

“Laugh! Just for the Health of it!”

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Working with individuals and organizations to manage their stress, embrace change and increase their productivity through good health, humor, optimism, life balance and all sorts of other good stuff since 1984.

OPTIMISM

“Journal of the American Heart Association” did an extensive study and found that all things being equal, people with an optimistic spirit had:

- Better Heart Health
- Stronger Immune System
- Decreased Risk of Stroke

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” ~Helen Keller

“No pessimist ever discovered the secrets of the stars or sailed to an uncharted land or opened a new doorway for the human spirit.” ~Helen Keller

KEEP YOUR SENSE OF HUMOR

- Take life seriously enough to realize that humor is vital
- It's a mindset and a choice.
- Keep your humor antennae up throughout the day and find the funny.
- It's all around!

Where to find humor?

- YouTube
- Social Media
- Take a little humor break when your stress levels go up.

MANAGING STRESS

- Assess your level of control over any given situation.
- Total control, some or none?
- We can't always control our circumstances, but we can always control our REACTIONS to our circumstances.
- We can always control our inner narrative.

Trying to control that which is uncontrollable is
a key cause of stress and unhappiness.

DEALING WITH CHANGE

- Change is one our biggest stressors
- The world around us is changing at a more rapid pace than any time in history.
- No one likes change, but some people handle it better than others.

If we can't control it, we have to let go of the worry and concern about it
We can't always control our circumstances, but we can
always control how we view our circumstances.

Road Blocks to dealing with Change:

- Comfort in the Familiar
- Fear of the Unknown

Steps for dealing with change:

- Can I control it?
- What are my options?
- What is the BEST option?
- Make an action plan

It is not the CHANGES that are causing our stress. It is the RESISTENCE to the changes. One of the very definitions of stress is RESISTING WHAT IS.

“The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown.” ~*H. P. Lovecraft*

VOW EVERY DAY TO STRESS LESS.

Let go of “little things” and “First World Problems.”

- Feel your feelings. Don't stuff them or gloss over them. If you're angry, you're angry. If you're sad, you're sad.
- Loved ones want us to return to serenity immediately. Our discomfort causes their discomfort.
- Acknowledge the problem.
- Find a solution.
- Return to serenity as soon as possible.
- Different events require different time frames.
- No one else can decide it for us.

It's not what happens to us in our lives that determines our level of happiness, but how we VIEW what happens to us.

KEYS TO GOOD HEALTH

- We have to take care of ourselves.
 - The truth is, most of us manage our stress just fine. But are we using healthy coping mechanisms? Do they only work in the short term?
 - Nothing will sap the mind, body and spirit like poor health.
 - The better we take care of ourselves, the better equipped we are to manage our stress and deal with the changes that come our way.
1. EXERCISE
 2. MAINTAIN A HEALTHY WEIGHT
 3. DON'T SMOKE
 4. GOOD NUTRITION
 5. GET PROPER SLEEP
 6. MANAGE OUR STRESS

JOB STRESS PREVENTION

- Get organized
- Plan ahead
- Ask others for help (or delegate)
- Communicate

It's important to be PROACTIVE in managing our stress.
Get out in front of it!

Stress Management Resources:

BOOKS:

The Funny Thing about Stress (Morton-Wells Press) by Kay Frances, MBA, BS, CSP

Stress Free For Good (HarperSanFrancisco)

Stress Management for Dummies (For Dummies)

Don't Sweat the Small Stuff (Hyperion)

Changing For Good (HarperCollins) Prochaska, Norcross and Diclemente

You're Addicted To You: Why It's So Hard to Change-and What You Can Do About It (Berrett-Koehler)

WEBSITES:

American Psychological Association: www.apahelpcenter.org

Mental Health America: www.mentalhealthamerica.net