



HOW TO PREVENT, REDUCE, AND COPE WITH STRESS

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About Kevin

- ✓ **Kevin Moehn, MS, ATC, CEIS - Director of Operations for ATI Worksite Solutions**
- ✓ University of Iowa – BS in Athletic Training
- ✓ University of Illinois- MS in Kinesiology
- ✓ 2 years of experience as Division I Athletic Trainer
- ✓ 4 years of experience with ATI Worksite Solutions
 - ✓ Director of Operations overseeing 40+ staff who delivery early intervention services to industry





STRESS MESS IN U.S.

- 48% CAN'T SLEEP

NEW YORK POST



What is Stress?

- Any perceived threat to health, safety, or security
- Primarily psychological/emotional
- Perceived demands of life and work are interpreted as greater than our capacity
- Stress is the “wear and tear” our minds and bodies experience as we attempt to cope to our continually changing environment.



Types of Stressors

External

- Physical environment
- Social interaction
- Major life events

Internal

- Lifestyle choices
- Negative self-talk
- Personality traits



Ancient Genes vs Modern Environment

Ancient Stressors



- Attacks
- Injury/Trauma
- Famine
- Infection
- Weather
- Others . . .



Ancient genes in a modern environment

Modern Stressor



- Parenting and Job duties
- Financial problems
- Standard American Diet - Nutrition
- Too many demands and Multitasking
- Job insecurity and loss
- Work and Education deadlines
- Social media
- Sleep disorders
- Divorce
- Many, many, many more . . .

Fight or Flight Response

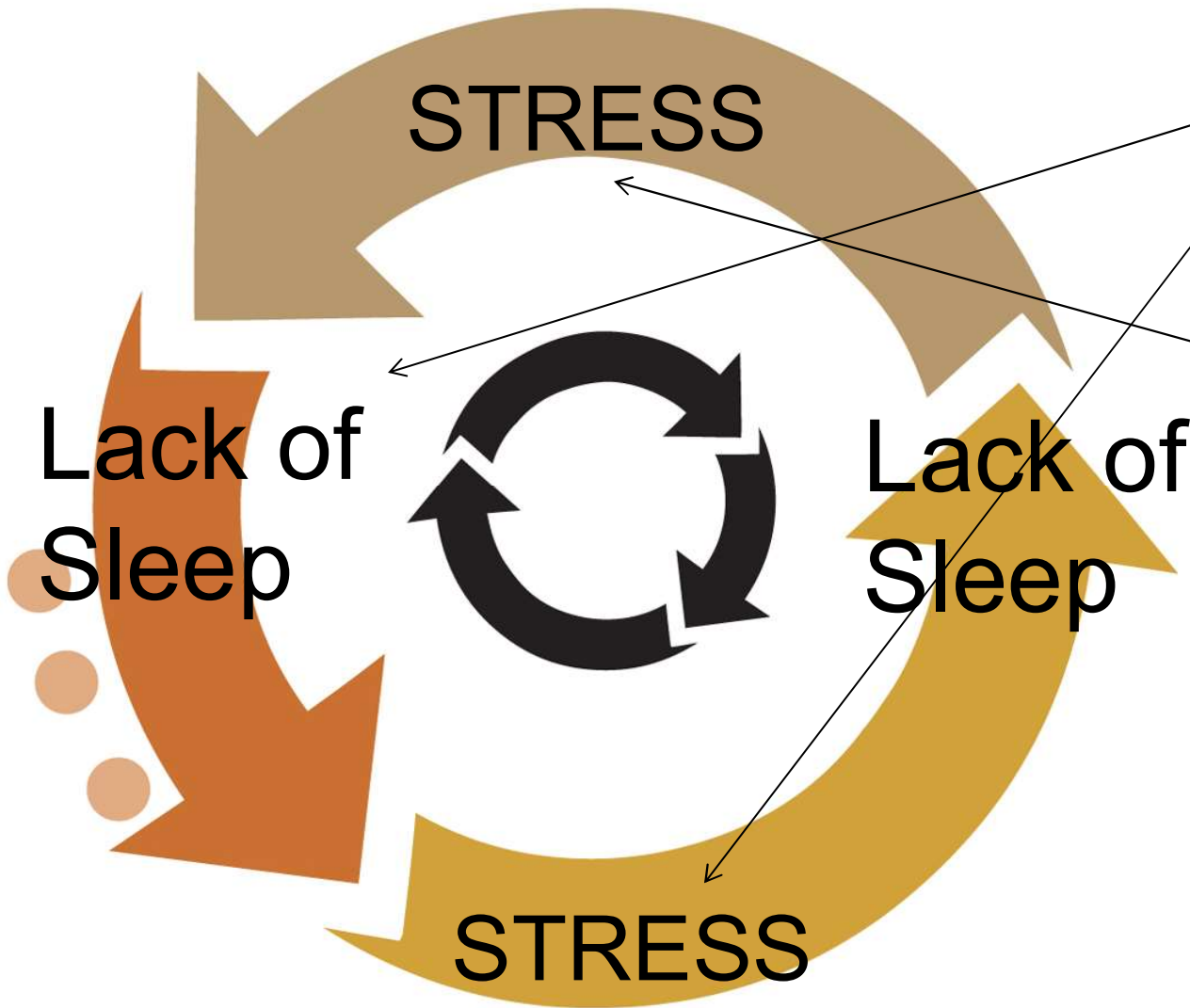
- ⤴ Ancient response to modern stressors
- ⤴ Body releases the same hormones whether it is being attacked by a tiger or facing a deadline at work.



General Adaptation Syndrome (GAS)

- Prolonged activation of the stress response
- 3 stages
- **Alarm Reaction:** Fight or flight hormonal response
- **Resistance Stage:** Body fights back against the fight or flight response. If stressor is removed body goes back to normal.
- **Exhaustion Stage:** Depleted energy sources from failing to recover from initial stressor.





- Increased alcohol
- Increased food
- Decreased exercise
- Money concerns
- Fights with family

Top Causes of Stress in the U.S.

1. Job Pressure
2. Money
3. Health
4. Relationships
5. Poor Nutrition
6. Media Overload
7. Sleep Deprivation



Physical Signs of Stress

- ^ Fatigue
- ^ Headache
- ^ Upset stomach
- ^ Muscle tension
- ^ Change in appetite
- ^ Teeth grinding or clenching

Psychological Signs of Stress

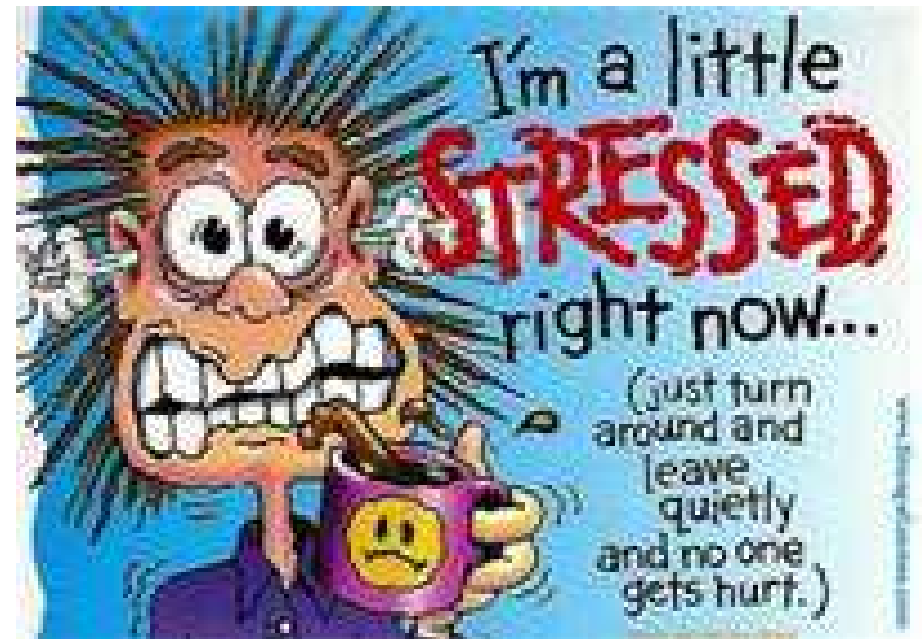
- ^ Irritability or anger
- ^ Feeling nervous
- ^ Lack of Energy
- ^ Feeling as though you could cry

The Negative Ways to Deal with Stress

- ^ Smoking
- ^ Drinking Caffeine and Alcohol
- ^ Taking pills to relax
- ^ Too much TV or computer time
- ^ Procrastination

Side Effects of Stress

- ^ Weight Gain
- ^ High Blood Pressure
- ^ Increased risk for heart attack and stroke
- ^ Irritability
- ^ Sleep Deprivation



Recognize the Problem

- Habits- “I’m too busy to sit down”
 - Taking NO time for yourself
- Attitude- “My life is always crazy”
 - Letting life run YOU
- Excuses- “ It’s my bosses fault, he is giving me too much work”
 - Allowing someone ELSE to take control



Recognize the Problem

- The most important point is to recognize the source of negative stress
- This is not an admission of weakness or inability to cope! It is a way to identify the problem and plan measures to overcome it.



Identify your Stress

- Track your stressors
- Write down what caused the stress
 - i.e. Deadline, argument, life event
- Write down your reaction
 - i.e. Raise your voice, get a snack, go for a walk
- Replace negative stress reactions with positive ones



Stress Management Techniques

- ↗ Three types of stress management
 - Change your thinking
 - Change your behavior
 - Change your lifestyle



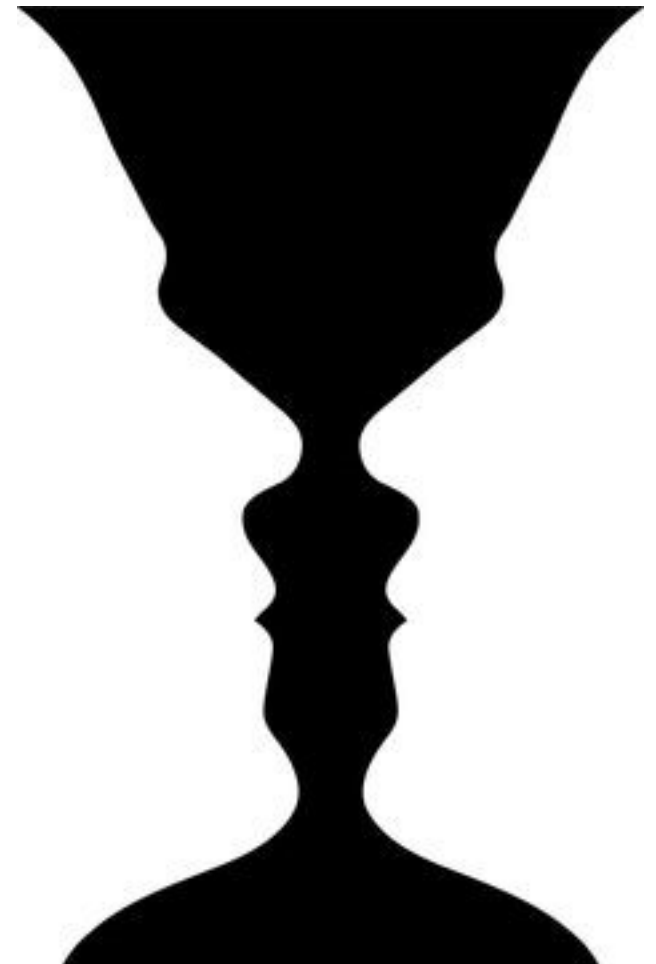
Change Your Thinking

^ Re-framing

- Change the way you look at things
- Many ways to interpret the same situation
- Glass is half full vs half empty

^ Positive thinking

- Focus on your strengths
- Look for opportunities
- Seek out the positive



Change Your Behavior

- Get organized
 - Time management
 - Set achievable goals
- Ventilation
 - Create a support network of colleagues and friends
- Humor
 - Good stress reducer
- Diversion and Distraction
 - Take time out



Change Your Lifestyle

- ^ Diet
- ^ Smoking & Alcohol
- ^ Exercise
- ^ Sleep
- ^ Leisure



Positive Ways to Deal with Stress

- ↗ Exercise
- ↗ Mindfulness/Meditation*
- ↗ Hobbies or favorite activities
- ↗ Play with children and pets
- ↗ Gardening and house work
- ↗ Massage
- ↗ Watch a funny movie
- ↗ Spend time with positive people
- ↗ Take a vacation
- ↗ Spend time outdoors
- ↗ Read a good book (audiobook for those on the go).

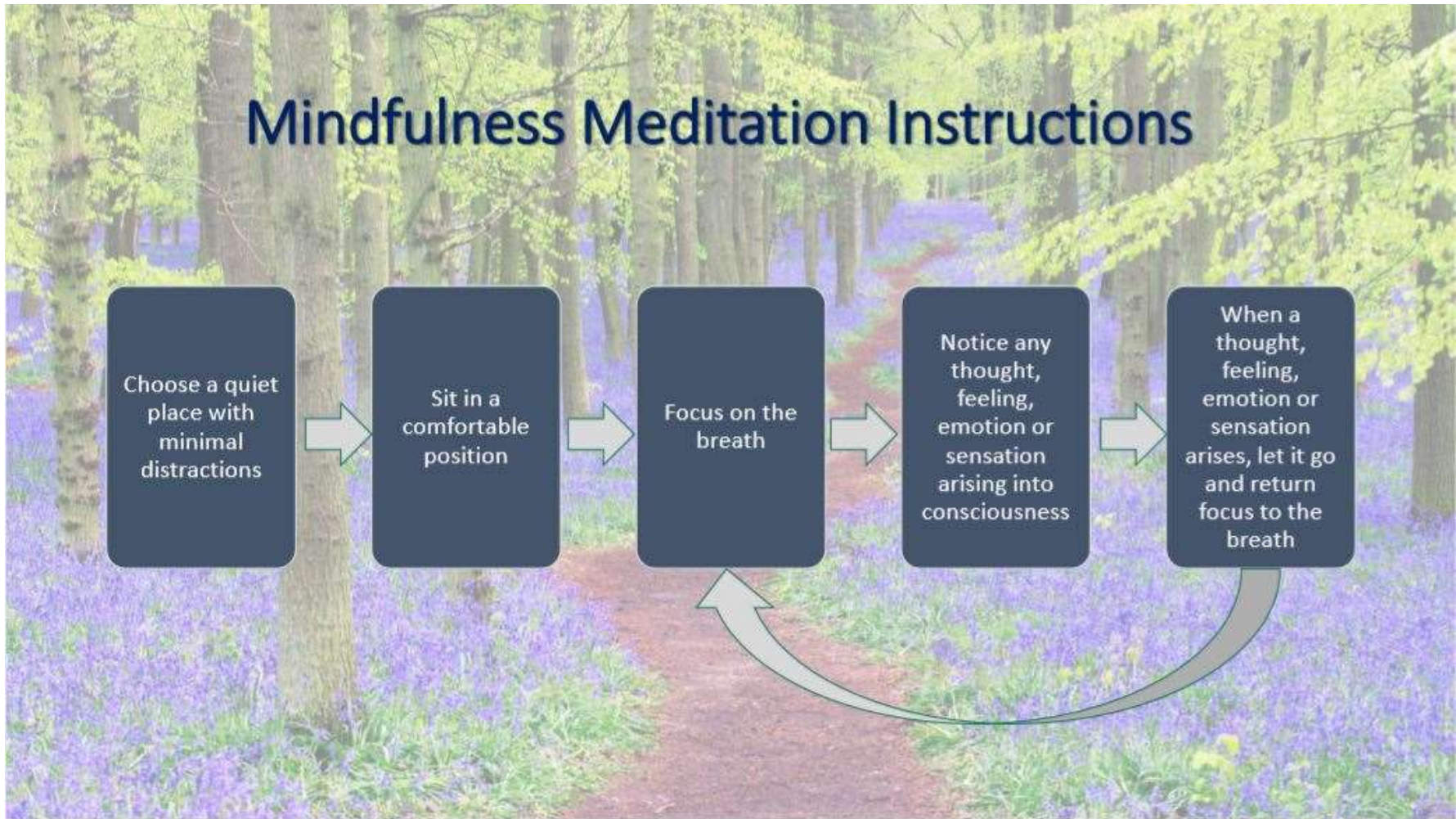


Mindfulness Meditation Benefits

- Reduce symptoms of Anxiety and Depression
- Increase focus, attention, and cognitive performance
- Improve sleep
- Reduce rumination (obsessive/overthinking)
- Reduce stress



Mindfulness Instructions



Mindfulness Implementation

- Start small and progress
 - Start with 1 minute, then 5, then 10, up to 30 minutes
- Practice daily
- Important to acknowledge thoughts in a non-judgmental manner and then let it go and focus on breathing.



Managing Workplace Stress

No One's Job is Stress-Free

- Don't worry about tasks that are already done
 - Learn from mistakes and **focus on tasks ahead**
- Time management/organization
 - Find what works for you (Planner, Outlook, Apps)
- Open communication with co-workers and management
 - Frequent staff meetings
 - Keeping parties in the know
- Take control over your situation
 - Create a plan



Managing Stress at Home

- ^ Open communication with all family members
- ^ Daily family schedule to keep everyone organized
- ^ Make sure you are getting 7-9 hrs. of sleep each night
- ^ Eat well and exercise
- ^ Relax



Common Dreams and their meaning

- ⤴ Back at school and
 - Your lost
 - Not ready for a test
 - Can't remember your locker combination



YOU'RE STRESSED



Sleep Deprivation

Shift Work Sleep Disorder



Are you Sleep Deprived?

Answer YES to 3 of these questions and YOU ARE!

- ⤴ Need an alarm clock to wake you up?
- ⤴ Struggle to get out of bed each day?
- ⤴ Hit the snooze button?
- ⤴ Tired, irritable and stressed?
- ⤴ Trouble concentrating and remembering?
- ⤴ Feel drowsy while driving?
- ⤴ Do you sleep extra hours on weekends?



Sleep Deprivation Statistics

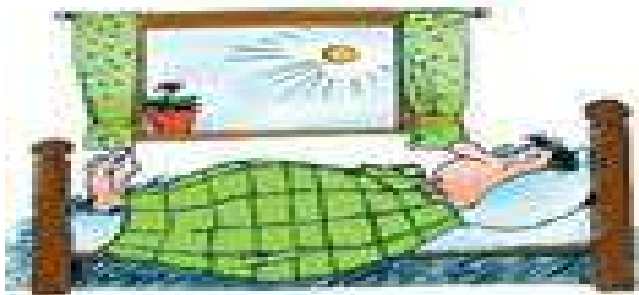
- Odds of being sleep deprived have risen over past 30 years
- 50 million Americans suffer from sleep disorders
- Many workers get less than 6 hours of sleep each night putting themselves and co-workers at risk



Shift Work Sleep Disorder

SWSD- is a disorder that affects people who frequently rotate shifts. This disorder is most common in people who work 10pm-6am.

**Help your
body adjust to
shift work**



SWSD Symptoms

- ^ Excessive sleepiness
- ^ Difficulty falling or staying asleep
- ^ Lack of energy
- ^ Difficulty concentrating
- ^ Headaches
- ^ Poor mood & irritability

SWSD Increase Risk For:

- ↗ Work-related injuries
- ↗ Costly mistakes at work
- ↗ Increased sick time
- ↗ Accidents
- ↗ Substance abuse



SWSD Long Term Health Risks

- ^ Frequent ailments
- ^ Obesity
- ^ Diabetes
- ^ Cardiovascular problems
- ^ Stress



How to decrease the effects of SWSD

- Make it a priority to get 7-9 hours of sleep each day
- Try to keep a sleep schedule/routine
- Try to avoid working prolonged shifts
- Avoid long commutes
- Avoid frequent rotating shifts
- Get enough sleep on your days off
- Avoid caffeine, alcohol and nicotine



Driver Fatigue Management Tips

- Get sufficient rest
- Avoid alcohol, large meals
- Establish a realistic driving plan
 - Take frequent breaks – every 2 hours!
- Stay hydrated and get lots of fresh air
- Share the driving
- When driving, take a break at least every two hours.





GENERAL LESSONS ABOUT SLEEP



Myth #1: It is easy to adjust to a different sleep schedule.

- Fact: Your biological clock keeps you alert during the day and drowsy at night
 - Even night shift workers tend to feel sleepy at night
 - It takes more than a week to adjust to an altered sleep/wake cycle
 - Your biological clock resets but only by about 1-2 hours per day at best (suggested 15 minute increments per day)



Myth #2: Getting an hour less sleep per night than needed will not affect daytime functioning.

- Fact: Lack of sleep may impair your ability to think properly and respond quickly
- A loss of an hour of sleep cumulated over several nights = sleep debt that compromises
 - cardiovascular health,
 - energy balance and
 - body's ability to fight infections



Myth #3: Getting more sleep on the weekends can make up for lost sleep during the week.

- Fact: This may offer partial relief
- Will not improve impaired performances throughout the week
- Excess sleep on the weekend may make it even harder for you to wake up on Monday



Power Naps – do they work

- 20 minutes is ideal for a power nap.
 - Keeps you in light stages of sleep and will feel refreshed.
- 30-60 minutes will put you into a deeper cycle of sleep.
 - More likely to wake up feeling more groggy and tired than before.
- 90 minutes is enough for a full sleep cycle where you can wake up refreshed.
- Summary: Timing is critical!



How to promote good sleep habits

- ↗ Exercise regularly but not too intense before bed
- ↗ Avoid stimulants
- ↗ Eat well
- ↗ Relaxing bedtime routine
- ↗ Avoid bright lights and TV in bedroom (blue light)
- ↗ Make sure your bedroom is dark, quiet, between 60-70 degrees is ideal
- ↗ Regular sleep schedule



Blue Light Facts

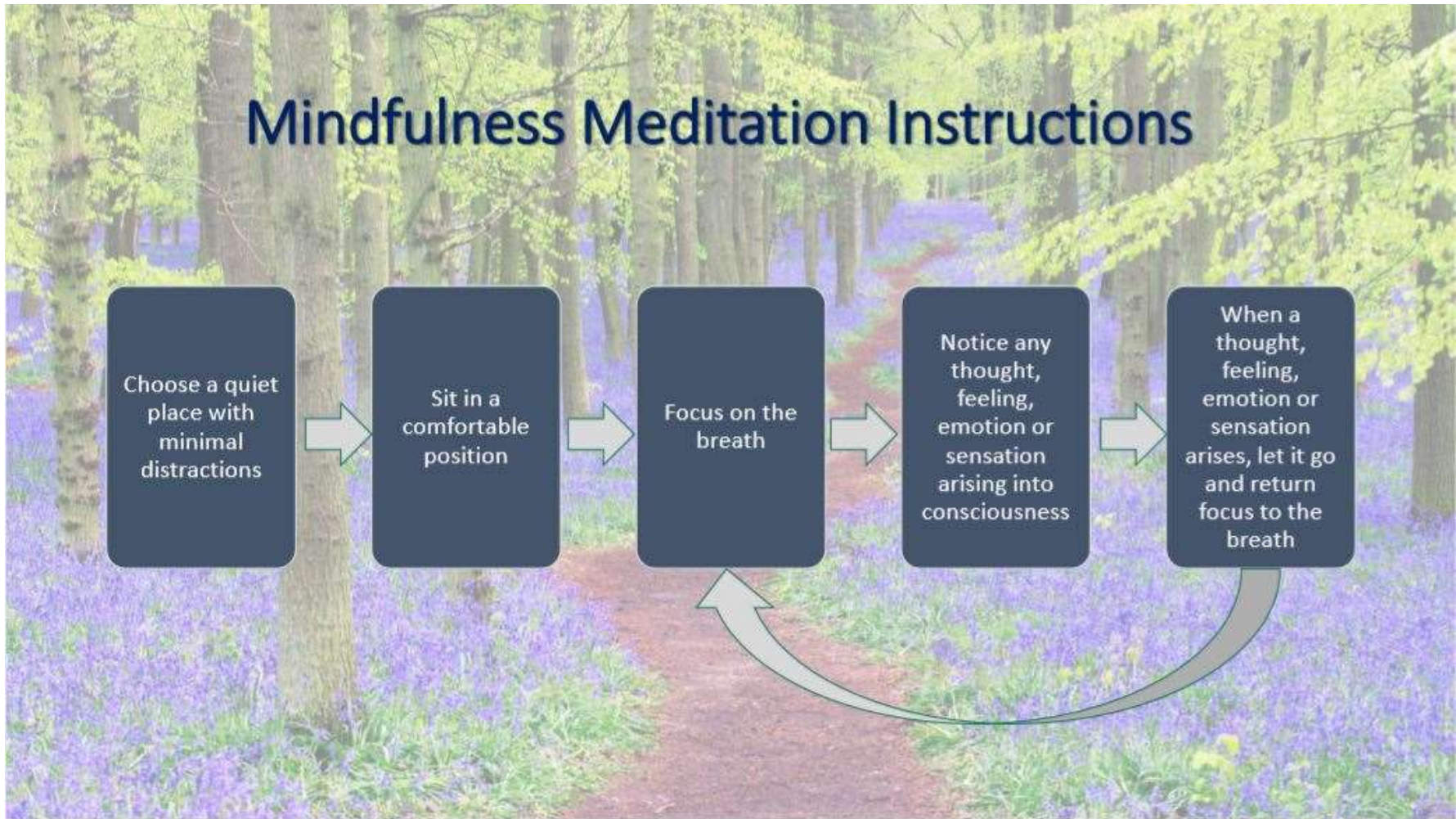
- Blue light is the type of light emitted from electronics
- Suppresses Melatonin
- Melatonin helps keep our circadian rhythm and enables sleep
- Avoid/limit bright light exposure starting 2 hours prior to bed



"The amount of sleep required by the average person is five minutes more." ~Wilson Mizener



Mindfulness Practice





Thank you!



Legacy Partner of the Chicago Cubs

