WELCOME!

#NewIdea

TSAE
Better Together.

Five Secrets to Conquer Stress and Unleash your Ultimate Productivity.

Kathy Gruver, PhD

About me

- PhD in natural health
- Studied mind/body medicine at Harvard
- Wrote 7 books with a total of 12 awards
- Lectured over 200 times around the world including TEDx
- Massage for over 28 years
- Hypnotherapy for 5
- Birth assistant, Reiki Master, wedding officiant and all around Jane of all trades
- Hip Hop dancer and choreographer and trapeze artist

What is Stress?

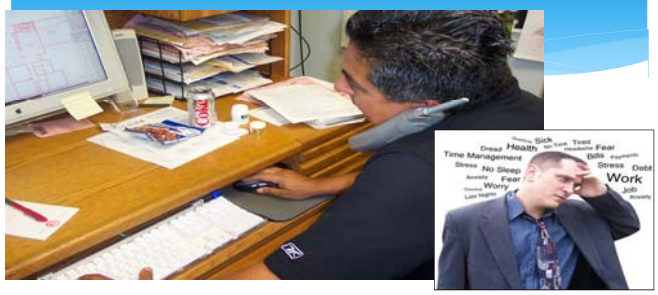
- "a condition or feeling experienced when a person **perceives** that demands exceed the personal and social resources the individual is able to mobilize."
- "a threat, real or imagined"
- It can be **A PERCEPTION**

Animal Stress

Fight or flight response

- Digestion slows
- Cognitive function and decision making decrease
- Heart and lungs increase, Bowels/bladder empty
- Shot of adrenaline and a cascade of hormones
- Immune system increases temporarily
- Feeling of invincibility (or fear as we run)
- After the danger has passed everything goes back to normal, you sleep

Human Stress



What fails when we're stressed

- Memory
- Reason and logic
- Cognitive function
- Digestion
- Immune system
- Sexual response
- Rational risk taking
- Sleep
- Patience
- Self control and limit setting
- Tendency to accept responsibility if something goes wrong
- Ability to respond rather than react

On the Job

- More risk of accident and injury
- More absenteeism and tardiness
- Poor memory and ability to reason
- Less ability to take responsibility
- Increase in dangerous risk taking
- Poor communication, negative effect on relationships and leadership

Warning signs of stress

- Headaches
- Dizziness
- Racing Heart
- Restlessness
- Insomnia
- Smoking
- Over drinking
- Drug use
- Compulsive eating
- Bossiness
- Teeth grinding
- Crying
- Anxiety
- Boredom
- Anger
- Road rage
- Memory loss
- Loss of humor
- Forgetfulness
- Thoughts to run away
- Lack of joy in activities
- Addiction

What to do about stress?

- Meditate (do a mini)
- Take a walk
- Get a massage
- Play games
- Go to dinner and spend time w/friends
- Pet your pet
- Visualizations
- Affirmations
- Exercise
- Mindfulness
- Learn to "relax", whatever that means to you

Affirmations

- Make them short
- Make them positive
- Put them in the present
- Repeat them often

I am healthy and well.
NOT: I'm not getting sick.

- I am surrounded by supportive coworkers
- My day goes smoothly and quick
- I have plenty of time
- I sleep deeply and soundly
- I communicate concisely and clearly
- I handle all issues with grace and ease
- I am effective and efficient

To Meditate

1. Focus on something repetitive like your breath, a word, a sound, a mantra
2. When thoughts move through, dismiss them without judgment and return to the breath

Daily Mindfulness

Go about each activity with awareness, curiosity and focus.

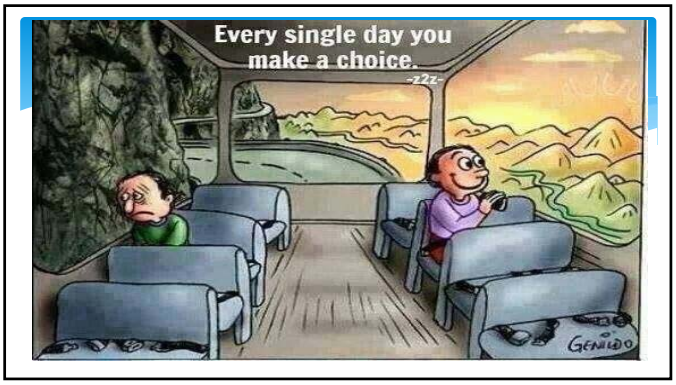
If you don't have time for formal meditation you can turn any activity into a meditation by staying present and mindful.

Presence enhances your job

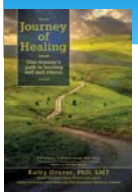
- Notice
- Listen
- Recognize patterns
- Use your senses
- Solve problems
- Assists in communication and leadership
- Allows knowledge in that isn't conscious

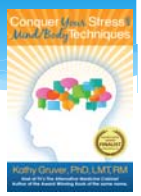
Other ways to use visualization

- Progressive muscle relaxation
- Take a vacation
- Visualize how you would like to have handled that stressful situation. Do a do-over



Books Available 1:45 on Monday





Feel free to reach out.

Kathy Gruver, PhD
805-680-1984
www.KathyGruver.com
Kathy@KathyGruver.com
Follow me on Twitter @klgruver

http://www.youtube.com/drkathygruver