



“When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.” – Peter Marshall

CHAP Weekly Update

June 19, 2020

Stress

Out of Control Stress Wheel

We all know stress. Good stress, bad stress--it all makes us grow as humans.

Chronic stress is a problem; the body never goes into the relaxation response.

The body has an acute stress reaction: stress hormones flood the blood and brain, allowing us to act quickly and decisively. This is the “fight-or-flight” reaction. When the acute stress is gone, the body releases relaxation hormones which calm everything back down.

Stress Response

Relaxation Response



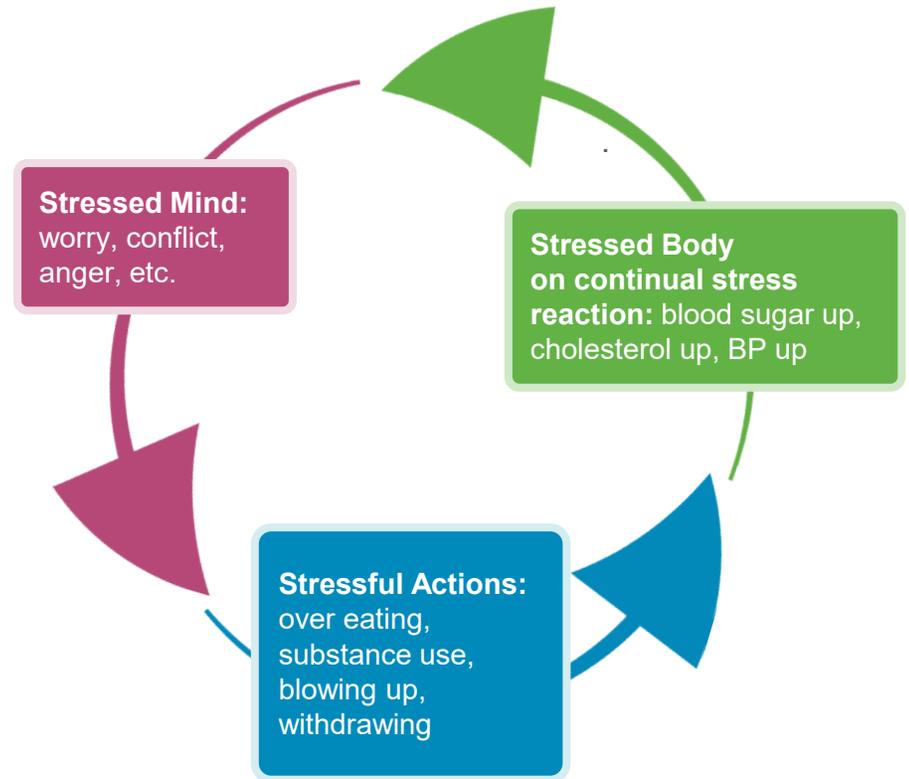
- Eyes open wide to see better
- Blood pressure goes up
- Heart rate goes up
- Respiratory rate is faster
- Blood sugar rises



- Anti-stress hormones are released
- Blood pressure goes down
- Heart rate goes down
- Respiratory rate slows down
- Blood sugar goes back to normal

Designed to make it easy to fight or flee

Restful, renew mode



CHAP on Facebook



NEW! Community Health Aide/Practitioner Facebook page: <https://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners>

Save the Date

Remember! You can get CEs for the weekly teleconferences.

Next Session: June 24 at 12:10; Dr. Lucia Grauman Neander will talk about Pediatric Behavioral Health and COVID-19



AKCHAP.org

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.



"Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself." - Hermann Hesse



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3 Techniques to Calm the Body and the Mind

You can stop the stress cycle even if you can't control the environment. Here are some techniques to calm the body. When the body calms, relaxation hormones are released and the mind calms, too. These techniques should be performed while sitting in a chair or lying down.

1 Abdominal Breathing



- Inhale through your nose for 4 seconds; feel your belly swell with air
- Hold for 4 seconds
- Exhale through your mouth for 4 seconds

Visualization

- Think of a favorite calm memory or peaceful place.
- Imagine going there. See the colors, people, animals, shapes.
 - Hear the sounds touch the earth, water or floor.
- Let stressful thoughts blow through like a gentle breeze.



3

Practice Makes Permanent

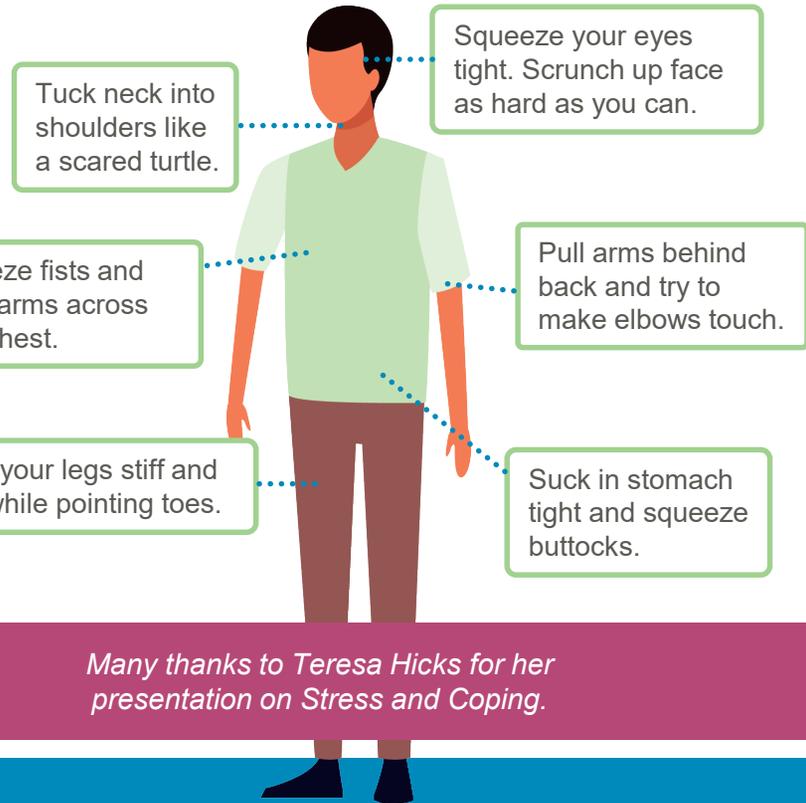
How to create a path for the mind to follow:

- Find a time to practice every day
- Set up a circuit of doing each tool, strengthening your mind as you would your body
- Practice daily for 2-4 weeks and see if you notice a change
- Regular practice makes it easier to calm your stress when it arrives in a rush

2

Head to Toe Muscle Relaxation

Hold each pose for 15 seconds, then let go.



Many thanks to Teresa Hicks for her presentation on Stress and Coping.

More Tools

- ❖ Don't forget the value of physical exercise and physical contact (when appropriate) for relieving stress.
- ❖ Try a free mindfulness app like [Healthy Minds](#)
- ❖ Ask for help: CISMteam@ANTHC.org or call: 907-729-8250

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