

Stress and the Holidays

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WHAT IS OUR CULTURE'S ROLE IN STRESS?







Understanding Stress

The Six Stress Domains



Aspects of Stress

Amount of Stress

Single Event

Many Events

Cumulative Events

Types of Stress

Change

Conflict

Overload

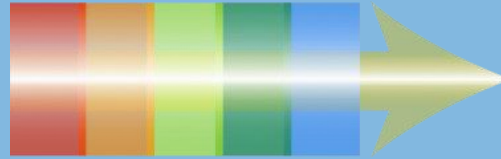
Communication



STRESSOR/EVENT



RESPONSE



*What happens
in between?*

What is Resilience?

Cope - *adapt or get by*

Resilience - *bounce*

back and learn
head on and transform
stress into growth

Thrive - *improve & enliven*



Set-Point



Our baseline for expected happiness or return point after positive or negative experiences

- What do you “settle” for?
- Are you just “getting by”?
- How can you thrive?

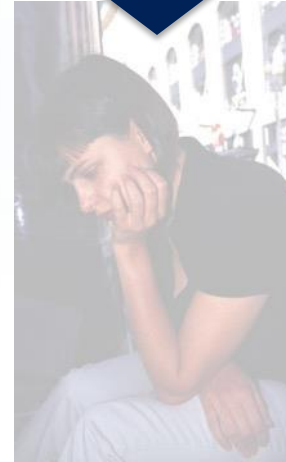


Positive and Negative Coping Cycles



LIFESTYLE

- ☐ Exercise, Diet
- ☐ Rest, Relaxation
- ☐ Substance Use
- ☐ Spirituality, Mindfulness
- ☐ Social Support



Which areas are strengths? Where do you need to work on in your own life?

What positive and negative responses do you use to cope? Where can you improve?



- ☐ Staying Centered
- ☐ Self-Compassion
- ☐ Commitment
- ☐ Confidence
- ☐ Community

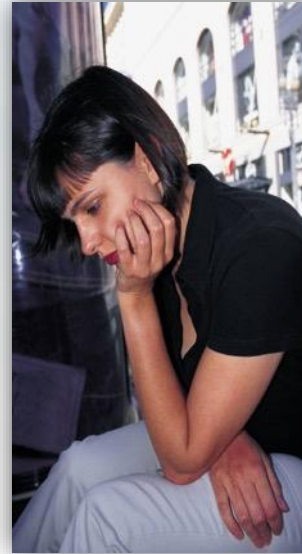
- ☐ Avoidance
- ☐ Attachment & Addiction
- ☐ Over-Aroused

RESPONSE STYLE

The Positive Coping Cycle



1 STRESS/EVENT



2 EVALUATE



3 COPE

EVALUATE

Pause

Breathe + Stop



Examine

1. Step Back
2. Your Values
3. Your Options



Lifestyle



2 EVALUATE



Response Style

3 COPE

1 STRESS



Positive Ways to Cope





The Negative Coping Cycle

- Less effective
- More likely to lower set-point over time

TENSION RELEASE!

2 EVALUATE

1 STRESS



1 Know Your Early Warning Signs



Physical

- ☐ headaches
- ☐ hypertension
- ☐ exhaustion
- ☐ stomach problems



Emotional

- ☐ anxious
- ☐ angry
- ☐ irritable
- ☐ frustrated



Spiritual

- ☐ emptiness
- ☐ alienation
- ☐ lack of meaning



Social

- ☐ lonely/withdrawn
- ☐ grouchy
- ☐ impulsive
- ☐ critical/hostile



Cognitive

- ☐ concentration
- ☐ inattention
- ☐ impaired reason

2

Identify and Manage

3

Fail to Address - Occupational Effects



Less Engaged



Less Cooperative



Less Conscientious



Burn-Out



Withdrawn/
Depressed

GET
HELP



Later Warning Signs

1. Irritability
2. Crying a lot
3. “Shutting down”
4. Uncontrolled anger
5. Changes in sleep habits
6. Changes in eating habits
7. Increased use of alcohol/other drugs
8. Fighting w/family, friends, coworkers
9. Feeling down often
10. Difficulty concentrating; distracted; “in a fog”

How many of these have you had in the past month?

How many should one have before it's time to get help?



Pause

Breathe + Stop +
Evaluate



Event



Reaction

Judge + Emotion

A close-up photograph of a person's hand gently holding a small green seedling with four leaves. The seedling is growing out of a mound of dark brown soil. The background is a clear blue sky with some light clouds. The image is positioned on the left side of the slide, partially overlapping the purple title box.

A Step Towards Resiliency Exercise

1. **STRESS AREA.** What area of your life has stress?
2. **YOUR RESPONSE.** How can you respond better?
3. **GOAL.** What goal, intention, or affirmation will work?
4. **A STEP.** What specific step can you commit to?
5. **INFUSE.** Infuse your affirmation with relaxation.

GOAL SETTING FOR STRESS



1-STRESSOR

2-POSITIVE COPING

3-SPECIFIC GOAL

4-FIRST STEP

Describe a current problem that is causing you to feel stress.

List one or two effective ways that you might cope with the situation.

If you used this coping tool what goal would you achieve that addresses the stressor?

What specific action can you take to achieve that goal; WHEN? WHERE? HOW?

Exercise

Can You Focus on the Positive?

Life is not only about stress, difficult situations, or negative factors.

There are **positive** things that are happening around us all the time. Little things that we can be grateful for, opportunities for forgiveness, or chances to be helpful.

It makes a big difference in our life when we can tune in to these “**uplifts**”

A person in a dark dress stands on a beach at sunset, with their arms raised high and a sheer fabric flowing in the air. The background shows the ocean and a warm, golden sky.

Uplifts Exercise

Relaxation

Setting Your Intention For Positive Coping

Takeaways

- **How we respond to stress impacts us**
- **Pause before you respond**
- **Seek positive coping styles**
- **Try to raise your “set point”**
- **Infuse relaxation with your intentions**

Thank you!

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