

A tropical beach scene with palm trees and turquoise water under a blue sky. The text is overlaid on the lower half of the image.

**Healthy Living....even when
you are *STRESSED OUT!***

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Schedule for today

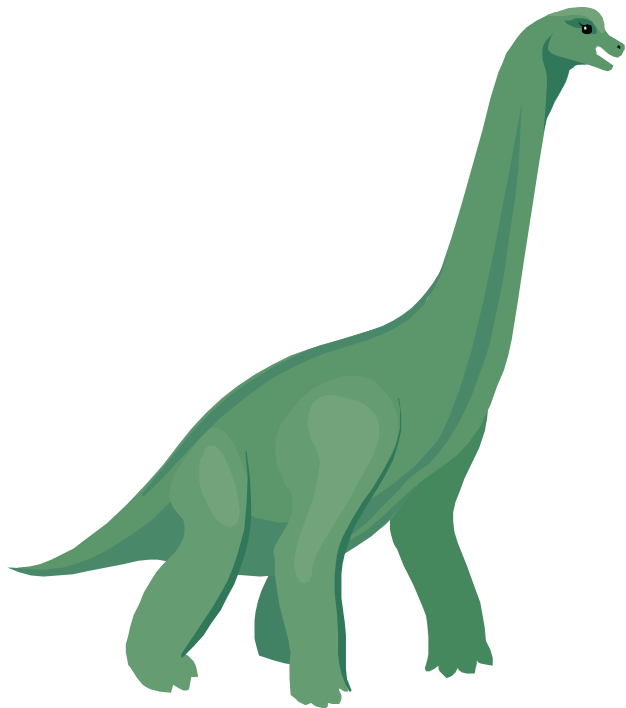
- Definitions and discussion of stress, mindfulness, health, illness.
- Anatomy
- Learning to live healthfully in an unhealthy world. Mind body connection.
- Stress eating..... and other ways we stuff the feelings.
- Helpful tips.

A tropical beach scene with palm trees and turquoise water. The title "Awareness, mindfulness..." is overlaid in blue text.

Awareness, mindfulness...

- What is your body telling you right now?
- Ignore it, deny it, medicate it.
- But it will show itself in some way or another.

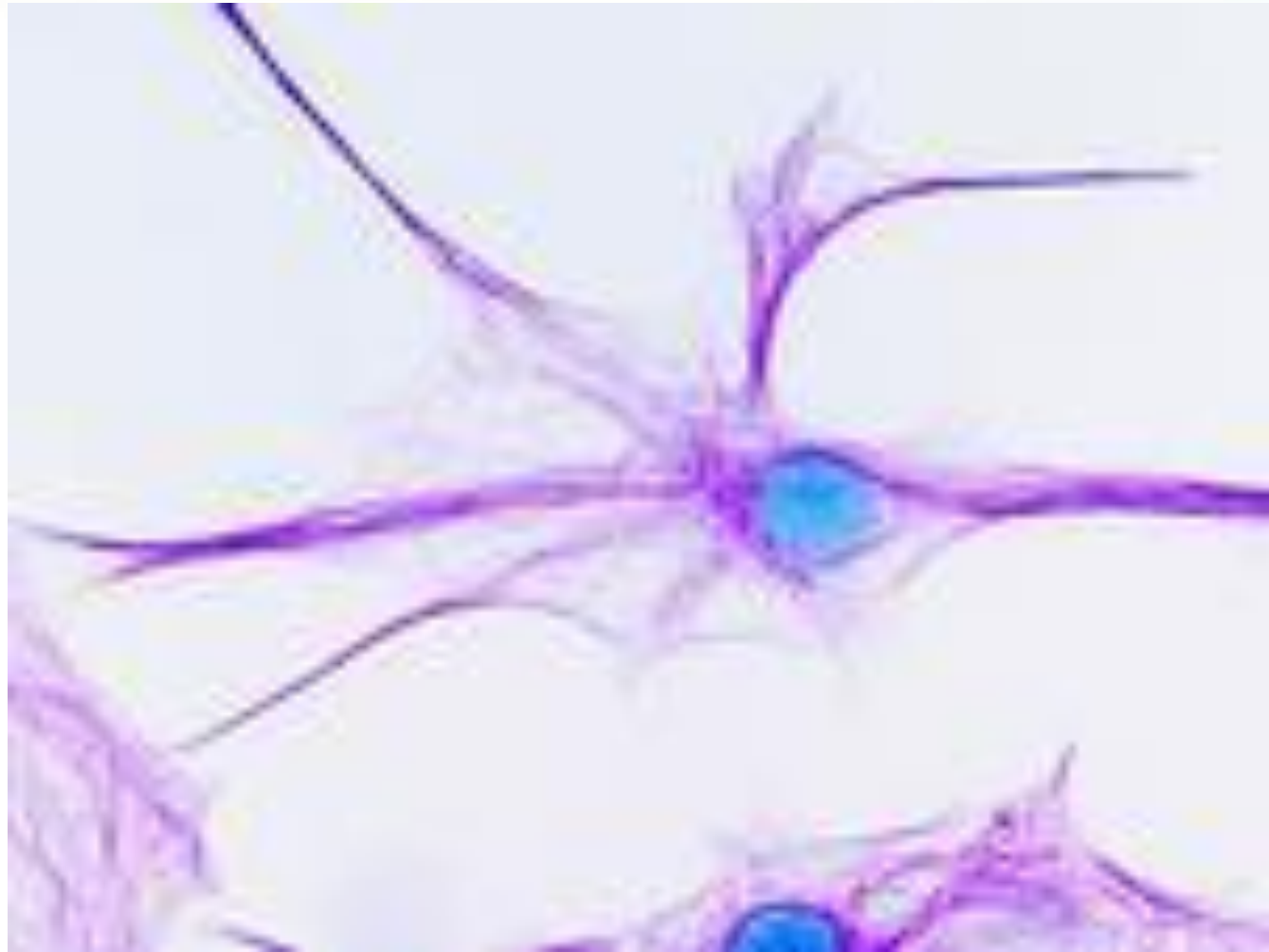
FIGHT-OR-FLIGHT



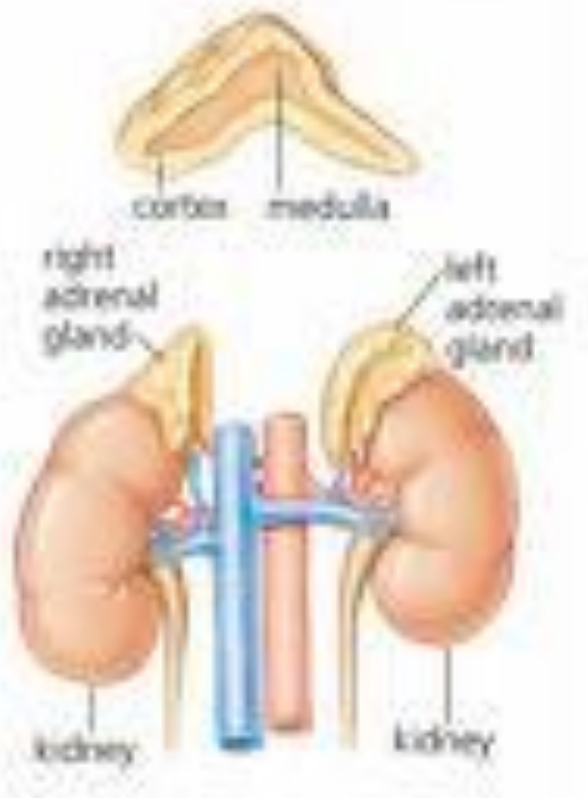
- Cave men and women
- Adrenal glands are on top of the kidney.
- We need a recovery phase....but that's hard to get in our world.
- Become aware.



ANATOMY



MORE ANATOMY



- Dr. Hans Selye
- Activating
- A good thing
- Today's modern stresses

A tropical beach scene with a clear blue sky, turquoise water, and a sandy shore lined with lush green palm trees and other tropical vegetation.

When we're sick

- How do you know when you are sick?
- Physical, emotional, cognitive, developmental, social, spiritual.
- Are you disconnected? Are you ignoring?
- Increase life stressors, early stage illness, late stage illness

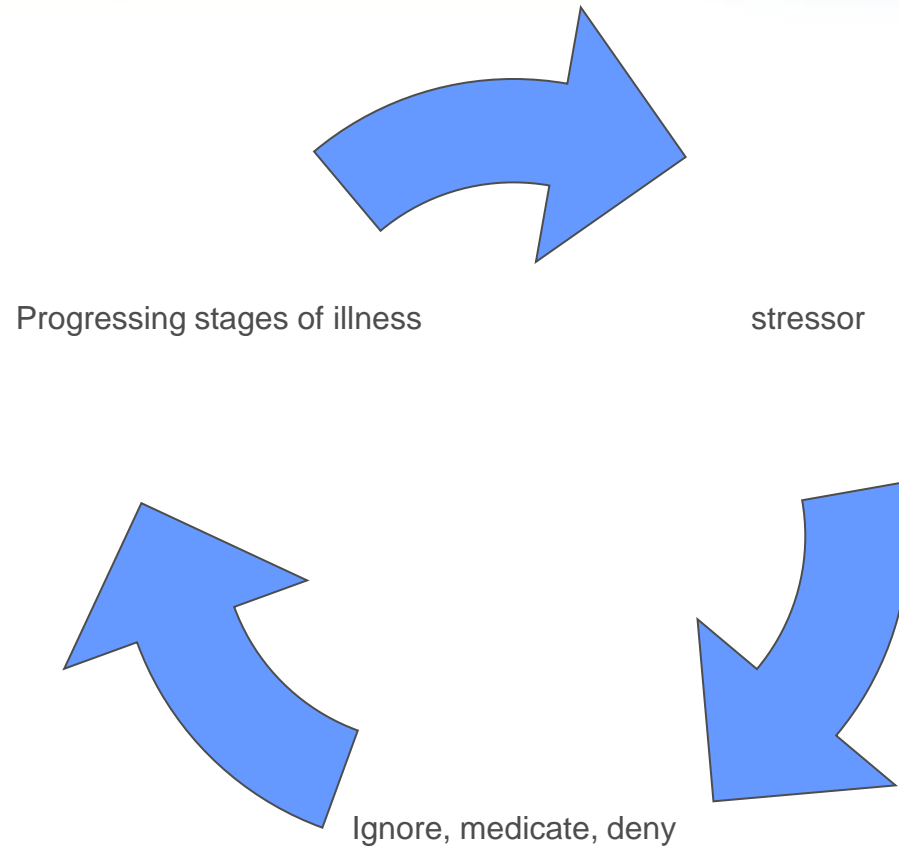
Symptoms and disease.....

- Poor sleep
 - Changes in appetite
 - Chronic fatigue
 - Irritability
- Headache
 - Back pain
 - Muscle pain
 - Denial





A viscous cycle



A tropical beach scene with palm trees and turquoise water. The sky is blue and the water is clear. The text 'Late Stages' is written in blue in the top right corner.

Late Stages

- Loss of job
- Failing grades
- Divorce
- Heart attack
- Severe depression
- Suicidal and homicidal thoughts
- Disconnected from life as you know it

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Eating disorders...different than struggles with eating and stress eating.

- Anorexia, bulimia
- Serious medical diseases which need comprehensive treatment.
- Usually need inpatient treatment followed by outpatient....maybe for several years.

A tropical beach scene with palm trees, greenery, and turquoise water under a clear blue sky.

Ignore, deny, medicate

- Sweets, caffeine and white flour (lacking water, veggies, whole grains).
- Increased alcohol, nicotine, drug intake including OTCs.
- Avoiding.
- Spending excess time on hobbies.
- What else?????

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HEALING

Recognition

Acceptance...just seeing things as they are.

No spin, no judgment, no excuses.

Be extra gentle with yourself

Ask for help/EAP

Lifestyle...do not underestimate!

Continue to hope

Change can happen

A tropical beach scene with palm trees, greenery, and turquoise water under a clear blue sky. The text 'Specifics for healing' is overlaid in the upper right corner.

Specifics for healing

- Breathe
- Meditation and yoga
- Affirmations, Downward arrow
- Exercise and healthy diet
- H₂O
- Prayer
- Call your friends
- Mini vacations
- Public library



More specifics...

- Journal
- Do not react to your emotions.
- Wait, watch and plan.
- Enjoy!!!!
- Find *your* way.
- Make a contract with yourself.
- Ask a friend or family member to help you.

THANKS FOR YOUR ATTENTION

