WELCOME

WE WILL BE STARTING IN A FEW MINUTES

Reminder: make sure your volume is up

If you feel “burnout” setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.

—Dalai Lama

Thank you for joining us

Stomp Out Stroke

"Don't Let Stress Stroke You Out"

Brenda J. Yanez, MSN, RN, CMSRN
Neuroscience Educator & Outreach Coordinator

Stroke is an Emergency !

What is Stress ?

Simply put... stress is our physical response to a feeling, situation or event we may face.

internal stress versus external stress

Some Stress can be good, right?...

Stress ca something threatening, it or learn from it.

A physiological pro produced in response

Life balance !

Not enough.. we get bored, too much, we may have unproductive anxiety levels.

Chronic Stress –the bad kind, dominates your thoughts, actions day in & out this can cause damage emotionally & physically

noise, traffic, weather, pollution

inner-critic, negative thoughts, anxiety

family, relationships,
job, peers

illness, aging, poor nutrition,
lack of sleep

What's in your daily bucket?

TOXIC
STRESS
NASTY POISON!
KEEP OUT OF REACH

Why is a constant state of *stress* so bad?

Stress can lead to stroke

If you feel stressed…

It might lead to a weight gain/loss, overeating, eating unhealthy foods, drinking too much alcohol or smoking, unexpected hair loss.

You might respond to stress with anger…

Anger increases your heart rate (heart palpations) & blood pressure placing you at risk for a heart attack or stroke.

Other emotions take over…

Mood swings, anxiety, depression.

These behaviors can lead to heart disease & stroke.

Finding better coping skills will improve our quality of life.

STRESS
RELAX

"Start with you first"

Be good to yourself

Let go of yesterday

Make a grateful list

Be in the moment

Tell yourself everyday,

"I love you"

"Maintain a regular daily routine"

Movement

Make Time

Preparation

Journal

Hobby

"Laughter is the best medicine"

Smile more often

Watch/Read something funny

Watch/Read something more inspirational

Feed your soul positive influences

1	2	3	4	5
Don't sweat the small stuff	Don't take it personally	Don't suffer in silence	Don't focus on your weakness & limitations	Don't keep putting yourself in a situation that is causing you harm/sickness/ stress

Reference : The basics you can find anywhere 5 Steps To Successful Storytelling Published on April 5, 2014 Featured in: Marketing & Advertising

1	2	3	4	5
Do make time to find YOU!	Do be realistic	Do set goals	Do reach out	Do make a change

The How to...

- Relaxation
- Breathing techniques
- Guided imagery
- Yoga
- Exercise
- Meditation
- Seek professional help
- Life coach
- Listen to podcast
- Sleep
- Eat well
- Take time out
- Reflect
- Connect with others
- Go outside
- Be positive
- Slow down
- Unplug

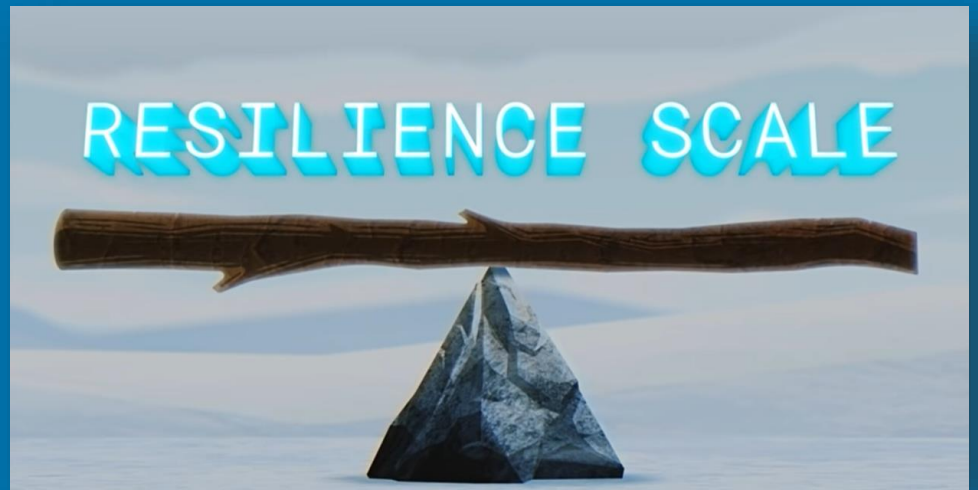
FACT

Reality Check| Stress is a part of life.

It’s about Resilience

Resilience

the ability to withstand, recover & grow in the face of stressors & changing demands…



Every evening or night think of 3 good things that happened to you in that day.

Make an intentional, deliberate ongoing effort to tune into what's good in your world.

HUNT THE GOOD STUFF
LIVING

Ask yourself;

Is this helping me?

Is this harming me?

(actions, thinking, doing)

Stress BINGO

Listen to music	Keeps diary/ journal	Set boundaries	Sleeps 8 hours a night
Open the door for a stranger	Enjoyed nature	Solves puzzles	Takes naps
Writes Poetry	Owns a Stress Ball	Gets a monthly massage	Sings in the shower
Dances in Public	Volunteers	Works out in a gym/ home	Goes for a walk or rides a bike
Cooked a healthy meal this week	Read some positive news	Put down their cell one hour before bed	Colored in a coloring book

What can you say about yourself?

What are you still dragging behind today?

Hello Humankindness

Catholic Health Initiatives

Trouble walking, speaking, understanding weakness or numbness of the face, arm, or leg. Severe headache, slurred speech &/or double vision??

Call 911

Stroke is an EMERGENCY

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Brenda Yanez, MSN, RN, CMSRN | BSLMC | Neuroscience