



Slide	Script
Slide 1 – Title Slide	<b>Five Keys to Building Stress Hardiness and Resilience with Linda Smith</b>
Slide 2	<p>Chronic stress underlies more than 50% of physician visits and is a factor in most, if not all, chronic diseases.</p> <p>It's a part of our everyday lives.</p> <p>So, what can we do about it?</p>
Slide 3	<b>Key Number One: Get Up and Move</b>
Slide 4	<p>One of the most researched and effective stress reduction strategies is movement and exercise.</p> <p>When we exercise, we are actually stressing the body. Our heart rate speeds up, our blood pressure rises and our breathing becomes more rapid.</p>
Slide 5	<p>When this happens, we release chemicals called endorphins and also a protein called Brain-Derived Neurotrophic Factor (BDNF).</p> <p>These factors together minimize the feeling of pain, protect and repair the memory function of the brain, and increase the feeling of well-being and happiness. They act to “reset” the mind and the body.</p>
Slide 6	<p>How much exercise do you need?</p> <p>Just 20 minutes of moderate exercise in the morning will have lasting effect throughout the day.</p>
Slide 7	<p>In fact, people who exercise just 20 minutes at the beginning of the day do better on memory tests later that day and report more productivity and a happier mood than those who had been sedentary.</p> <p>Let's get moving!</p>
Slide 8	<b>Key Number Two: Get Enough Sleep</b>
Slide 9	<p>Some researchers estimate that up to 75% of adults in the US are chronically sleep deprived.</p>
Slide 10	<p>How much sleep each of us needs is variable and often changes with age and with both physical and emotional challenges.</p> <p>Most adults need around 8 hours of sleep each night. Without it, our mood is affected as well as our productivity and our ability to think clearly and creatively.</p>
Slide 11	<p>If getting enough sleep at night is a problem for you, consider a nap. Research studies have shown that a 10-20 minute power nap in the afternoon can restore alertness, focus, and problem solving ability.</p> <p>Consider sleep an essential, not optional, part of your day in order to feel and perform at your best.</p>



Slide 12	<b>Key Number Three: Eat a Mood Boosting Diet</b>
Slide 13	Making sure that we have healthy proteins and fats to sustain energy throughout the day, in addition to complex carbohydrates, can make the difference between energy and fatigue, and between creativity and mental dullness.
Slide 14	<p>Sugary and carbohydrate dense foods like doughnuts and candy, pasta and bagels may boost our mood momentarily as sugar floods our system.</p> <p>Soon, though, that blood sugar drops as insulin regulates the amount of sugar in the blood and carries sugar to the cells. When that happens, many people experience a crash in energy, even greater fatigue, loss of focus, and diminished performance and mood.</p>
Slide 15	This can be a vicious cycle of trying to boost energy with caffeine and sugar with rising stress hormones and diminishing returns resulting in increasing fatigue throughout the day.
Slide 16	According to research, one way to avoid this cycle and promote stress resiliency so that our system is better able to handle both physical and emotional challenges would be to eat an anti-inflammatory diet.
Slide 17	<p>Foods with omega-3 fatty acids like salmon and canned tuna, as well as foods like colorful vegetables and fruits, eggs, dark leafy greens and dark chocolate can have an anti-inflammatory and calming effect on our system.</p> <p>Eat a colorful mix of delicious and healthy food to increase your mood and balance your day.</p>
Slide 18	<b>Key Number Four: Develop Tools to Reverse the Stress Response in the Moment</b>
Slide 19	<p>Stressful situations arise many times throughout our day. From being stuck in traffic, late for an appointment, facing medical concerns and challenging communications, stress is a part of our everyday reality.</p> <p>How we face the stress in our lives is the difference between momentary, acute stress that actually improves our resiliency and chronic stress that depletes us.</p>
Slide 20	<p>The stress response in the body is automatic. The relaxation response is not automatic and has to be consciously induced.</p> <p>So how do we do it?</p>
Slide 21	<p>One of the most effective ways is taking three deep breaths. Three deep breaths can be used to reverse the stress cascade in any situation.</p> <p>Simply slow the breath down. Instead of continuing to escalate the stress response, taking three long, slow deep breaths in and out will reverse the stress cascade physiologically and will automatically induce the relaxation response.</p>
Slide 22	We don't have to be the victims of our stressful circumstances. Take control with three deep breaths and bring your mood back to calm and balance!
Slide 23	<b>Key Number Five: Master the Ability to Choose Your Own Thoughts</b>



Slide 24	<p>Much of the stress we experience in our day is caused by fear, worry and concern. Without realizing it, we may be thinking repeatedly about bad outcomes that are possibilities in our future or in the future of those we care about.</p> <p>We may also be rehearsing a conversation that didn't go well or a stressful situation at home or at work.</p>
Slide 25	<p>The mind will continue to bring up these thoughts and before we know it, we are feeling drained, angry, or depressed.</p> <p>So what do we do?</p>
Slide 26	<p>Practice the ability to stop negative thoughts that are endlessly repeating. Imagine a big red stop sign. Simply call out STOP in your mind each time you notice this pattern happening. Once you break the cycle, use three deep breaths to restore a sense of calm and well-being.</p>
Slide 27	<p>Next, choose where to direct your thoughts in a way that is actually helpful and deliberate.</p> <p>Some people use guided imagery as way to replace negative thoughts with calming ones. They may envision being in a safe and nurturing place and listening to the sounds and the feeling of nature around them.</p>
Slide 28	<p>Your negative, repeating thoughts may return, but with practice, you will be able to notice them sooner and gain control of the direction of your mind.</p>
Slide 29	<p>There are things we have the power to change and those we do not. For those we do not, there is a time for grieving, anger and fear. It's also important to be able to bring ourselves back to a place of mental calm when we can so that we can hold our own hearts with kindness and compassion.</p>
Slide 30	<p>Active problem solving is different from draining, repetitious negative thinking and worry.</p> <p>Replace worry and fear with deep breathing and calming thoughts whenever you can. From this place, creative problem solving is much more likely and possible.</p>
Slide 31	<p>Join us each week for helpful blog posts on health and healing.</p>
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