

Stress Reduction Kit



**Bang
Head
Here**

Directions:

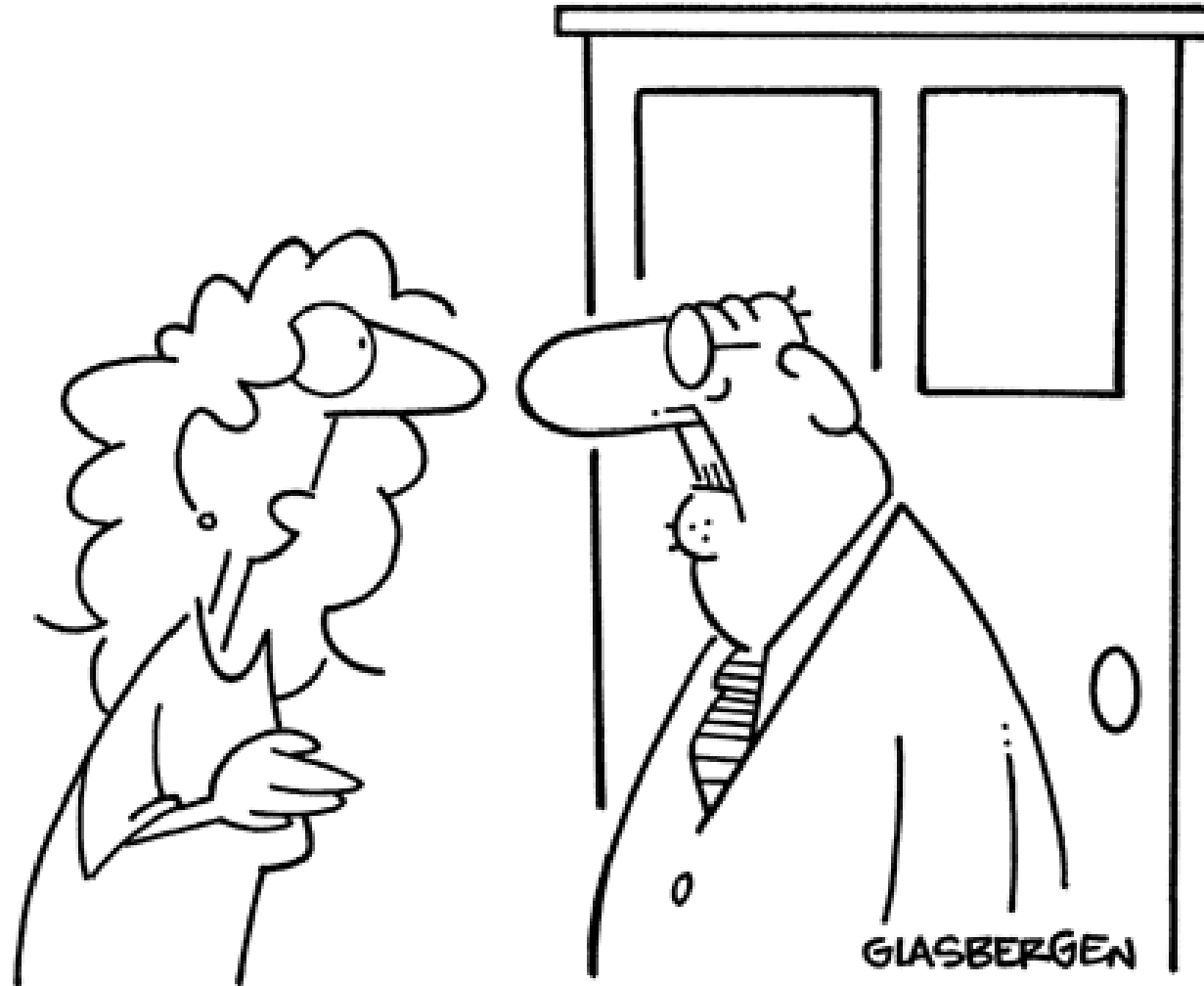
- 1. Place kit on FIRM surface.**
- 2. Follow directions in circle of kit.**
- 3. Repeat step 2 as necessary, or until unconscious.**
- 4. If unconscious, cease stress reduction activity.**



**** 44% of all Long Term Disability claims by teachers are stress related. This is 3-4 times that of the general public**

**** Did you know that one third of all teachers starting to teach today will leave the teaching profession within five years?**

**** Did you know that teaching is the 4th most stressful profession?**



**“Honey, when you left for school this morning,
you were a happy, enthusiastic, vibrant 25 year old!
Do you want to talk about it?”**

The Role of Activity and Relaxation in Stress Reduction

Physical activity improves brain
function.....really

It kinda like reboots the brain!

What is stress?

- Social Stress
- Physical Stress
- Metabolic Stress
- Mental Stress
- Psychological/
Physiological

Too much for too long...

- Anxiety
- Depression
- High blood pressure
- Heart problems
- Cancer
- Tear down structure of the brain

Smoking vs stress = same

NEVER RAISE YOUR
HAND TO A CHILD.
IF YOU DO YOU LEAVE
YOUR GROIN
UNPROTECTED.



Mike Moore

www.motivationalplus.com

Responding to Stress

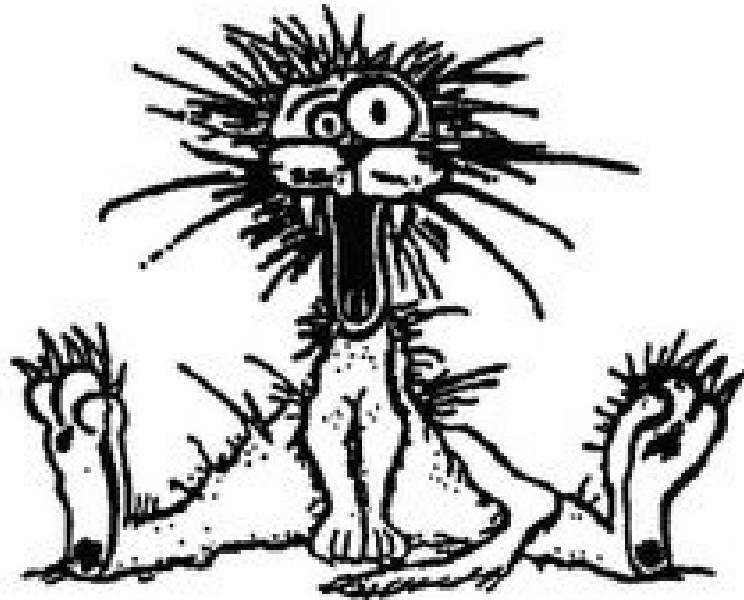
How we respond is determined by

- Genetic Background
- Personal Experience
- *Fight or flight response*

“Chronic stress results from the brain getting locked into the same pattern, typically one marked by pessimism, fear, and retreat.”

p. 60 (Ratey, 2008)

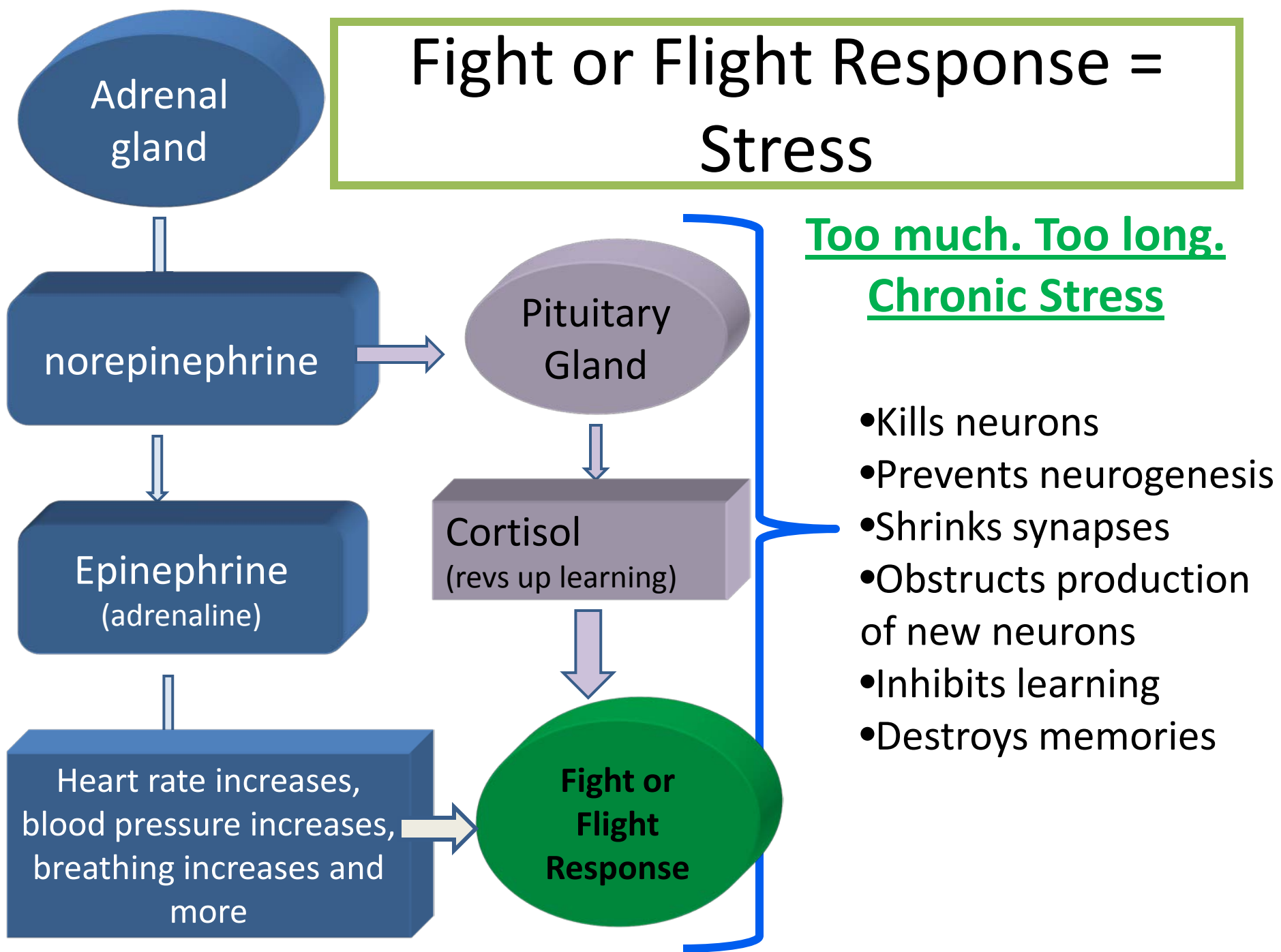
Fight or Flight Response



"STRESS"

THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !

Fight or Flight Response = Stress



Too much. Too long. Chronic Stress

- Kills neurons
- Prevents neurogenesis
- Shrinks synapses
- Obstructs production of new neurons
- Inhibits learning
- Destroys memories

Epinephrine
(adrenaline)
Norepinephrine
Cortisol



“Cause brain damage
in the very tissues
most likely to help
your children pass
their SATs

EXERCISE



Protects the
Brain!
Keeps neurons alive
and growing in the
presence of too
many stress
hormones

BDNF: Brain Derived Neurotrophis Factor or Miracle Gro for the brain

The Brain's Response to Exercise

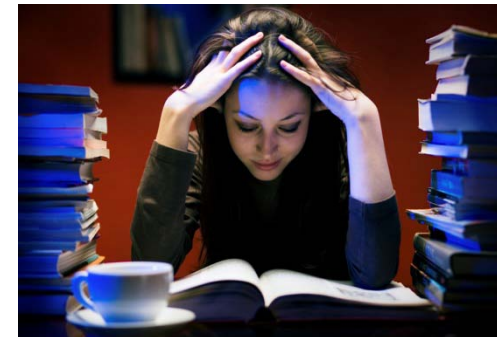
- Neurons in the brain are like branches – exercise cause those branches to grow and produce more branches.
- During exercise neurons get broken down and built back up.
 - ***Each time this happens they get stronger just like muscles.***
- Brain responds like muscles do... growing with use and atrophying with inactivity.
- The brain become more resilient to stressors.....

Stress sparks brain growth



Exercise controls the emotional and physical feelings of stress..... p. 60 (Ratey, 2008)

Moving produces proteins that travel to the brain where they play ***pivotal roles*** in some of our ***highest thought processes***.



“Cause brain
damage in the very
tissues most likely
to help your
children pass their
SATs

OR

**Produce proteins
that help you to
learn**

BDNF and HGH

Stress

or

Activity

Research

- “In October of 2000 researchers from Duke University made the New York Times with a study showing that exercise is better than sertraline (Zoloft) at treating depression.

p. 7 (Ratey, 2008)

Which Activity is the Best?

The better your fitness level the better your brain works..... If you get your body in shape the brain will follow

(Ratey, p. 247)


Heart Rate Zone Chart

Age	Max heart rate	min target 60 sec	max target 60 sec	min target 10 sec	max target 10 sec
15	205	103	174	17	29
20	200	100	170	17	28
25	195	98	166	17	28
30	190	95	162	16	27
35	185	93	157	16	26
40	180	90	153	15	26
45	175	88	149	15	25
50	170	85	145	15	24
55	165	83	140	14	23
60	160	80	136	13	23
65	155	78	132	13	22
70	150	75	128	13	21
75	145	73	123	12	21

Heart Rate and Stress Reduction

50%-60%

Burning fat
Production of serotonin
Optimism
Focus
motivation



65%-75%

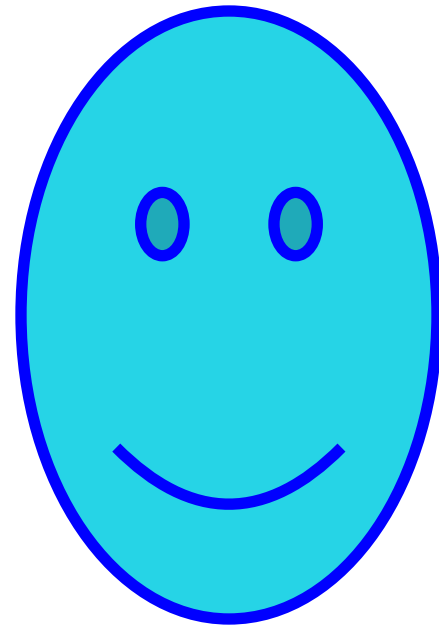
Fat and glucose burning
Constant damage and repair of cells
Increased neurogenesis
Increase of antioxidants produced (brain cleaners)
Increase in cortisol (learning)
Increase in BDNF
↓ emotional stress
anxiety
↑ pain blunting hormones (endorphins)

75%-90%

High intensity
Full state of emergency
Aerobic to Anaerobic
Increase of HGH (human growth hormone)
Burns belly fat
Best stimulator of neuron growth
Runners high
↑ Increase in learning
BDNF

Can you increase your
heart rate
by JUST walking?

YES



Walking as little as three hours a week has a cardiovascular benefits. Causes an increase in BDNF.

GIVE ME "B" GIVE ME A "D"
GIVE ME A "N" GIVE ME AN "F"

WHAT DOES THAT SPELL

STRESS RELIEF!

**HOW DO YOU INHANCE WALKING
TO GET THE MOST STRESS RELIEF?**

Let's See – Shall we...

- Get up and walk to the teachers lounge?
- Shall we walk the halls?
- Shall we walk down to the cafeteria and get something to eat?
- Shall we walk around the gym during class or lunch?

- How about escaping and going green?

What is Green Exercise?

PHYSICAL ACTIVITY

Known to have positive effects on physical and mental health

EXPOSURE TO NATURE

Known to have positive effects on mental health

GREEN EXERCISE

To what extent does physical activity in the presence of green space affect physical and mental well-being?

What is Green Exercise?

- Participating in physical activity resulting in positive outcomes for both physical and mental health.
- It is simply exercising with nature...
- **'A Dose of Nature'**



"For the first time in the scientific literature, we have been able to show dose-response relationships for the positive effects of nature on human mental health."

Science Daily (May 21, 2010)

Just five minutes of exercise in a park, working in a backyard garden, on a nature trail, or other green space will benefit mental health.

Key Findings

- 1. Improvement of psychological well-being** (by enhancing mood and self-esteem, whilst reducing feelings of anger, confusion, depression and tension)
- 2. Generation of physical health benefits** (by reducing blood pressure and burning calories)
- 3. Facilitation of social networking and connectivity** (by enhancing social capital).

What happens.....

- 3 out of 4 people feel less depressed, tense and angry after participating in a form of green exercise
- 2 out of 3 people experience an overall improvement in their level of mood
- Almost two thirds of people report improved levels of self-esteem

In Doors vs Out Doors?

J. Thompson Coon, K. Boddy, K. Stein, R. Whear, J. Barton, M. H. Depledge. ***Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors? A Systematic Review.*** 2011

Conclusions

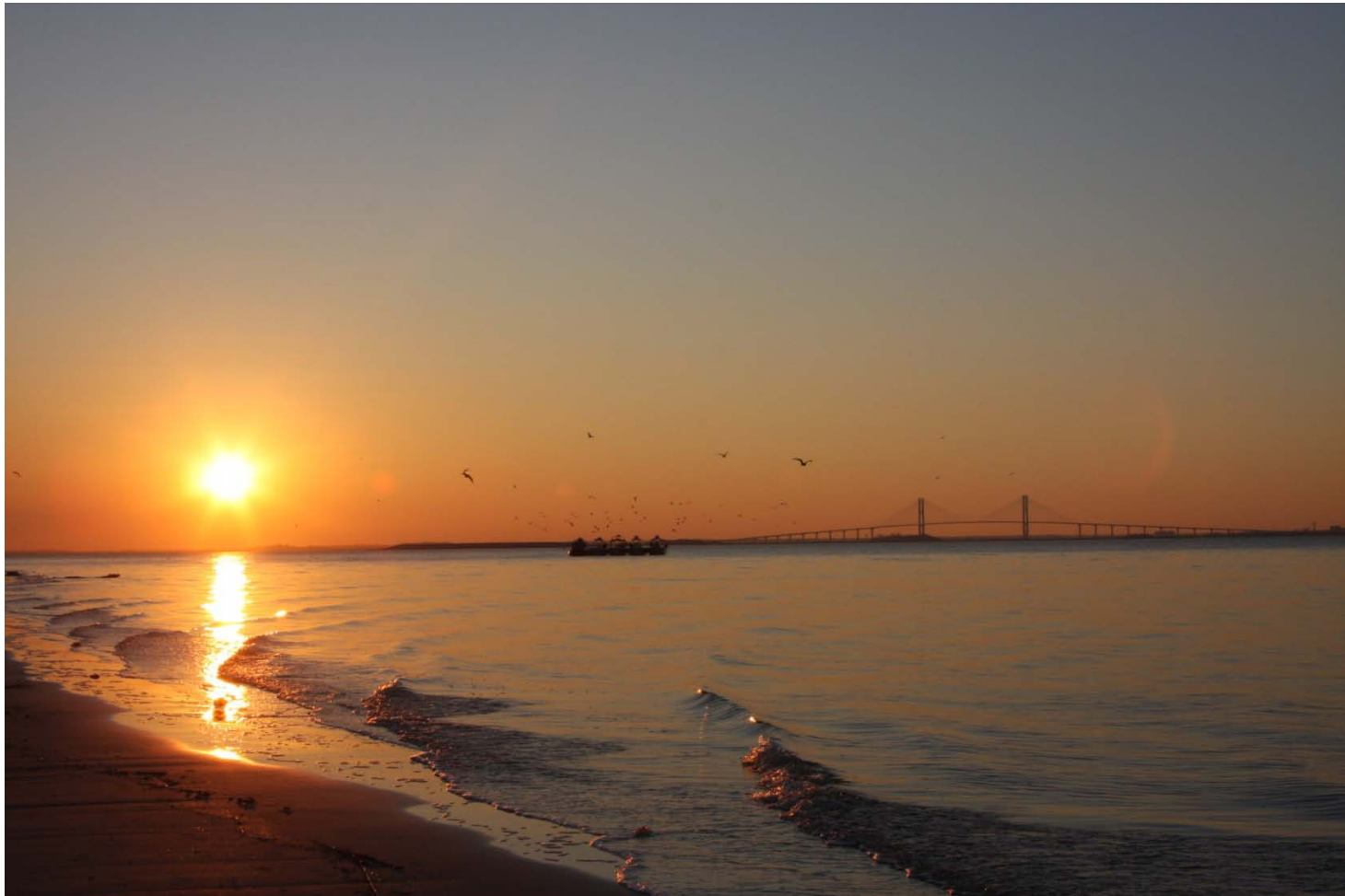
- Comparing exercising indoors and exercising in natural environment

Natural environment produced:

- **Greater feelings of revitalization and positive engagement**
- **Decreases in tension, confusion, anger**
- **Depression decreased**
- **Increased energy**
- **Self-reported mental wellbeing**

Please
Go Green

Get Outside and Reap the
Rewards of Activity and Nature
to Relieve Stress



Need help now?



STRESS CAUSES US TO REVEAL,
TO THE WORLD, A SELF WE'D
RATHER KEEP HIDDEN.



Need help now?

- Quick things to do to help stress.....
 - Say no more often
 - Be selfish
 - Shut the door Put something to block the little window.....
 - Turn off your phone (both phones)
 - Turn off the computer
 - Shut off the light
 - **NOW – LET'S BREATHE**