

Stress and Resilience in a COVID World

5-part Webinar Series



Team Members

Dianne Christensen, MS
Bernalillo County FCS Agent

Suzanne DeVos-Cole, MLA
Mora County Agent

Bea Favela, LCSW, NMCEP, CCHW
Doña Ana County FCS Agent

Karim Martinez, PhD, CFLE
Family Life Specialist

Lourdes Olivas, MS
Extension Associate II

Karen Plawecki, PhD, RD
Nutrition Specialist

How did the week go for you?

Did you use any strategies for managing your anxiety, loss and grief?

What positive impacts did you notice from using new tools and strategies?

Manage Change and Build Resilience Through Self-Nurture

- Understand the importance of shifting our mindsets
- Leverage stress triggers for positive growth and outcomes
- Focus on what you can control
- Manage change fostering healthy personal growth
- Build self confidence
- Discover joy in every day
- Cultivate gratitude
- Seek recovery and self-nurture daily

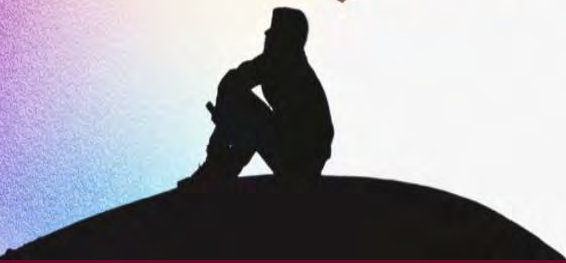
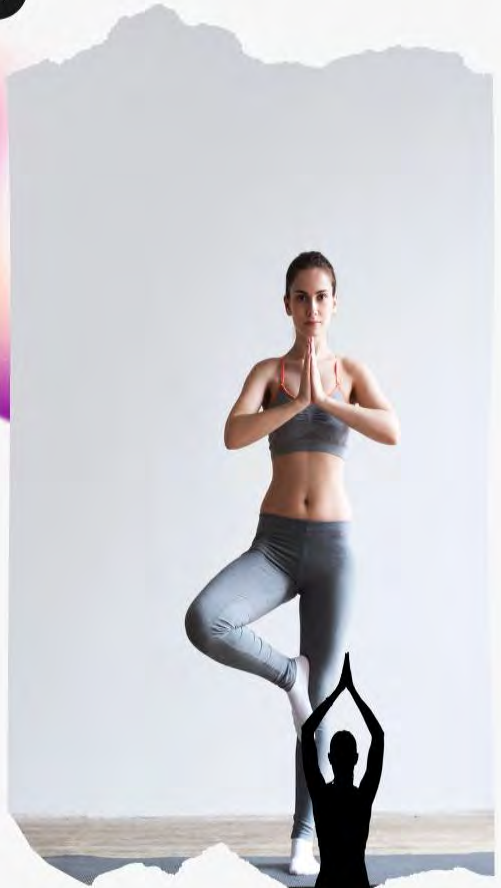
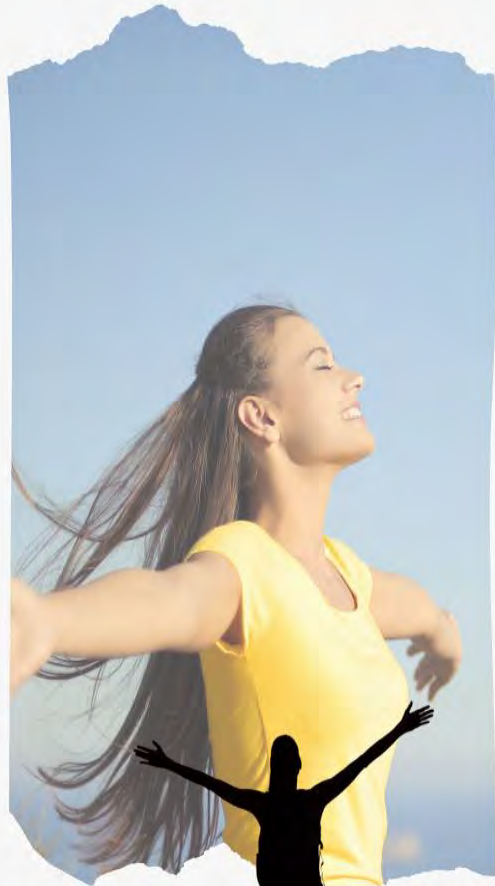


Wellness Equals to Thrive

- To prosper
- To flourish
- To grow, develop, or be successful
- To progress toward or realize a goal despite or because of circumstances



Think. Feel. Do



BE BOLD. Shape the Future.
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Do you have a **FIXED** or **GROWTH** mindset?!



Fixed Mindset

- See personal qualities as fixed that cannot change
- Either good at bad at things and not capable of improvement
- Avoid challenges
- Give up easily
- Ignore negative or constructive feedback





Growth Mindset

- Success depends on time and effort
- Skills and intelligence can be improved with effort and persistence
- Embrace change
- Persist through obstacles
- Learn from criticism
- Seek out inspiration in other's success



DISORDER
FEAR
FRUSTRATION
SICKNESS
EMOTIONAL
SLEEP
WORK
LIFE BALANCE
SLEEP DISORDER
PERSONAL
NIGHTMARES
LIFE
APATHY
DISEASE
COACH
HEALTH
HELP
BURNOUT
PHLEGM
PRESSURE
EXHAUSTION
PSYCHOLOGICALLY
BALANCE
MIND
ALOOFNES
DEPRESSION
SLEEP
STRESS
AGGRESSIVENESS
SYNDROME
JOB
COACHING
POWER



STRESS

Acute Stress

Survival Stress

Automated fight, flight, or freeze, response to life-threatening or harmful situations



Pseudo Survival **Stress**

When we allow non-life threatening triggers to activate the survival stress response (we trigger the same chemical response)





Adaptive Stress

Acute + Repetitive = Good

Stimulus or trigger that result in discomfort and subsequent positive or desired adaptation

Triggers can result in positive adaptations...



Generous
Compassionate
Open-minded
Values-driven
Strategic
Constructive
Confident
Prioritizes
Adaptable
Kind
Loving
Forgiving
Self-controlled
Resilient
Risk-taker
Positive attitude
Creative
Problem-solver
Hopeful
Passionate
Patient
Realistic
Trusting
Optimistic



Maladaptive Stress

Stimulus or trigger that result in discomfort and subsequent negative or undesired adaptation

Triggers can result in **negative** adaptations....



- Impatient
- Hopeless
- Closed-minded
- Cynical
- Unforgiving
- Unmotivated
- Apathetic
- Judgmental
- Critical
- Short-attention span
- Easily angered
- Arrogant
- Inability to say no
- Victim mentality
- Defensive
- Mistrusting
- Rigid
- Easily frustrated
- Intolerant



DECREASE MALADAPTIVE AND INCREASE ADAPTIVE RESPONSES TO STRESS

WHEN I am standing in a long slow line.
(Person/Situation)

I USUALLY RESPOND BY/WITH
irritation and being impatient.
(Maladaptive)

BUT I HAVE THE OPPORTUNITY
TO INSTEAD to respond with patience.
(Adaptive)

BY practicing gratitude while I wait.

DECREASE MALADAPTIVE AND INCREASE ADAPTIVE RESPONSES TO STRESS

WHEN I _____.
(Person/Situation)

I USUALLY RESPOND BY/WITH

(Maladaptive)

BUT I HAVE THE OPPORTUNITY
TO INSTEAD _____.
(Adaptive)

BY _____.

Mindfulness

TRIGGER __ RESPONSE

TRIGGER __ RESPONSE

EMOTIONS

RATIONAL





Practice Being Fully Present

5 things you SEE

4 things you FEEL

3 things you HEAR

2 things you SMELL

1 thing you TASTE or emotion you feel

FOCUS ON WHAT YOU CAN CONTROL

WHAT YOU CAN CONTROL

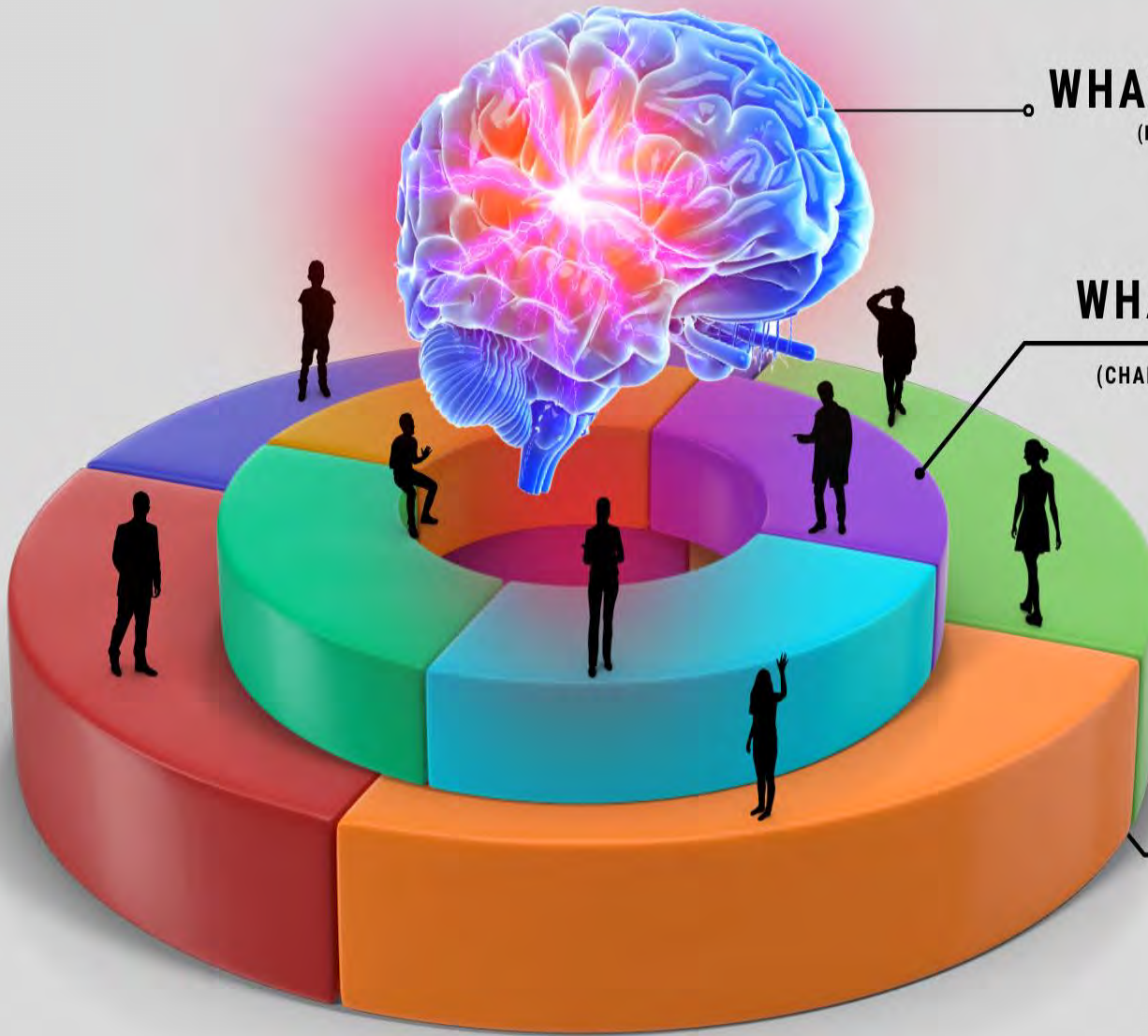
(DAILY FOOD, ACTIVITY, MINDSET CHOICES)

WHAT YOU CAN INFLUENCE

(CHANGE THE WAY YOU RESPOND TO PEOPLE AND EVENTS)

EVERYTHING ELSE OUTSIDE OF YOUR CONTROL AND INFLUENCE

(GOVERNMENT, LAWS, CRIME)



What is Your CHANGE IDENTITY?

- How we think about ourselves is our change identity. It can impact how we respond to change
- Our change identity is one of our many personal identities.
- Being aware and mindful of how we respond to change helps to develop a more growth oriented change identity which assists us in reaching our goals and building resilience when faced with challenging changes.



Increasing Confidence Around Change



- When we feel more confident in our ability to do something, we are more likely to try and repeat it.
- The less familiar we are or the less exposure we have had, the less confident we feel and are less likely to try new things.
- Taking action to try new or unfamiliar things increases our familiarity and increases our confidence.
- This concept is called self efficacy, building our confidence in new skills, and is essential to successfully managing change
- “Confidence is like a muscle, the more you use it, the stronger it gets.” Unknown




Self Efficacy: Building our Confidence


When we feel confident, we are more likely to:

- Try new things
- Effectively respond to challenges
- Reach our goals

Positively affirm yourself for making changes and trying new things!

Managing change effectively:

- Reduces stress
 - Makes us more positive
 - Builds our resilience
- 



Discover Joy!
Cultivate a sense of awe!



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Guided Visualization to Awe

- Select a physical location you know well or have experienced
- Minimize distractions around you. Breathe deeply.
- Start moving through the space using your senses.
How does it feel? What do you see? Smell? Hear?
- Notice the environment. What is inspiring, beautiful, interesting?
- Reflect on your awe and appreciation for this place.



Prioritize Things You Enjoy

- Doing alone
- With others
- Giving back to others
- Support my health

“Taking care of yourself doesn’t
mean me first, it means me too.”
L.R. Frost



Cultivate Gratitude

Cultivate an attitude of gratitude



Three Good Things

Reflect on something good that has happened in the last 24 hours.

- Where were you?
- What time of day was it?
- Who else was there?
- How did it make you feel?

Recreate that moment mentally and emotionally

Write it down in a gratitude journal

Set a time to practice gratitude regularly



Benefits of Gratitude

Having a strong sense of gratitude

- Increases life satisfaction
- Overall well being
- Reduces stress
- Helps us cope with challenges and setbacks
- Facilitates better sleep

“To learn to be grateful and happy, whether hands are full or empty. That is a secret worth spending a life learning.” Ann Voskamp A Thousand Gifts





Seek Recovery

Recovery is the process of repair after strain when the stressor is no longer present

Recovery refers to activities that reduce fatigue replenish depleted resources, both physiologically and psychologically

WHAT FACILITATES RECOVERY:

- Low-effort activities: Watching tv, listening to music, reading, or relaxing/doing nothing
- Relaxation activities: Meditation, yoga, being in nature, breathing exercises
- Social recovery: Interacting and spending time with people you like
- Physical activities: Sports, exercise, stretching, fitness
- Creative activities:Hobbies
- Fun activities: Humor and laughter
- Hinders recovery: Work outside of work, household activities, child-care activities, non-work hassles

Put Your Oxygen Mask on First: Self-care



Eating

- Supports self-regulation
- Better physical energy
- Less emotional swings
- Helps with focus and attention



Exercise

- Stimulates positive adaptation response in body
- Disrupts chronic stress state in the mind
- Reduces risk of illness, speeds recovery
- Increases overall resilience



Sleep

- Deepest form of physical recovery
- Most critical mental recovery
- Aides focus, attention, learning
- Supports self-regulation
- Promotes emotional stability



- Find ways to move throughout your day (no more than 1 hour sitting at once)
- Prioritize exercise in your schedule, even if for short segments
- Exercise with more intensity for positive adaptations, especially if short on time
- Find activities that are also just fun to do or that can be done with family/friends
- Get a variety of physical activities to prevent boredom and plateaus.



- Eat frequently throughout the day, no more than 4 hours without eating
- Eat sufficiently to feel satisfied, but not overly full or sleepy
- Eat balanced foods that you know help you to feel your best
- Find ways to manage stress and cope that do not depend on food or alcohol
- Practice mindfulness during eating to enjoy your food and become more aware

- Quantity (7–8 hours) + Quality (deep sleep)
- Routines and consistency
- Eliminate sleep disrupters (caffeine, alcohol, large meals, screens, light)
- Exercise in the day to promote deeper sleep
Implement breathing, meditation strategies



Session 2 Survey

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_5aw2mHYU3MC709U

Session 3, October 14

Healthy Work Life Balance

Suzanne DeVos-Cole, MLA

HAND OVER HEART MINDFULNESS EXERCISE

