Stress Reducing Skills

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Physical Strategies

- Relaxation techniques
- Mini relaxation techniques
- Appropriate nutrition
- Moderate exercise

Emotional Strategies

- Cognitive restructuring
- Social support
- Self nurturance
- Anti-perfectionism
Relaxation Techniques

Commonalities
• Passive attitude
• Focus on a word or breathe or body part or image
• Comfortable position

Meditation

Think of a word or phrase which has positive or neutral meaning for you. Examples include:
• Peace and calm
• The Lord is my Shepard
• One
• Ham sah
You should focus on the word or phrase in rhythm with your breathe.

- So say the word or phrase to yourself as you breathe in and as you breathe out

Or

- Half the word or phrase as you inhale and the other half as you exhale

Body Scan

Focus on sequential body parts, head down to toes, in rhythm with your breathe.

Focus on that body part as you breathe in, and relax that body part as you breathe out.
Progressive Muscle Relaxation

Â Tighten each muscle group for five seconds, relax, repeat three times.
Â Start with your forehead, ending with your toes.

Imagery

Â Imagine yourself in a favorite place.
Â While there, focus on your sensations. What can you see, feel, smell, and hear?
Mini Relaxations

1. Count down from 10 down to 0, one number for each breathe.
2. Count slowly from 1 to 4 as you inhale, and then from 4 to 1 as you exhale. Repeat three times.
3. Inhale, hold it for a count of 4, exhale, hold it for a count of 4. Repeat three times.

Appropriate Nutrition

- 80/20 Plan
- No bad foods
- Rethinking the whole fat is bad concept
- Make baby steps; one change at a time.
- For example, snack on almonds instead of chips.
- Three easy changes: whole grain bread instead of white, whole grain pasta instead of white, and garbage salads.
Exercise

- Forget about the 60 minute goal
- Six ten minute sessions are better than one 60 minute one
- Any movement is better than none
- Park at the far end of the parking lot, take a subway one stop farther, etc.

Cognitive Restructuring

- Think about one of your recurrent negative thoughts. Ask yourself four questions:
  - Does this thought contribute to your stress?
  - Where did I learn this thought?
  - Is this a logical thought?
  - Is this thought true?
Cognitive restructuring example

Â I won't make my sales goal this year.

1. Does it contribute to my stress? Yes.
2. Where did I learn this thought? It hasn't happened yet, so it must be my fear speaking
3. Is it logical? Not really, the year isn't up yet
4. Is it true? I don't know yet

Restructured Thought Example

Â I am nervous that I won't make my sales goal this year, but I am working as hard as I can and just hope for the best.
Cognitive Restructuring

Write down one of your own negative thoughts. Ask yourself four questions:
- Does this thought contribute to your stress?
- Where did I learn this thought?
- Is this a logical thought?
- Is this thought true?

Then restructure it to one which is logical and true, and write it down.

Social Support

News and goods: at the end of the day, we tend to focus on what went wrong during the day, even though, on most days, 70% of events are mood neutral, 15% are positive and 15% are negative.
At the end of each day, ask a loved one, what new and good thing happened to you today?
And no ‘Buts’ allowed!

Turn to the person next to you, and ask them what new and good thing has happened to them within the past 24 hours.
Then switch.
Catch the ‘Buts’
Self Nurturance

Â Take a piece of paper and number it 1 to 20.

ï 1
ï 2
ï 3
ï 4
ï 5 etc.

Â Hand that piece of paper to the person sitting next to you. And they hand you theirs.
Â Decide who is going to go first.
The person going first is going to dictate to their partner, as fast as they can, 20 things in their life which brings them joy. The partner is going to write them down. GO! When done, switch.

Anti Perfectionism

Look in the mirror
Relationship quadrant
Water your bulbs
Questions

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Up Next: Interactive Break in the Mezzanine

- How to Integrate an Exercise Routine Into a Packed Life
- Workforce Shortage
- How to Get the Highest Multiple for Your Business Sale: Eight Key Value Drivers for Your Business
- Threats and Opportunities: Operating in the Digital Era
- What Happens When CMs Don’t Manage?