



# Think Well, Live Healthy: Positivity

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MDEQ-Stress Management  
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MS Library Commission



# Learning objectives

## Positivity!

- **Increase** awareness of how one's thoughts and beliefs contribute to stress
- **Explain** the impact of stress on the body, mind and behaviors
- **Identify** common negative thought patterns
- **Provide** techniques for reframing thoughts to reduce stress

# What is stress?

- **Physical** and **emotional** response to change
- **Normal** reaction to increasing demands and changes in life
- When brain perceives stress, it signals the **release of hormones** to address stress
  - “Flight or fight response”
  - When threat is gone, body is meant to return to normal state
- When stress is **excessive** or **prolonged** this can negatively impact health
- Stress is **different for everyone**, and people can use **multiple ways to cope**

# Effects on your **body, mind and behavior**

## Body

- Upset stomach and nausea
- Headaches
- Tense muscles and pain
- Fast heartbeat and breathing

## Mind

- Overwhelmed
- Feeling anxious or worried
- Unable to focus

## Behavior

- Affects eating patterns (overeating/ under-eating)
- Drug or alcohol abuse
- Difficulty sleeping
- Withdrawal from others

# External stressors

**Events** and **situations** that may cause you stress:

- **Routine or daily stress**
  - Work/family balance
  - Job-related stress
  - Relationships (communication and conflict)
  - Financial stress
- **Major event or life change**
  - Marriage
  - Unemployment
  - Losses (death or divorce)
- **Traumatic experience**
  - Accident
  - Natural disaster

**Change is a key  
trigger of  
stress!**

## Internal stressors

Stress caused by your own **thoughts** and **beliefs**:

- Inability to accept uncertainty
- Negative self talk
- Negative thought patterns
- Unrealistic expectations
- Perceptions

**The way we handle life's various challenges is determined by the way we think—often unconscious—about these challenges**

**Thoughts  
affect feelings,  
and feelings  
affect our  
behaviors**

“

Life is lived in the mind;  
the quality of your thoughts  
determines the quality of  
your life.

”

*-Unknown*



**We can take control  
of our thoughts!**

## • **Taking control** of your thoughts

- Your thinking is not fixed – you can change thoughts
- Changing how you think can have a positive effect
  - Physical, emotional and behavior
- Help you cope better
- Reframe your thoughts





# Common negative thought patterns

- All or nothing thinking
- Mental filter
- Personalizing
- “Should” thoughts



# Common negative thought patterns

- All or nothing thinking
  - Thinking in extremes, such as “always” or “never”
- Mental filter
  - Look over positive events and focus on one negative event
- Personalizing
  - You take it personally how someone acts towards you
- “Should” thoughts
  - Judgmental attitude and expecting perfection



# Reframe your thoughts

## • Benefits

- Change physical responses to stress, boost your energy and improve how you cope

## • Process for change

- 1 Identify your thoughts
- 2 Challenge your thoughts
- 3 Reframe your thoughts



# Process for changing thoughts

## 1 Identify your thoughts (pause and reflect)

- STOP the negativity

## 2 Challenge your thoughts

- ASK questions:
  - What is the truth in this thought?
  - Are these thoughts helpful?
  - How are these thoughts affecting me?

## 3 Reframe your thoughts

- CHOOSE another, more positive thought
- View things differently

# Be resilient!

- Resiliency means...
  - Adapting in a positive way and having the ability to maintain or regain your mental state when faced with stress or hardship
  - Being able to bounce back from a life set back



# How do we develop resiliency?

- Life events

- We learn from our experiences

- Attitude

- Focus on the positive
- Be optimistic
- Anticipate change and be proactive

- Social support

- Build and maintain strong powerful relationships with friends and family
- Asking for help

# Defining and creating balance in your life



**Home**



**Work**



**Self-care**



**Relationships**

# • Your values

- List the 5 things you stress about the most.
- List the 5 things you value the most.

Does your  
list match  
closely?



# Understand your present use of time

- How are you spending your time?
- Keep track of the time you spend each day in each area:

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Spending time with family					
Work					
Cooking					
Walking the dog					
Exercise					
Relaxation techniques					

# What is **time management**?

The ability to use your time effectively and increase your productivity and life satisfaction

## Benefits

- ✓ Help you get more done
- ✓ Less stress
- ✓ More energy
- ✓ Help you feel more in control
- ✓ Improve your quality of life



# Results of poor time management

- Missing deadlines
- Feeling overwhelmed or fatigued
- Spending time on non-productive activities
- Do not have enough time to spend with family or friends
- Do not have enough time to do things which you enjoy
- Being distracted from the important things
- Facing the day without plans or goals



# • Tips to Staying Mentally Well

## Good Nutrition

- Choose foods that will give your body steady energy.

## Healthy Sleep

- Sleep 7-9 hours a night.

## Managing Stress

- Participate in stress management exercises such as deep breathing, yoga or guided relaxation.

## Exercise

- Get at least 150 minutes of exercise a week.

# Relaxation techniques

- **Release tension** and counteract the effects of stress on body
- Helps to produce the **body's natural relaxation** response
  - Slower breathing
  - Lower blood pressure
  - Feeling of calm and well-being
- Used to relax the **mind and body**
- Can be **self-taught** and **self-administered**

**Effective when  
practiced often and  
combined with  
healthy lifestyle  
behaviors and  
social support**

# Common relaxation techniques

- ✓ Deep breathing
- ✓ Guided imagery
- ✓ Progressive relaxation



# Deep breathing exercises

- Taking in **more oxygen** helps to reduce tension, relieve stress and feel relaxed
- Helps **decrease heart rate**, and can to lower blood pressure
- Slow your breathing and **focus** on taking regular and deep breaths
- **Easy and quick** to do and can be done anywhere!



# Guided imagery

- Used to relax and relieve stress
- Takes you to a **peaceful, calming place** by distracting the mind from pain, tension or problems
- Focus on **pleasant images** to replace stressful feelings
- Method
  1. Sit comfortably or lie on your back with your eyes closed
  2. Imagine yourself in a peaceful or relaxing place
  3. Use your senses to see and feel the surroundings





# Progressive muscle relaxation

- Used to relieve **muscle tension**
- Goal is to **tighten and relax** each muscle group, which helps you to be more **aware of physical sensations** and release the tension in the various areas of your body



# Summary

## Mindful thinking

- Notice your thoughts and how they feel
- Pay attention to effects
- Identify stress symptoms

## Thought, feelings, behavior

- Begin with addressing thoughts
- Feelings and behaviors will change

## Thought patterns

- Be aware of negative patterns

## Changing your thoughts

- Follow “stop, ask, choose”


## Practice, practice, practice!

- Set a goal for shifting your thoughts
- Practice reframing your thoughts

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### Resources




**Make Physical Activity A Habit For Your Kids!**


Physical activity is important for our health and making it a part of your child's day is a great way to foster a healthy lifestyle early on. With the summer months ahead, it is a great time to keep your child active. Click through our Health Topic for tips.

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#### Videos




#### Recipes




### Interactive Tools

#### Asthma & Respiratory




Respiratory conditions are long-term, but they don't have to limit you. Learning all you can about asthma is the first step to living the life you want.

#### Bones, Joints and Muscles




It's not uncommon to have aches and pains in our bones, joints, and muscles. Learn more about possible causes, prevention and treatment methods.

#### Cancer




Facing cancer can be scary and most people have lots of questions. Our cancer topics cover many types of cancer to help provide the answers you need most.

#### Children's Health




Keep your children focused on well-being from a young age and check out content to learn more about ways to manage their health.

#### Decision Points








These decision tools will help you decide if certain treatments, medications and procedures are right for you and your family.

#### Diabetes



This section will teach you about well and controlling your blood sugar levels. You'll learn how to manage diabetes and prevent further health issues.

### Healthy Recipes

#### Asparagus With Lemon Sauce

Lemon sauce makes fresh asparagus the perfect side dish for fish, scallops, chicken, or meat dishes.

[Printer Friendly](#)

Prep time	Cook time	Yields	Serving Size
5 minutes	10 minutes	4 servings	5 spears, 1 1/2 tsp sauce

**Ingredients**

20 medium asparagus spears, rinsed and trimmed  
1 fresh lemon, rinsed (for peel and juice)



calories	39
total fat	0 g
saturated fat	0 g
cholesterol	0 mg
sodium	107 mg
total fiber	2 g
protein	2 g
carbohydrates	7 g
potassium	241 mg

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- Take charge of your health today!

## Nurse Coaches

- Discuss medical conditions, medications, and lab results

## Registered Dietitians

- Dietary support for certain conditions

## Tobacco Cessation Support

- Whether you smoke, chew, or dip the program offers one on one support and resources to lead a tobacco free life \*includes no cost NRT if eligible

## Weight Management (BMI >30)

- Support to help you achieve a healthy weight

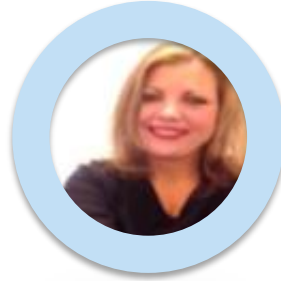
## MyActiveHealth website

- Digital health coaching
- Personal health record
- Health assessment

We are passionate about improving quality of care,  
reducing costs and transforming lives.



# Your State of Mississippi Onsite Health Coaches



## Thank you!

**Patricia Heflin**, *North MS Health Coach*

**Rolanda Watkins**, *Central MS Health Coach*

**Claude Courtney**, *Central MS Health Coach*

**TBD**, *South MS Health Coach*

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