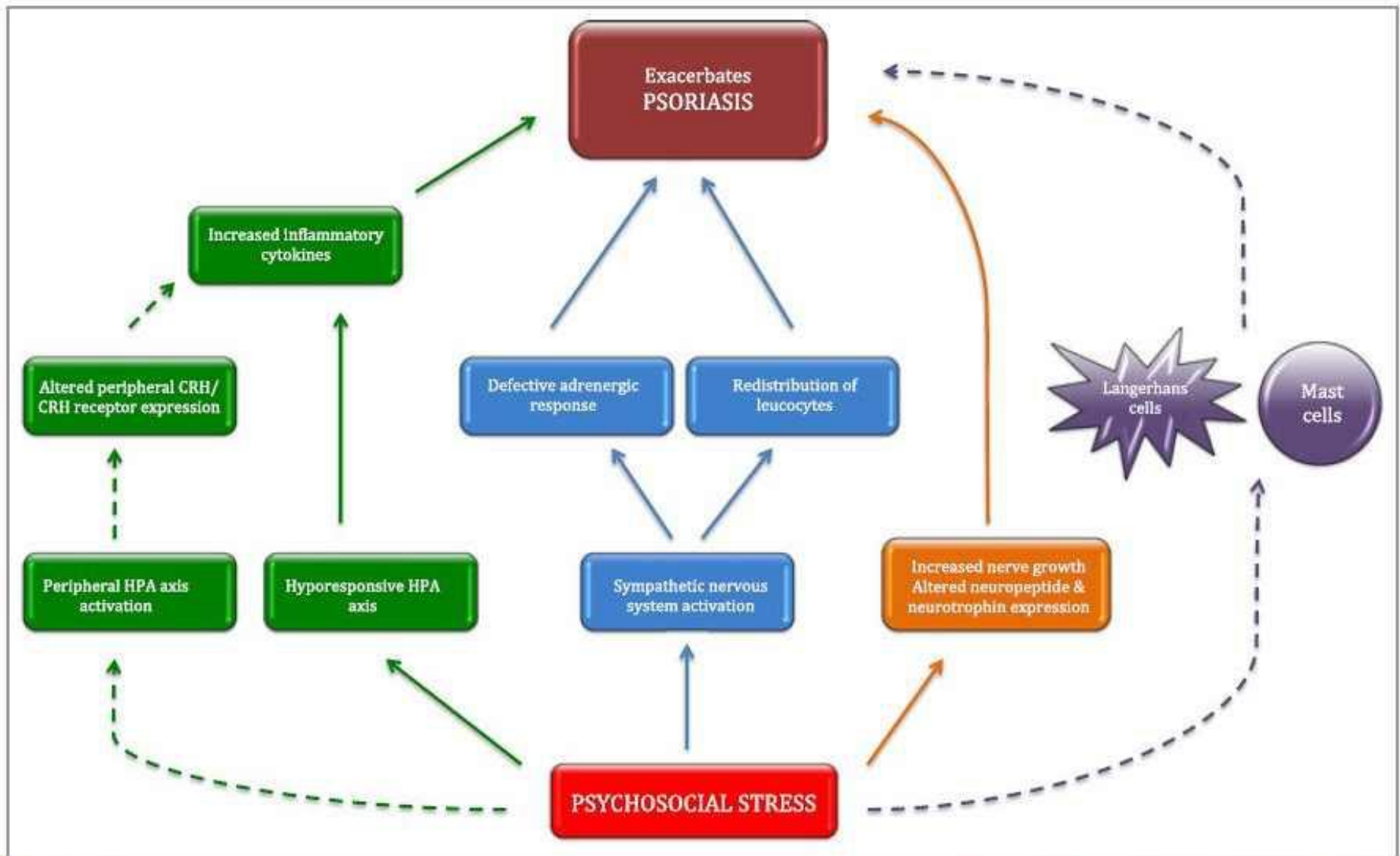
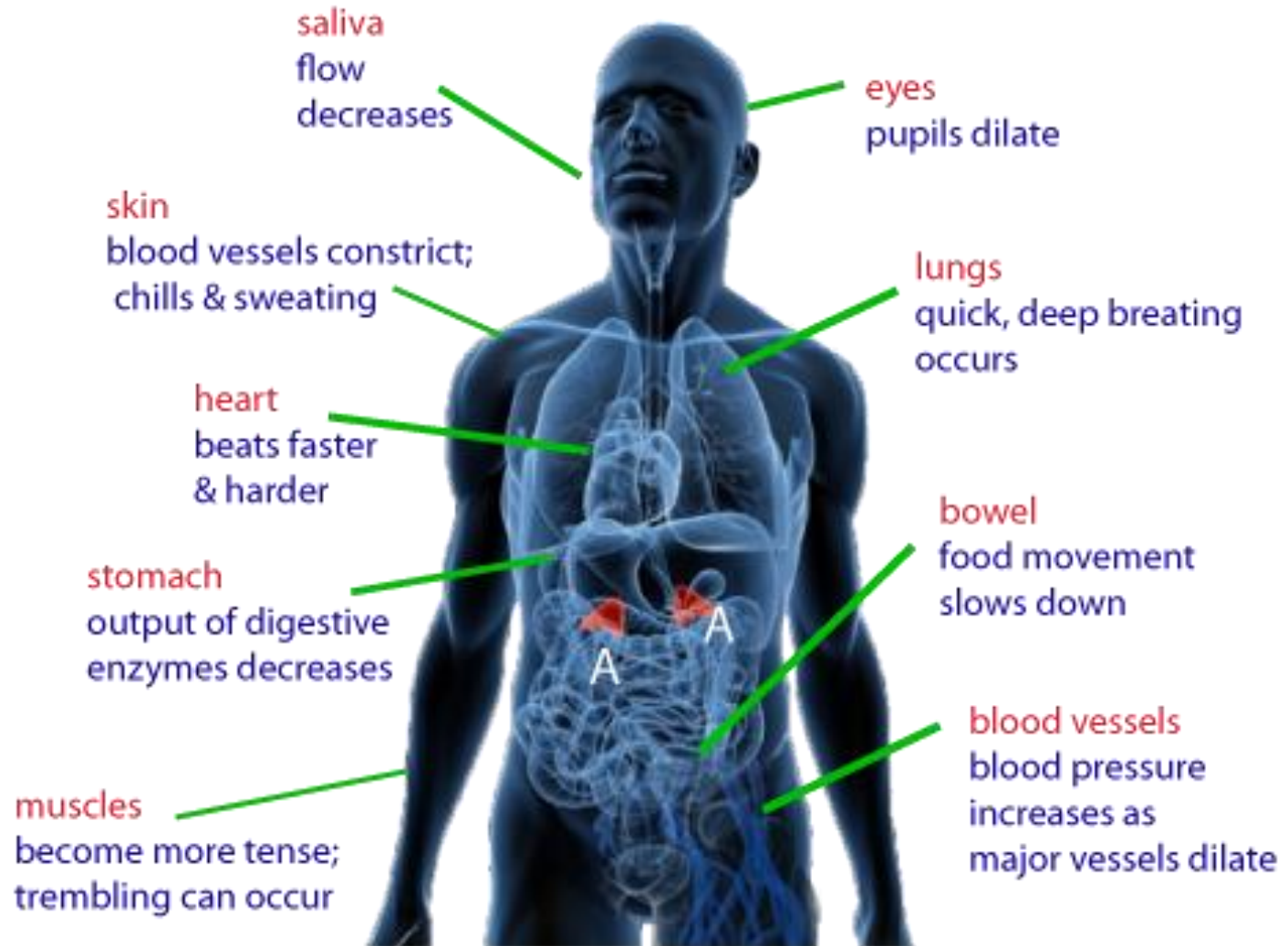


# Stress management

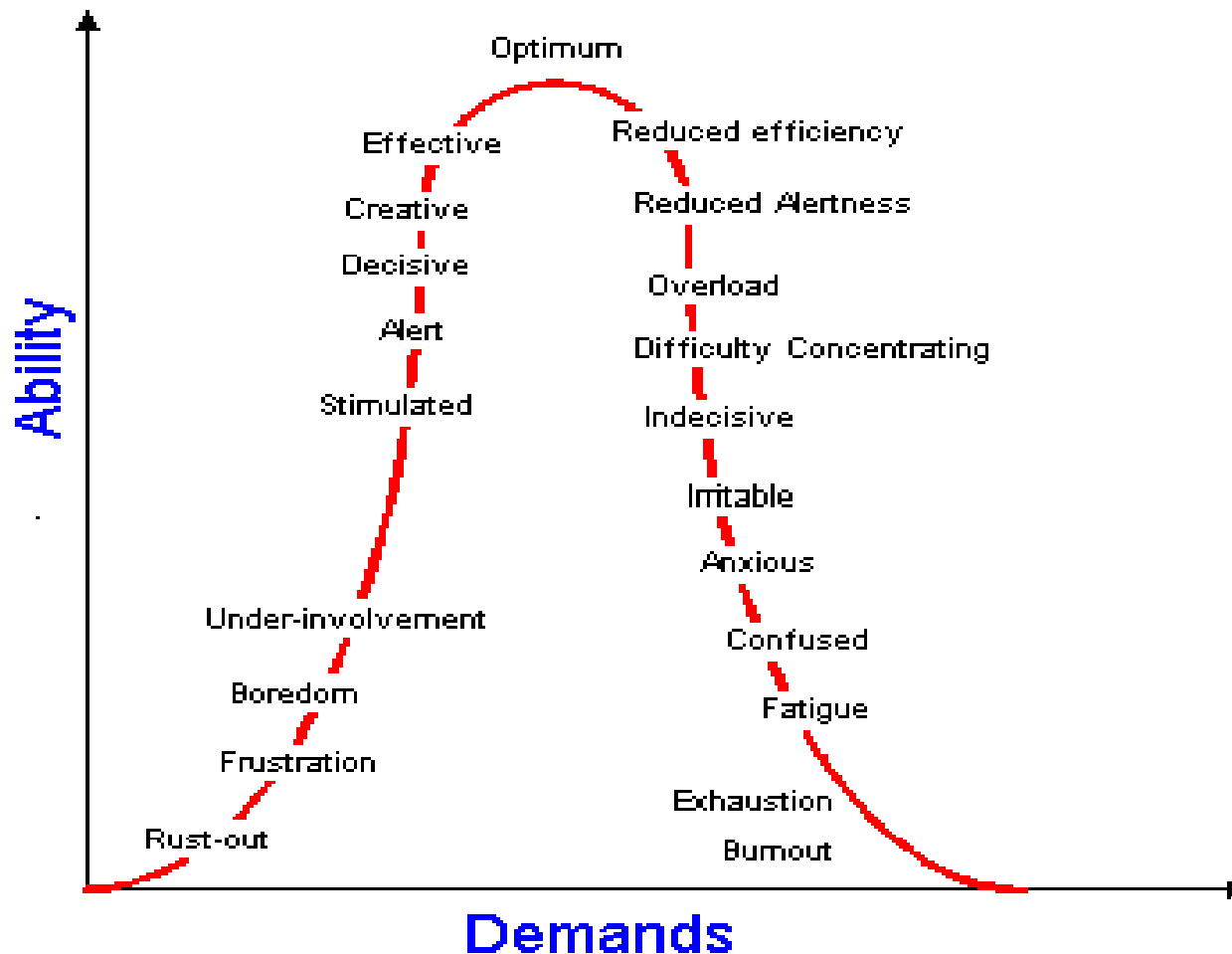


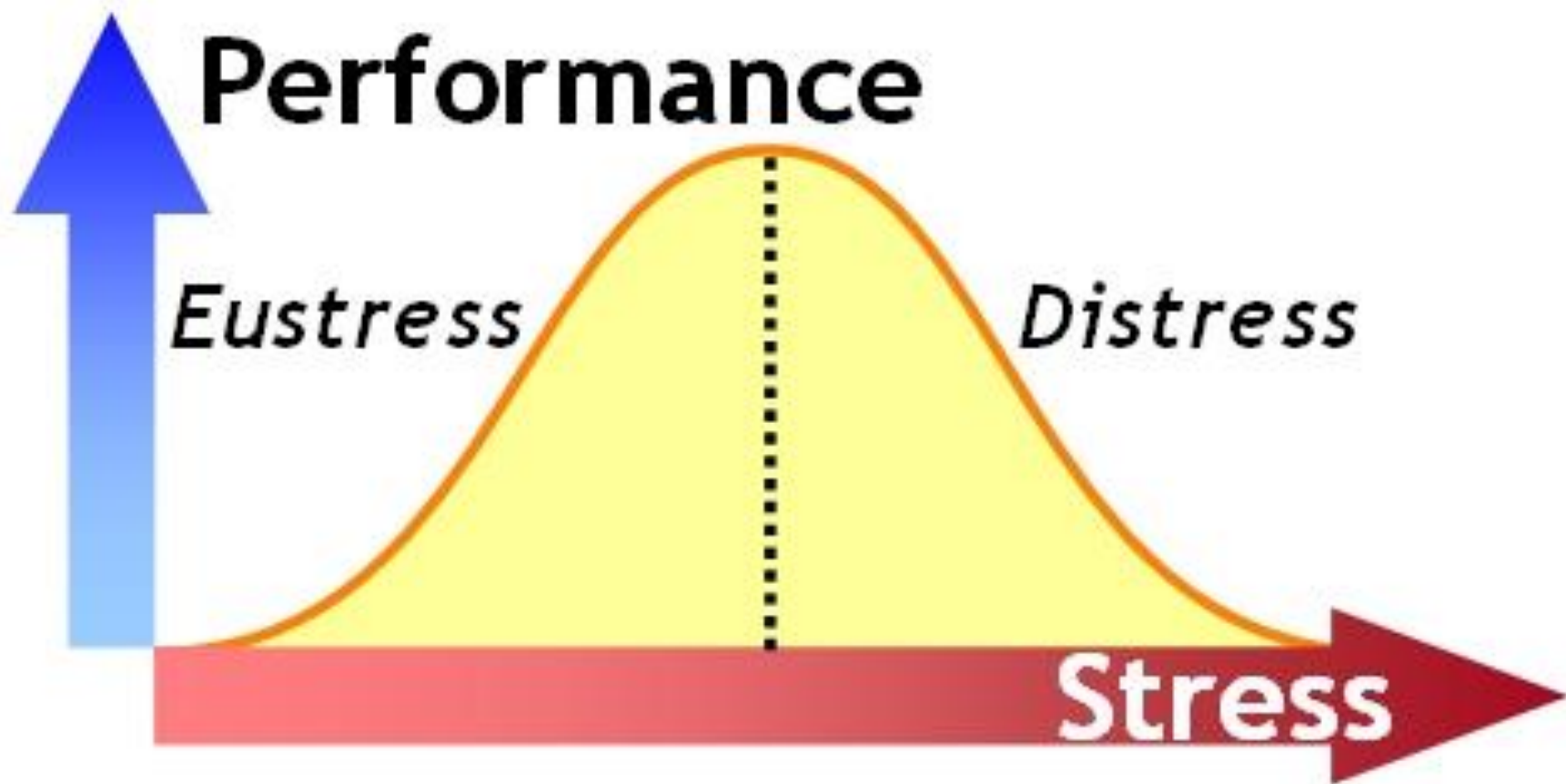


# Fight or Flight Response



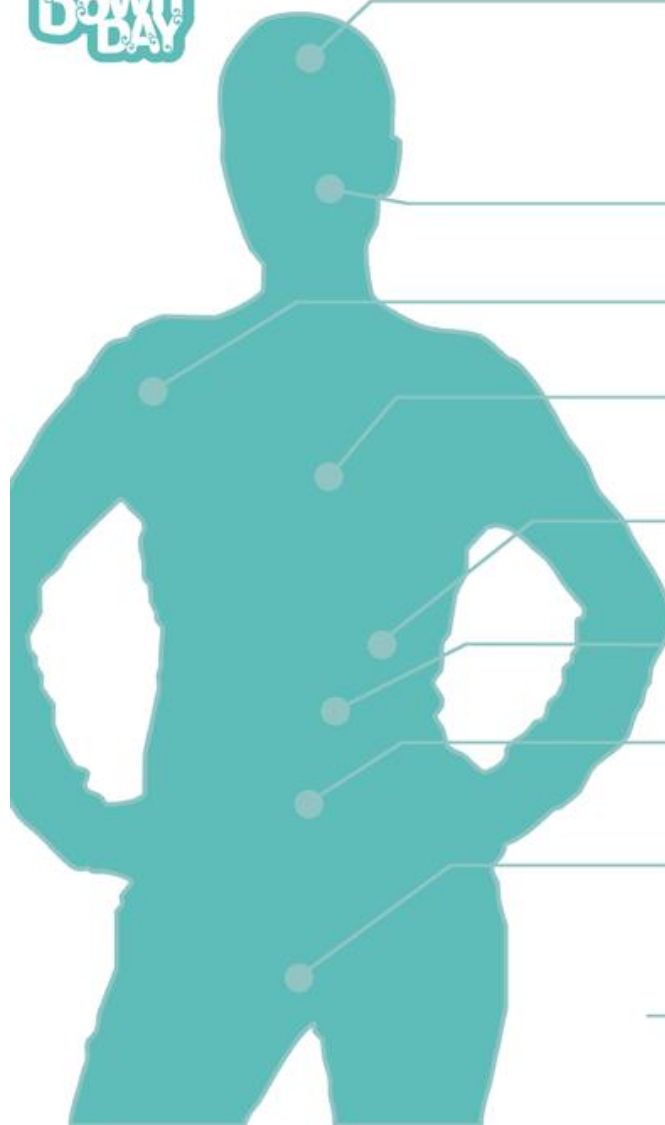
# The Stress Response







# What Stress Does to Your Body



## **Head**

issues with mood, anger, depression, irritability, sadness and a lack of energy, swings in appetite, concentration problems, sleeping issues, headaches and pain, mental health issues, like anxiety disorders and panic attacks

## **Skin**

skin problems like acne

## **Joints and Muscles**

aches and pains, tension, lowered bone density

## **Heart**

increased blood pressure, increased heart beat, higher cholesterol and instances of heart attack

## **Stomach**

stomach cramps, reflux, and nausea and weight fluctuations

## **Pancreas**

diabetes

## **Intestines**

digestive issues like irritable bowel syndrome, diarrhoea and constipation

## **Reproductive System**

reduced sex drive, lower sperm production (for men) and increased pain during periods (for women)

## **Immune system**

reduced ability to battle and recover from illness

# Foods that can increase Stress

- **Food with a high Glucose Index –**
  - includes many highly processed foods, esp. those with a lot of sugar or refined flour (such as pastries, cakes and white bread.)
- **Food containing HFCS and sugar**
- **Food containing trans-fat**
- **Alcohol**
- **Coffee**



# Foods for good energy

- **Low Glycemic index carbohydrates:** Good sources: legumes, nuts and seeds, vegetables (in particular: leafy greens, asparagus, broccoli and cabbage); certain fruits (such as strawberries, cherries, apples, pears, peaches, plums).
- **High fibre foods** (mostly low GI foods!)
- **Good sources of protein:** eg fish and eggs
- **B-vitamin containing foods.** Good sources: wholegrains, legumes, turkey and tuna.



# Foods for positive mood

## Foods containing:

- **Folate / folic acid:** Good sources: Lentils, beans, spinach.
- **Magnesium:** Good sources: Pumpkin seeds, spinach, sesame seeds, black beans, sunflower seeds.
- **Omega 3:** Good sources: Salmon, tuna, flaxseeds and walnuts.
- **Tryptophan** Good sources: Chicken, turkey, soy beans, tuna.



# Why exercise reduces stress

- Efficacy and 'time out' theories
- Pain relief theory
- Norepinephrine theory
- Rebound High-Quality Sleep theory
- Physiological communication theory



# Cognitive Strategies

## **All or nothing thinking**

Sometimes called 'black and white thinking'.

*'If I'm not perfect I have failed'.*

*'Either I do it right or not at all.'*

## **Mental filter**

Only paying attention to certain types of evidence.

Involves noticing our failures but not seeing our successes.

## **Jumping to Conclusions**

There are two main types of ‘jumping to conclusions’:

- *Mind reading* (imagining we *know* what others think.)
- *Fortune telling* (thinking we know how things are going to turn out)

## **Emotional Reasoning**

Assuming that if we feel a certain way what our emotions are telling us must be true.

*‘I feel embarrassed so I must be an idiot’.*

## **Over-generalising**

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw.

*'Everything is always rubbish'.*

*'Nothing ever turns out well for me.'*

## **Disqualifying the Positive**

Discounting the good things that have happened or that you have done.

*'Yeah, I got all the answers right, but that test was just easy'.*

## **Castastrophising**

Thinking that a very small thing, something with not much consequence, is a disaster.

## **'Should' or 'Must' thinking**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed.

If we apply 'shoulds' to other people the result is often frustration.

# Working with Unhelpful Thoughts

<b>A</b> ctivating Event	<b>B</b> elief/ Thoughts	<b>C</b> onsequences
<b>D</b> isputing negative thoughts	<b>E</b> ffects (of disputing negative thoughts)	<b>F</b> unctional new thoughts



# Identify your dominant negative voice

Get clear about the nouns, verbs and adjectives it uses. Write/think through a list of clear objections to the statements/arguments made by that voice.



# Meditation

A man with dark hair and glasses is looking towards the camera. He is holding a white rectangular sign with blue text. The sign is held up by his right hand, with his fingers visible at the top and bottom edges. The background is a plain, light-colored wall.

**Stop Stressing,  
Start Living.**



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