

Slide 1 – Title Slide	Stress Hardiness and Resilience with Linda Smith
Slide 2	Stress can be defined in a number of different ways. According to Kelly McGonigal, “Stress is what arises when something you care about is at stake. You can’t create a meaningful life without experiencing some stress.”
Slide 3	Stress may also manifest as a result of imbalance. “There is no such thing as work-life balance. Everything worth fighting for unbalances your life.”
Slide 4	Another definition of stress is the natural and automatic response of the mind and body that occurs in order to meet life’s challenges and demands. It’s an intrinsic, natural, and healthy part of what makes us human.
Slide 5	If this is the case, then perhaps the goal is not so much a stress-free life but rather a life that leans into stress effectively and harnesses our ability to develop the skillfulness of stress hardiness and resiliency.
Slide 6	We all know that stressors can range anywhere from being snarled in traffic, to burning the candle at both ends to meet a work deadline, to facing a personal health or family crisis. Stress occurs in the everyday overwhelm of having too much to accomplish and too little time.
Slide 7	Stress can be seen in the values conflict between family and work demands, and our personal needs for health and fitness. Different people may thrive or not thrive in varying degrees of a stressful environment. We each have our own unique thresholds and abilities to adapt when faced with stress.
Slide 8	Let’s talk about the effects of stress.
Slide 9	When stress occurs, there is an automatic cascade of events in the body. Typically, when we face an acute stress situation, powerful hormones are released. This surge of hormones, including cortisol, adrenaline, epinephrine, DHEA, and oxytocin, is the body’s way of helping us to effectively rise to challenges.
Slide 10	Blood sugar is shuttled to our muscles and brain, enabling us to focus and react.
Slide 11	The immune system is actually strengthened in meeting acute stress situations. The brain and the heart are strengthened. But, this is not so much the case when stress becomes chronic.
Slide 12	Now let’s take a look at some of the physiology of stress.
Slide 13	<p>In stressful situations, what happens to the body?</p> <ul style="list-style-type: none"> ● Our blood pressure goes up ● Heart rate increases ● Breathing rate increases ● Arteries constrict ● Insulin resistance increases ● Immune system becomes less resilient ● Inflammatory factors flood our system ● Blood moves away from the abdomen into the arms and legs

Slide 14	If this stress is allowed to continue unchecked, irritability, mental dullness, fatigue, poor health choices, and chronic disease often result. Sound familiar to anyone?
Slide 15	Why is this such a problem? In longitudinal studies, increased stress is associated with an increased risk of dying early from all diseases.
Slide 16	How is chronic disease linked to stress?
Slide 17	One in 10 adults have diabetes and there is an ever increasing number of younger children with diabetes. This isn't a surprise when chronic stress increases the risk of insulin resistance and leads to poorer lifestyle choices.
Slide 18	We are beginning to understand the role that stress plays in weight gain and difficulty in losing weight for many people.
Slide 19	Blood pressure increases and arteries constrict during times of stress. Heart disease is the number one cause of deaths for adults in this country.
Slide 20	Depression occurs in one in 10 of all adults and 1 in 8 women.
Slide 21	One in 3 adults has a gastrointestinal issue of some kind. This isn't surprising given that during times of stress, blood moves away from the organs of digestion into the arms and legs. Business lunches and dinners and multi-tasking while we eat can increase that process.
Slide 22	According to Dr. Adam Perlman, "Experiencing elevated stress levels on a chronic basis wears down our bodies and our brains. It's much like flooring the gas pedal with your car in park. Sooner or later your engine will break down."
Slide 23	Even when we go to sleep, we are not able to return to baseline. While the stress response is automatic, the relaxation response is not. The relaxation response is learned and needs to be intentionally induced.
Slide 24	We've talked about some of the effects of stress, so now let's talk about our responses. There have been famous studies done on the impact of stress on frogs. These studies show that if a frog is placed in hot water, it will immediately jump out. If, however, the frog is placed in a bowl of cold water and the temperature is gradually increased, the frog will never jump out.
Slide 25	Chronic stress is like this. It becomes a way of life that gradually depletes our energy and our resources to the point where we don't realize that we are no longer operating at peak performance. Most of us have both positive and not so positive ways of coping with stress. What are yours?
Slide 26	So how do we go about developing the ability to live with peak resourcefulness and resilience? Resilience, or the ability to effectively face and bounce back from the challenges of life, has to be planned for and practiced.
Slide 25	Resilience requires 3 things: 1) awareness of what is happening, 2) taking a pause, and 3) making the choice to do something about it. Our practices to support personal resilience can occur at many time points - in the moment of the stress response, on a daily basis, and periodically as a recharge throughout the year.



Slide 26	Tune into our next spark video where we explore how to create stress hardiness and resilience.
Slide 27	Made with Adobe Spark Video Learn more at spark.adobe.com All images from Shutterstock.com Slide 4 image source: https://app.stopbreathethink.org/ Slide 9 image source: www.daviddarling.info/images/CRH_ACTH_and_cortisol.jpg