



ERICSA

On the Road Again

A
VIRTUAL
ROAD
TRIP

MAY 24 – 26, 2021

Creating Your Personal Health and Wellness Toolkit

Speakers: Elizabeth Salerno, MSW, LCSW

Pam Sala, CHC

Moderator: Alyssa Harrell, BA



Thank you to our sponsor!



CIVITEK NATIONAL

Civic service powered by technology.



What is Stress?

Stress is a **psychological** and **physical response** of the body that occurs when we must adapt to changing conditions, whether those conditions are real, perceived, positive, or negative.



There are two types of stress: **eustress** (good stress) and **distress** (negative stress).

Eustress



- Positive stress motivates people to achieve their goals and meet their challenges.
- Stress may help to motivate employees to perform their job and energize them to perform their job more productively.
- Research on the effects of stress on job performance revealed a positive correlation between job stress and performance.



Distress

Negative Stress

Distress occurs when a person's well-being is threatened, or if he or she perceives a physical or emotional attack.



Negative stress reduces employees' performance of the employee, reduces their level of motivation, and results in a decline in organizational performance.

Distress

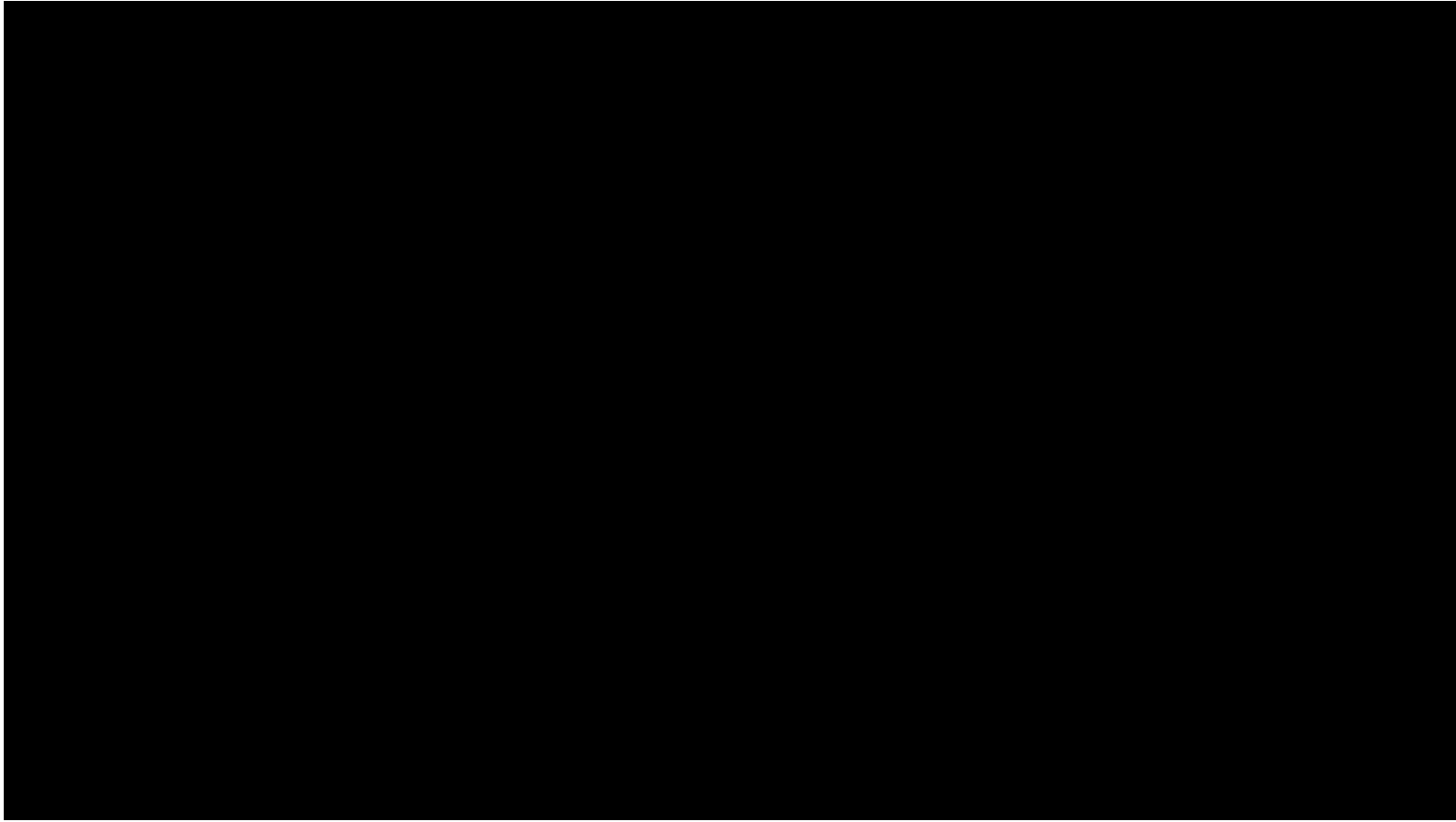
Distress is a negative stimulator that unfavorably affects the employee's cerebral and corporeal health and has a negative or poor impact on the employee's performance.

(Salami, Ojokuku, and Llesanmi, 2010).



MAY 24 - 26, 2021

Video - Stress Relief Tips



Are You Suffering Stress at Work?



<https://www.test-stress.com/en/test-stress-at-work.php>

Debrief of Work Stress Test

- **Work-related burnout** - A state of prolonged physical and psychological exhaustion, which is perceived as related to the person's work
- **Personal burnout** - A state of prolonged physical and emotional exhaustion
- **Client-related burnout** - A state of prolonged physical and emotional exhaustion, which is perceived as related to the person's work with clients



COVID-19 and Stress

Global Pandemic
Declared
March 2020

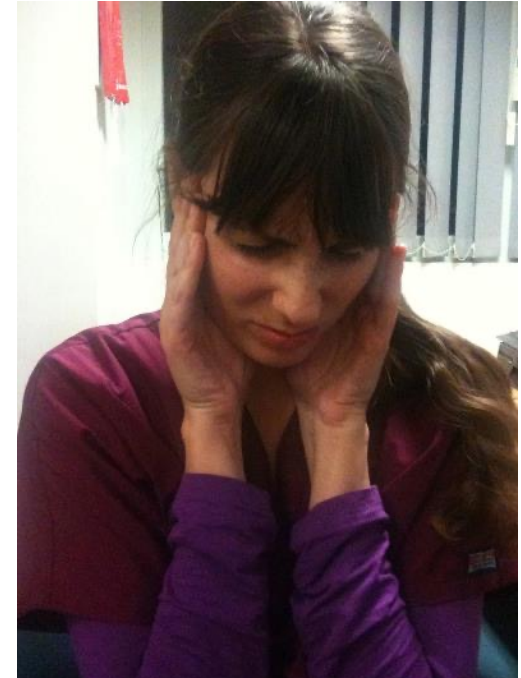
APA Issues
Warning
October 2020

500,000 In US
Have Died
February 2021



What Are YOUR Stressors?

- Self-awareness and self-assessment are **key!**
- Each person is different.
- How do you know that you are stressed?
- What is your self-talk (inner voice) about stress?



Reducing Stress

- Laugh
- Disconnect
- Connect with a buddy
- Make time for **YOU!**
- Animals
- Go outside!
- Take care of **ALL** of you!
- Thoughts? Additions?



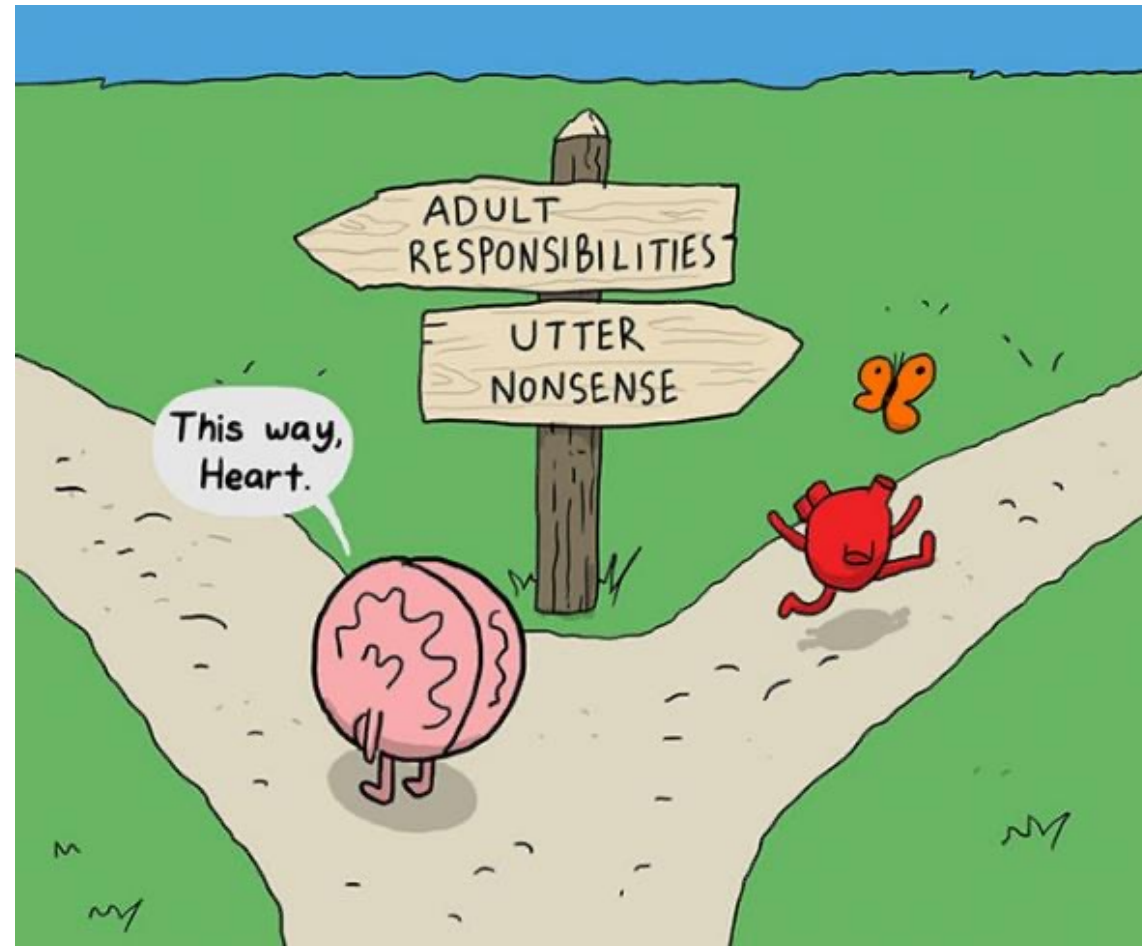
Humor

My teachers told me I'd never amount to much because I procrastinate so much. I told them, "Just you wait!"

How does NASA organize a party? They planet.



Disconnect



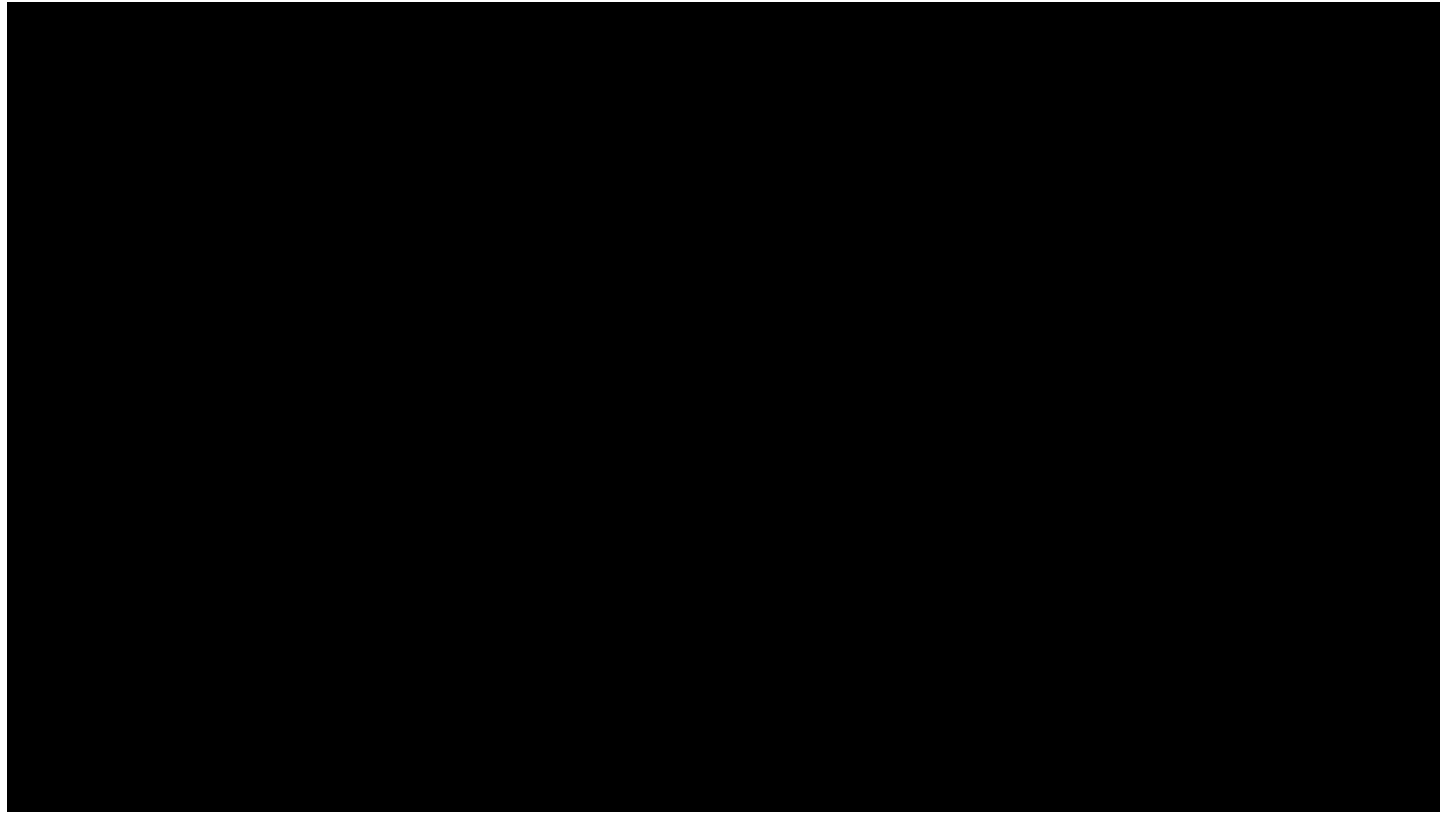
Connect



Make Time For You



Animals



Go Outside



Take Care of All Parts of You

- Olga Phoenix
- Vicarious Trauma Prevention Expert
- Self-Care Wheel
- Self-Care Plan



MAY 24 - 26, 2021

Connection between stress and metabolism

Parasympathetic – rest and digest response

Sympathetic – fight or flight response



Sympathetic is our stress response

When we are under stress when eating our body doesn't assimilate the nutrients from the food we are eating.

Your digestion is diminished and may lead to blood sugar spikes



Sugar Cravings and the Blood Sugar Roller Coaster



Sneaky Sugar Inventory

Any surprises in all the places sugar can hide



3 Main Challenges to Kicking Sugar

- Why do we have sugar cravings and feel out of control
- Why does it feel so good to eat sugar
- Sometimes it is easier to reach for sugar than to deal with a challenge in life



Challenge #1

- Why you have sugar cravings?
- Why those cravings feel out of control?
- What to do about it?



The Polarity Of Food

The Polarity Of Food

- Based on the principle that everything has 2 “polarities” or extremes
 - Hot/Cold
 - Hard/Soft
 - Noisy/Quiet
 - Light/Dark



The Polarity Of Food

Food is more than simply fuel

- It has energetic qualities that are beyond the science of calories, fat grams and nutrient values



The Polarity Of Food

For example:

- Leafy greens = upward, lifting energy
- Root veggies = grounding energy



Contractive Activities

- Running
- Working too much
- Partying
- Staying up late
- Stress



If you don't allow yourself to relax,
then you'll find yourself bingeing on
wine, chocolate, bread, desserts...



Your body is begging for a break, like sleep, reading, meditation, walking, or taking a bath.



Challenge #2

- No one wants to kick sugar because it feels so good to eat it
- Why does it feel so darn good?



Products containing lots of sugar usually don't contain lots of fiber, fat or protein.



Fiber, fat and protein slow down sugar absorption, so when those nutrients aren't present, your blood sugar shoots up really fast, like to the top of a roller coaster.



When insulin is sent out, it doesn't just bring your blood sugar back down into balance, there's often too much insulin secreted, and our blood sugar dips way down...



That's the blood sugar crash you feel after the sugar high –that shaky, spaced out, uncomfortable feeling.



What does your body crave when you are down there, in the middle of that nasty crash?

MORE SUGAR!



The sugar craving is your body's way of saying it needs something specific to restore this balance.



Places Insulin Can Take Excess Sugar:

- Your brain
 - Your blood cells
 - Your muscles
-
- Store as FAT



When your body is producing insulin to bring you down from the sugar high, it can't produce what's called "glucagon" (the fat-burning hormone)

Emotional roller coaster ride!



Challenge #3

Sometimes it's easier to reach for sugar than deal with a problem or challenge in your life.



What if cravings are a messenger
to help you **step into the best
version of who you are?**



Let's look at how to get started on the kicking sugar without starving or giving up sweetness - **even if you've never done it before.**



7 Solutions To Kick Sugar

1. Check your bevvies
2. Satisfy your sweet tooth with sweet veggies, fruit and spice
3. Sleep
4. Check your protein



7 Solutions To Kick Sugar

5. Sniff out low-fat and fat-free foods

6. Move yourself

7. New post-meal rituals



Self care/living a nutritious life

- Stay Hydrated
- Eat Empowered
- Live Consciously
- Sleep Deep
- Stress Less
- Love More
- Nurture/Pamper Yourself



A few more things to add to your toolkit.

- Eat empowered
- Live consciously
- Love more
- Nurture/Pamper yourself



Commitments?



Questions?



Thank you!

