Stress Management from Head to Toe

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FSAP ... finding solutions to life's challenges.
• Define the term “self-care”.

• Identify common nutrition & physical activity stressors.

• Explore strategies for improving your physical wellness.

• Practice setting SMART goals.
When you are stressed…
How does that affect your nutrition and/or physical activity?
What happens when you don’t take care of yourself?

Stress

Anxiety

Illness
What is Self-Care ???
Self care is personal health maintenance. It is any activity of an individual, family or community, with the intention of improving or restoring health, or treating or preventing disease.

Source: Adapted from World Health Organization, 1983
Physiological Care

• Nutrition

• Exercise
What do you stress about?

• My family won’t let me eat healthy!
• I’m so busy…I have no time to eat!
• Eating healthy is so expensive!
• I don’t know how to cook!
• What am I supposed to eat?
Take Charge of Your Eating

Plan Ahead

• Make grocery lists so you’ll have the foods you need.
• Portion frozen & cooked foods for future meals.
• Research some recipes to make cooking easier.

Be Assertive

• Make health a priority for your family.
• Ask partner or children assist with prep.
• When eating out, ask for what you need.
Take Charge of What’s Around You

• Stock a healthy pantry.
• Family meals model good behaviors.
• Know your problem food cues.

Choose Foods Carefully

• Make food shopping cost-effective.
• Read food labels.
• Think about how much you really need.
Healthy tips for Home

Home

• Use a smaller plate, such as a salad plate.
• Do not serve food at the table.
• Follow the MyPlate method.
• Serve yourself a little less than what you think you will eat.
• Go back for seconds only if you are hungry.
  • On the 2\textsuperscript{nd} go round, aim for smaller portions and focus on vegetables.
• Try using measuring cups to keep portions under control.
Tips for Restaurants

**Sit down restaurants**

- Share a meal.
- Choose an appetizer as your main course.
- Ask for a lunch portion.
- Take $\frac{1}{2}$ of the food *To-Go*
- Salad dressing on the side.
- Skip the bread basket.
- Ask how the food is prepared!
Tips for Fast Food joints

Fast Food

• Stick with a **small** size.
• Try a side salad or fruit instead of fries.
• If you need a drink refill, choose water.
• Choose grilled instead of fried.
• Ask for the Nutrition Facts Label.
  • [www.calorieking.com](http://www.calorieking.com)
Physiological Care

• Nutrition

• Exercise
When you are stressed…
How does that affect your nutrition and/or physical activity?
Why does Exercise help with Stress Relief?

- **Physiological Benefits**
  - Increases in cerebral blood flow
  - Changes in brain neurotransmitters
  - Increases in maximal oxygen consumption
  - Reductions in muscle tension
Why does Exercise help with Stress Relief?

• Psychological Benefits
  – “Time-out” or distraction from daily hassles
  – Feeling of competency and self-efficacy
  – Positive social interactions
  – Improved self-concept and self-esteem
"I was going to wake up early to go jogging, but my toes voted against me 10 to 1."
Making the Time

• Look for small windows throughout the day

• Lose the ALL or NOTHING mentality

• Add into already scheduled activities
Maintaining Motivation

- Social Support
- Find an activity you enjoy
- Tools, Trackers, & Apps
- Reward Systems
Goals

The result or achievement towards which effort is directed.

Why?

• Focus our mind on a single, worthwhile target.

• Provides motivation to achieve
S.M.A.R.T Goals

• Specific
• Measurable
• Achievable
• Relevant
• Time Sensitive

Source: Doran, George T. “There’s a S.M.A.R.T. way to write management’s goals and objectives.” Management Review 70.11 (Nov. 1981)
Let’s play a game…

S.M.A.R.T?  

OR  

Not so S.M.A.R.T?
I am going to eat out less.  

NO

I am going to cook dinner at home at least 3 days a week.

YES
I need to spend less money when I go food shopping.

**NO**

I will not purchase any single serve items when I go food shopping.

**YES**
I am going to take exercise breaks at work.

NO

I will walk for 10 minutes of my lunch break everyday.

YES
I am going to start tracking my exercise.

NO

I am going to use Map My Run to record my exercise every time I walk.

YES
Ask Yourself…

- **S**: What exactly am I working towards?
- **M**: Can I measure my progress?
- **A**: Can I accomplish this with hard work?
- **R**: Will this get me where I want to be?
- **T**: How long do I have to reach this goal?
Questions?
References & Resources


• Faculty Staff Assistance Program- [www.emory.edu/fsap](http://www.emory.edu/fsap)

• Blomeyer Health Fitness Center- [www.emory.edu/blomeyer](http://www.emory.edu/blomeyer)

• Student Activity & Academic Center- [www.saac.emory.edu](http://www.saac.emory.edu)

• Woodruff P.E. Center- [www.wpec.emory.edu](http://www.wpec.emory.edu)

• [www.choosemyplate.gov](http://www.choosemyplate.gov)