

**Stress
Resilience**

Renew

A Weight Loss Rx Lifestyle Class

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



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

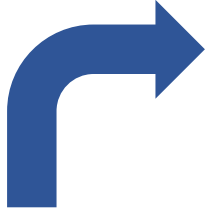
Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

What is stress?

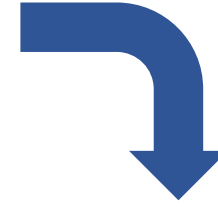
POSITIVE CHOICE
INTEGRATIVE
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Stress is a physical and/or emotional response to the perception of a threat.



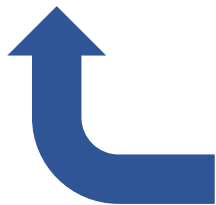
External event:
A stressor that
disrupts the resting
state



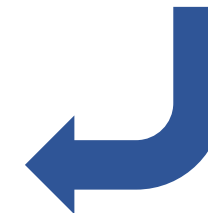
**Body and Mind
Response:**
The body and mind shift
gears to maximize
chances of survival.

The Stress Cycle

Relief:
The body and mind
experience a sense of
security and return to
resting state



Action:
Fight, flight, freeze, or
fawn



External Event

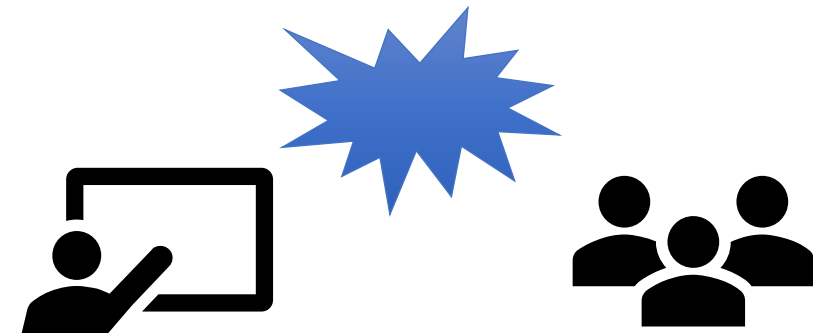
Our bodies respond the same way to
actual threats and **perceived threats**



“That guy almost hit me!”

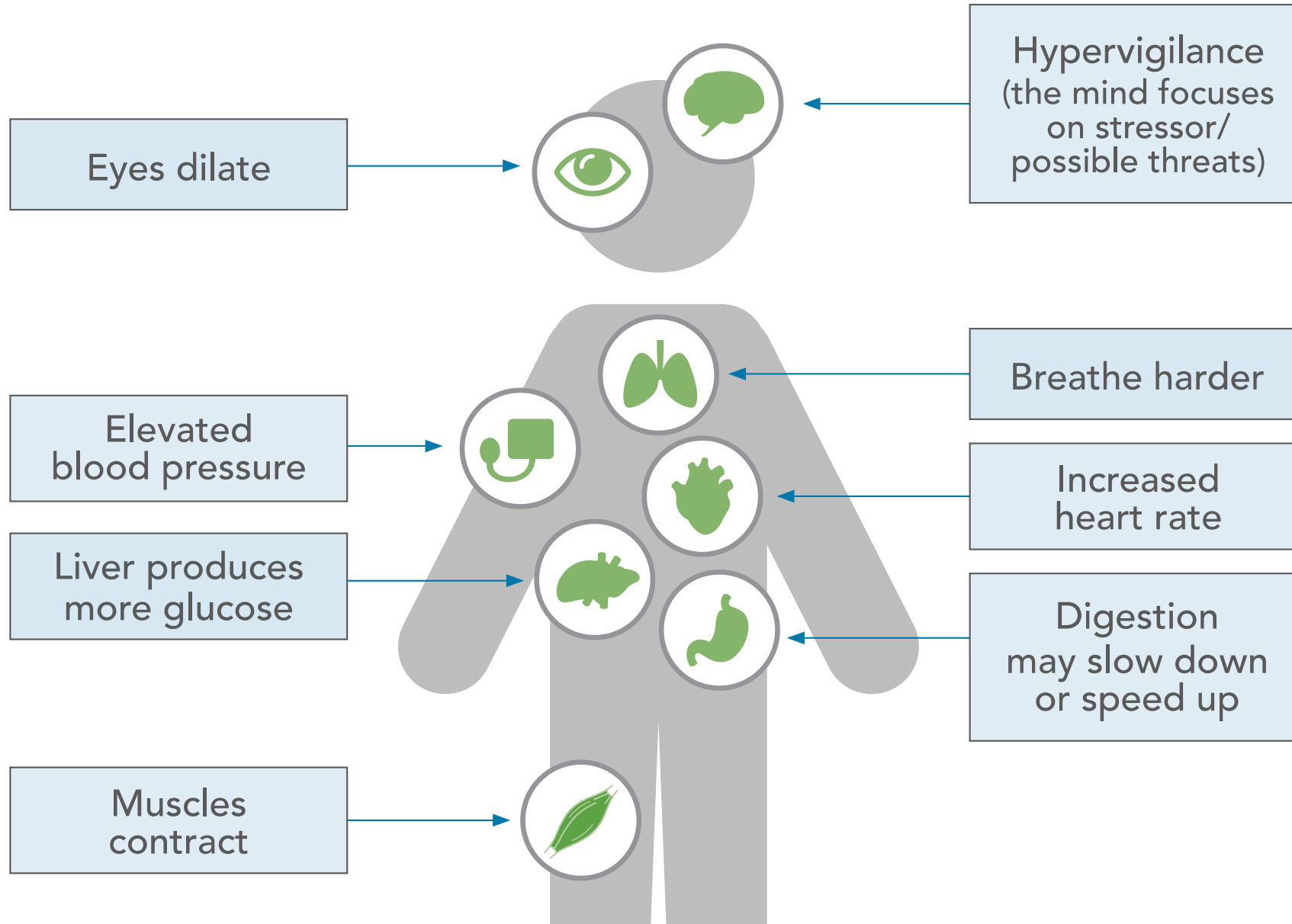


“I have to give a presentation at work!”



What does stress feel like to you?

The Stress Response of the Body



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.

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.

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.



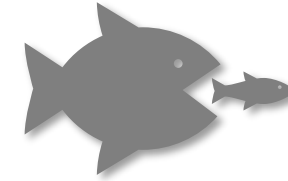
Stress & Thoughts:



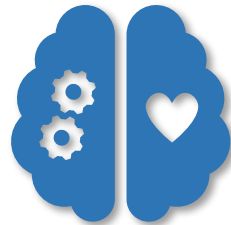
Emotions take over,
logic is harder to
access



Distracted,
difficult to
focus



Negative
thinking
patterns



All-or-nothing
thinking



Obsessions
and
ruminations



Catastrophizing



Inaccurate
perceptions of
experiences

Stress & Behaviors:



Poor sleep



Strong need to
escape, including
procrastinating
and isolating



Compulsive self-
soothing (eating,
drinking, shopping,
scrolling, etc.)



Irritability,
snapping at
others



Overeating or
undereating



Difficulty making
choices, reverting
to baseline patterns

What is Stress Resilience?

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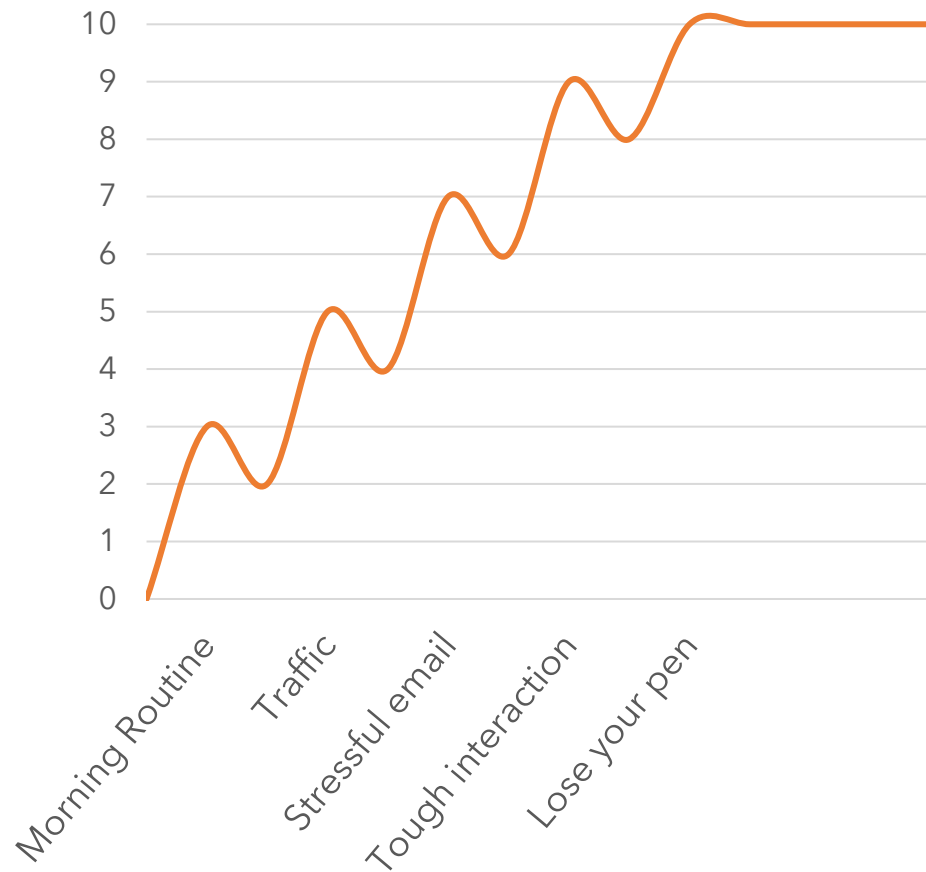
Gas & Brake

- A stress response is the **fight or flight** part or 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.

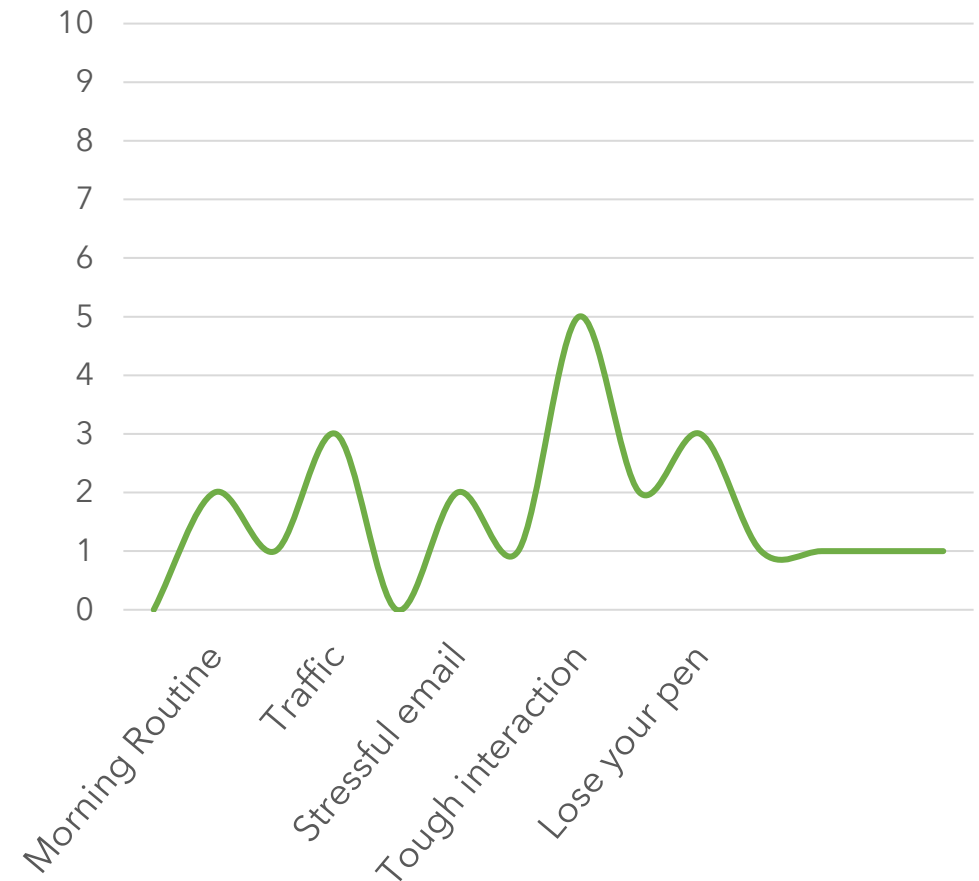


How using tools hits the brakes during the day:

Without Tools:



With Tools:



Healthy Ways to Hit the Brakes

Body

Exercise
Deep breathing
Tai Chi
Yoga
Go for a walk
Dance
Cry
Hugs

Mind

Mindfulness
Affirmations
Gratitude
Take a break
Humor
Set boundaries
Journaling
Therapy

Soul

Music
Calming sounds
Aromatherapy
Creativity
Hobbies
Prayer / spirituality
Nature
Connection

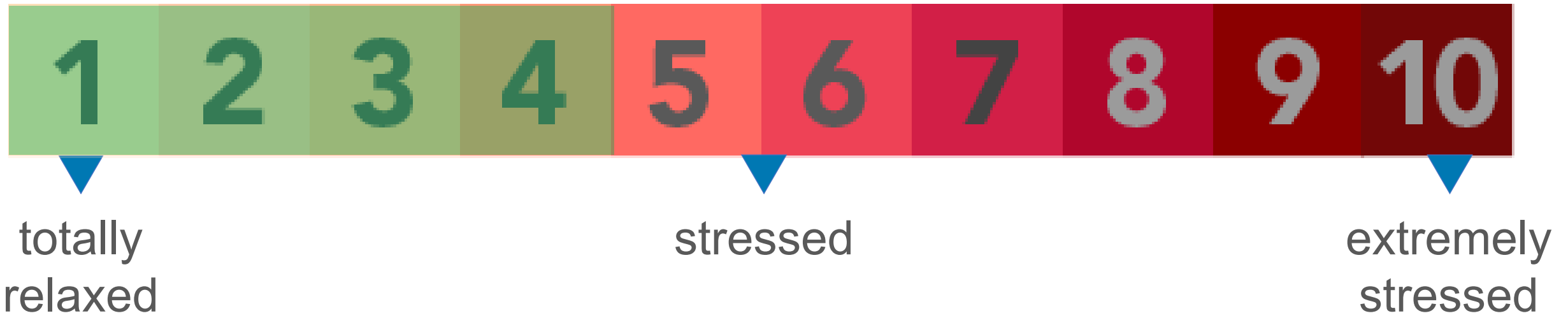
Quick tools to use daily

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The Stress Scale

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



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



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)

A close-up photograph of a person's hand holding a silver pen, writing on a dotted notebook page. The text 'I am grateful for' is already written in black ink. The hand is positioned at the bottom left, with the pen tip pointing towards the center of the page.

I am
grateful
for

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

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

The Stress Scale



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.

A close-up, profile shot of a woman with dark, curly hair looking upwards and to the right. Her eyes are closed, and she has a peaceful expression. The background is a bright, hazy sunset or sunrise over a body of water, with a city skyline visible in the distance. The lighting is warm and golden, creating a soft glow on her face and hair.

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

It means "Me, too"

– *L. R. Knotts*



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.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 75-100 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables 1 healthy fat
MED 1,200-1,400 calories 80-100 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 cup vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 100-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4-6 oz protein 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

