

# Transform Your Stress: the Resilience Advantage

## Strategies for Managing Stress in Challenging Times

### (Public Virtual) – Parts 1 & 2

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| <b>Mental Health Helpline</b>                                   | 1-877-303-2642  |
| <b>Acronyms for PFA and SPR</b>                                 | Psychological First Aid (PFA)<br>Skills for Psychological Recovery (SPR)  |
| <b>Questions or Comments contact</b>                            | If you have any questions or comments about this please send them to:<br><a href="mailto:AHS.HeartMath@ahs.ca">AHS.HeartMath@ahs.ca</a>   |
| <b>Identifying Stressors worksheet</b>                          | Identifying Stressors Worksheet is on page 5 of the Guidebook.  |
| <b>Signs of Stress diagram</b>                                  | Signs of Stress Diagram is on page 4 of the Guidebook.  |
| <b>ANS picture</b>  | ANS Picture is on page 2 of the Guidebook   |
| <b>Dr Daniel Siegel Hand-Brain model</b>                        | To see this 2-minute video from Dr Daniel Siegel:<br><a href="https://www.youtube.com/watch?v=gm9CIJ74Oxw">https://www.youtube.com/watch?v=gm9CIJ74Oxw</a>  |
| <b>Dr. Shawn Achor TED Talk</b>                                 | If you would like more information on the power of positive emotions – you can watch a TED Talk from Dr Shawn Achor, a researcher from Harvard. He discusses the power of positive emotions- the video is about 12 minutes long:<br><a href="http://www.youtube.com/watch?v=GXy_kBVq1M">http://www.youtube.com/watch?v=GXy_kBVq1M</a> |
| <b>DHEA</b>   | DHEA stands for dehydroepiandrosterone (de-hydro-epi-andros-terone.)<br>“DHEA” is different than “DHA” – which is found in omega 3 supplements.   |
| <b>The Depletion to Renewal Exercise and the Emotions wheel</b> | The Depletion to Renewal Exercise and Emotions Wheel are on pages 9 & 10 of the Guidebook.  |
| <b>Prescription for Practice</b>                                | Prescription for Practice: 5 times a day for at least 1 minute  |
| <b>“Atmospheres” Video</b>                                      | <a href="https://youtu.be/8jV5hdF7Uq0">https://youtu.be/8jV5hdF7Uq0</a>   |
| <b>Freeze Frame Exercise</b>                                    | The Freeze Frame Worksheet is on page 14 of the Guidebook   |
| <b>“Power of Heart Coherence” video</b>                         | <a href="https://youtu.be/9Rm7PtRhQcg">https://youtu.be/9Rm7PtRhQcg</a>   |
| <b>Prescription for Practice for HLI</b>                        | An optimal amount of practice time would be to do a Heart Lock-In daily for about 5 to 15 minutes, at least three or four times each week.  |
| <b>The Action Planning Exercise</b>                             | The Action Planning Exercise is on page 6 of the Guidebook.   |
| <b>DATA Group for Resources and Posters</b>                     | Web address: <a href="https://dol.datacm.com/">https://dol.datacm.com/</a><br>Login ID: mentalhealthresources<br>Password: mh2016   |
| <b>Workshop Evaluation</b>                                      | <a href="https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=m2LM3I3MM">https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=m2LM3I3MM</a>   |