



Transform Your Stress: The Resilience Advantage™

Strategies for Managing Stress in Challenging Times

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Your instructors today are...

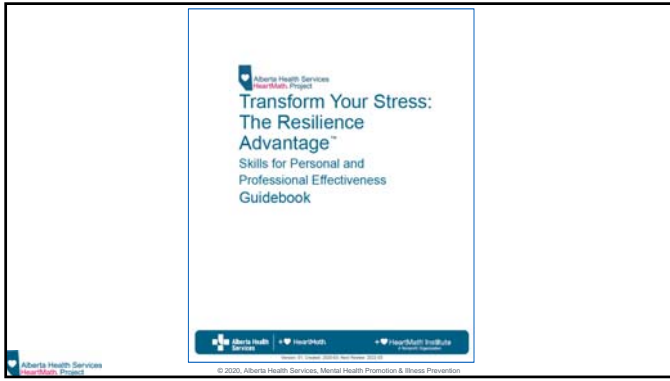
<p>First Name Role Department Alberta Health Services</p> 	<p>First Name Role Department Alberta Health Services</p> 
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Housekeeping

- ❖ Turn off all other programs for the best virtual experience
- ❖ Muted microphones
- ❖ Opportunities to participate - Whiteboards/Q&A
- ❖ List of links sent out
- ❖ AHS Staff please contact ahs.heartmath@ahs.ca for MLL credit

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Challenging Times

- We all have mental health, just like physical health
- We all may experience challenges coping with present-day events

If you are in crisis, or are having thoughts of self-harm, please call **911**

If you would like to speak with someone, call the Mental Health HelpLine **1-877-303-2642**

Published Research

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AHS & Partners

- Stroke rehabilitation
- Pre-natal groups
- ACH – Various groups
- Physician Wellness
- EMS
- Renal Program/Kidney Care
- Youth Substance Use/MH Services
- Inpatient Adolescent Mental Health
- Outpatient Mental Health Clinics
- Mobile Response Team
- Urgent Care
- Operational Stress Injury Clinic
- Post-disaster Fire & Flood
- Public Sessions

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Stepped Care Model

Timing of Interventions & Level of Needs	Response Examples
IMPACT Everyone Affected (several months)	Information Regular communication, attending to basic needs, systems & services navigation, coping/calming skills, harm reduction.
RESPONSE Many People (several months to years)	Community & Family Supports Positive coping skills. Use of technology to ensure family & social connections, community engagement, & healing activities. (e.g., phone, text, online supports)
RECOVERY Some People (short-term, months to years)	Focused Support* Facilitated self-help, grief & loss support, cultural healing practices, support for change & loss. * Individual, family, or group intervention non-specialized supports.
RECOVERY Few People (long-term, several years)	Treatment Specialized services (e.g., professional mental health treatment, referral-based support). Utilize current addiction & mental health supports, development of new specialized pandemic clinical services.

Adapted from: WHO (2012), National Research Council (2003), IASC (2007), IFRC (2009a) & IFRC (2009b)

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Workshop Objectives

- ✓ To provide practical tools to manage stress
- ✓ To review the warning signs of stress
- ✓ To review how emotions impact your body, brain, and emotional health
- ✓ To apply the tools to perception and communication
- ✓ To discuss how emotional resilience can be enhanced through regular use of the HeartMath® tools
- ✓ To discuss the impact of resetting the nervous system in order to achieve a new baseline

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Effects of Stress

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What stops us from being our best? (Stressors)



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How do we know when we are stressed? Mentally, emotionally & physically? (Stress Signs)



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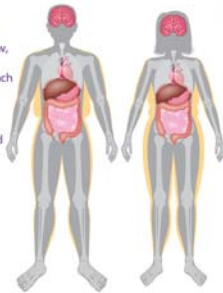
Warning Signs of Stress

Physical

- Headaches, body aches/pains
- Muscle tension (e.g., in back, jaw, shoulders)
- Digestive problems (e.g., stomach aches, IBS, upset stomach)
- Weight gain or loss
- Feeling tired
- Increased heart rate, high blood pressure, heart palpitations
- Getting sick more easily

Cognitive

- Trouble focusing or concentrating
- Memory loss
- Forgetfulness
- Constant worry
- Unable to make decisions
- Loss of sense of humour



Emotional

- Easily upset/cry
- Feeling powerless or overwhelmed
- Nervousness/anxiousness
- General unhappiness
- Irritable or short-tempered
- Sense of loneliness
- Boredom

Behavioural

- Sleeping too much or too little
- Eating more or less than normal
- Nervous habits (e.g. nail biting, pacing, compulsive gum chewing)
- Putting things off
- Unable to relax
- Increased (or new) use of alcohol, tobacco, cannabis, vaping, or other drugs



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Hand Brain Model

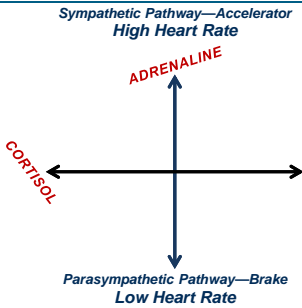


Dr. Daniel Siegel, Neurobiologist & Author

To see this 2-minute video:
<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

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The Stress Response



Sympathetic Pathway—Accelerator
High Heart Rate

ADRENALINE

CORTISOL

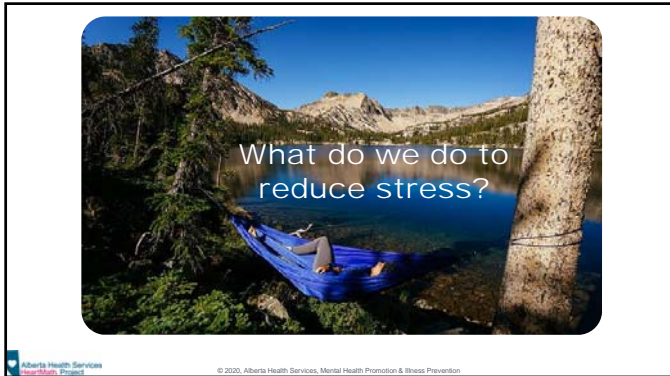
Parasympathetic Pathway—Brake
Low Heart Rate

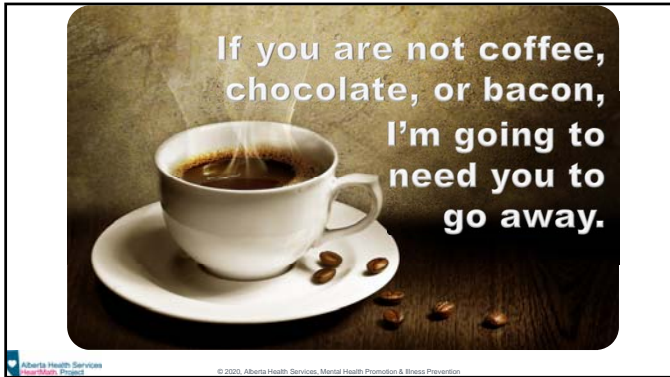
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Chronic Stress Increases Risk of:

- Cardiovascular Disease
- Obesity
- Type II Diabetes
- Anxiety and Depression
- Asthma
- Fluctuations in Mood and Emotions
 - Fatigue
 - Lack of Interest
 - Lack of Motivation

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Coherence

- An optimal state in which the heart, mind, and emotions are aligned and in sync.
- Physiologically, the nervous, hormonal, and immune systems work in a state of optimum functioning.



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Heart-Focused Breathing™ Technique

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Heart-Focused Breathing™ Technique

Focus your attention in the area of the heart.

Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Quick Step: Heart-Focused Breathing



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Breath Pacer



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Depletion to Renewal


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Depleting & Renewing Emotions

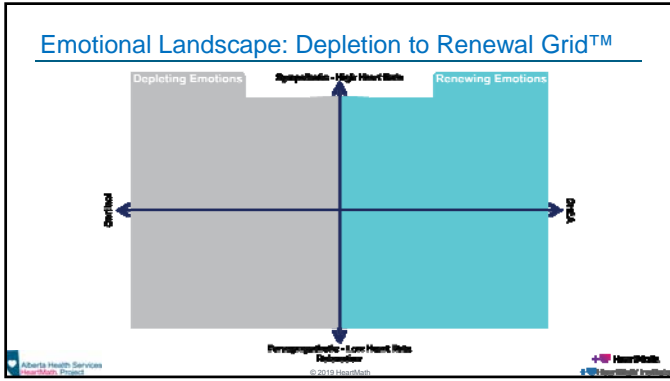
Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones.

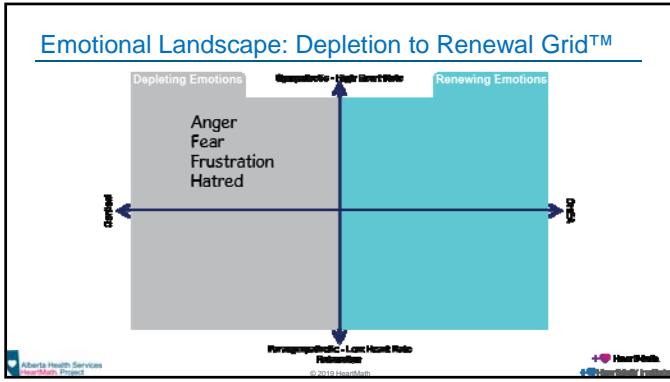
Emotions and attitudes such as care, courage, tolerance and appreciation create neurochemicals that regenerate your system and offset energy drain.

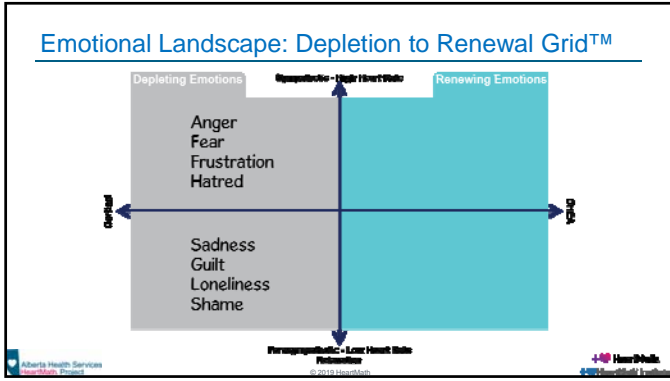


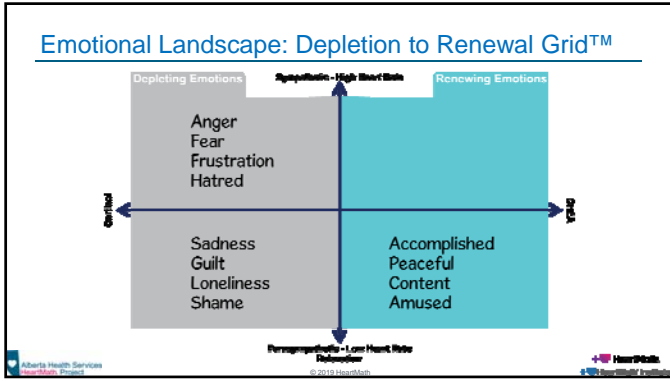
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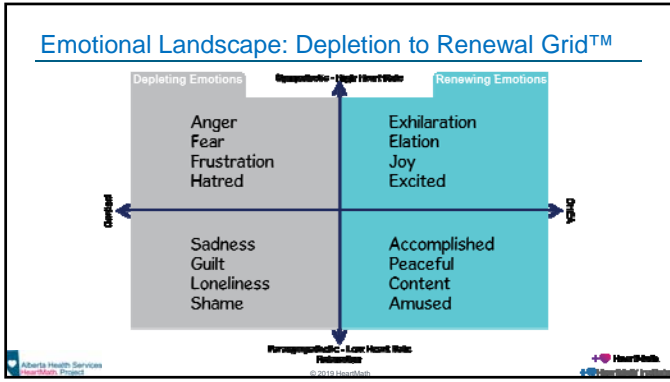
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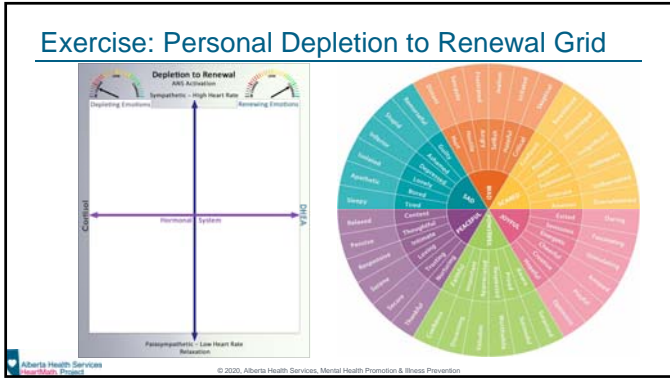


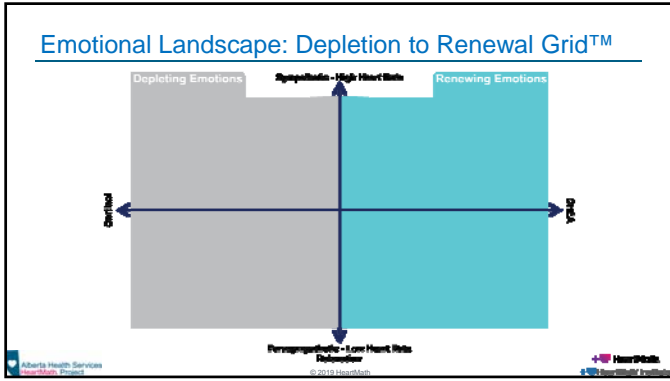


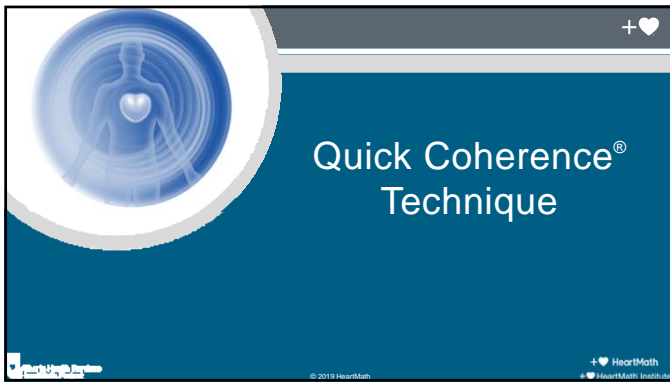















Quick Coherence® Technique

Step 1:
Focus your attention in the area of the heart.

Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).



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Quick Coherence® Technique

Step 2:
Make a sincere attempt to experience a renewing feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, or focus on a feeling of calm or ease.




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Quick Coherence® Quick steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling



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Coherence Practice Outcomes


- Enhances ability to maintain composure during challenges
- Improves family and social harmony
- Reduces fatigue and exhaustion
- Promotes the body's natural regenerative processes
- Improves coordination and reaction times
- Enhances ability to think clearly and find better solutions
- Improves ability to learn and achieve higher test scores

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Three Strategies

Building and Sustaining Resilience

- **Prep** to set the tone for the day and to be more composed before upcoming stressful events.
- **Shift and Reset** to a more coherent state as soon as possible after a stress reaction to minimize energy drains.
- **Sustain** your resilience throughout the day through regular practice and by remembering to refresh your composure in between activities and events.



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A Short Movie

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"You see the world through how you feel." Atmospheres Video



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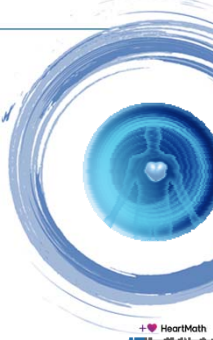
Emotional Soundtracks



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Freeze Frame® Technique
A Self-Regulation Technique




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Freeze Frame® Technique

- Freeze Frame is a multipurpose technique for stopping energy drains and gaining clarity.
- It's especially helpful when you have to make a quick decision or when out-of-the-box solutions are needed.
- Shifting your physiology into a coherent state improves your mental functions and helps you access a wider range of intelligence.




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Freeze Frame® Technique

Step 1:
Acknowledge the problem or issue and any attitudes or feelings about it.




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Freeze Frame® Technique

Step 2:
Focus your attention in the area of the heart.
Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).




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Freeze Frame® Technique


Step 3:
Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.



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Freeze Frame® Technique


Step 4:
From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.



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Freeze Frame® Technique


Step 5:
Quietly observe any subtle changes in perceptions, attitudes, or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.



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Freeze Frame® Quick steps

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act



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CP23

Before  After




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Getting In Sync for Each Situation

After getting into a coherent state, ask yourself what would be the most appropriate attitude for handling each situation.



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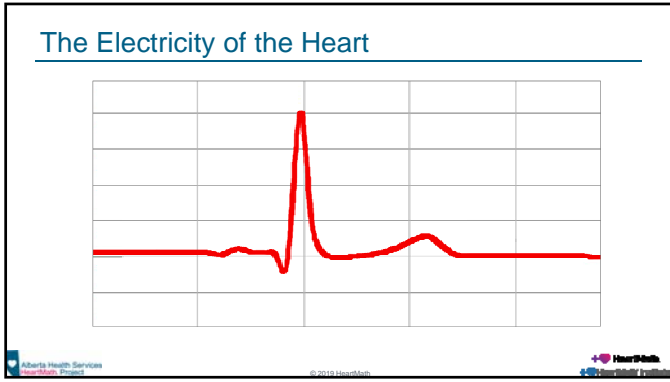
Slide 60

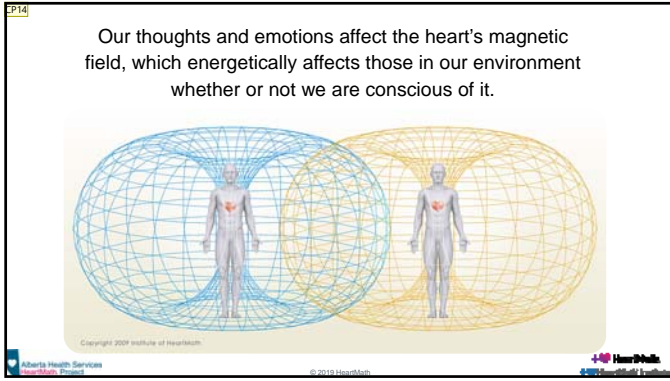
CP17 Instructor Notes

Colleen Pruden, 7/17/2020

CP23 Colleen Pruden, 7/17/2020







Slide 64

CP14 Instructor notes transition Penetrates the skine


Colleen Pruden, 7/17/2020

Emotional Energetics


- Our emotions and attitudes affect others positively or negatively, whether or not we are aware of it.
- When we are centered and in sync, we create a more coherent field environment and are less affected by others' incoherence.

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Power of Heart Coherence Video



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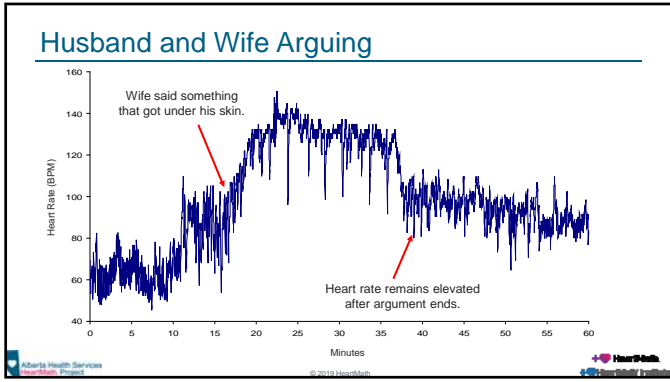
The Energetics of Communication

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CP13 Instructor notes

Colleen Pruden, 7/17/2020

Energetics of Communication
 Unspoken feelings such as anxiety, judgment, frustration, and annoyance can send mixed messages.




Drama Amplifies Energy Drains

- Blame
- Histories
- Rehashing
- Resignation
- Brooding
- Justifying
- Negative Projections

P18

Coherent Communication™ Technique

A Self-Regulation Technique



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Coherent Communication™ Technique

Step 1:

Shift into a heart-coherent state before communicating to effectively share and receive information.

Suggestion: Set an intention to be respectful of others' views or situations.



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Coherent Communication™ Technique

Step 2:

Listen for the essence of what is being said without prejudging or getting pulled into drama before communication is complete.

Suggestion: Remember to re-center in your heart if you start to overreact or lose emotional composure.

Speak from a genuine tone and consider what you are going to say and how it may affect others.



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CP18 Instructor notes for all of the technique

Colleen Pruden, 7/17/2020

Coherent Communication™ Technique

Step 3:
During important or sensitive communications it's effective to confirm the essence of what you heard to ensure mutual understanding.
Yet, when rushing communications, this is the step that can be forgotten.




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Coherent Communication™ Quick steps

1. Shift into heart coherence
2. Listen for the essence;
Speak with a genuine tone
3. Confirm mutual understanding




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Benefits of Coherent Communication...



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CP12 Instructor notes

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Benefits of Coherent Communication...

- Shortens meeting times
- Creates more harmonious interactions
- Aligns team/family members
- Reduces stress, drama, and energy drains
- Fosters mutual respect



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Establishing a New Baseline

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Familiar Neural Patterns

- Often repeated thoughts, emotions, attitudes and behaviors create internal baselines – automatic response patterns that are familiar and predictable.
- Activating and sustaining coherence helps create more balance between the sympathetic and parasympathetic branches within the ANS, helping achieve a new internal set point.


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Heart Lock-In® Technique

- The Heart Lock-In Technique is helpful to build a new baseline of resilience.
- Building a new baseline is like laying a new foundation or downloading a new operating system.
- In practical terms, it means things don't get under your skin as easily as before. You "operate" from a new set point.



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Heart Lock-In® Technique

Step 1:

Focus your attention in the area of the heart.

Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).



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Heart Lock-In® Technique

Step 2:

Activate and sustain a regenerative feeling such as appreciation, care or compassion.



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P19

Heart Lock-In® Technique

Step 3:
Radiate that renewing feeling to yourself and others.



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HeartMoth
Transform Your Stress

P24

Heart Lock-In® Quick steps

1. Heart-Focused Breathing
2. Activate and sustain
3. Radiate




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Transform Your Stress

Action Planning

- Write down 3 solutions you want to practice going forward
- How are you going to remind yourself to do them?



Transform Your Stress: The Resilience Advantage™

Action Plan Worksheet

Identify 3 actions you can take that will help you manage your stress and bring balance to your nervous system. Pick the strategies from below to use as your own ideas.

My solutions

When will I use or practice these?

How will I remind myself?

Examples of healthy solutions:

- Go for a walk or do some other physical activity.
- Help out a struggling neighbor or use the time for the day.
- Find something to appreciate each day.
- Practice gratitude and breathing.
- Take breaks throughout your day.
- Repeat after something stressful by practicing a breathing technique that works best for you.
- Repeat activities with another breathing technique throughout the day.
- Practice a breathing technique when you're experiencing stress.
- Call a friend or family member.
- Talk with someone (e.g., friend, professional counselor).
- Do an activity you enjoy such as sports, gardening, reading, hiking, dancing, music, volunteering, or meditating.

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Slide 83

CP19 ref to Loving Kindness

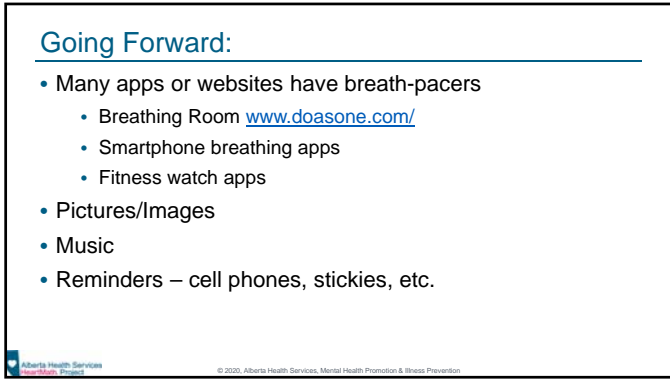
Colleen Pruden, 7/17/2020

Slide 84


CP24 removed reference to field environment in the room

Colleen Pruden, 7/17/2020







 Evaluation


We really value your feedback ☺

<https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=m2LM3I3MM>

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Thank You +♥



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