

How did the week go for you?

Did you use any strategies this past week to manage stress, anxiety, or depression to build resilience?

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



Coping with COVID Burnout

7-part Webinar Series

Tools to Positively Leverage Stress

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Stress



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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)

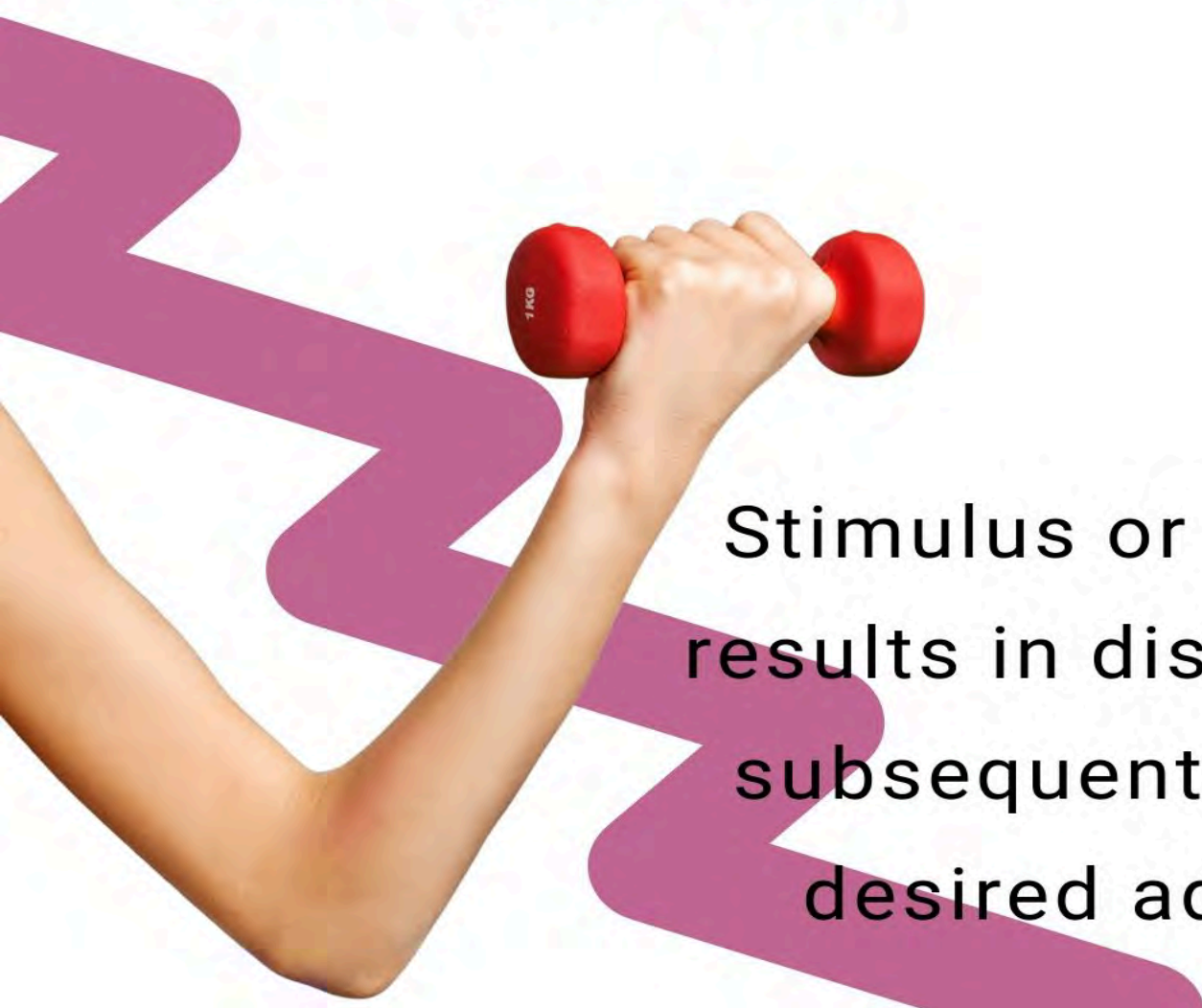


ACUTE

CHRONIC

ADAPTIVE STRESS:

Acute + Repetitive = Good



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

Triggers can result in positive adaptations...

Generous
Compassionate
Open-minded
Values-driven
Strategic
Focused
Constructive
Confident
Prioritizes
Adaptable
Loving
Self-controlled
Kind
FORGIVING
Risk-taker
Positive attitude
CREATIVE
Resilient
Hopeful
Passionate
Patient
PROBLEM-SOLVER
Realistic
Trusting
Optimistic

MALADAPTIVE STRESS

Stimulus or triggers that results
in discomfort and
subsequent negative or
undesired adaptation



Triggers can result in negative adaptations....

Impatient

Hopeless

Closed-minded

Unforgiving

Cynical

Judgmental

Unmotivated

Apathetic

Easily angered

Critical

Short-attention span

Inability to say no

Intolerant

Arrogant

Rigid

Victim mentality

Defensive

Easily frustrated

Mistrusting

WHAT ARE YOU TELLING YOURSELF?

- **NEGATIVE THOUGHTS**
- **CHANGE YOUR
MINDSET**



WORDS MATTER!

I HAVE TO...	...GO OUT WITH FRIENDS.	...GO TO THE DOCTOR.
I NEED TO...	...EAT ICE CREAM.	...GO TO WORK TODAY.
I WANT TO...	...WATCH A MOVIE.	...PAY BILLS.
I GET TO...	...PLAY WITH MY KIDS.	...WORKOUT.
I SHOULD...	...HAVE A DATE NIGHT.	...EAT A HEALTHY SNACK.
I COULD...	...CLEAN MY HOUSE.	...GO TO BED.
I WILL...	...RELAX.	...PRACTICE MINDFULNESS.

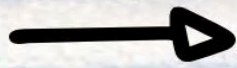
Words Have Power



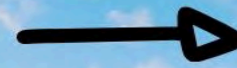
WORDS ARE, OF COURSE, THE MOST
POWERFUL DRUG USED BY MANKIND.
-RUDYARD KIPLING

- BECOME AWARE OF THE WORDS YOU USE WHEN IT COMES TO ENGAGING IN ACTIVITIES AND BEHAVIORS ASSOCIATED WITH YOUR GOALS
- CHALLENGE YOURSELF TO REWORD YOUR BEHAVIORS SO THAT THEY ARE ASSOCIATED WITH AN OPPORTUNITY, DETERMINATION, OR OPTIMISTIC CONTEXT

UNHELPFUL THOUGHT



REALITY/TRUTH CHECK



HELPFUL THOUGHT



CHANGE YOUR THINKING



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FOCUS ON WHAT YOU CAN CONTROL

WHAT YOU CAN CONTROL

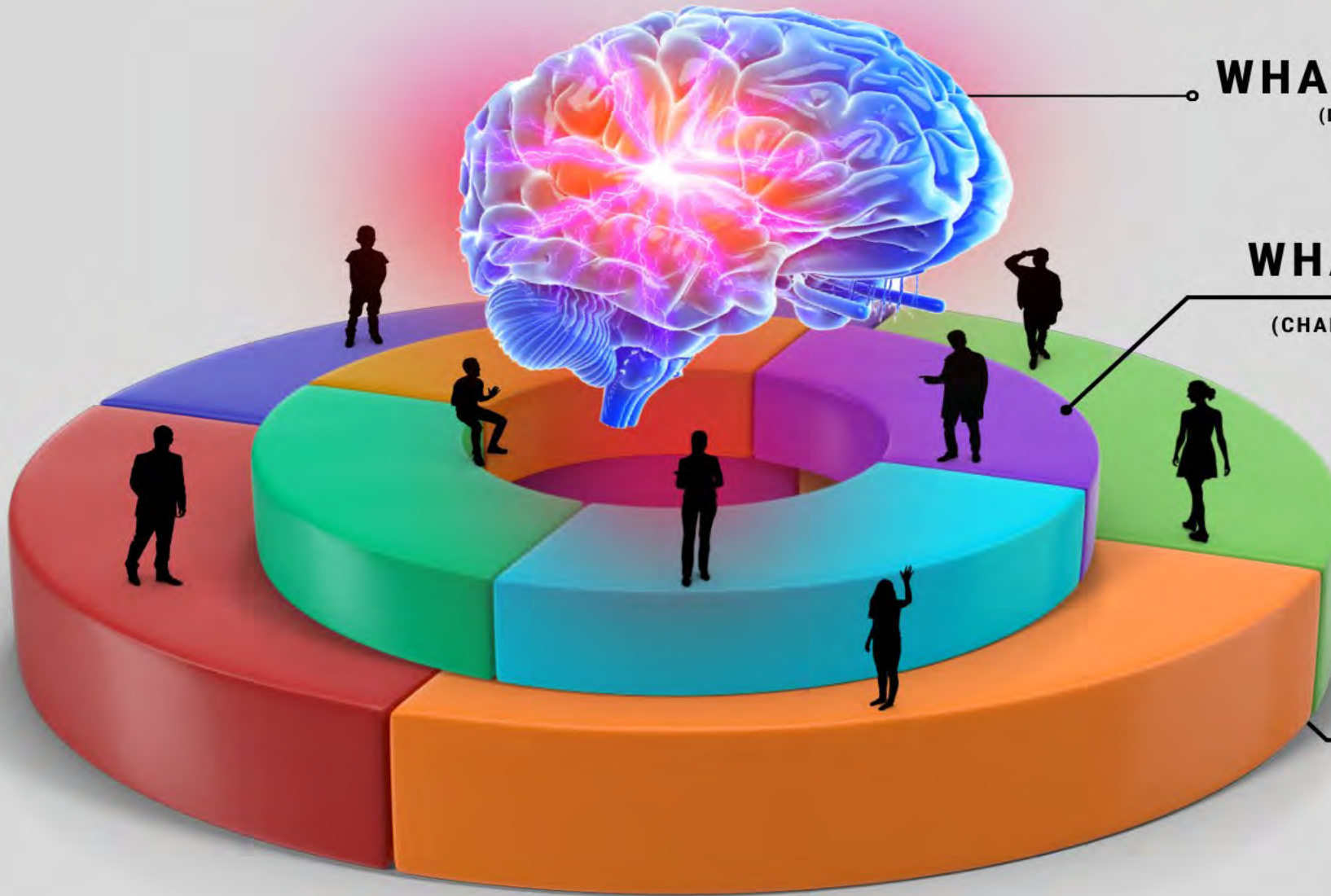
(DAILY FOOD, ACTIVITY, MINDSET CHOICES)

WHAT YOU CAN INFLUENCE

(CHANGE THE WAY YOU RESPOND TO PEOPLE AND EVENTS)

EVERYTHING ELSE OUTSIDE OF YOUR CONTROL AND INFLUENCE

(GOVERNMENT, LAWS, CRIME)



HABIT FORMATION



STRESS AT WORK

Response



GO TO THE VENDING MACHINE

Reward



EMOTIONAL EATING

Trigger

Repeat



CREATE NEW HABITS



STRESS AT WORK

NEW HABIT

TAKE A 30 MINUTE WALK



STRESS RELIEF AND COMFORT



MINDFULNESS

TRIGGER__RESPONSE

TRIGGER_____RESPONSE

EMOTIONS



RATIONAL





MINDFULNESS



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QUESTIONS?

For more information and view prior sessions:

<https://aces.nmsu.edu/covid19/burnout>

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Survey for Session 3

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_a9pFbF3JzJZhxYi

Your feedback is greatly appreciated!