

GUIDELINES FOR STRESS
MANAGEMENT AND
WELL-BEING
ENHANCEMENT

DR. NEAL

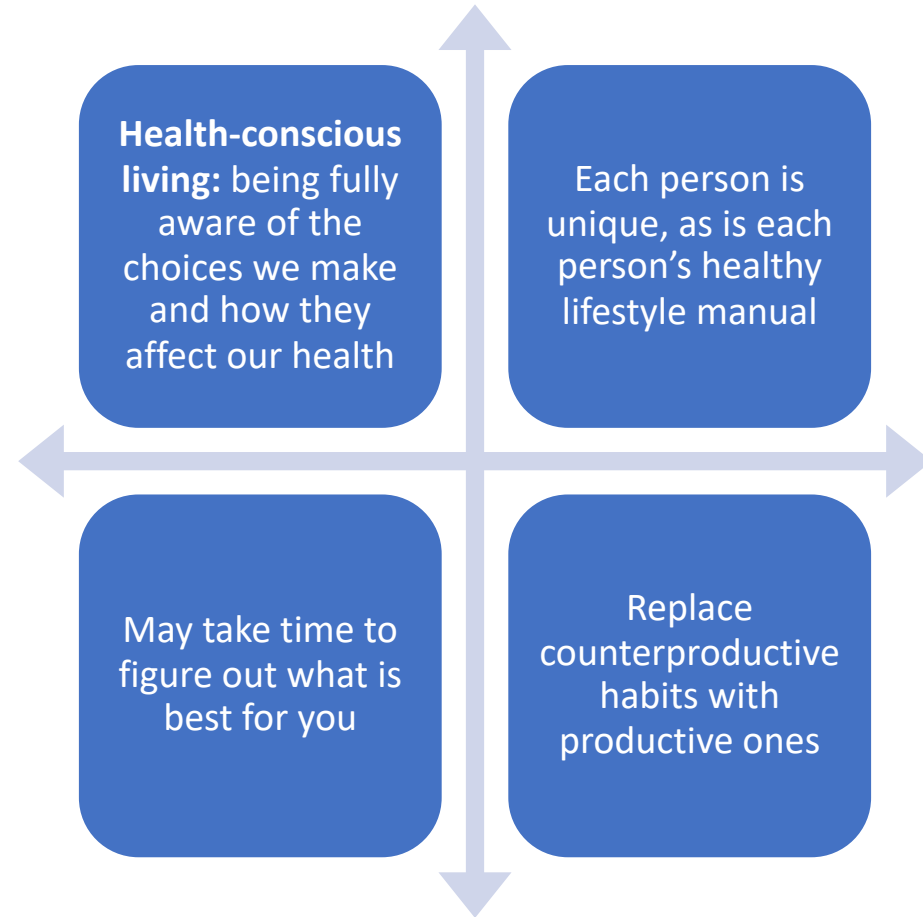
DR. NEAL KINGS' INSTITUTE

Discussion Topics

1. Living a Healthy Lifestyle
2. Use Effective Coping and Self-Regulation Strategies
3. Fostering Positive Relationships
4. Enhancing Happiness and Well-Being

LIVING A
HEALTHY
LIFESTYLE

Living a Healthy Lifestyle



Nutrition

- Follow general dietary principles:
 - Maintain good nutrition: follow Institute of Medicine's Food and Nutrition Board
 - Eat more functional foods: fruits, vegetables, whole grains, etc.
 - Eat less of foods that can harm your health: animal fats, added sugar, alcohol, etc. should be kept to a minimum



Nutrition (cont'd.)

- Reduce excess calorie intake: excess fat is proinflammatory and can cause disease later in life
- Reduce caffeine to reduce the physiological effects of stress
- Give up tobacco use



Physical Exercise



- Numerous health and physiological benefits from exercise
- Do the following to keep fit:
 - Engage in moderate intensity aerobic exercise: 150 minutes of moderate intensity activity or 75 minutes of vigorous activity per week
 - Start a 10,000 step program: use a step counter or pedometer and work up to 10,000 steps per day
 - Engage in light resistance training

Restoration

- Practices for sufficient restoration:
 - Get between 7 and 8 hours of sleep per night: more or less increases mortality and morbidity risks
 - Practice deep relaxation exercises at least 20 minutes twice a day: reduces blood pressure, fatigue, headaches, and more
 - Meditate on God: alternative to deep relaxation exercises
 - Respect the Sabbath (day of rest to connect with God)

USE EFFECTIVE
COPING AND
SELF-REGULATION
STRATEGIES

Use Effective Coping and Self-Regulation Strategies

- **Temperament and personality** affect how we respond to stressors
- **Self-regulation:** set standards and goals and guide yourself towards these goals while maintaining your inner standards
- Core elements of self-regulation:
 - Self-monitor:
 - keep a stress log and record your stress intensity levels three times a day
 - Journal
 - Self-reflect (ideal self vs actual self)
 - Ask someone you trust for feedback

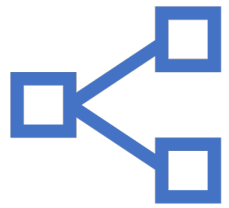
Use Effective Coping and Self-Regulation Strategies (cont'd.)

- Challenge negative thinking:
 - don't exaggerate the obstacles you are facing
- Be flexible when using coping strategies:
 - usually best to use approach coping tools before avoidance coping tools
- Learn how to be a realistic optimist:
 - expect good things to happen while using reality checks
- Manage hostility and anger:
 - damaged personal relationships and linked to CHD
- Get treatment for clinical depression or anxiety

Use Effective Coping and Self-Regulation Strategies (cont'd.)

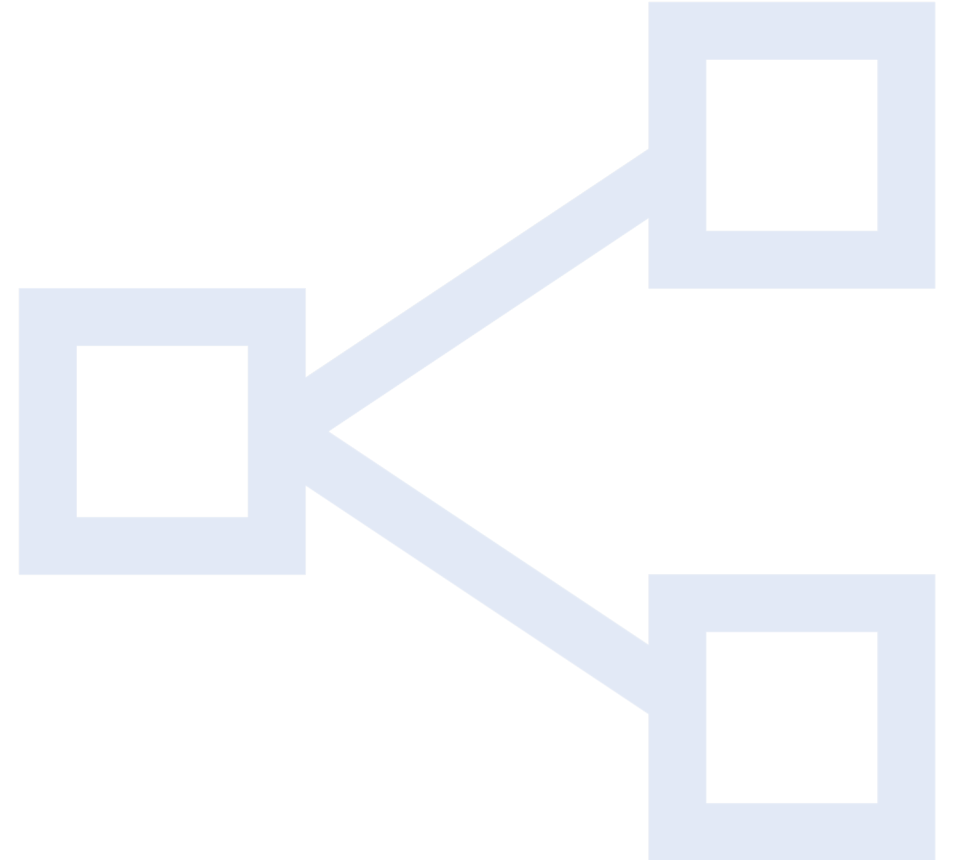
- Deal with work stress and burnout:
 - spend quality time with friends and family, use humor, take vacations, etc.
- Use time management
- Take time for recreation:
 - find out what you enjoy doing, and do it

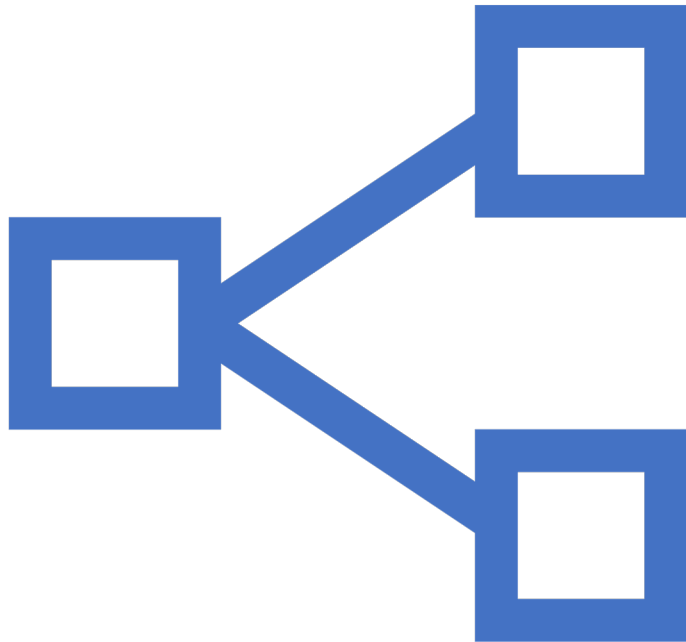
FOSTERING
POSITIVE
RELATIONSHIPS



Fostering Positive Relationships

- Social support is vital to our health and well-being






Fostering Positive Relationships

- Ways to foster positive healthy relationships:
 - Promote good feelings through positive reciprocity
 - recognize others' positive attributions to foster closeness
 - Convey empathy: understand one another to create connection and closeness
 - Use whole clear messages: clean communication to get needs met

Fostering Positive Relationships



- Define boundaries and set limits
- Use minimally effective responses
- keep your response proportional to the event
- Negotiate
- Take time outs and return to an issue with a clear head
- Detriangulate: do not get involved in other people's drama games, and do not pull others into yours
- Express gratitude: promotes good feelings and social relationships

Fostering Positive Relationships (cont'd.)

- Practice forgiveness: reduces negative affect and increases well-being
- Help others
- Allow others to help you: do not be afraid to accept help from friends or reach out to a professional counselor

ENHANCING
HAPPINESS AND
WELL-BEING

The “good life” involves both reducing stress and adding positive feelings

Enhancing Happiness and Well-Being

- We can influence up to 40% of our overall happiness through relationships, exercise, gratitude, etc.

Enhancing Happiness and Well-Being

- Seligman's **authentic happiness**:
 - positive emotion, engagement, and meaning
 - These three concepts form the well-being theory



Enhancing Happiness and Well-Being (cont'd.)

- **Signature strengths:**
 - positive personality characteristics; each person has a unique pattern
 - Learn to use our strengths to apply towards goals
 - How to increase happiness and well-being: Play to your strengths





Enhancing Happiness and Well-Being

- Savor the joys of life: hold on to positive experiences longer to provide more happiness and life satisfaction
- Achieve: set goals and pursue them
- Embrace flow experiences
- Cultivate your meaning and purpose
- Remember, it is never too late to make changes in your life

Summary

- **Health-conscious** living involves being fully aware of how our choices affect our health and taking responsibility for them
- **A healthy lifestyle** involves nutrition, physical exercise, not smoking, restorative sleep, and relaxation/meditation
- **Self-regulation** is the process of setting standards and goals and following them while staying true to your inner standards

Summary

- **Foster positive relationships** for overall well-being
- Identify and use your **signature strengths** to enhance happiness and well-being