



MARSH & McLENNAN  
AGENCY

COUNT ON US!



# Transform Stress & Increase Resiliency

It's our business  
to be there for you in the

**MOMENTS  
THAT  
MATTER.**

Karla Sohre, M.S.  
Health Management Consultant

7/17/2020

WORLD CLASS. LOCAL TOUCH.

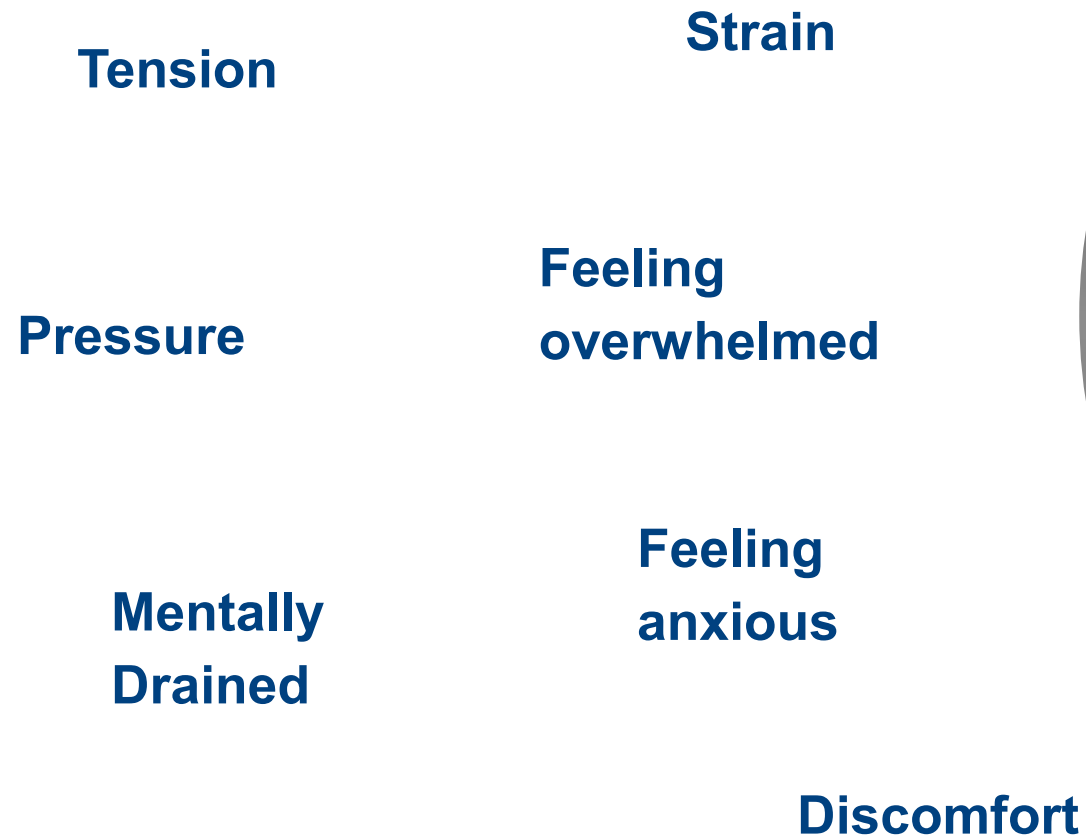
# Agenda

- Understanding Stress & Resilience
- Developing a Resilient Mindset
- Strategies to Boost Your Resiliency
- Resources



# What Is Stress?

*Traditional definition...*



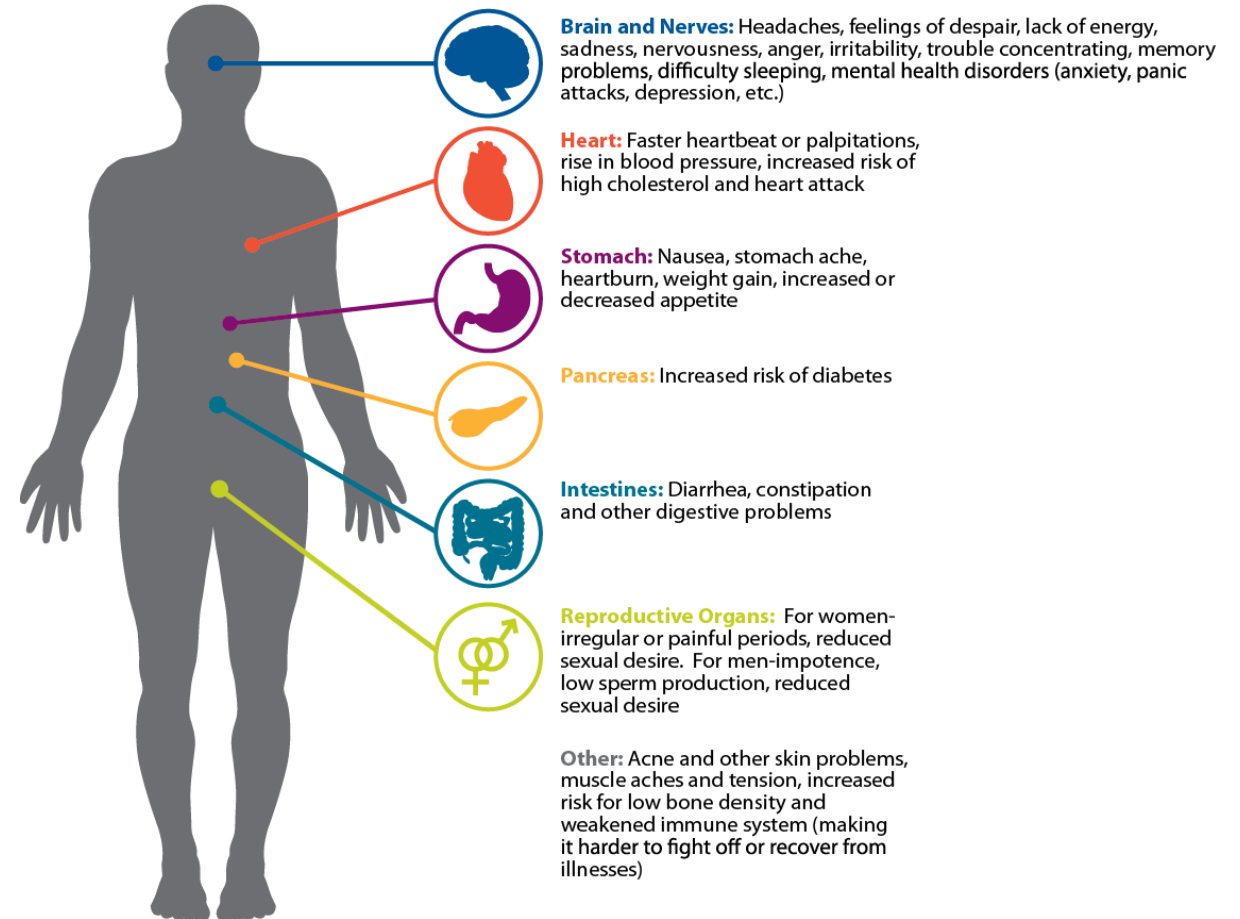
# The Physical Impact of Stress

## Short Term Impact:

### “Fight or Flight” Response

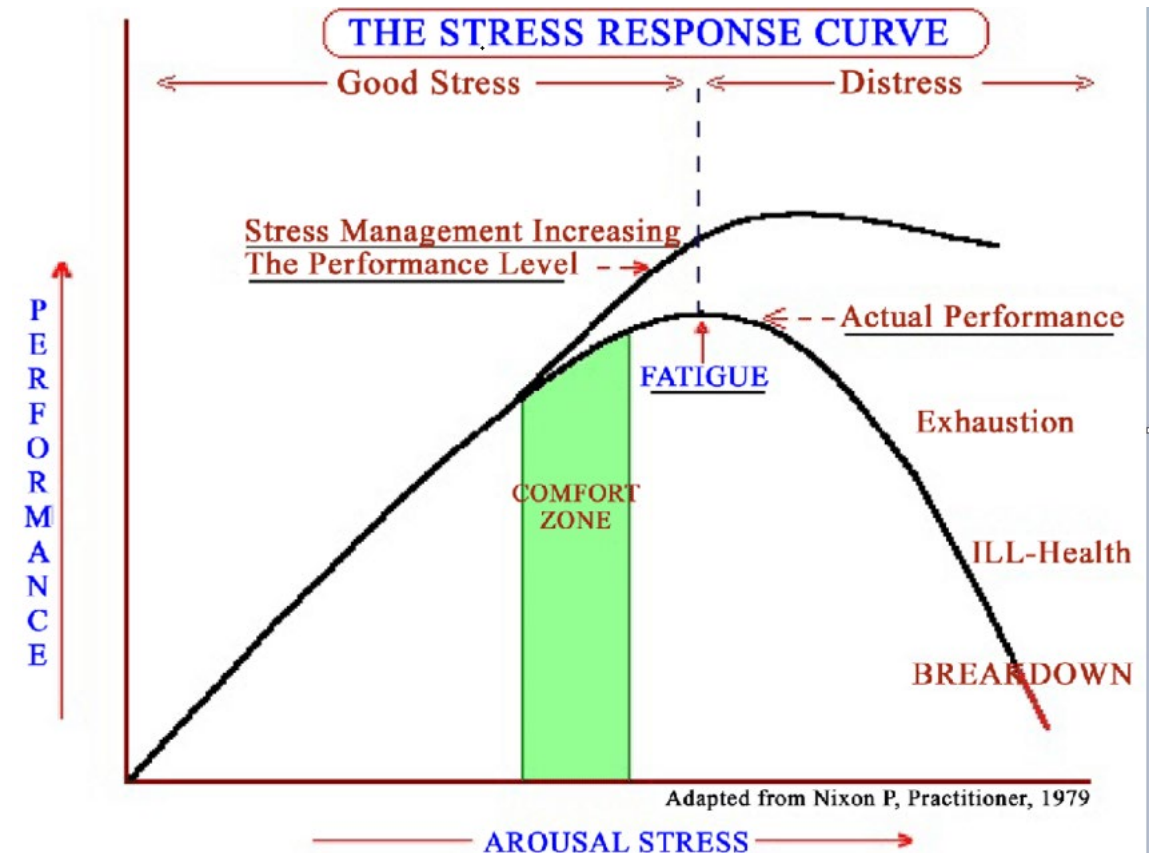
- Heart rate increases
- Muscles tense up and get ready for action
- Breathing becomes fast and shallow
- Pupils dilate
- May begin to sweat
- Adrenaline released
- Blood pressure rises
- Cortisol released to depress the immune system
- Liver releases glucose to provide energy for muscles
- Digestion slows or ceases

## Long Term Impact:



# Is Stress Always Bad?

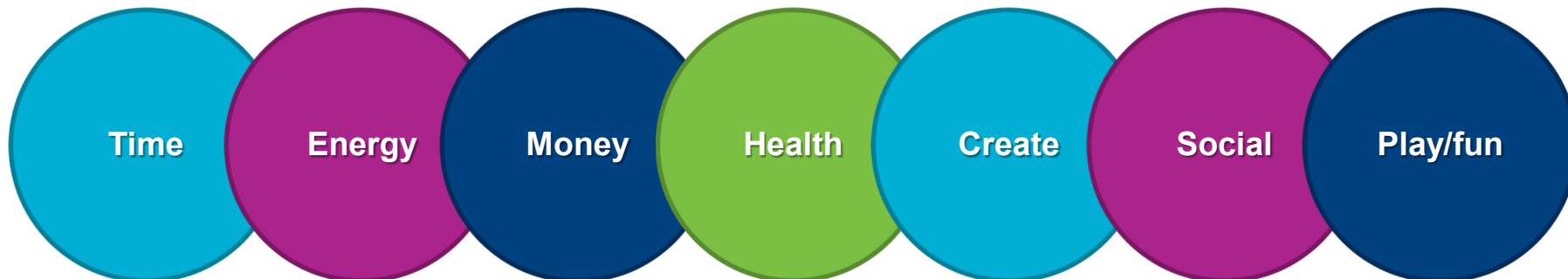
- Stress can enhance our performance
  - Improve our memory
  - Focus our attention
- Can make us stronger
  - Increase muscle strength
  - Improve cardiovascular function
- Can help us learn and grow
  - Help us build mental toughness
  - Strengthen our relationships & appreciate life



# Redefining Stress

## *A new perspective...*

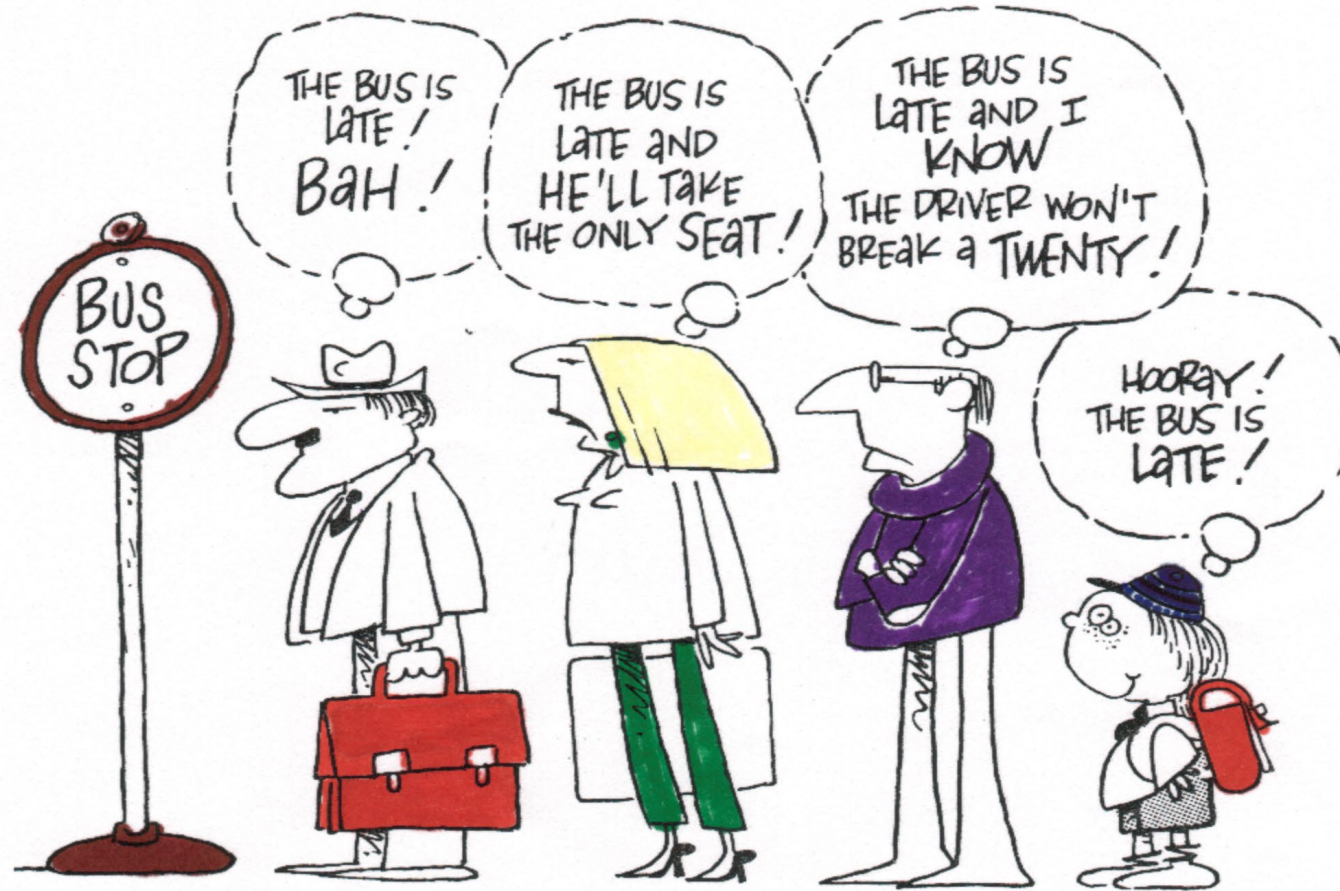
- Stress is information. It tells us when something needs to change.
- Assess, Appreciate, Adjust  
- Dr. Heidi Hanna



# **Resilience and the Resilient Mindset**



## The way we think can influence how we feel





# Characteristics of Individuals Who Thrive Under Stress

Optimistic

View change as  
an opportunity

Adaptable

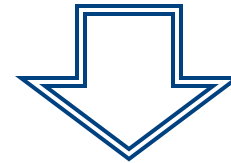
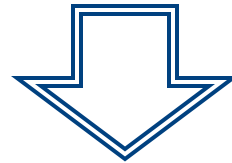
Establish goals

Recognize what they  
can control

Focus on past  
success

Sense of humor

Seek support



Resilient Mindset



# Mindset

Mindset is a state or frame of mind that influences your response. When it comes to stress, it has an impact on the stress response and outcomes such as health and performance under stress.

Three Step Approach to Handling Stress:



# Mindset

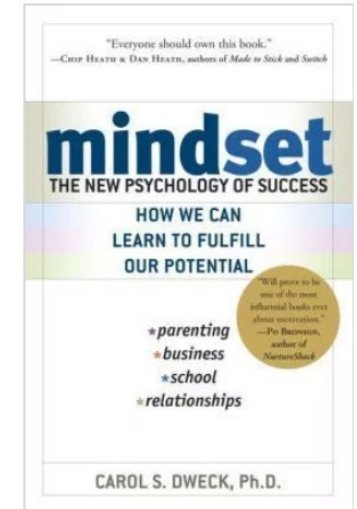
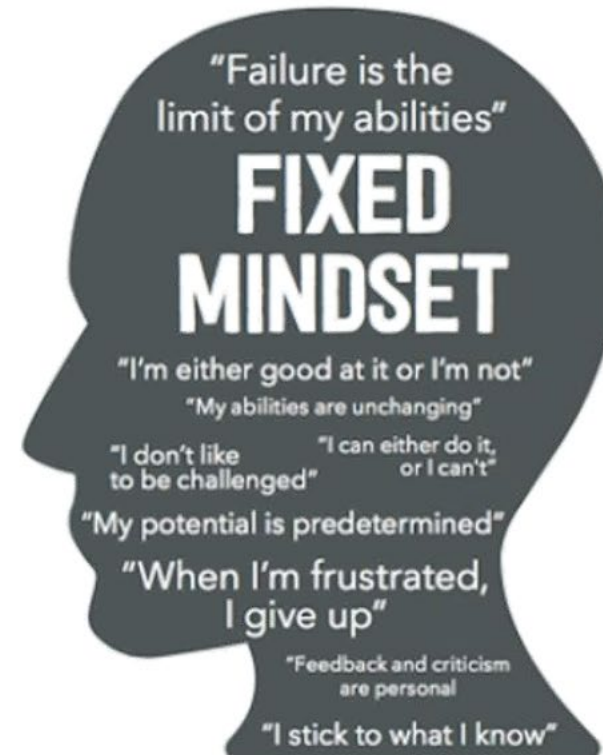
**Think about a time you had substantial personal or professional growth...**

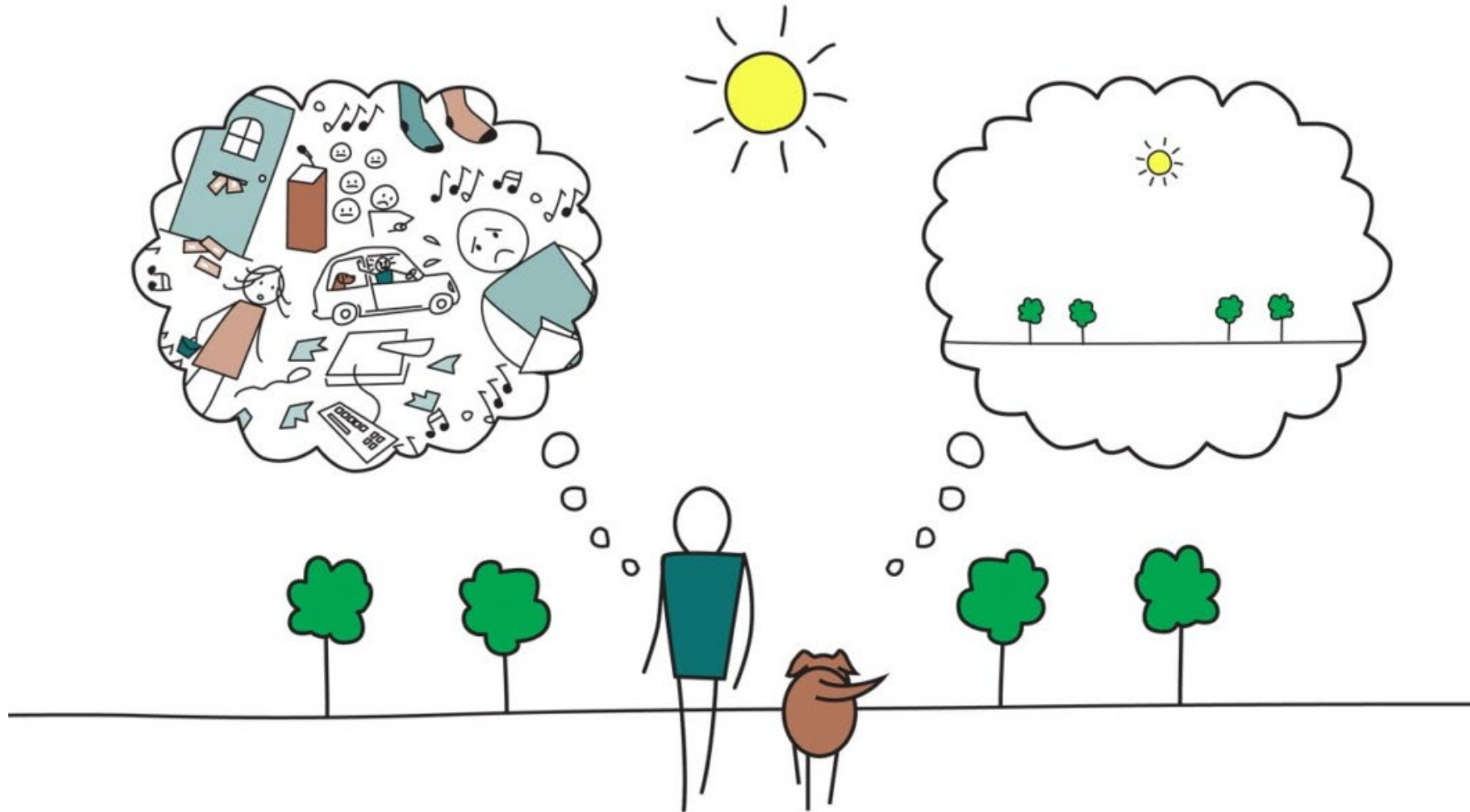
- Did that time involve some stress or struggle?
- Would the same level of growth been possible without the stress or struggle?



# Strategies to Boost Your Resiliency

# Growth Mindset





Mind Full, or Mindful?



# Mindfulness

A technique in which one **focuses** one's full attention **only on the present**, experiencing thoughts, feelings, and sensations but **not judging** them.

## Benefits of Mindfulness

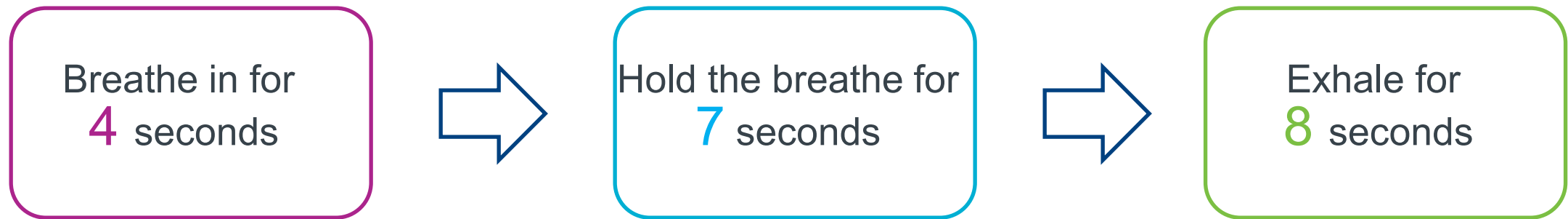
- Helps with regulation of emotions
- Focus on the positive
- Helps relieve stress and help manage anxiety
- Lower blood pressure
- Improve sleep
- Improve social connections
- Become more resilient

## Ways to Be More Mindful

- Meditation/Guided imagery
- Breathing
- Visualization
- Simply pause
- Pay attention & experience the moment with all your senses
- Schedule “Worry Time”

# Deep Breathing Exercise

## 4-7-8 Breathing Technique



**Complete the Cycle 4 Times**



# 5-4-3-2-1

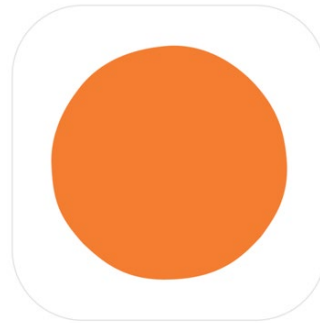
Another mindfulness exercise to help ground you in the present moment.

- 5 Acknowledge FIVE things you see around you.
- 4 Acknowledge FOUR things you can touch around you.
- 3 Acknowledge THREE things you hear around you.
- 2 Acknowledge Two things you can smell around you.
- 1 Acknowledge ONE thing you can taste around you.

# Meditation Apps:



Calm



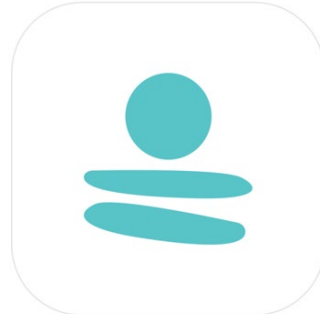
Headspace



Stop, Breathe, Think



Wellsapces



Simple Habit: Meditation

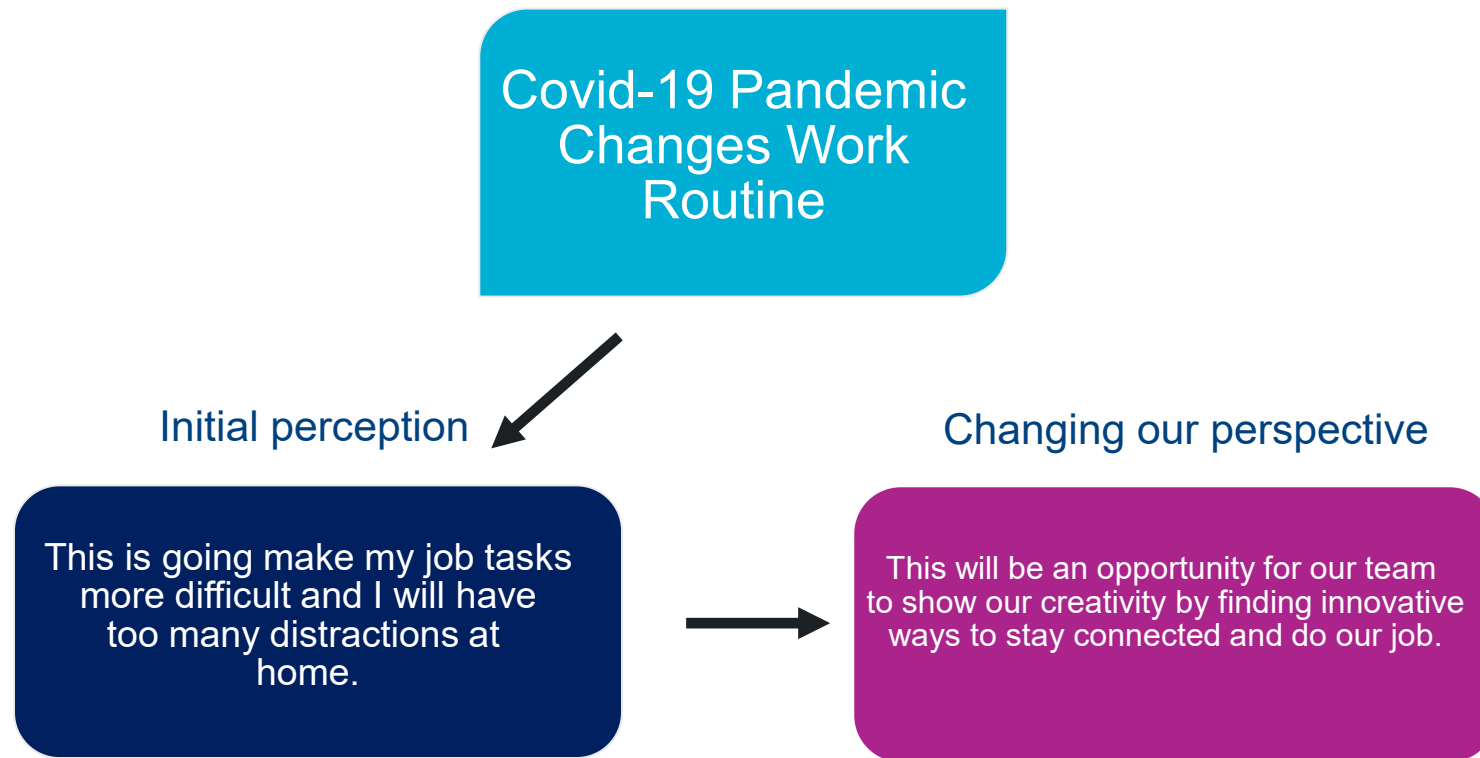


Take A Break – Meditations  
for Stress Relief

# Reframe Your Thoughts

The process of seeing a situation from a different perspective.

---



# Let Go of What You Cannot Control



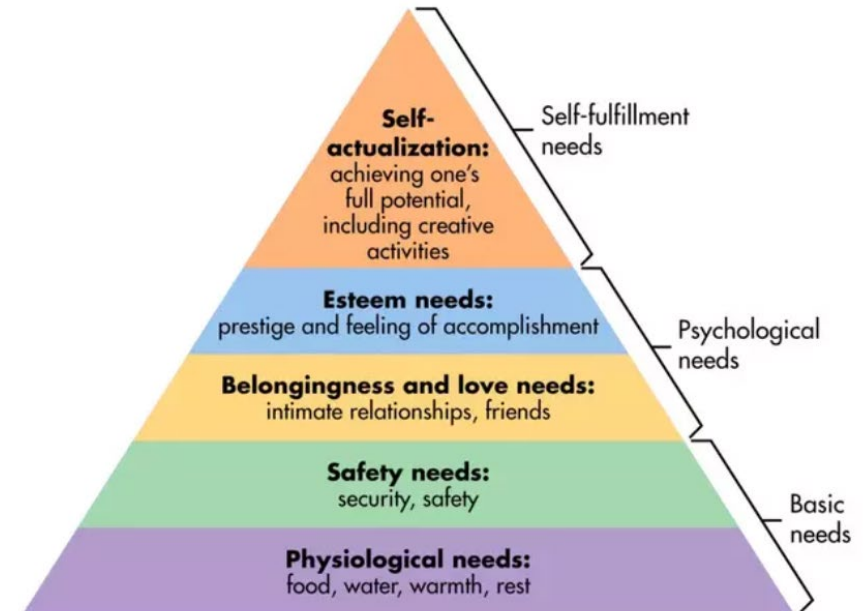


# Social Connections

One of the best predictors of your overall health, happiness and longevity is the quality of your relationships.

Humans are naturally social beings:

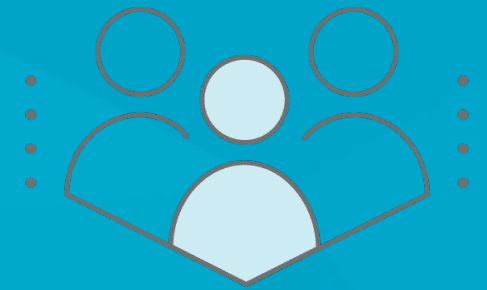
- Feelings of acceptance and being cared for
- Offer support during challenging times
- Keep you from feeling lonely & provide an opportunity to be part of something larger
- Help build self-esteem



Maslow's Hierarchy of Needs Model

# Creating and Maintaining Connections

- Call friends, family, co-workers and neighbors to check in on them
- Create virtual happy hours, dinners and book club
- Start a kindness campaign
- Challenge your friends and family to learn a new hobby
- Take a “socially distanced” walk at the park with a neighbor



“Connection is why we’re here; it is what gives purpose and meaning to our lives”

~Brené Brown



# Gratitude

Gratitude is the state of being **grateful or thankful**. The practice of acknowledging the good things in your life.

## The gift of gratitude:

- Improve sleep
- May enhance immune system function
- Improves relationships and helps develop social connections
- Increases ability to cope with emotional challenges
- Decreases depressive symptoms and increases the feelings of well-being
- Promotes enhanced self-esteem



“Gratitude for the present moment and the fullness of life now is the true prosperity.”

– Eckhart Tolle

# Gratitude in Action

## Ways to practice gratitude:

- Write down one good thing that you experienced each day and put it in a jar. At the end of each month, re-read each note you put in the jar.
- 3 Good Things – For 14 days, write down 3 good things that happen to you each day.
- Write a thank you note to someone who has had a positive impact on your life. Call that person and read the note to them.
- Start a gratitude journal





# Self Care

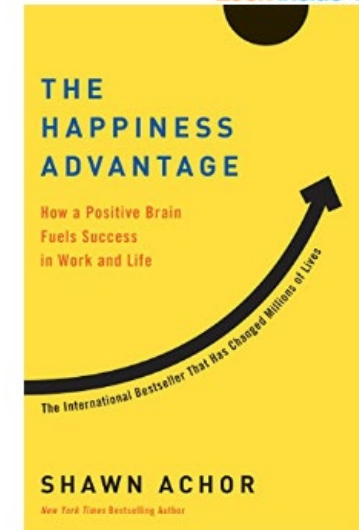
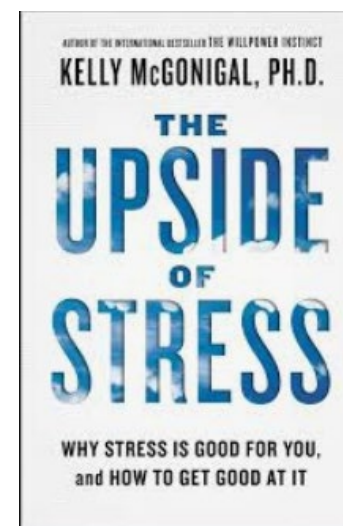
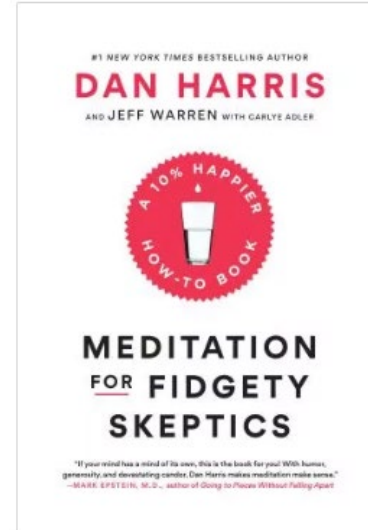
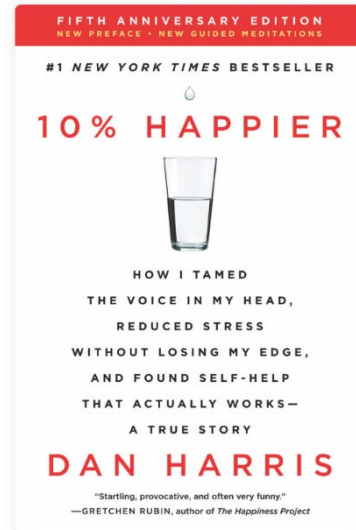
The practice of taking action to **preserve** or improve one's own **health**.

- Get enough sleep
- Fuel your body with proper nutrition
- Move your body
- Take mental breaks during the day
- Unplug & take time to relax
- Experience nature
- Learn a new hobby
- Connect with loved ones
- Set boundaries – say “no” to things you can’t commit to
- Declutter
- Do at least one thing you enjoy doing each day
- Find time to laugh

“Just when you feel you have no time to relax, know that this is the moment you most need to make time to relax.”

— Matt Haig,  
Reasons to Stay Alive

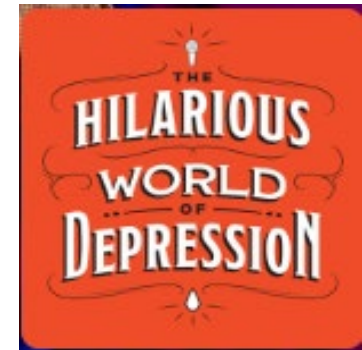
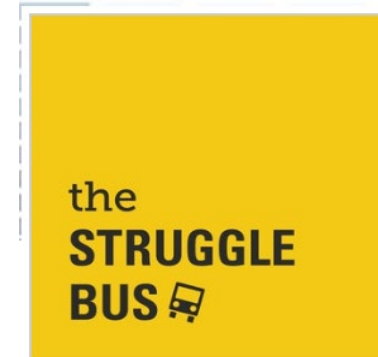
# Resources






# Other Resources

## Podcasts:



## Websites:

- **Greater Good Magazine – Science-Based Insights for a Meaningful Life** - <https://greatergood.berkeley.edu/>
- **American Psychological Association** - <https://www.apa.org/topics/stress/>
- **Bounce Back Project** - <https://www.bouncebackproject.org/>



**Adopting the right attitude can  
convert a negative stress into a  
positive one.**

Hans Selye

**MOCPA Mental Health Resources:** [www.mocpa.org/mental-health](http://www.mocpa.org/mental-health)

**National Suicide Prevention Lifeline:** 1-800-273- TALK (8255)

**Access Crisis Intervention – [Missouri's 24/7 Crisis Lines](#)**

**Hopeline Text Service:** Text “Hopeline” to 741741

