

Tired & Burned Out?

Tools to Restore Health & Vitality

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Peak Moments...

What happens the rest of the time?

STRESS

Stress

Fight or Flight

Effects of Stress

On Body	On Thoughts/Emotions	On Behavior
Headache	Anxiety	Overeating / loss of appetite
Chest pain	Restlessness	Decreased anger control
Pounding heart	Worrying	Increased use of drugs & alcohol
High blood pressure	Irritability	Increased smoking
Shortness of breath	Depression	Withdrawal or isolation
Muscle aches – neck, back	Sadness	Crying spells
Clenched jaws	Anger	Changes in close relationships
Grinding teeth	Mood swings	Job dissatisfaction
Tight, dry throat	Feelings of insecurity	Decreased productivity
Indigestion	Lack of concentration	Burnout
Constipation or diarrhea	Confusion	
Stomach cramping or bloating	Forgetfulness	
Increased perspiration, often causing cold, sweaty hands	Resentment	
Fatigue	Tend to blame others	
Insomnia	Guilt	
Weight gain or loss	Tend to see only negative aspects of people & situation	
Diminished sex drive		
Skin problems, hives		

Mayo Clinic. Available at: www.mayoclinic.com. Search "Health", "Stress"

Recognize Warning Signs

- Loss of focus and mental clarity
- Lack of ability to relax and sleep well
- Loss of self esteem or confidence
- Feeling tired and on edge
- Struggle to motivate self and others

Evidence that physiology is imbalanced
Unmanaged little stresses = most damage

The Stress Zone

- Stress is almost always an *emotional reaction* to a situation.
- Stress impacts your ability to think clearly, respond appropriately and perform at your best.
- Your stress level directly impacts how you feel at the end of the day, your health and your relationships.

A.N.S.

Sympathetic Pathway—Accelerator
High Effort
Adrenaline



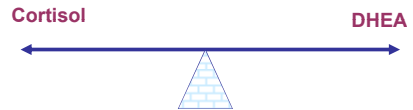
Parasympathetic Pathway—Brake
Low Effort/relaxation
Acetylcholine

2 Simple Steps

- **Acknowledge reaction**
 - Change your focus
- **Breathe**
 - Slow, deep, even breaths

Transforming Stress by HeartMath®

Hormonal System

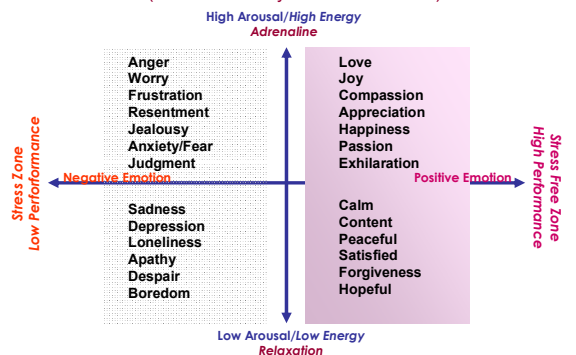


Chronic High Cortisol: Low DHEA

- Accelerated aging (Kerr et al., 1991; Namiki, 1994)
- Brain cell death (Kerr et al., 1991; Sapolsky, 1992)
- Impaired memory and learning (Kerr et al., 1991; Sapolsky, 1992)
- Decreased bone density; increased osteoporosis (Manolagas, 1979)
- Reduced muscle mass (Beme, 1993)
- Reduced skin growth and regeneration (Beme, 1993)
- Impaired immune function (Hiemke, 1994)
- Increased blood sugar (DeFeo, 1989)
- Increased fat accumulation around waist / hips (Marin, 1992)

Your Emotional Landscape

(Which side do you want to be on?)



3 Simple Steps

- **Acknowledge reaction**
 - Change your focus
- **Breathe**
 - Slow, deep, even breaths

Now add...

- **Appreciate**
 - People, places, achievements

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Emotions Drive Perceptions



- Anger
 - Hate
 - Resentment
 - Jealousy
 - Frustration
 - Worry
 - Sadness
 - Depression
 - Apathy
- Love
 - Joy
 - Excitement
 - Passion
 - Motivated
 - Happiness
 - Contentment
 - Calm
 - Peace

• Our emotions drive our perceptions and change our internal chemical reactions.

- **Negative** emotions = **Aging & Disease**
 - **Positive** emotions = **Energy & Vitality**
- You have a choice!**

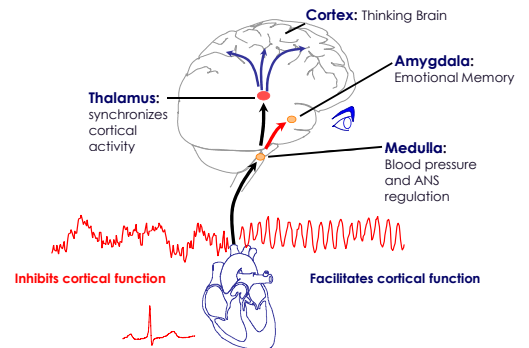
Job Strain and Risk of Acute Recurrent Coronary Heart Disease Events

Workplace stress is as bad for your heart as smoking and high cholesterol.

JAMA. 2007;298:1652-1660.

Corine Aboa-Eboule, MD, PhD; Chantal Brisson, PhD; Elizabeth Maunsell, PhD; Benoît Masse, PhD; Renée Bourbonnais, PhD; Michel Vézina, MD, MPH; Alain Milot, MD, MSc; Pierre Thérioux, MD; Gilles R. Dagenais, MD

Instant Messaging System



The Power of Positive Emotions

- Increased longevity (*Danner et al., 2001*)
- Reduced morbidity (*Goldman et al, 1996; Russek & Schwartz, 1997*)
- Increased cognitive flexibility (*Ashby et al., 1999*)
- Improved memory (*Isen et al., 1978*)
- Improved decision making (*Carnevale & Isen, 1986*)
- Increased creativity and innovative problem solving (*Isen et al., 1987*)
- Improved job performance & achievement (*Wright & Staw, 1994; Staw et al., 1994*)
- Improved clinical problem solving (*Estrada et al., 1997*)



Change Your Reactions

- **In Three Steps:**
 - **Acknowledge / Focus**
 - **Breathe**
 - **Appreciate**



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Biggest Barrier = Change

- Not easy
- Awkward
- Uncomfortable
- Won't want to
- Isn't perfect or pretty
- Occurs in stages – enjoy the journey!



Want the Benefits?

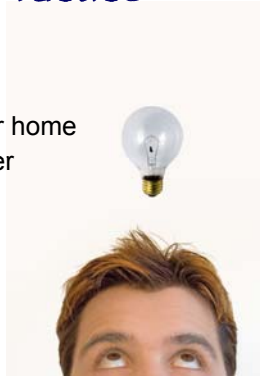
- Create a plan and...
- Practice
- Practice
- Practice



- It does not take extra time - just intention
- The more you practice < greater benefits

Ideas for Practice

- Wake up
- Get in or out of the car
- Get to or leave work or home
- Breakfast, lunch, dinner
- When you get home
- When phone rings
- Start your computer/tv
- Go to bed



"The greatest mistake you can make in life is to be continually fearing that you will make one."
- Elbert Hubbard

CELEBRATE your successes &
FORGIVE yourself for your mistakes

