

TED TALK

Mental Health in the Workplace

Stress Reduction & Self Care

PRESENTED BY:

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School Based Prevention Specialist

JEFFERSON CENTER

Innovation insights

IMA 2019 EMPLOYEE
BENEFITS
SUMMIT

Jefferson Center

303-425-0300 24/7

- Non-profit, community-focused mental health and substance use treatment provider.
- Provides a variety of behavioral health care and substance use services for people of all ages at more than 23 locations. The Center served 32,000 people last year (2018).
- Partners with **Colorado Crisis Services** who provide a whole menu of crisis intervention services 1-844-493-TALK (8255)
www.ColoradoCrisisServices.org

Colorado Crisis Services

24/7/365 Statewide Immediate Crisis Intervention

1-844-493-TALK (8255) www.ColoradoCrisisServices.org

CRISIS SUPPORT LINE - If you or someone you know is experiencing a mental health, substance use or emotional crisis, call 1-844-493-TALK (8255). We can help you manage an emergency situation, provide immediate support and solutions, and connect you to further resources.

CRISIS WALK-IN CENTERS / STABILIZATION UNITS

- Our walk-in centers are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need. If you need assistance when helping others with a crisis, you can always go to a walk-in center near you.
- Some locations provide crisis beds for 1-5 days, for either voluntary or involuntary treatment.
- Visit www.ColoradoCrisisServices.org to view our walk-in center locations.

MOBILE CARE

RESPITE CARE

- Respite care can only be initiated by a Crisis Services Clinician after an in-person meeting.
- Those needing safe, peer-managed stabilization and support can stay voluntarily for 1-14 days to get the help they need.

Stress Reduction and Self Care in the Workplace

IMA Conference
5/2/2019

Alistair M. Hawkes, MA, LPC

IMA Summit/Jefferson Center Speaker's Bureau

What is stress?

Stress

noun: **stress**

1.1. pressure or tension exerted on a material object

"the distribution of stress is uniform across the bar"

•the degree of pressure exerted on a material object measured in units of force per unit area.

2.2. a state of mental or emotional **strain** or tension resulting from adverse or very demanding circumstances.

"he's obviously **under** a lot of **stress**"

eu·stress (yō' stres/)

noun: **eustress**; plural noun: **eustresses**

moderate or normal psychological stress interpreted as being beneficial for the experiencer.

Synonyms: pressure, tension, strain

dis·tress (də' stres/)

noun: **distress**

extreme anxiety, sorrow, or pain.

"to his distress he saw that she was trembling"



Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways ~ Sigmund Freud



Psych-Quotes.tumblr.com

Common Sources of Work Stress

- Low salaries.
- Excessive workloads.
- Few opportunities for growth or advancement.
- Work that isn't engaging or challenging.
- Lack of social support.
- Not having enough control over job-related decisions.
- Conflicting demands or unclear performance expectations.

--American Psychological Association

Symptoms of Stress

Although we all experience stress differently,
some common symptoms include:

- Difficulty sleeping
- Weight gain or weight loss
- Stomach pain
- Irritability
- Short temper
- Teeth grinding
- Panic attacks
- Headaches
- Difficulty concentrating
- High blood pressure
- Sweaty hands or feet
- Heartburn
- Excessive sleeping
- Social isolation
- Fatigue
- Nausea
- Feeling overwhelmed
- Obsessive or compulsive behaviors



How **STRESS** Affects

The **BODY**

BROUGHT TO YOU BY



WWW.LIVELOVEFRUIT.COM

SKIN

skin problems like acne, psoriasis, eczema, dermatitis, random breakouts, and skin rashes

STOMACH

can cause peptic ulcer disease, IBD, IBS, food allergies, stomach cramps, reflux, nausea and weight fluctuations

PANCREAS

results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity

IMMUNE SYSTEM

suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions

HEAD

issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks

HEART

increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol

INTESTINES

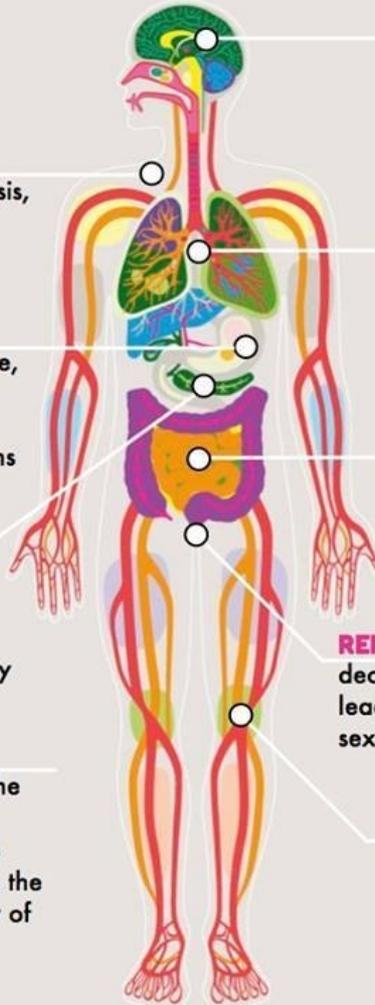
decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes, and more

REPRODUCTIVE SYSTEM

decreased testosterone and estradiol production leading to reduced fertility. Dampening of sexual behaviour and loss of sexual drive

JOINTS & MUSCLES

aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back





How can we manage stress?

Listen to the whispers instead of waiting for the screams.

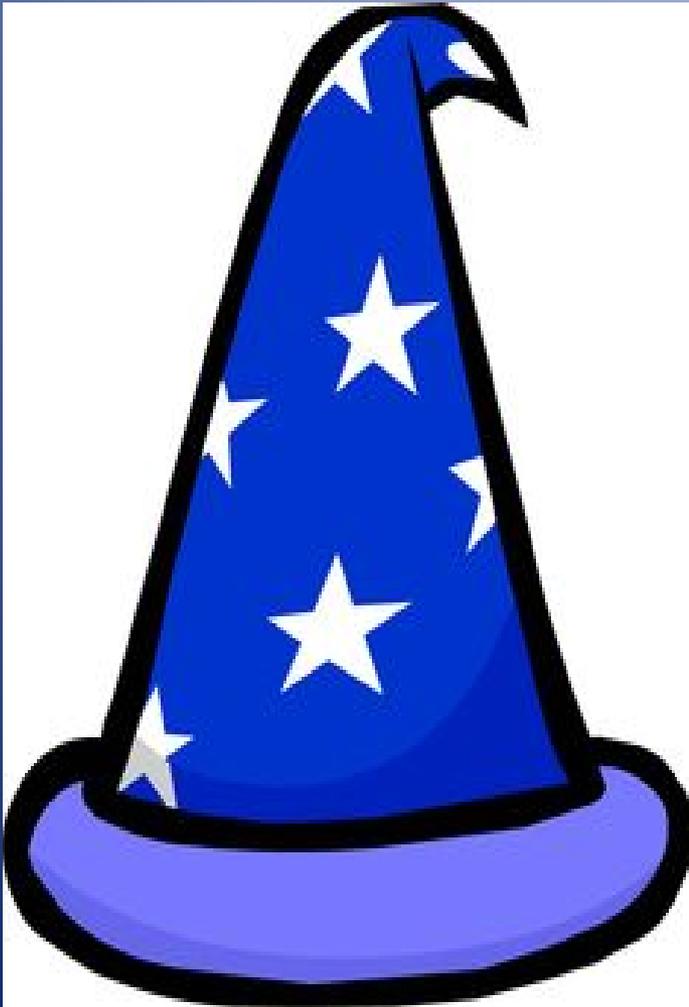
—Cherokee Proverb



B R E A T H E

Wizard and Lizard Brain

Pre-frontal Cortex and Limbic System



Stress Reduction and Self-Care in the Workplace

- Diaphragmatic breathing
- Ergonomics-creating an efficient working environment
- Exercise in the workplace - <https://draxe.com/exercise-to-do-at-your-desk/>
- Every time you walk through a doorway take 5 deep breaths
- Walk around the building every 2 hours
- Sitting yoga
- Stretching in doorways
- Mini mindful vacation



It's important to develop habits for managing daily stressors. Work / life balance is one of the ways we can do this.

I thought reverse
psychology was when
you made your
therapist cry.



JuicyQuotes.com

THE BEST JOKES TO SHARE



A weathered wooden sign with white text is mounted on a wooden post in a lush, green forest. The sign reads "YOU ARE NOW ENTERING A STRESS FREE ZONE". The background is filled with various types of green foliage, including ferns and broad-leafed plants, creating a dense and vibrant natural setting.

YOU ARE NOW ENTERING
A STRESS FREE ZONE



"STRESSED"
is
"DESSERTS"
spelled
backwards

@thefitpharmacist

Exercises and Practices

- Diaphragmatic breathing, five finger breath, breath counting, mindful breathing
- Movement – Axis, Clock, Tai Chi, Yoga, walking meditation
- Art, journaling
- Mindfulness – Inner Smile, Deep listening, Tight Soft, Five Finger Breath, Warming Hands, CATSK, Visualization – Using imagery to connect, meditation.



RESILIENCE

Perseverance, no matter what the odds

Resources for Stress Management

- *Living Balance* – Joel and Michelle Levey
- *Beyond Biofeedback* – Elmer and Alyce Green
- Yoga practice, regular exercise, mindfulness
- Stress Prevention through Biofeedback training SER Center
- Employee Assistance Program
- Jefferson Center – 303-425-0300

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Thank you!

