

Stressed or Desserts: Which Do You Prefer?

**Presented by APLS Group
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High Point Plaza – High Point, NC
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AGENDA

- Welcome and Overview
- Opening Activitiy
- Stress Sources
- Stress Symptoms
- Strategies to go from Stressed to Desserts
- Insights and Actions



STRESS MANAGEMENT INVENTORY

- Refer to the list in Participant Guide
- Identify things in your life that cause you stress
- Complete individual activity
 - 5 minutes
- Debrief

STRESS AND LIFE EVENTS SURVEY

Instructions: Review the following list. Determine which life events have occurred in your life over the *past two years* and circle those scores. Add your total stress score. For example, if you got married, changed to a different line of work, changed residence and took two vacations, your total stress score would be 50+36+20+13+13=132. See below for what your score means.

LIFE EVENT	AVERAGE STRESS SCORE*
Death of Spouse or Partner	100
Divorce	73
Marital Separation.....	65
Death of Close Family Member.....	63
Personal Injury or Illness	53
Marriage	50
Job Loss.....	47
Marital Reconciliation.....	45
Retirement.....	45
Change in Health of Family Member	44
Pregnancy.....	40
Sexual Difficulties.....	39
New Family Member.....	39
Business Readjustment	39
Change in Finances	38
Death of Close Friend.....	37
Change to Different Line of Work	36
Change in Number of Arguments with Spouse or Partner.....	35
Mortgage or Loan for Major Purchase.....	31
Foreclosure of Mortgage or Loan	30
SUB TOTAL	

SYMPTOMS OF STRESS

- Refer to the list in Participant Guide
- Identify symptoms that indicate you may be under too much stress
 - Physical
 - Mental
 - Behavioral
- Complete individual assessment activity
- Debrief

SYMPTOMS OF STRESS

The following symptoms may indicate that you are under too much stress particularly if you are experiencing a number of them. It is important to note that some symptoms could be a direct result of a medical condition and may not have anything to do with stress. Please check with your physician.

Instructions: Check off the symptoms that you are currently experiencing. A recurring pattern of symptoms is often an indicator that there is ongoing stress in your life so you may wish to review these lists periodically.

There is space at the end of each category for you to write in other stress symptoms that may be unique to you.

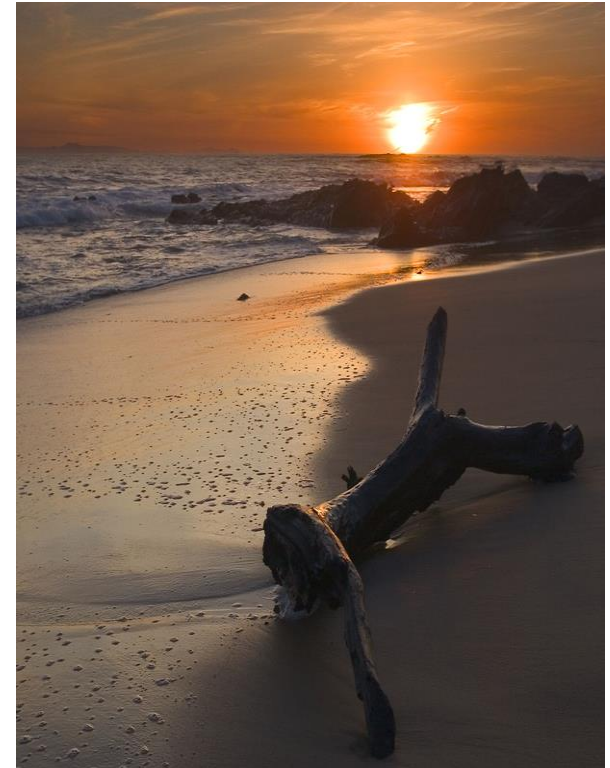
PHYSICAL SYMPTOMS

<input type="checkbox"/> Sleeping too much	<input type="checkbox"/> Backaches
<input type="checkbox"/> Not sleeping enough; experience difficulty sleeping	<input type="checkbox"/> Chronic physical ailments such as indigestion
<input type="checkbox"/> Constant physical fatigue	<input type="checkbox"/> Overeating
<input type="checkbox"/> Stomach trouble or pain	<input type="checkbox"/> Loss of appetite
<input type="checkbox"/> Teeth clenching	<input type="checkbox"/> Headaches
<input type="checkbox"/> Tight muscles in neck and shoulders	<input type="checkbox"/> Other:



STRESS MANAGEMENT: TIPS AND TECHNIQUES

- Laughter – The best medicine
- Know Your Stressors
- Learn To Prioritize
- Build Your Physical Reserves
- Retain Your Emotional Reserves
- Maintain Balance



INSIGHTS and ACTIONS

- What did you learn about yourself?
- What is One thing you need to do immediately to decrease your STRESS?
- What are some roadblocks you may face?
- What is one idea you learned from other participants in this group?
- How will I know if you have been successful?
- Identify your Follow-Up Buddy (FUB) and make a date!

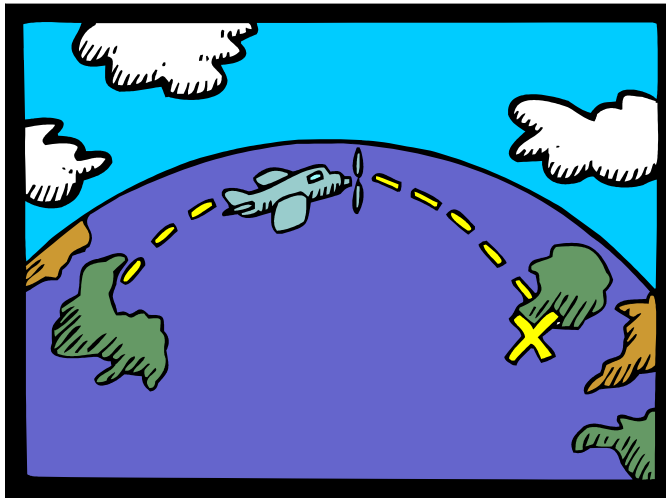


NCATOD Participants

THANK YOU!



Thanks For Attending



- To contact me: nanci@aplsgroup.com
- To learn more APLS Group visit our website www.aplsgroup.com

