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**Stress Resilience**

# Renew

A Weight Loss Rx Lifestyle Class

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**Stress Resilience**

**MODULE 2:**  
Building Lasting Change

## Welcome to class!

Reflection Questions:

- From whom or where did you learn about how to manage stress? Have these been more or less helpful lessons in stress management for you?
- How is stress connected to any choices or habits you've developed?

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## The SELF Principle

<p><b>Sleep is health</b></p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p>	<p><b>Exercise is health</b></p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p>	<p><b>Love is health</b></p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p>	<p><b>Food is health</b></p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p>
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What is stress?



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Stress is a physical and/or emotional response to the perception of a threat.



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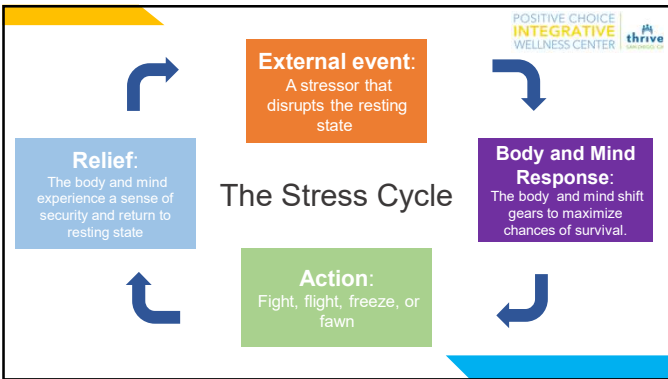
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### External Event

Our bodies respond the same way to **actual threats** and **perceived threats**

"That guy almost hit me!"

"I have to give a presentation at work!"

The diagram illustrates two scenarios. On the left, an orange starburst represents an actual threat, with the text "That guy almost hit me!" and an illustration of two cars. On the right, a blue starburst represents a perceived threat, with the text "I have to give a presentation at work!" and an illustration of a person at a computer screen and a group of people.

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### What does stress feel like to you?

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### The Stress Response of the Body

The infographic shows a human figure with various physiological responses to stress indicated by arrows and text boxes:

- Eyes dilate** (pointing to the eye)
- Hypervigilance (the mind focuses on stressor/possible threats)** (pointing to the brain)
- Elevated blood pressure** (pointing to the heart)
- Breathe harder** (pointing to the lungs)
- Liver produces more glucose** (pointing to the liver)
- Increased heart rate** (pointing to the heart)
- Muscles contract** (pointing to the leg)
- Digestion may slow down or speed up** (pointing to the stomach)

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**Benefits of the Body Response**

Hypervigilance	You are more aware of the environment and any potential threats or escape routes.
Elevated blood pressure, increased heart rate	Increased blood flow, delivering nutrients and oxygen to working muscles. Helps you can effectively fight or run away.
Breathe harder	Increased oxygen to muscles.
Liver produces more glucose	Increased fuel to muscles.
Muscles contract	Preparing muscles to work.

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**Negatives of the Body Response**

Hypervigilance	Mind cannot calm down; interrupting sleep and focus.
Elevated blood pressure, increased heart rate	Extra stress on the heart and cardiovascular system. This is why chronic stress can lead to heart attacks and stroke.
Liver produces more glucose	Increased blood sugar triggers increased insulin production which can lead to insulin resistance (Type II diabetes) and inflammation.
Muscles contract	Can cause chronic pain, muscle fatigue, and injuries.

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**The Stress Response of the Mind**

Logical mind goes offline and emotional mind takes over with strong, usually unpleasant emotions.

Our brain has a harder time with accurate perceptions as we're less able to apply logic to our emotional experience.



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**Stress & Thoughts:**

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**Stress & Behaviors:**

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**What is Stress Resilience?**

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## Gas & Brake

- A stress response is the **fight or flight** part of our nervous system pressing on the **gas**.
- The **rest and digest** part of our nervous system is the **brake**, helping us calm down and regulate.
- The longer the gas pedal is pushed, the longer and harder you have to press the brake to come to a stop. Using self-regulation skills sooner than later (to press on the brake) strengthens resiliency.



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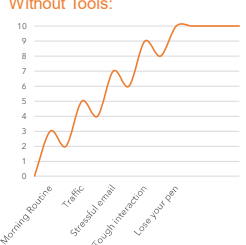
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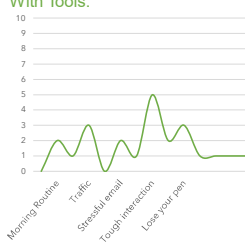
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### How using tools hits the brakes during the day:

**Without Tools:**



**With Tools:**



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## Healthy Ways to Hit the Brakes

<b>Body</b>	<b>Mind</b>	<b>Soul</b>
Exercise Deep breathing Tai Chi Yoga Go for a walk Dance Cry Hugs	Mindfulness Affirmations Gratitude Take a break Humor Set boundaries Journaling Therapy	Music Calming sounds Aromatherapy Creativity Hobbies Prayer / spirituality Nature Connection

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# Quick tools to use daily

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## The Stress Scale

At this moment, where do you fall on the stress scale?

1 2 3 4 5 6 7 8 9 10

totally relaxed                      stressed                      extremely stressed

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## How to Practice Mindfulness

- Choose an anchor in the present moment
- Bring your attention to this anchor
- Get distracted
- Notice it
- Bring attention back
- Repeat

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## Bringing Awareness to the Present



Look around you and find...

- 3 circles  
*(or triangles, or squares, etc.)*
- 3 items that are blue  
*(or your favorite color)*
- 3 details you haven't noticed recently  
*(like the shapes/colors/ words on a piece of art)*

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## Gratitude

"Attention is like a spotlight, and what it illuminates streams into your mind and shapes your brain."  
*— Dr Rick Hanson*

- A daily convenience
- A person in your life
- An opportunity you have
- What is working well
- An activity you enjoy
- A simple pleasure

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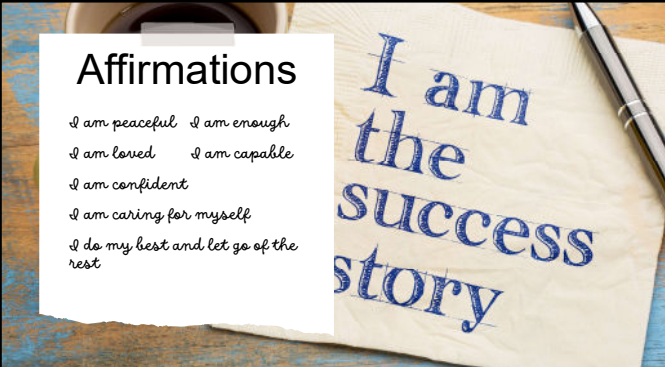
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## Affirmations

*I am peaceful I am enough*  
*I am loved I am capable*  
*I am confident*  
*I am caring for myself*  
*I do my best and let go of the rest*

I am the success story

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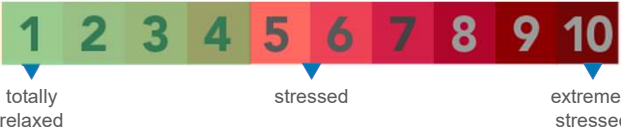
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### The Stress Scale



1 2 3 4 5 6 7 8 9 10

totally relaxed                      stressed                      extremely stressed

Did any of those practices shift where you are on the stress scale? It's useful to notice which relaxation tools are helpful to you and which aren't your style.

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Taking care of myself doesn't mean "Me first".

It means "Me, too"

— L. R. Knotts

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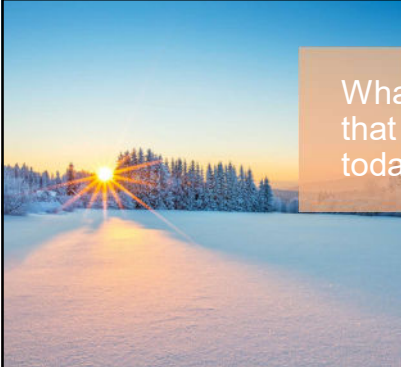
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What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

*Add this to your journal.*

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*Resources*

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[positivechoice.org/renew](https://positivechoice.org/renew)

Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 

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