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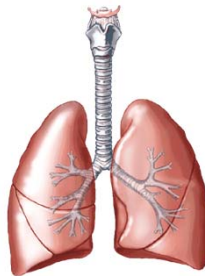
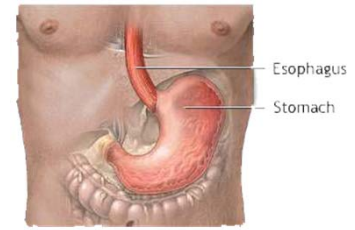
## Stress Quick Quiz

Source: Dr Archibald Hart (1991) 'Adrenalin and Stress'

- 0-10**    **No Stress.** Are you sure that you are alive? What are you doing here?
- 11-20**    **Mild Stress.** You are basically healthy, but occasionally bothered by stressful life events.
- 21-30**    **Moderate Stress.** You should be concerned about your life pressures and how you handle them.
- 31-40**    **Severe Stress.** Your life is out of control and you probably need professional help.
- 41-60**    **Dangerous Stress Levels.** You need immediate help!

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## Stress Can Kill!



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## Key Brain Chemicals

- |                        |          |
|------------------------|----------|
| • <b>Noradrenaline</b> | focus    |
| • <b>Adrenaline</b>    | rush     |
| • <b>Serotonin</b>     | bliss    |
| • <b>Melatonin</b>     | sleep    |
| • <b>Cortisol</b>      | stress   |
| • <b>Dopamine</b>      | pleasure |

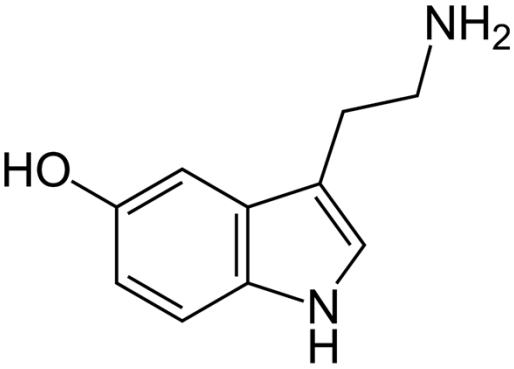


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## Powerful Neurotransmitter

# Serotonin

- Memory
- Appetite
- Mental function
- Mood
- Movement
- Wake sleep cycles



The chemical structure of Serotonin (5-hydroxytryptamine) is shown, consisting of an indole ring system with a hydroxyl group (HO-) at the 5-position and a 2-aminoethyl side chain (-CH<sub>2</sub>-CH<sub>2</sub>-NH<sub>2</sub>).



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## Understanding The Window of Tolerance of Our Nervous System

**Emotional & Physiological Responses**


**Spin Out of Control**

↑

**'The Accelerator'**

**FIGHT OR FLIGHT**

Nervous System is 'OUT OF BALANCE'



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**Window of Tolerance**

**'The Sweet Spot'**

Being **SAFE** and **IN CONTROL** of SELF

Nervous System is 'IN BALANCE'

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↓

**'The Break'**

**Shut Down to Control**

Nervous System is 'OUT OF BALANCE'

**FREEZE & FLOP**



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# Causes of FAMILY STRESS

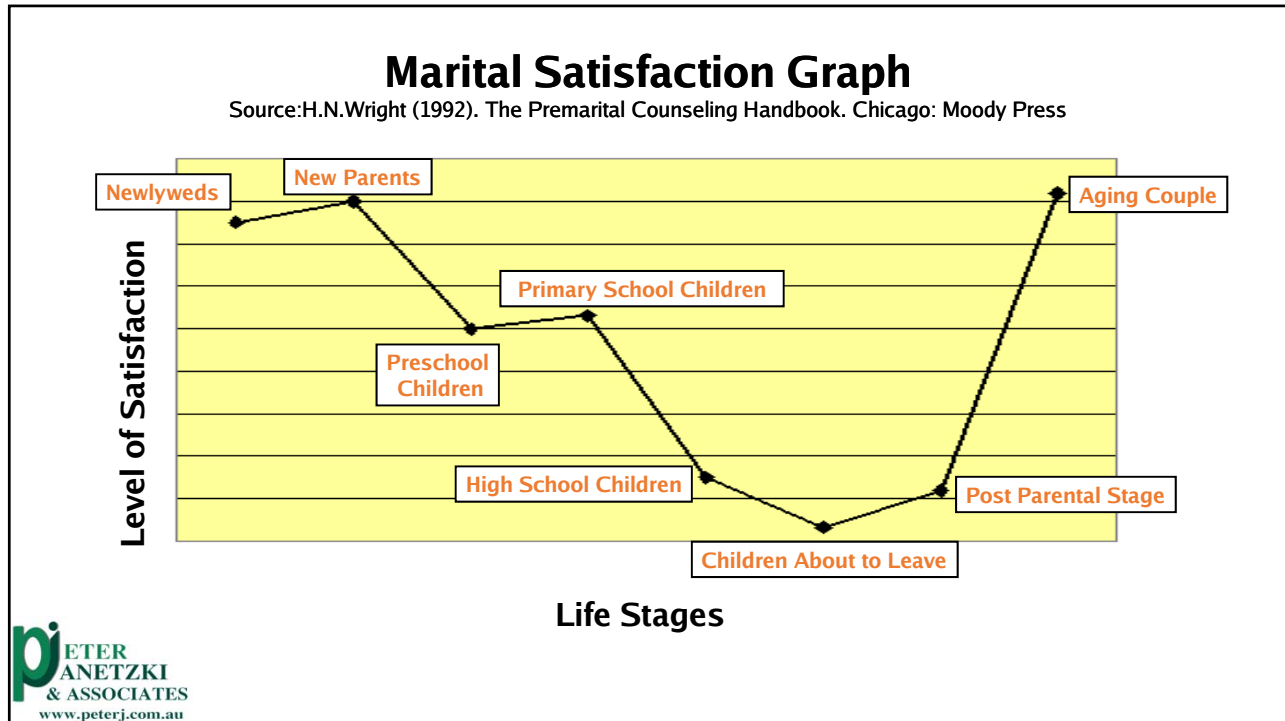
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## Causes of Stress

Stress can result from any thing that:

- \* ANNOYS YOU
- \* THREATENS YOU
- \* PRODS YOU
- \* EXCITES YOU
- \* SCARES YOU
- \* WORRIES YOU
- \* HURRIES YOU
- \* ANGERS YOU
- \* FRUSTRATES YOU
- \* CHALLENGES YOU
- \* CRITICISES YOU
- \* REDUCES YOUR SELF-ESTEEM

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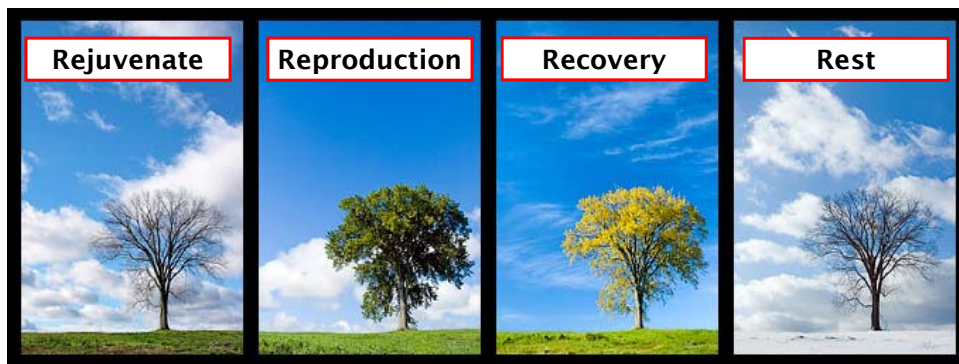
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# The Balance of Life

## Life Balance – The Tempo of Life



## The Tempo of the Seasons

# Living a Sustainable Family Life

## Recovery ≠ Rest & Relaxation

Recovery time allows my adrenal system to return to balance this needs to done daily and weekly and at the end of high demand periods

Adrenal abuse is a significant contributor to mental and physical un-wellness



## The Rhythm of Life

We are hard wired for  
**REGULAR RECOVERY & REST**

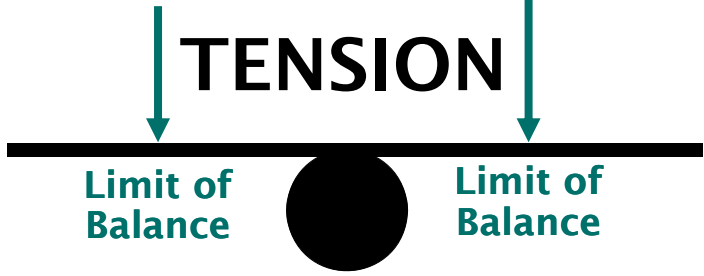


## Rhythm Tips from the Playground



**MANAGING TENSION** is the  
key to staying **BALANCED**





**TENSION**

Limit of Balance      Limit of Balance


To keep it **BALANCED**  
we have to hold the **TENSION**  
by staying within the **LIMITS**

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**THEORY**  
**INTO**  
**PRACTICE**

**TIP #1 - The Tension of Who vs DO!**



**Being clear about how I see myself –  
my self-worth does not come from  
what I DO but WHO I AM!**


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**THEORY INTO PRACTICE**

## TIP #2 - The Tension of Demands vs Resources

**demands**



**resources**

The demands are always greater than the resources

This means that we have to say **NO**, especially to good things, so that we can say **Yes to the best things**


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**THEORY INTO PRACTICE**

## TIP #3 - The Tension of saying NO!

1. Why do I struggle to say NO?
2. How do I say No effectively?



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**THEORY INTO PRACTICE**

**TIP #3 - The Tension of saying NO!**

**6 Nodal Points of Interaction**

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**THEORY INTO PRACTICE**

**TIP #3 - The Tension of saying NO!**

**The saying No strategy**

**For every YES there is a NO!**

**Saying NO gives  
meaning/value/importance  
to my YES**

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**THEORY INTO PRACTICE**

**TIP #4 - Switch OFF!!! to the Demands**




- 1. Yourself** - from work worries & demands
- 2. Technology** - your phone, emails, social media, TV
- 3. Make time to laugh, play & have fun**

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**THEORY INTO PRACTICE**

**TIP #5 - The Tension of saying NO!**

**Set Boundaries & Stick to Them**

**Sleep  
Diet  
Exercise  
Social Interactions  
Technology**



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**THEORY INTO PRACTICE**

**TIP #6 - The Tension of Different Levels of Care**

Care of OTHERS

Care of FAMILY

Care of US

Care of SELF

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**THEORY INTO PRACTICE**

**TIP #7 - The Tension within My Body - Reading the Body Signs**

- do you feel overwhelmed more often than you think you should?
- do you frequently feel worn out at the end of the day?
- do you hang out for the next break and holidays?
- does your body ache, particularly when you stop being busy?
- have you been too busy to call close friends and family members?
- have you lost your sense of humour?

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## TIP #8 - The Tension within My Body - Reading the Body Signs

### Type - A Characteristics

- A high degree of competitiveness
- Easily irritated by delays
- A low tolerance for frustration
- Hard-driving and ambitious
- Highly aggressive
- Easily angered (often have a free-floating hostility)
- Feel guilty when they relax
- Confident on the surface but insecure within
- Speak aggressively, accentuating key words
- A tendency to finish other people's sentences

**STOP IT!**

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### Prayer for Serenity

God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
this sinful world as it is,  
not as I would have it;  
trusting that You will make all things right  
if I surrender to Your will;  
so that I may be reasonable happy in this life  
and supremely happy with You forever in the next.  
Amen.

Reinhold Niebuhr

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