

## Relieve Your Stress

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## Relieve Your Stress

- Stress management resources at South Denver Heart Center
- What is STRESS???
- How stress affects our bodies
- Stress Management Techniques

### SDCA Stress Management Resources

- Mind/Body studio –
- Yoga of the Heart
- SilverSneakers YogaStretch
- Tai Chi
- Tai Chi for Balance
- Balance
- Muscle Strength & Range of Motion
- Exercise - Medical fitness facility
- Massage
  - Gustave Boisits, CMT
- Individual counseling
  - Larry Bloom, PhD
- HeartMath


### SDCA Stress Management Resources

- Individual Counseling:  
Larry Bloom, PhD  
call: 1.970.491.5214
- Massage Therapy:  
Gustave Boisits, CMT  
call: 720-261-5706

## Stress

- Stress affects everyone on a daily basis.
- Stress is an emotional reaction to a situation.
- Stress impacts your ability to think clearly, respond appropriately and perform at your best.
- Stress cumulatively affects your health and your relationships.

## Stress



### Warning signs

- BEHAVIORAL – short fused, alcohol or drug use
- EMOTIONAL – anger, depression
- MENTAL – worry, lack of mental clarity
- PHYSICAL – heart racing, headaches, ulcers

## How Stress Effects our Bodies

Under Pressure...

**SURVIVE**

## How Stress Effects our Bodies

- Physiological Changes:
  - Autonomic nervous system
    - Sympathetic
    - Parasympathetic
  - Hormonal system
    - Cortisol
    - DHEA

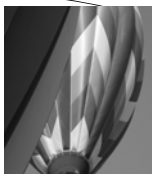
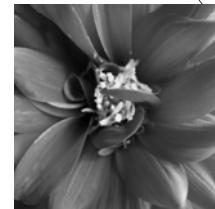


## Chronic Stress = High Cortisol and Low DHEA

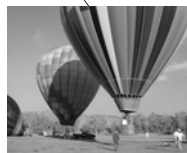
- Accelerated aging (*Kerr et al., 1991; Namiki, 1994*)
- Brain cell death (*Kerr et al., 1991; Sapolsky, 1992*)
- Impaired memory and learning (*Kerr et al., 1991; Sapolsky, 1992*)
- Decreased bone density; increased osteoporosis (*Manolagas, 1979*)
- Reduced muscle mass (*Beme, 1993*)
- Reduced skin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

## SDCA Stress Management Techniques

- Breathing Techniques
- Imagery
- Meditation
- Laughter



Peak Moments...



## HeartMath

- By intentionally shifting to a positive emotion - heart rhythms immediately change.
- The heart rhythm shift creates a protective cascade of neural, hormonal and biochemical events that benefit the body.
- Effects are favorable and long lasting.

