★ Worker #2 is overwhelmed
- ★ Feels extreme pressure
- ★ Body hurts, low energy
- ★ Extreme tension

The difference between the two is their response to stressors, at work and outside of work

U.S. CITIES DIFFER IN STRESSORS & COPING

- **The American Psychological Association's Stress in America Survey**, conducted by Harris Interactive, includes a few tidbits on several large metro areas surveyed:
- **Atlanta**: More likely to manage stress by spending time with friends and family, by praying and by playing sports.
- **Chicago**: Twice as likely as USA overall to manage stress by drinking alcohol.
- **Dallas**: More likely than Americans overall to say they manage their stress extremely well.
- **Detroit**: Less likely to de-stress with music, but more likely to watch TV, movies two-plus hours a day.
- **New York**: More likely to report housing costs as a significant source of stress than adults in other metro areas.
- **Los Angeles**: More report low stress levels at work, and more than a third don't find it as difficult to balance work, family life.
- **Seattle**: More likely than USA overall to spend time reading, playing video games or surfing Internet to manage stress.
- **Washington, D.C.**: More likely to cite co-workers, boss as top stress source; Americans overall cite spouse first.

Studies have shown

In high stress adrenaline is secreted which enhances our memory..... a good thing to help us avoid a danger in the future, but leads to

- ✿ Post Traumatic Stress Disorder
 - ✿ Military personnel, Suicides up 25%
 - ✿ Victims abuse, rape, tragedy
- ✿ Holocaust survivors study
- ✿ Recall of the event brings a cascade of physiological responses similar to original...Reliving events is very stressful

Adrenal Fatigue

- ✿ The adrenals are walnut size glands located on top of each kidney
- ✿ The outer layer of the gland called the adrenal cortex produces cortisol, DHEA (dehydroepiandrosterone), estrogen and testosterone
- ✿ The center of the gland produces adrenaline

Adrenal Glands rush the bodies resources into a fight or flight response

- ✿ When healthy, adrenals instantly increase heart rate and blood pressure
- ✿ Release energy stores for immediate use
- ✿ Slow down all non essential functions like digestion
- ✿ Adrenal function is intended as a short term emergency response

When Adrenals are Stressed

- ✿ When overworked we strain to produce enough Cortisol and loose the ability to produce enough DHEA (growth hormone)
- ✿ DHEA is a precursor to estrogen, progesterone, and testosterone and is necessary for hormone balance
- ✿ Insufficient DHEA contributes to fatigue, bone loss, loss of muscle mass, depression, aching joints, decreased sex drive, and impaired immune system function

Chronic Stress as below, fatigues the Adrenals

- ★ Lack of sleep
- ★ Work demands
- ★ financial pressures
- ★ Job loss
- ★ Use of stimulants
- ★ Yo-yo dieting
- ★ Relationship turmoil
- ★ Death of a loved one
- ★ Over exercise
- ★ Illness or infection
- ★ Emotional issues
- ★ Drama
- ★ Conflict
- ★ Digestive problems

Stress and Cortisol

- ★ Cortisol helps us counteract stress by converting proteins into energy, releasing glycogen and counteracting inflammation
- ★ Cortisol causes damage when stress is long term or chronic

Sustained High Levels of Cortisol

- ★ Destroy healthy muscle and bone
- ★ Slow down healing and cell regeneration
- ★ Co-opt bio-chemicals needed to make other vital hormones
- ★ Impairs digestion
- ★ Affect metabolism and mental function
- ★ Interfere with healthy endocrine function
- ★ Weakens the immune system

Cortisol is produced by the Adrenal glands

- ★ Adrenal fatigue is a factor in....
- ★ Hypothyroidism
- ★ Fibromyalgia
- ★ Chronic fatigue syndrome
- ★ Arthritis and inflammatory disorders
- ★ Premature menopause
- ★ And produces a host of other symptoms from acne to hair loss

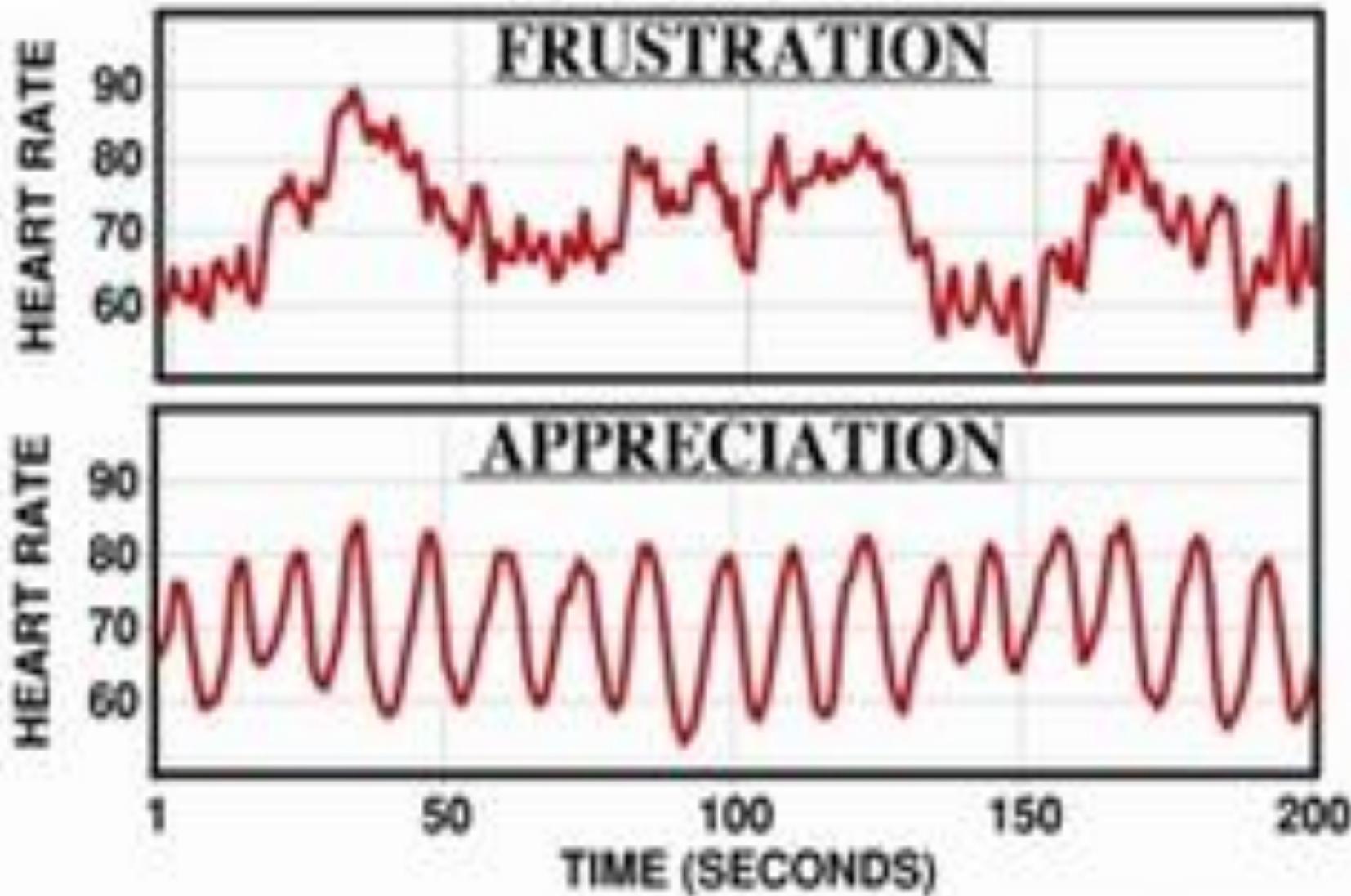
How Americans Cope with Stress

- ★ Listen to music: **52%**
 - ★ Exercise or walk: **47%**
 - ★ Read: **44%**
 - ★ Spend time with friends or family: **41%**
 - ★ Watch TV or movies 2+ hours a day: **41%**
 - ★ Nap: **38%**
 - ★ Play video games or surf Internet: **37%**
 - ★ Pray: **37%**
 - ★ Eat: **34%**
 - ★ Hobby: **30%**
 - ★ Church or religious services: **21%**
 - ★ Drink alcohol: **18%**
 - ★ Shop: **18%**
 - ★ Smoke: **16%**
 - ★ Play sports: **9%**
 - ★ Get massage/go to spa: **9%**
 - ★ Meditation/yoga: **8%**
 - ★ Nothing (unable/unwilling to take action): **8%**
 - ★ See mental health professional: **7%**
 - ★ Gamble: **4%**
 - ★ Play with/care for pets: **1%**
 - ★ Gardening: **1%**
- ★ Source: APA survey by Harris Interactive of 1,791 U.S. adults, June-August.

The Heart and Stress

- ✿ We also know that the surge in adrenaline caused by severe emotional stress causes the blood to clot more readily, increasing the risk of heart attacks.
- ✿ British investigators have shown that chronic work stress can produce *chronic* increases in adrenaline levels, and have related those changes to an increased risk of heart disease.
- ✿ A study at Duke University showed that the stress of performing difficult arithmetic problems can constrict the coronary arteries in such a way that blood flow to the heart muscle is reduced.

Changing Heart Rhythms



Emotions

Wouldn't it be great to learn to ride the waves of emotion, instead of letting them engulf you or knock you over?

For many people, emotion is something that just happens to them. Learn that it's possible to take charge of your emotions.

Once skilled you will feel better on the inside and become more self confident, successful, and satisfied in what you do and in your relationships with others.

As you learn to ride the waves of emotion, you will have more of a sense of adventure and playfulness that gives life that extra sparkle. You'll also find yourself thinking clearly more of the time.



The Nervous System and Stress

- ★ Chronic Stress can freeze the body in a fight flight response. A N S Imbalance
- ★ The parasympathetic system, is under or non-functioning
- ★ There is an addiction to drama and the rushing feelings of the sympathetic system, supported by beliefs that things must be this way
- ★ There may be an aversion to relaxation
- ★ A Fear of letting go and fear that a rush of emotions will completely take over, and there will be a loss of control

Autonomic nervous system

- ★ Has several divisions
- ★ Autonomic nervous system in order to stay in balance requires a balance between the ..
 - ★ parasympathetic nervous system responsible for rest and restoration of the body
 - ★ and the sympathetic nervous system which is responsible for fight and flight, and more active states of being

Enteric Nervous System

- ✿ Also a division of the ANS
- ✿ Has more neurological cells than the spinal cord
- ✿ Is responsible for all digestion and other functions
- ✿ Eastern medicine includes this system when referring to the hara, don Jon, a major energy center

Autonomic Nervous system

* Imbalance can aggravate and have a causal effect

- * Fibromyalgia, Chronic pain
- * Anxiety, panic attacks
- * Hypertension
- * Diabetes
- * Arthritis
- * and many other disease processes

Sympathetic Nervous system

- * SNS Response is our fight flight.....
 - It motivates us to act quickly
 - Our body is in self protection mode even if we know that being late is not life threatening
 - Body becomes harder and guarded
 - Breath is often held, or becomes shallow
 - Muscle tension increases
 - Edginess and irritability become predominate



Sympathetic

Dilate

Stop secretion

Secret saliva

Constrict

Dilate bronchioles

Speed up heartbeat

Secret adrenaline

Decrease secretion

Decrease motility

Retain colon contents

Delay emptying

Parasympathetic

Constrict bronchioles

Slow down heartbeat

Increase secretion

Increase motility

Empty colon

Empty bladder

Parasympathetic

Sympathetic Nervous System Response

- ★ Blood is rerouted to the core, extremities become cold, or numb
- ★ Digestion is paused, bad stomach bacteria form
- ★ Internal sensitivity, abdominal pain, irritable bowel, muscle tension, general irritability result
- ★ Increases insulin resistance and stress fat (belly fat)

Parasympathetic Nervous System Response

- ★ Digestion is active
- ★ Blood circulation is more evenly distributed
- ★ Hormonal and Immune systems more active
- ★ Body is softer, less guarded, relaxed, open to allow life in
- ★ Rest and Restoration are possible
- ★ The mind is clearer and calmer
- ★ Breath is deeper and more regular

Solutions for coping with stress

- ★ Many ways....
- ★ Cultivate body awareness and feeling
- ★ Visualization
- ★ Self-hypnosis
- ★ Biofeedback
- ★ Thought stopping
- ★ Refuting irrational ideas
- ★ Coping skills training
- ★ Autogenics
- ★ meditation
- ★ Setting goals and time management
- ★ Assertiveness training
- ★ Job stress management
- ★ Nutrition
- ★ Exercise
- ★ Getting unstuck

Relaxation

- ★ Some have forgotten how to relax, relaxation is not valued by corporate America
- ★ We are chronically over stimulated
- ★ Our minds need a rest from incessant thinking 60,000 thoughts per day (Mostly negative and judgmental)
- ★ tension is held deeply in the body (we are not aware of it)
- ★ Distractions from stress are not relaxation
- ★ Those who need to relax the most may feel uncomfortable in relaxation exercises

Picture: if altitude were stress

- ★ We are like a small plane, at first comfortably at rest on the runway, we take off, slowly rising to an appropriate altitude of 20,000 feet, then demands of bad weather and storms force us to 30,000. Storms are wide spread, we are forced to stay at 30,000 to avoid getting hit by lighting, our plan is taking a beating
- ★ The plane cannot maintain this altitude, it was not designed for it, we try to return to the ground
- ★ Now the plane is flying at 15,000 altitude stress has damaged the landing gear, our plane is stuck here we are unable to land
- ★ We learn how to keep our plane in the air, and slowly we are running out of fuel. The crash is inevitable

Studies indicate that thinking, attitudes, feeling, relationships effect health

- ✿ Negative reactions to stress, and resultant Behavioral patterns predispose us to illness
- ✿ Feelings of Helplessness and hopelessness
- ✿ Feelings of hostility, Sinicism
- ✿ A lack of commitment to self, and lack of enthusiasm
- ✿ Inability to express feelings
- ✿ Social isolation
- ✿ Are all very Toxic and predispose one to the onset of illness

Stress Hardiness and Robust Health

- ★ Qualities that produce robust health are.....
- ★ Optimism, and there are always options
- ★ Ability to let go of events, and stress
- ★ Can see that a stressor is temporary
- ★ Can laugh at self
- ★ Positive sense of humor
- ★ Strong sense of coherence, can see life as changeable, manageable
- ★ Value relationships with family, friends, work
- ★ High levels of trust in self, people

Positive psychology is taught and gets amazing results

- ★ **Hurtful to the body:** My life is a mess, my house is a mess, I'm a mess, I will never get this mess under control.
- ★ **Positive:** I am willing to take one step at a time, and ask for help to bring order to my life. I will back on track soon.
- ★ **Hurtful to the body:** I hate my job it is making me sick.
- ★ **Positive:** My job allows me to have the things I need, I will try to focus on the good at work, and try to keep my options open for new employment



Shift the body and mind into calmer states, better able to cope

- ★ Relaxation Exercises
- ★ Breathing Exercises
- ★ Meditation
- ★ Music / Therapy
- ★ Mindfulness deal with actions to deal with stress directly and immediately
- ★ There are tools available on line at no cost...soundstrue.com eg. 12 healing exercises
- ★ Daily practice to maintain calm state, revisit practices to deal with an acute stressor

Exercise for Stress

- ✿ Ai Chi (water), Tai Chi (land)
- ✿ Chi Gong, medical chi gong
- ✿ Yoga
- ✿ Where breathing is used to enhance every stretch, to energize the body, and to let go of the burden of stress
- ✿ Exercises that open up each joint and the body to increased energy flow

Exercise to reduce stress

- ★ Body awareness and experiential movement is taught,
- ★ Slower movement, focused on inner feeling
- ★ Focus on discovering the origins and the feelings of discomfort in the body
- ★ Never avoid or run away from the tight or painful joint, get to know them, work with them, move slower with complete awareness
- ★ what can you learn about your hip, shoulder, neck.

Learn the wisdom on the Body

- ★ Feeling is the language of the body
- ★ The mind does not feel, the body feels the emotions that are come from the thinking in the mind
- ★ Feelings in the body mirror the chaos and turmoil in the mind
- ★ Chaos and turmoil are a choice
- ★ With practice we can choose peace of mind and experience better feelings in the body,

Stress and the relationship we have with others

- ★ There is symmetry with the relationship that we have with ourselves and the relationships we have with others
- ★ If we are accepting and loving of all aspects of ourselves, we can offer this outwardly, we will like people
- ★ If we hate our body, our life, and our inner talk is self loathing we will tend to hate people and our environment
- ★ If we lack appreciation for who we are we will tend to be judgmental of others. Which adds to our level of irritation

Autogenics Training

- ★ Is a systematic program that will teach your body and mind to respond quickly to your verbal commands to relax and return to a balanced, normal state.
- ★ Has been used for many years to reduce chronic stress
- ★ Its roots are from meditation.

Autogenics (Weeks 1, 2, 3-13)

- ★ Repeat the verbal formula for three minutes 4-7 times daily
- ★ My right arm is heavy, warm,
- ★ My left arm is heavy, warm, relaxed
- ★ Both arms are heavy, warm, relaxed
- ★ My right leg is heavy, warm, relaxed
- ★ My left leg is heavy, warm, relaxed
- ★ Both legs are heavy, warm, relaxed
- ★ Adding my heartbeat is calm and regular
- ★ My solar plexus is relaxed and warm

As the body starts to respond

- ★ After 10-12 weeks of daily training--competence
- ★ Add more complex commandsI feel quiet and calm
- ★ My whole body feels quiet calm and relaxed
- ★ My mind is quiet and at ease
- ★ I withdraw my thoughts from the surroundings and I feel serene and still
- ★ My thoughts are turned inward and I am at ease
- ★ Deep with my mind, I can visualize and experience myself as relaxed and comfortable and still

Meditation

- ✿ The purpose of meditation is the quiet the mind
 - ✿ The mind in meditation is able to rest from incessant thinking
 - ✿ And we cultivate an ability to observe our thinking, we then discover how thinking creates our every experience and our health.

Meditation

- ✿ Mindfulness meditation
- ✿ Breath meditation
- ✿ Body sensation meditation Used by MBSR
- ✿ Emotion meditation
- ✿ Thoughts meditation
- ✿ All serve to progress our ability to see ourselves and our world with clear insight

Meditation

- ✿ Allows us to be aware of ourselves in a deeper way
- ✿ Which translates into that same ability outwardly
- ✿ Meditation cultivates our ability to be present in every moment
- ✿ Present to ourselves and our clients and anything we choose to focus upon

Healing Meditations

- ✿ Being present keeps us out of past or future where there is almost always a struggle with regret, or grasping
- ✿ There are many guided healing meditations available for purchase
- ✿ Or we can create our own guided meditations based on the needs of the groups we lead
- ✿ www.IMC.org 1,000 of lectures and practices of meditation are available on line at no fee.

Notice and Ease™ Tool

- Once you name and then identify and admit unwanted feelings such as anxiety, tension, anger, worry and sadness, you'll find it's a lot easier to neutralize and release them.
- The simple steps of Notice and Ease will guide you, teaching you to take the intensity out of negative emotions, ease them out and experience more good feelings such as joy, compassion and vitality.
- These positive emotions will increase the biochemical DHEA, which promotes emotional vitality, slows the aging process and offsets the stress hormone cortisol.



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Empowering Heart-Based Living

The Notice and Ease Tool



Helps you identify
and neutralize
unwanted emotions

The Notice and Ease Tool

- ✿ The Notice and Ease tool helps you identify and neutralize unwanted emotions. Learn to release disturbing feelings such as anxiety, tension, worry and sadness by befriending them and stopping their energy drain.



The Notice and Ease Tool

Helps You:

- > Take the intensity out of negative emotions
- > Experience more good feelings
- > Change emotional habits
- > Add more quality to your life



Choose your Feelings

- ✿ As you take the intensity out of negative emotions and clear uncomfortable feelings, you open the space for experiencing more good feelings such as joy, compassion and vitality.
- ✿ Feelings of positive emotions like appreciation and care increase the biochemical DHEA, which promotes emotional vitality, slows down the aging process and offsets the stress hormone cortisol.



The Notice and Ease Tool

Step 1

Notice and admit
what you are feeling.



Step 1:

- ★ **Notice and admit what you are feeling.** To gain more insight about your emotions, you will need to become more aware of what you are feeling.
- ★ Noticing and admitting what you are feeling requires slowing down and taking stock.
- ★ Periodically, throughout the day simply pause and notice how you feel. It takes only a few seconds to ask, "What am I feeling right now?"
- ★ Don't judge whatever you are feeling. Instead, observe what's flowing through your emotions. You'll discover new things about your emotional patterns and what triggers less desirable emotions in you.



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The Notice and Ease Tool



Step 2

Try to name
the feeling.

Step 2:

- ★ **Try to name the feeling.** Simply by naming the feeling to yourself, whatever it is – worry, anxiety, frustration, anger, sadness, hurt, resistance or even a vague disturbance – will help you admit what you are feeling.
- ★ Being honest about naming what we are feeling helps regulate our emotional energy, slowing down the emotional energy running through our system and giving us more power.
- ★ We can then redirect emotional energy to work for us instead of having it leave us feeling drained throughout the day.



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The Notice and Ease Tool



Step 3

Tell yourself to
e-a-s-e ... as you
gently focus in
your heart, relax
as you breathe
and e-a-s-e the
stress out.



Step 3:

- ★ **Tell yourself to e-a-s-e** ... as you gently focus in your heart, relax as you breathe and e-a-s-e the stress out.
- ★ As you tell yourself to ease in your heart, relax and ease the stressful emotion out, feel as if the unwanted emotion is leaving your system.
- ★ Don't force it out; ease it out. Befriend the reaction by holding it in your heart, then let the feeling ease out of your system.
- ★ If you try to fight your feelings or push them away, they will gain energy. Befriending your feelings will help you clear.



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Empowering Heart-Based Living

Use the Notice
and Ease Tool
for one minute
often through
your day.



Keep using the Notice and Ease™

- ✿ until you feel something lighten up, even if you don't get an immediate, complete release.
- ✿ Quite often you can experience so many feelings within just five minutes. Don't let this confuse you.
- ✿ Don't even try to figure out why. Just keep practicing the Notice and Ease tool until your energies come back in balance.
- ✿ Then listen to the intuitive guidance of your heart on what to do next.



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The Notice and Ease Tool

Feelings are like a code that contains information.



Feelings are like a code that contain information

- ✿ You have to name and befriend your feelings to decipher the code.
- ✿ Admit the truth of your feeling world and allow new intuitive perceptions to come to you.
- ✿ Observing our emotions and then practicing Notice and Ease helps change our emotional feelings, giving us a new ability to reduce the drain of negative emotions and replace them with emotions that are more renewing.



In 2006 the American Psychological Association conducted a survey

- * which found that money is a top source of stress for adults. Without a doubt many Americans are consumed with concern about the potentially devastating effects if the economy doesn't stabilize soon.
- * The stark reality is that this kind of stress can take a serious toll on all aspects of our lives - our energy, our well-being, our decision-making skills, our relationships, even our financial health.

The good news is.....

- ✿ that people have much more power over their emotional well-being than they give themselves credit for.
- ✿ "People just need a little direction on how to access that power. They just need to know how to do it," says Rozman. "And HeartMath can show them how."

Understanding the mechanics of stress...

- ✿ gives you the advantage of being more aware of and sensitive to your own level of stress and knowing when and how to take proactive steps.
- ✿ This increased awareness also helps you to better care for your family, friends and colleagues.
- ✿ Hearth math has found few that are aware of the following facts about stress



**Psychologist Deborah Rozman, co-author of
Transforming Stress: The HeartMath Solution for
Relieving Worry, Fatigue, and Tension, says**

- ✿ "The majority of people believe that emotions just happen to them. This lack of understanding of how to address emotions is the primary cause of today's stress epidemic.
- ✿ Too much stress creates overload, our creativity and clarity decline, we can't reason clearly or organize our thoughts well, we feel disconnected from ourselves.
- ✿ We start experiencing our stress overload as aches and pains, fragmented thinking, negative attitudes, and feeling out of control."

stress and its relationship to other health problems

- Formerly it was believed that being an A type personality, busy ,ambitious, and has time stress, may have stress that affect health in a negative way, but new research had identified that having a hostile or aggressive personality directly causes a higher risk of cardiovascular disease,

Stress is linked to suppression of the immune system

- ✿ increasing your chances of becoming ill
- ✿ Accelerating the course of an illness
- ✿ Stress plays a role in cancer and gastrointestinal, skin, neurologic and emotional disorders, and even the common cold.

Music is therapeutic

- ✿ Some studies have shown that relaxing while listening to soothing music can improve immune system functioning and, we can assume, help with our long-term health.

Blood Pressure

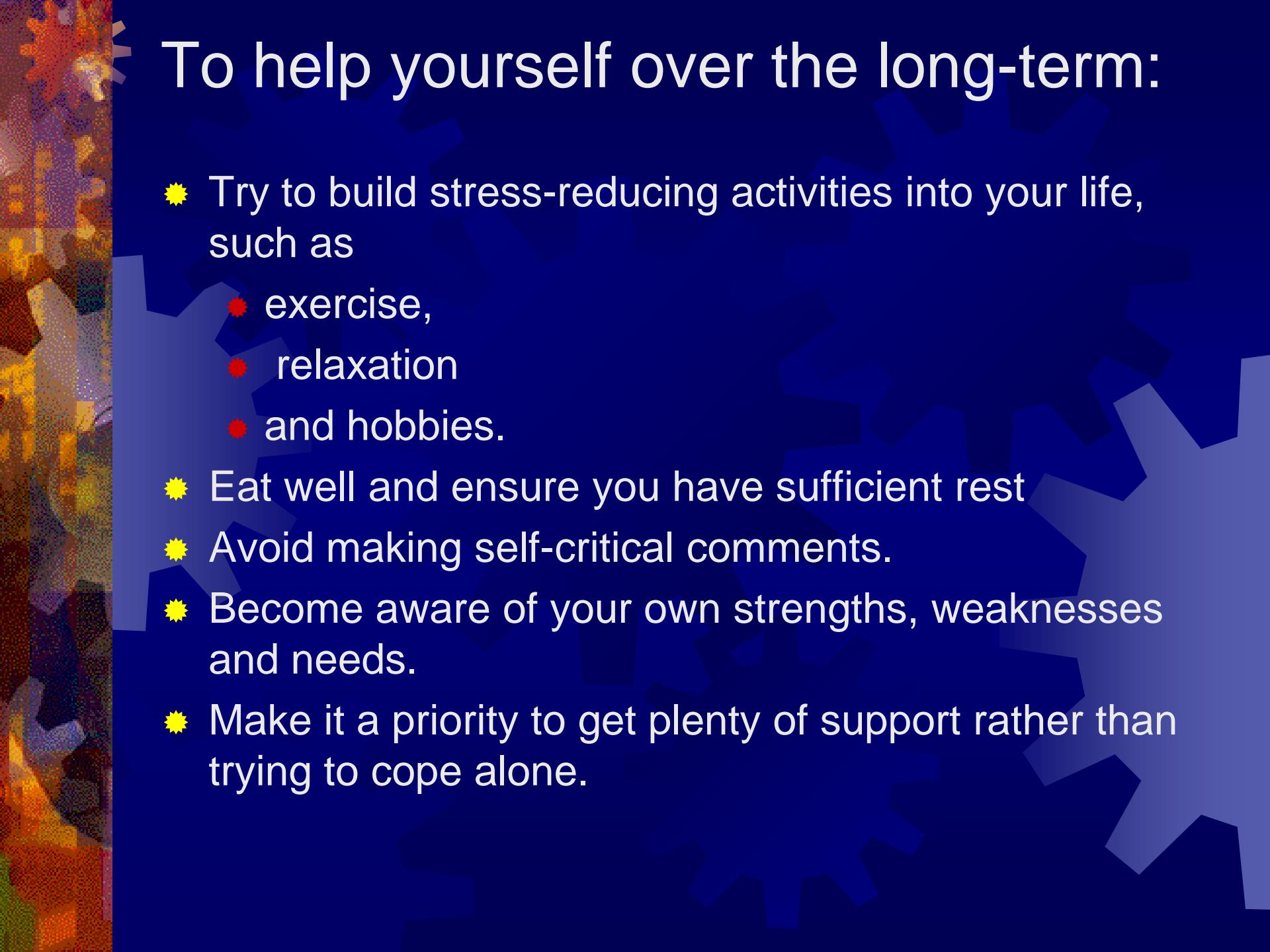
- ✿ Too much stress with little or no coping skills keeps the body “revved up.”
- ✿ Elevated blood pressure due to a chronic reactions to uncontrolled stressors, can be treated with awareness and cultivating more appropriate beliefs, reactions, and positive side effects

Stress left to be...

- ★ This may result in increased anxiety or a sense of depression because you're not mastering your world.
- ★ Feeling depressed (for example, sad, pessimistic, hopeless or helpless) is a common reaction to stress.
- ★ When these symptoms are temporary, they may simply be a reflection of life's normal ups and downs.
- ★ But if they persist for long periods of time, especially after the stressful situation has passed, you may have a problem that could benefit from professional help.

Severe stress

- ★ Left untreated can cause psychological distress which include:
 - ★ amnesia
 - ★ sleepwalking
 - ★ multiple personality
 - ★ obsessive-compulsive disorders
 - ★ phobias
 - ★ generalized anxiety disorder
 - ★ hypochondriasis (fear and excessive complaints of bodily disease)
 - ★ high blood pressure



To help yourself over the long-term:

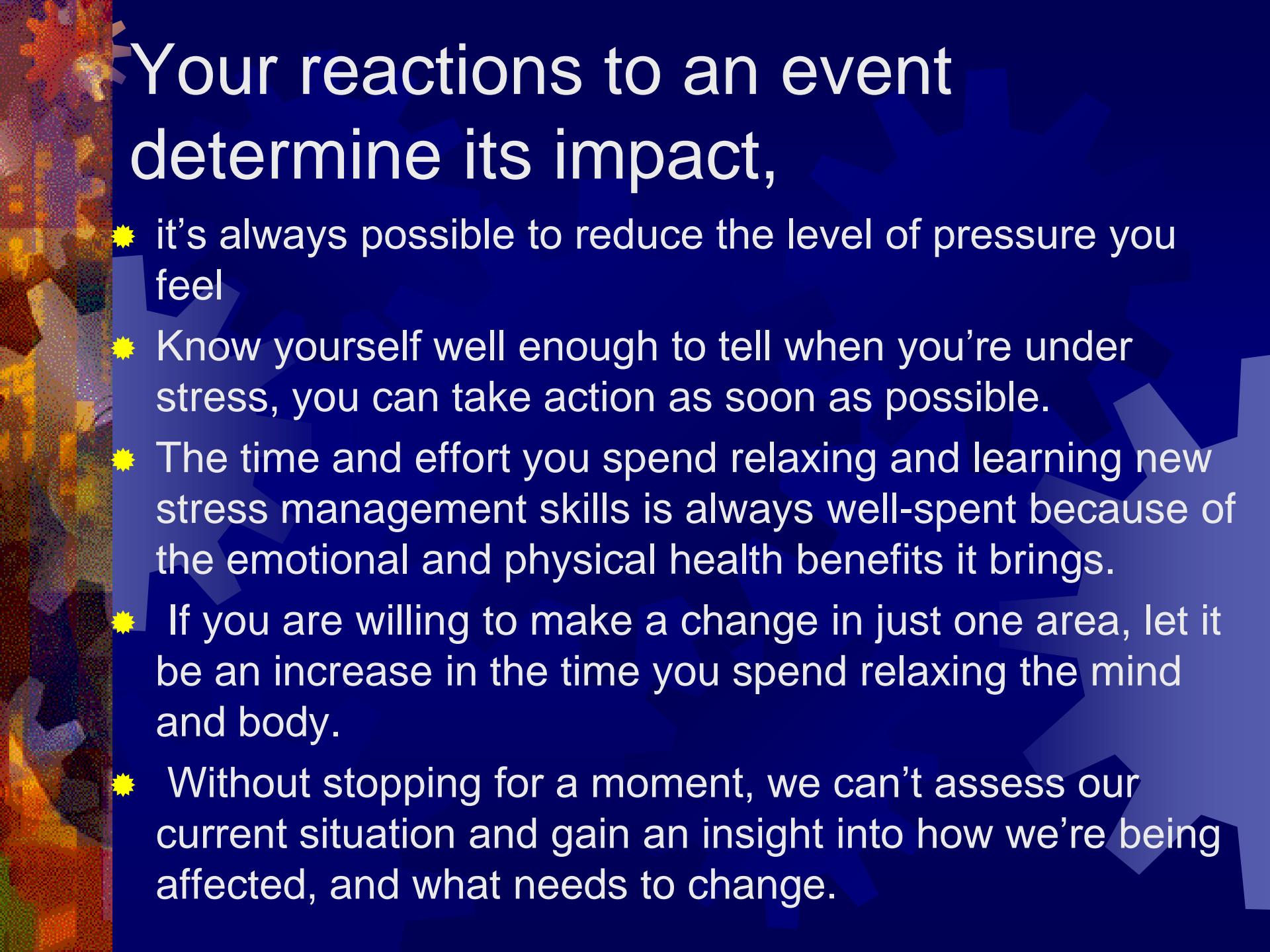
- ★ Try to build stress-reducing activities into your life, such as
 - exercise,
 - relaxation
 - and hobbies.
- ★ Eat well and ensure you have sufficient rest
- ★ Avoid making self-critical comments.
- ★ Become aware of your own strengths, weaknesses and needs.
- ★ Make it a priority to get plenty of support rather than trying to cope alone.

Focus on Solutions

- ★ Write down your thoughts so they begin to make sense. Decide on priorities and look for solutions.
- ★ Think creatively for solutions
- ★ Delegate, share responsibility, and renegotiate deadlines.
- ★ Often those around you won't realize how overloaded you're feeling.

Avoid last minute attitudes

- ✿ Prepare for events as much as possible in advance, but don't try to be perfect, or expect other people and events to be perfect.
- ✿ Always seek expert advice when you experience severe physical and emotional symptoms.



Your reactions to an event determine its impact,

- ★ it's always possible to reduce the level of pressure you feel
- ★ Know yourself well enough to tell when you're under stress, you can take action as soon as possible.
- ★ The time and effort you spend relaxing and learning new stress management skills is always well-spent because of the emotional and physical health benefits it brings.
- ★ If you are willing to make a change in just one area, let it be an increase in the time you spend relaxing the mind and body.
- ★ Without stopping for a moment, we can't assess our current situation and gain an insight into how we're being affected, and what needs to change.

Negativity

- ✿ Negative mood is usually the result of irrational thinking about people or events.
- ✿ This could mean focusing on the negative and not seeing the positive in your life and work. You may see situations as problems rather than as challenges.
- ✿ Another example of irrational thinking is overgeneralization. When you over generalize, you go from one simple problem to all problems.

Shift the focus

- ✿ Negative mood is often magnified when you focus on your feelings rather than the cause of the problem or its solution.
- ✿ In fact, the more you focus on trying to change how badly you feel, the more difficult it is to change those feelings.
- ✿ Let go of the personal aspect, the story the drama and focus on solutions.



Navigating the Feeling World

- ✿ Feelings usually **follow**, not precede, thinking and action.
- ✿ It is a fallacy that you must first feel good before you can do something.
- ✿ Refocus your thinking and your feelings will change.
- ✿ Negative thinking produces negative feelings.
- ✿ Likewise, positive thinking produces positive feelings.



You have more control over your feelings than you may realize.

- ✿ It takes work, but even little changes can make an immediate difference in how you feel. Tell a new Story.
- ✿ During the funeral of a loved one, a woman could see only the negative things she had said or done to her mother. As a result, she felt extremely guilty.
- ✿ Only when someone suggested that she also remember the years of support, love, devotion, and attention that she had given to her mother did she begin to make progress.
- ✿ The loss did not go away, but the bad feelings of guilt began to subside.
- ✿ By beginning to change her thoughts, her moods began to change, too.

Change irrational thoughts

- ★ Irrational thoughts have little basis in reality. You may think you are a failure, but by objective standards you may actually be a success.
- ★ An example of an irrational thought is, “I never do anything right.” Of course, everyone does something right. Do a reality check. Ask yourself if what you are thinking has any basis in reality. If not, change what you are thinking.



Here are the kinds of irrational thoughts that you should work on changing:

- ★ **Extremist thinking:** You view everything as all bad or all good. There is no in-between.
- ★ **Stomping on positive:** You choose not to see the silver lining in a situation and refuse to see any good.
- ★ **Dwelling on negative:** You filter in only the dark, negative aspects of life. By becoming obsessed with the negative, you are rendering yourself virtually a slave to your negative thinking.

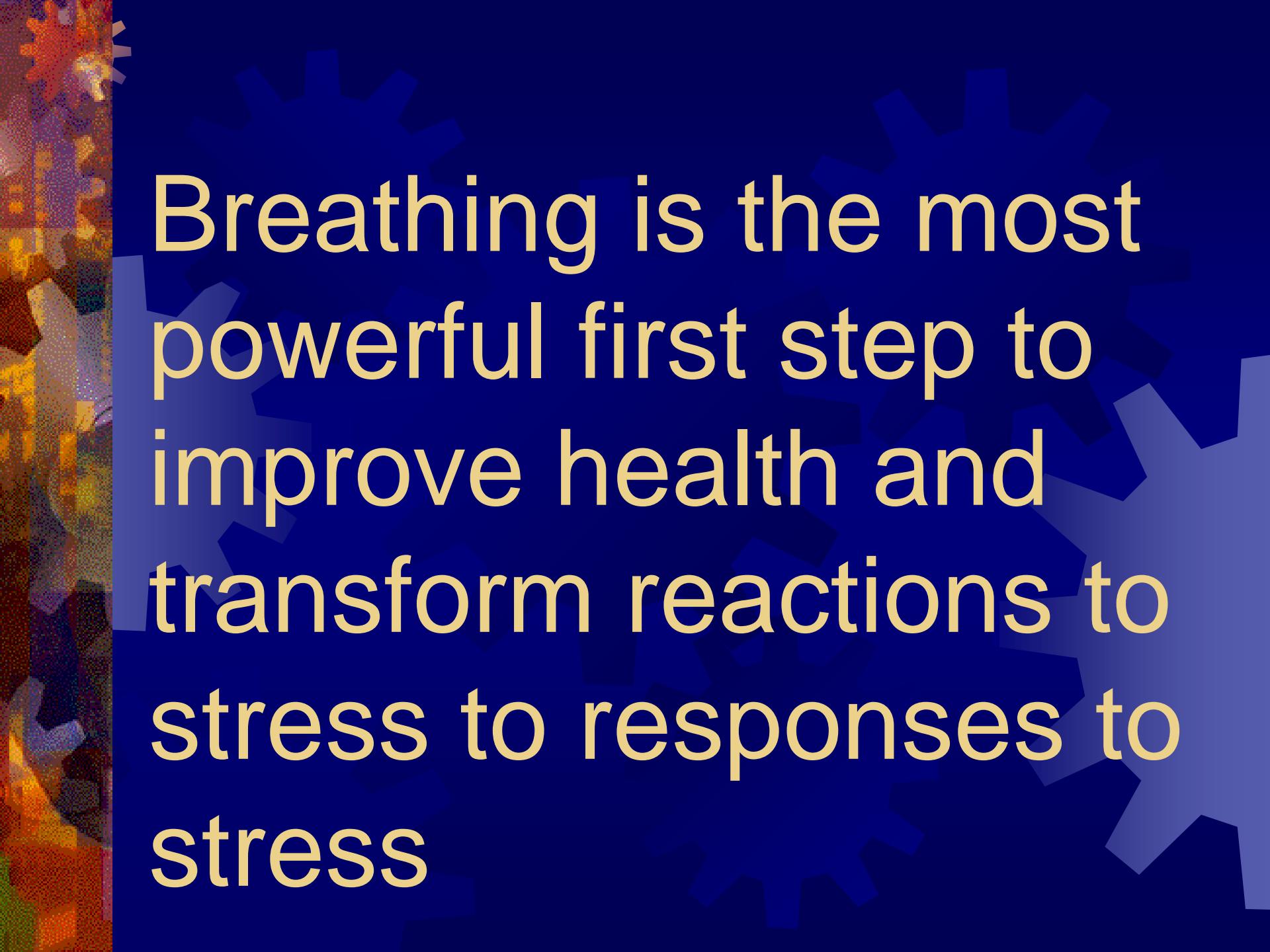
Transform Thinking

- ✿ **ESP thinking:** You think you know exactly how others feel and think about you. Usually you are wrong.
- ✿ **Over generalizing:** A few things happen to you that are not good and consequently you think everything is going to pot.



Take Action Fast, before the cascade of biochemicals take you out

- ★ You have just seconds to catch yourself, to breathe and feel the reaction in the body
- ★ The solution lies in Pro-action not Re-action
- ★ Anything! Take a walk, ride a bike, read a book, work on an art project, or visit a friend. Smell flowers, deep breathe, reform thinking.....get a hug....stretch..change the thinking, stop the thinking, sing, hum chant, change your vibe



Breathing is the most powerful first step to improve health and transform reactions to stress to responses to stress

Breathing rates per minute

- ✿ 16 to 24 bpm is considered normal range
- ✿ 12-15 is more appropriate for good health and stress management
- ✿ 6 or less breaths per minute is relaxed and restorative breathing, and an indicator of improving health

Some Psychoanalysts believe

- ✳ That people actually immobilize their diaphragms in an attempt to contain fears, anger, aggression and other powerful feelings in order to keep them out of their consciousness
- ✳ Since psychoanalyst hold that the above emotions and how they play out in relationships, have strong origins and effects on our chakra energy centers 1, 2, 3

Breath Practice must be applied

- ★ It may be easy to monitor our breath when doing breathing exercises
- ★ More Important is to apply the practice and monitor our breath when stress and difficult situations arise
- ★ AS many of us have a pattern of constricting our breath adversely affecting, our energy, health, productivity

- ✿ Breath is the vital link between psyche and soma
- ✿ The breath reflects not only one's physical condition but helps create it
- ✿ The breaths rate, rhythm, its course and depth all affect how the body is energized

Stress and Its effect on breathing

- ★ Chronic shortness of breath and sighing respiration
- ★ Chronic tiredness
- ★ Depression
- ★ Inability to concentrate
- ★ Impaired memory
- ★ Irritability
- ★ Anxiety
- ★ Various aches and pains
- ★ Aggravation of symptoms of medical disorders

Breath is

- ★ Free
- ★ Simple
- ★ Accessible to all
- ★ does not require a prescription or a copyright and is as effective as other treatments that do
- ★ Very effective over time
- ★ Has only good side effects

Benefits of Healing Breath Work

* Improved Relaxation

- * Digestion, diaphragm movement assists peristalsis and massages internal organs
- * Mind body connection and awareness
- * Strength of diaphragm and intercostals

Benefits of Healing Breath Work

- Strength of abdominal wall
- Improved blood and O₂ circulation
- Function of internal organs
- Cerebral spinal fluid flow
- Thoracic spine flexibility
- Oxygen to the brain for better function
- Stimulates immune system function
- Healthier skin

Benefits of Healing Breath Work

* Helps to reduce

- Unexplained chronic multi-symptom illness,
- Insomnia
- Depression
- Panic disorders
- Muscle tone in the body
- Reactions to Stress
- Cancer cannot grow in a well oxygenated area
- Parkinson tremors are calmed by better breathing

Exhalation

- ★ No work is required to exhale
- ★ Avoid pushing the breath out through pursed lips
- ★ Not rushing the out breath provides enough time for the body to balance the co₂/o₂ mix in the blood
- ★ Just relax and allow the breath to leave
- ★ The system requires this momentary relaxation to keep the body from fatigue

Expansion of the body with breath

- ✿ When the entire core body expands with breath
- ✿ the internal organs are massaged
- ✿ the ribs and spine open
- ✿ the semi-movable joints of the sacrum open
- ✿ Sternum lifts off the heart allowing space for heart expansion, also a massage like affect
- ✿ elimination is improved

The Lungs are responsible for toxic cleansing of the body

- ✿ The Lungs are responsible for removing 70% of the toxins out of the body
- ✿ When blood enters the lungs it releases CO₂ and waste products from cellular activity to be exhaled
- ✿ The exhale is exceedingly important
- ✿ 19 % of toxins leave the body in sweat
- ✿ The remaining 11% of toxic waste is eliminated in urination and bowel movements

Breathing with the Nose

- ✿ The left nostril is associated with the parasympathetic nervous system
- ✿ The right nostril is associated with the sympathetic nervous system
- ✿ Our body naturally switches breathing from the left to the right nose approximately every 1 hour and 45 minutes to 2 hours
- ✿ This pattern creates a balance of para and sympathetic nervous systems

Left and right nostril breathing

- ✿ Right nostril breathing is more active, aggressive, more alert, and focused on the external environment
- ✿ Left nostril breathing produces a quieter more passive physiological state one more orientated to introspection and self awareness

Breathing and the Nervous System

- ★ To the degree that breath and breathing are restricted is the degree that every part of the nervous system is adversely affected
- ★ When one experiences a relaxed diaphragm and it suddenly moves with breathing one will feel what is held in the belly
- ★ It is common to feel emotion and have tears when this occurs

Manage Stress, focus on Breathing

When.....

- ✿ Before a meeting or presentation
- ✿ During or after a nerve racking encounter
- ✿ When your plane is late or grounded
- ✿ Stuck in traffic
- ✿ Waiting in line
- ✿ Got off at the wrong exit
- ✿ When family or workmates argue
- ✿ When the deadline is near and your printer breaks
- ✿ When the bank teller cannot find your account
- ✿ The computers are down
- ✿ List your own difficult situations to practice breathing

Shallow High Chest Breathing can cause or worsen

- ★ Fatigue, and difficulty sleeping
- ★ Frequent illness
- ★ Poor digestion, gas, constipation, diarrhea
- ★ Hyper tension, edgy
- ★ Lack of focus, unable to think clearly
- ★ Low back muscle spasms
- ★ Low back pain and difficulty walking
- ★ Feeling of difficulty to take a big easy breath

Hyper ventilators

- ★ Loose the ability to contract the diaphragm
- ★ Asthmatics do not exhale fully
- ★ In anxiety breath becomes irregular

Breath Practice

* The In Breath

- ✿ If breath quality has been poor for a long time expansion may not be possible
- ✿ relax and continue breath practice, the body will open to expansion and allow a full breath over time
- ✿ the belly, ribs, back, sacrum, should expand
- ✿ practice toward a 6 count breath in and out

Breath Practice

* The Out breath

- * Begin with the out breath, the letting go
- * relax the belly, let it fall with breath
- * longer the out breath the greater the relaxation response
- * Pause allow the in breath to occur naturally

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