

The Stress Club: Take your power back!

Tami West, PhD, SNS
Saturday, November 11th
8:45 – 9:45 am



Ahhhh Summertime 😊





Surprise



And then.....



**SCHOOL
STARTS!!!!!!!**

NOTICE
Military Family Leave

OSHA FactSheet

Your Rights Under Family and Medical Leave Act of 1993

Job Safety and Health It's the law!

NOTICE TO EMPLOYEES EMPLOYMENT, INSURANCE, SECURITY

CALIFORNIA

Workplaces Are Protected

California Minimum Wage
\$8.00 \$9.00 \$10.00

Notice to Employees

Notice to Employees

Notice Concerning the Americans With Disabilities Act (ADA) Amendments Act of 2008

YOUR RIGHTS UNDER USERRA
UNIFORMED SERVICES EMPLOYERS REEMPLOYMENT ACT

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UNIFORMED SERVICES EMPLOYERS REEMPLOYMENT ACT

2015 FEDERAL & CALIFORNIA LABOR LAW POSTERS

OSHA

SAFETY AND HEALTH PROTECTION ON THE JOB

NOTICE EMPLOYER POLYGRAPH PROTECTION ACT

Notice to Employees

Notice to Employees

Notice to Employees

All-Of-One Workplace Policy Poster

Notice: This is a Smoke Free Workplace

The Health Insurance Portability and Accountability Act (HIPAA) Privacy and Security Notice

Electronic Communication Policy

Equal Employment Opportunity

Sexual Harassment is Prohibited by Law

Retirement Savings Plan

Drug Free Workplace

Smoking Policy

Notice to Employees

Notice to Employees

Notice to Employees

Notice to Employees

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2015 FEDERAL & CALIFORNIA LABOR LAW POSTERS

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AD WORKING ALLOWED

TIME OFF TO LIVE

PAYDAY NOTICE

Notice to Employees

Notice to Employees

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AD WORKING ALLOWED

TIME OFF TO LIVE

PAYDAY NOTICE

Poll: As a group, we are:

FUN!!!

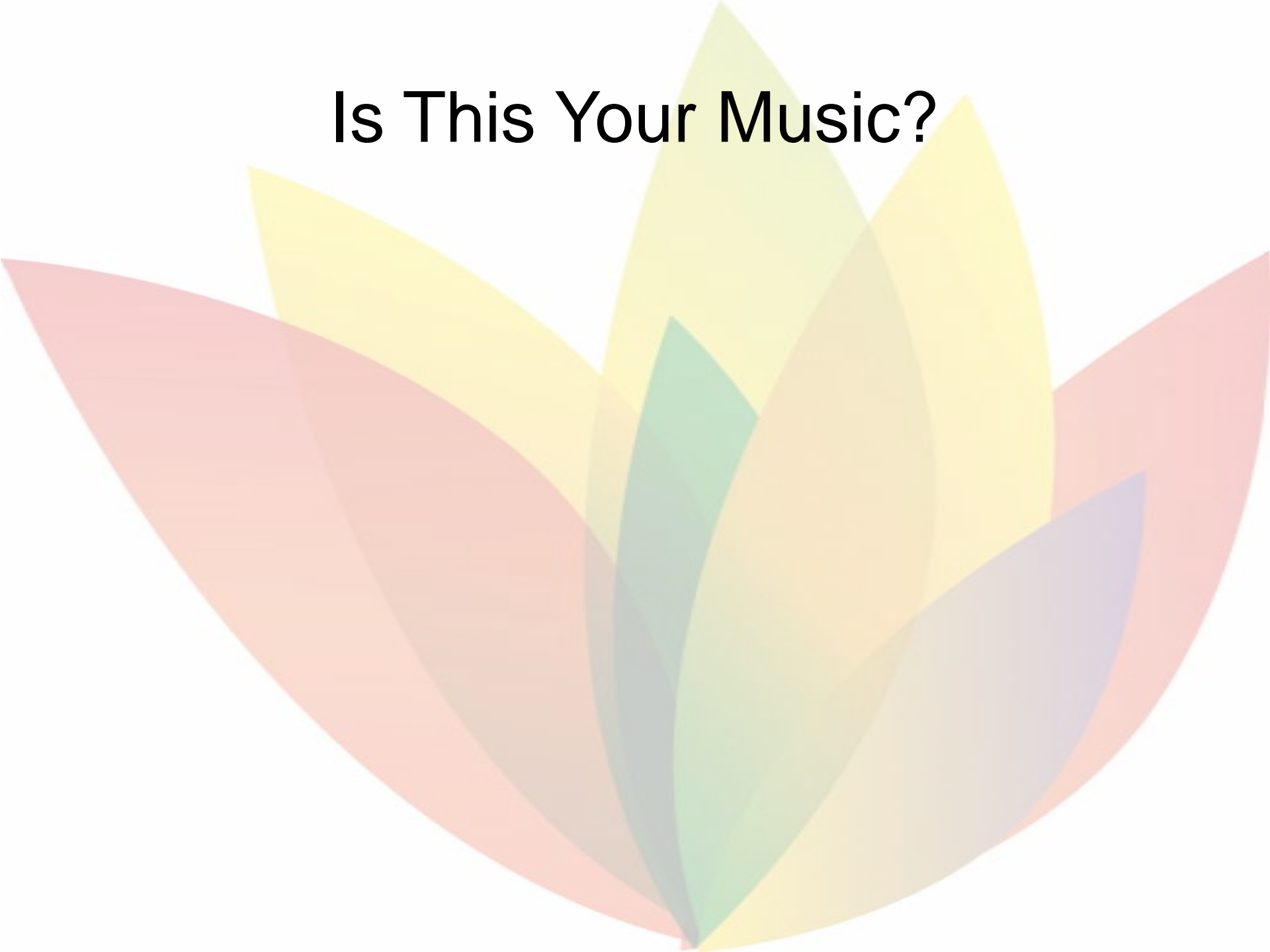
Boring



Your “Entrance Music/Style”



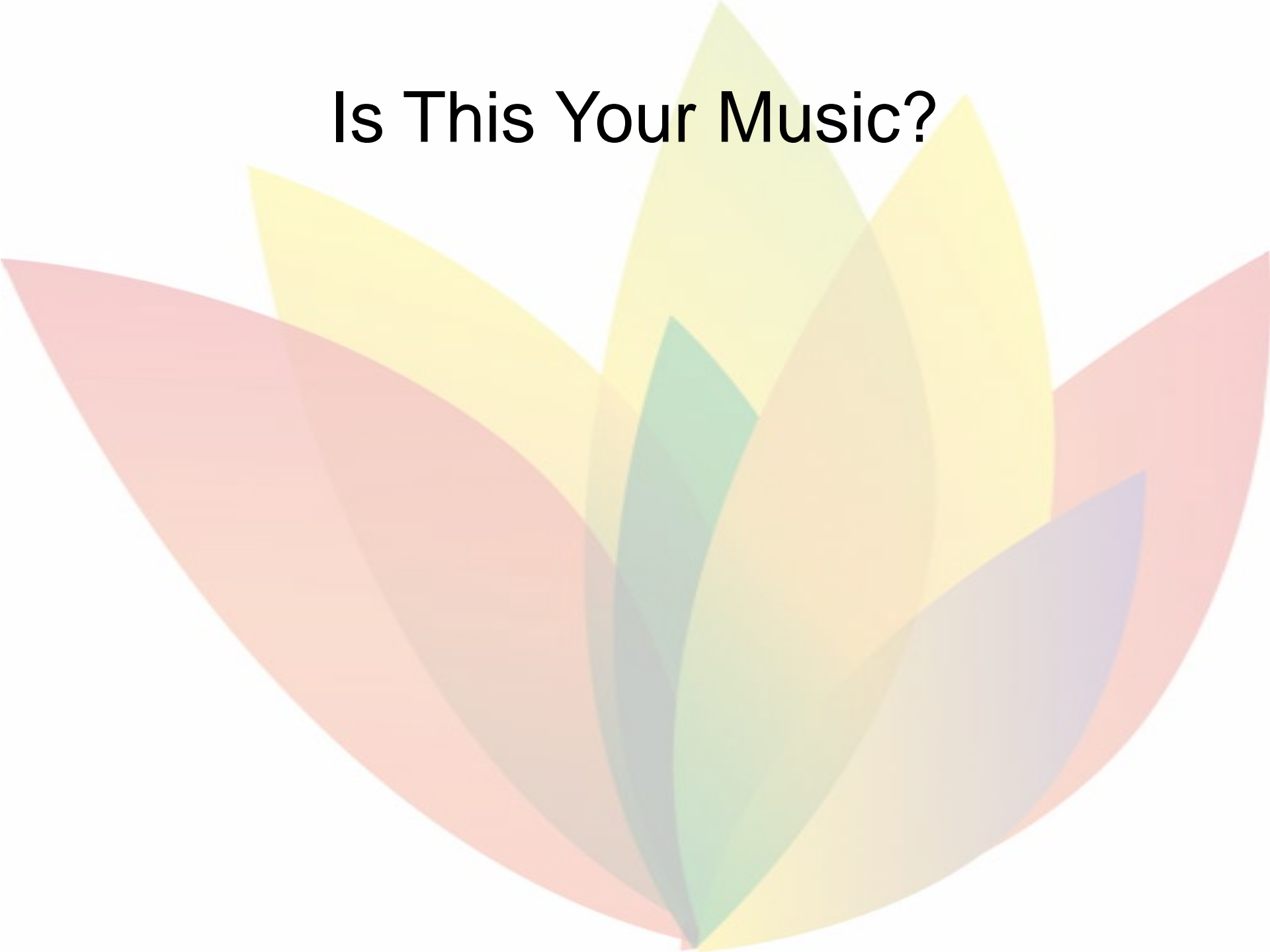
Is This Your Music?



Your “Entrance Music/Style”



Is This Your Music?



Your “Entrance Music/Style”



Your “Entrance Music/Style”

Seriously?



Agenda

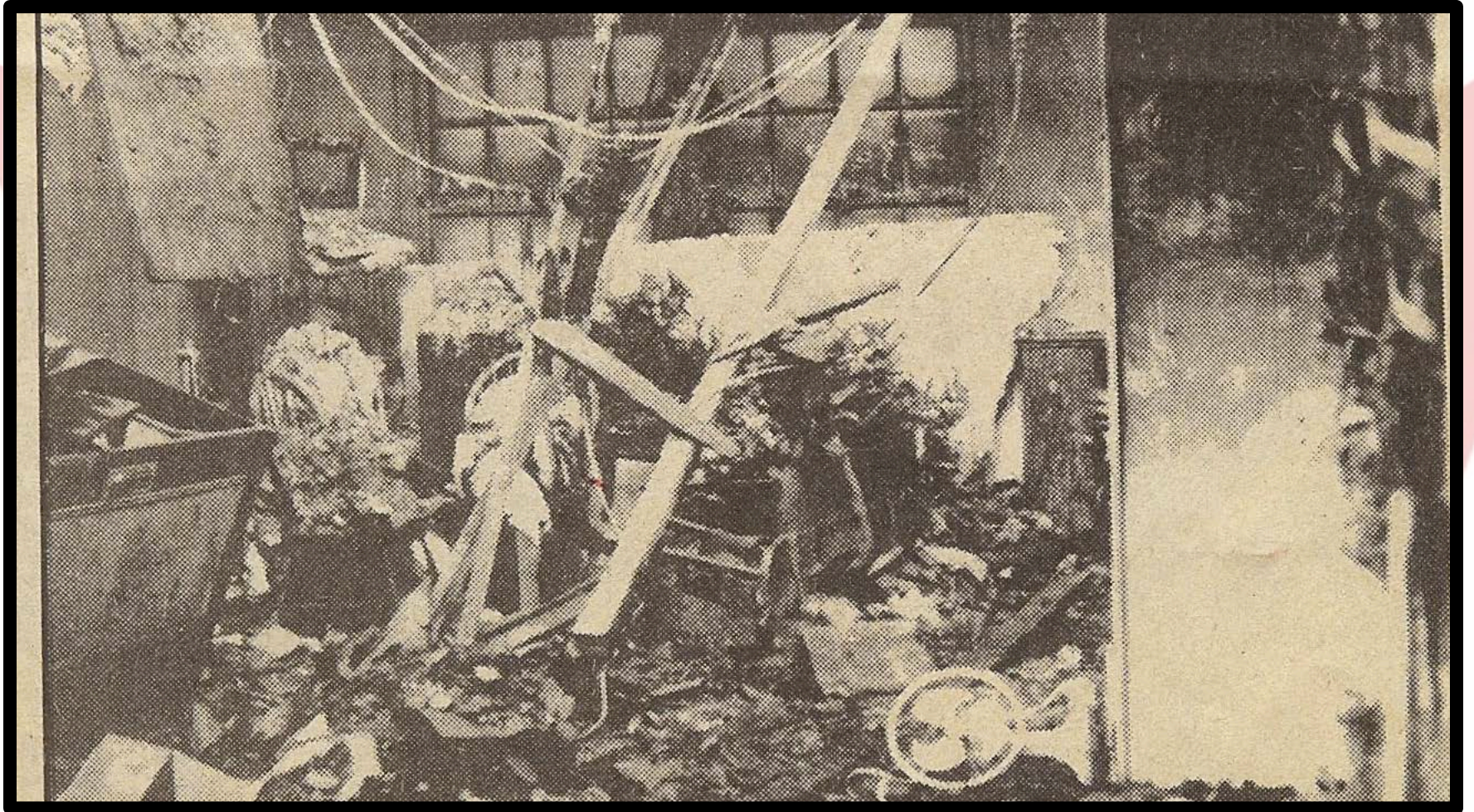


1. What is stress?
2. The Club
3. Exiting the Club

1. What is Stress??

STRESS
STRESS
STRESS

Stress?



Stress?



What is Stress?

- *I get up at 5:00 in the morning, leave my daughter all day, and don't even know how I'm going to make ends meet.*
- *Car problems, your air conditioning unit went out...*
- *... all that stuff is monetary too. I think stress really does go back to that as a core.*
- *I think that it's... sometimes it becomes so overwhelming that you think, you just kind of like, fold and collapse and give up...*

So, What is Stress?

Stress, in addition to being itself and the result of itself, is also the cause of itself
(Ellis & Thompson, 1983).

Do You Take Care of Yourself?















COMMUNITY



Take care of your body

- Breathe
- Use your senses

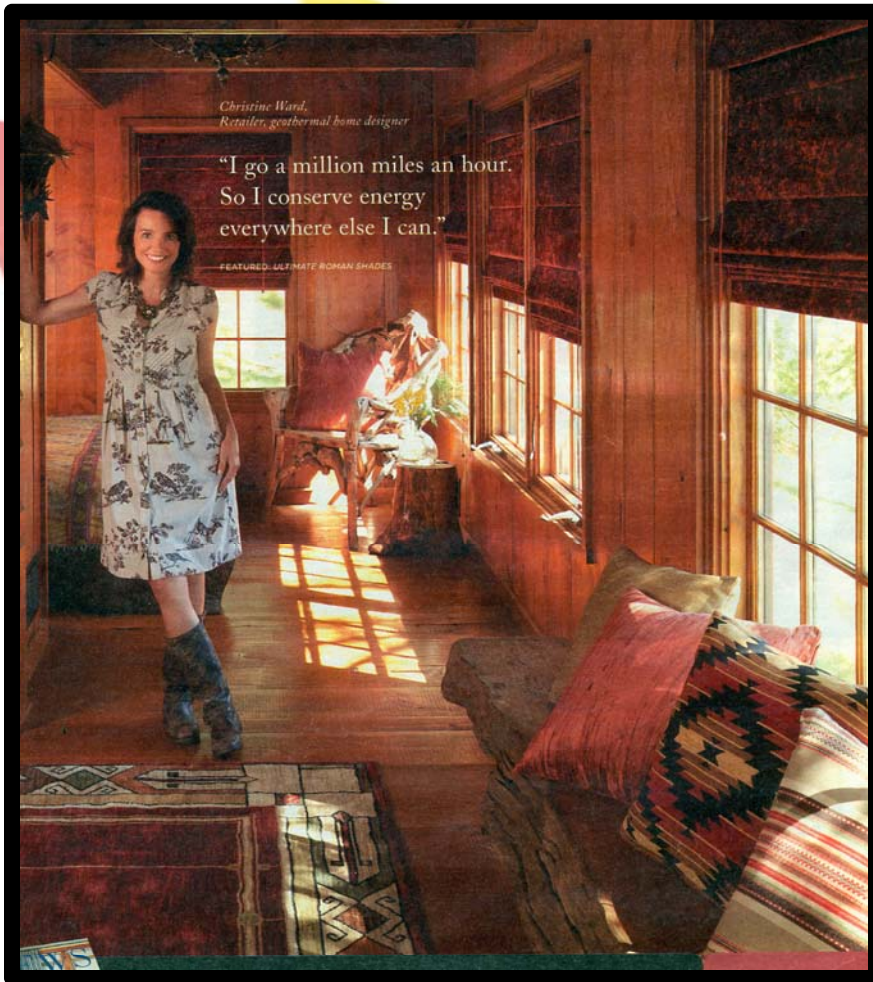


2. *The Club*

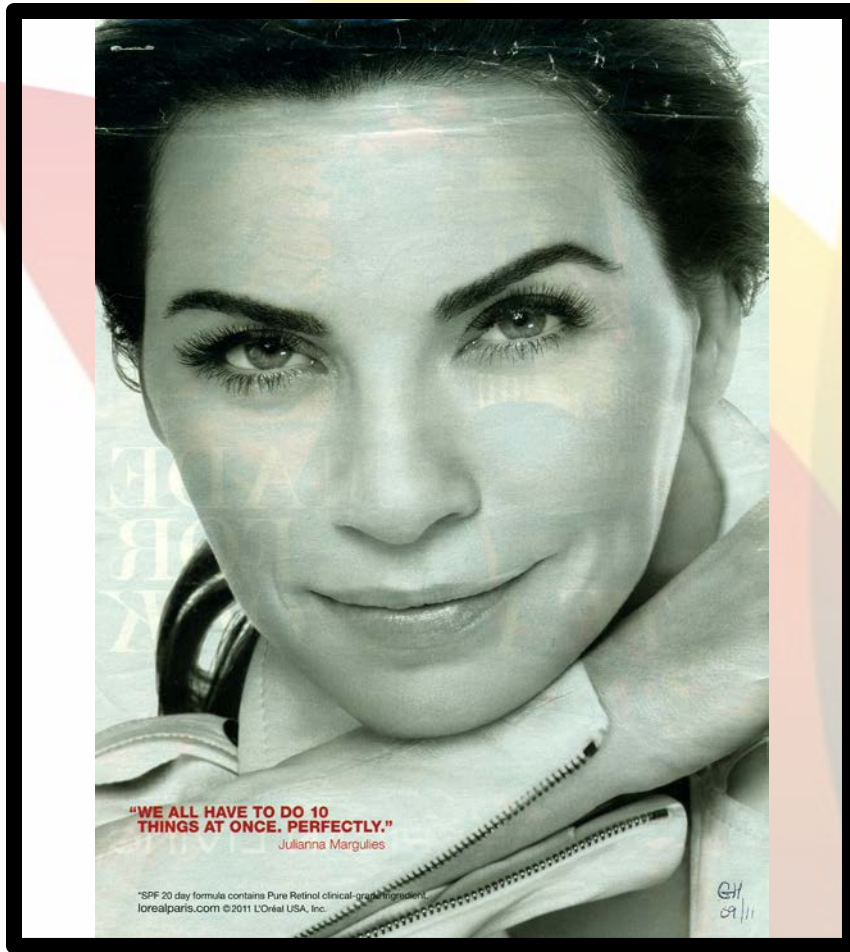


What do you think about her life?

Samantha is very happy with her life. She is married with two children. Her husband shares the housework and childcare duties. She works part-time and her schedule is flexible. Her boss is very understanding and she gets along well with her coworkers.



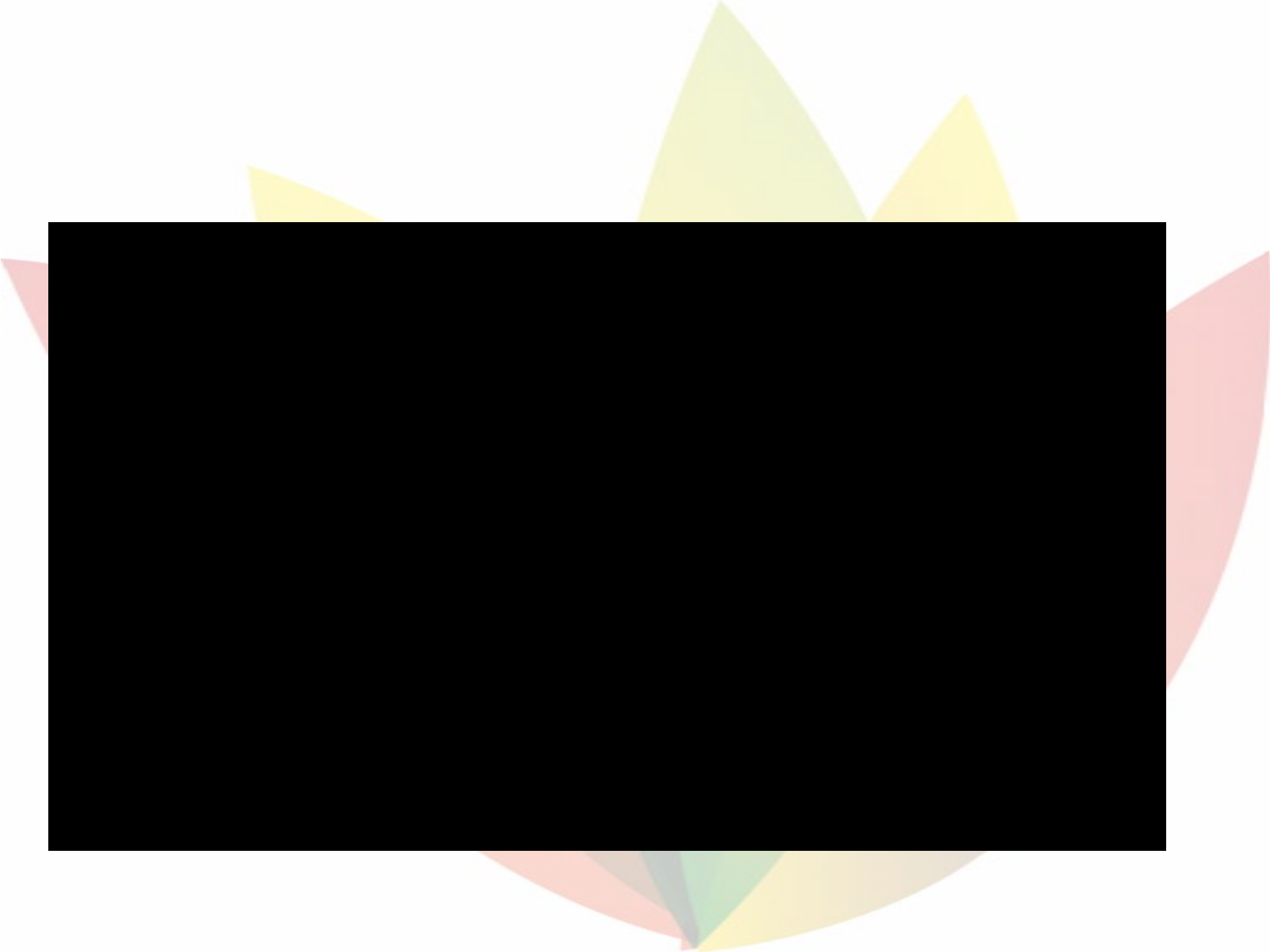
I go a million miles an hour. So I conserve energy everywhere else I can.



We all have to do 10 things at once. Perfectly.

...GET AN E-RECEIPT...
**LIKE YOU'VE
GOT TIME FOR
A RECEIPT.**

Netion



Alice: I think, sometimes the people are like, Oh, I'm not stressed-out, I'm like, well, you must not have a lot going on. (laughs) I know that sounds bad. I just want you to be honest about . . . People, especially before I was pregnant, like if I said to some of my friends that have children, . . . "I haven't slept" and "I'm tired" and "I'm stressed at work" and people will [say] "Just wait till you have kids" and that kind of thing and it's like you're not validated if your suffering is not the same.

These are such powerful words that we'll revisit in chapter 8, but for now notice the shift—it's a shift almost in the same breath. On the one hand Alice seems to be evaluating people who say they're stressed but don't have a lot going on. Then she shifts and expresses how terrible it makes her feel when her friends do this to her.

I always want to point out powerful words from these brave women—keep this one in mind as we go forward. So powerful:

**It's like you're not validated
if your suffering is not the same.**

Being left out of the club

Women:

1. Don't think I'm irresponsible
2. Don't leave me out!

Men:

1. Don't think I'm irresponsible
2. I'm not going to lose.





626167

600-12371

WORKAHOLIC

**I'M THE MAN
IN THE MIDDLE**

OCD

FIRST TIMER

SOMEBODY

MASTERMIND

**TASN
NEW MEMBER**

**SHOW ME
THE MONEY**

**KNOW IT ALL
COOL**

**The bottom line? It
takes away your
control! So – STOP
PARTICIPATING &
TAKE YOUR POWER
BACK!!**

3. Let's Make an Exit Plan!



Puzzle Piece #1: Decide Who You Are



- What would your identity ribbon say?
- *Stressed-Out is an identity*
- Is it the one you want?

fair-minded
faithful
fearless
forceful
frank
friendly
funny
generous
gentle
good
gregarious
hard-working
helpful
honest
humorous
imaginative
impartial
independent
intellectual
intelligent
intuitive
inventive
kind
loving

powerful
practical
proactive
quick-witted
quiet
rational
reliable
reserved
resourceful
romantic
self-confident
self-disciplined
sensible
sensitive
shy
sincere
sociable
straightforward
sympathetic
thoughtful
tidy
tough
unassuming
understanding

Puzzle Piece #2: Examine Your Talk

Your Identity Talk

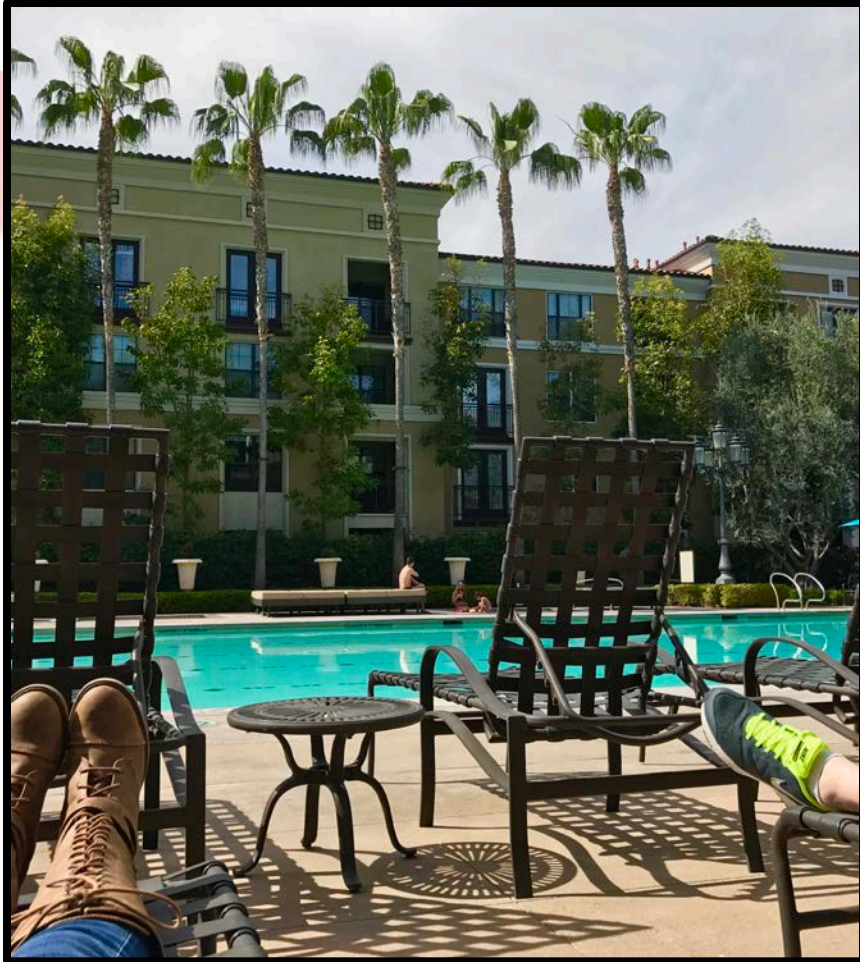
Your Stress Talk



overwhelmed
anxious
frustrated
worried
annoyed
concerned
exhausted
pressured
tired
disappointed
overworked
confused
depressed
discouraged
panicked
pissed
busy
emotional
hungry
insecure
irate
irritated
livid
overloaded
sad
abandoned
afraid
aggravated
agitated
alone
behind
brain-dead

bummed
burdened
challenged
chaotic
defeated
deflated
disillusioned
drained
driven
dumbfounded
enraged
fatigued
fearful
fed up
flustered
frazzled
fried
frightened
hands are tied
I have had it up to here
ignored
imperfection
inadequate
invisible
jarred
lack of control
lethargic
misunderstood
nervous
overly sensitive
overpromised
overwrought

Puzzle Piece #3: Take Care of Yourself



- Your List
- Your Choices

Sex, eating healthy, drinking
wine, exercise, shopping, joking,
dark humor, venting, day spa,
massage, vacation, beach, long
drive, sleeping children

Music, play, sleep, horseback
riding, movies, taking breaks,
socializing, hanging out with
family, eating breakfast, eating
dessert, reading, exercising,
trips, beach, hiking

Humor, drinking wine, running,
Target/coffee, music, bath/wine,
crying, napping, driving, mak-
ing lists

Drinking wine, listening to
music, running, washing dishes,
exercising, taking a bath, read-
ing a book, snuggling w/kids,
gardening, calling mom, going
for drive, walking on beach

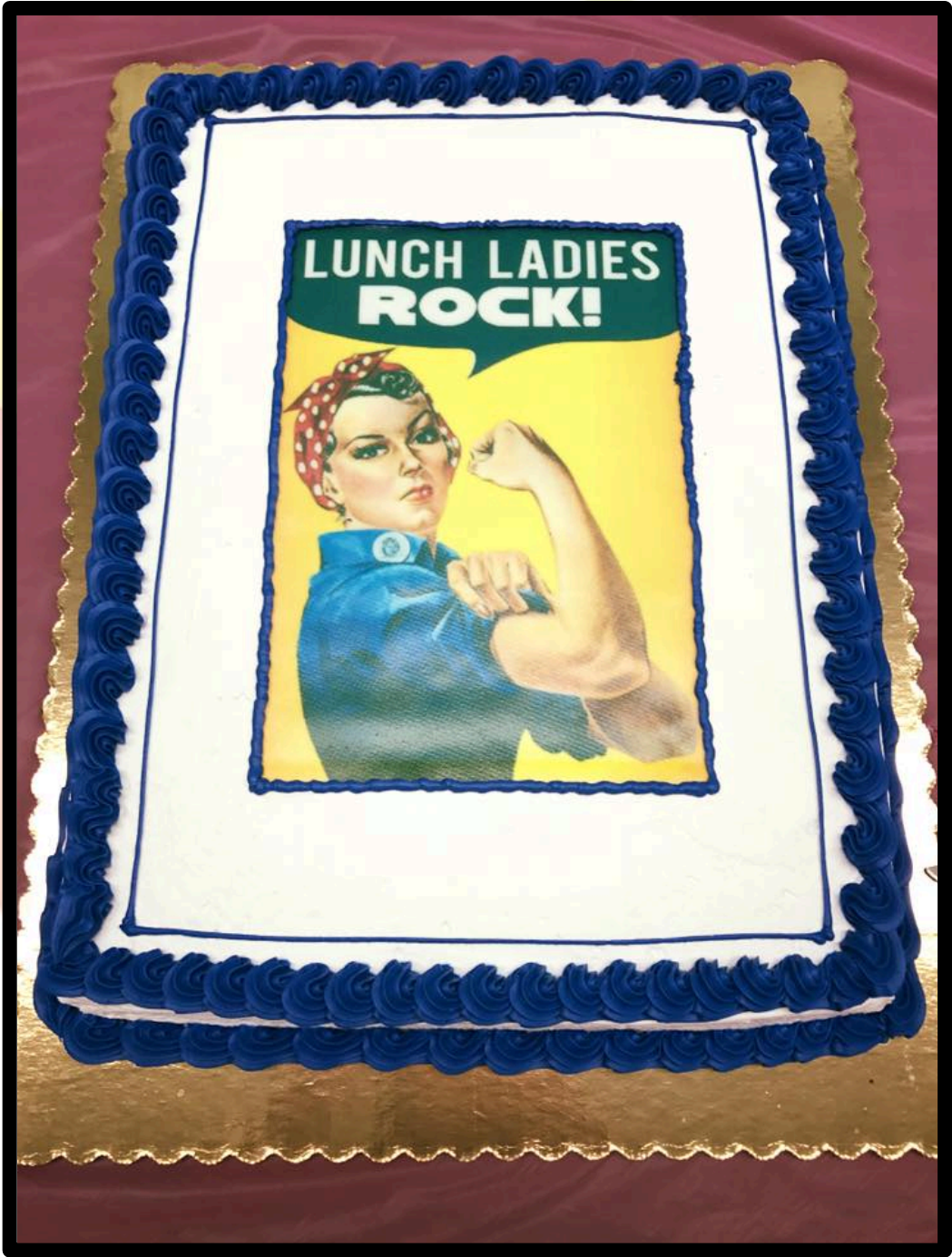
Exercise
Snack
Working out

Drink
Sleep
Deep breathing

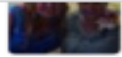
Time off
Exercise and wine!
Treadmill
Shop
Eat right
Food
Read a book

Laughter, working out, garden-
ing, shopping, cooking, pets,
eating, prayer, sharing feelings
with friends, drinking wine,
hunting, crying, reading

Swear jar, batting cages, exercise,
sparring w/son, going out
w/friends, laughing, walking,
genuine smiling, listening to
music



You Care 😊



22 hours ago · Edited

Night everyone !Lunchlady early morning hours begin for me in the A.M.This will be the beginning of year 12 for me.We have to get the kitchen in order and get ready to feed our babies for next Monday. Say a prayer please if you will for all of us in the school system but most especially OUR CHILDREN .Pray with me that God will smile down on us and see that 2014/2015 is a wonderful year for all of us....

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Ann Stockman Gibson Thanks for being there!!

7 hours ago · [Like](#) · [👍 2](#)



Bo Pierce Hope school year 2014-2015 is a good 'un.

3 hours ago · [Like](#) · [👍 1](#)



Paul Prince Hope you have a great year

2 hours ago · [Like](#) · [👍 1](#)



Marsha Wilson Miller Bless ya'll little hearts thank you all...Judy Daniels,what a

You Create Memories!



photos to the album:
Keaton~Student of the Month!

1 hr · 🌐

I lunched at Lamar Elementary with Keaton & Chris



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Always Laugh 😊

