From Defense to Performance

... decrease stress ...and move into smart ACTion!

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EUSTRESS

“the salt of life”
R. Eliot

DISTRESS

“the kiss of death”
H. Selye
poor breathing
(too fast, from the shoulders, inhaling too long)

* impairs memory
* impairs concentration
* impairs cognitive tasks
* impairs perceptual tasks
* impairs problem solving
* impairs judgment
* impairs co-ordination, balance, dexterity
BREATHING - 3+ minutes

Slow = approx. 6 breaths per minute

4 seconds inhale
1 second PAUSE
5 seconds exhale

Respiration Rate (Br/min): 6.08

Heart Rate (b/min): 67.37

Temp (Deg): 79.98
StressEraser

Infrared Finger Sensor

OFF / ON
Common sensor errors are due to:

* cold hands
* moving / wiggling finger
* bright light or sunlight
* low batteries
* false fingernails
  or glitter fingernail polish
* pressing the finger down
GOAL

0 points

½ point

total points

1 point
Smart phone?

Heart Rate Variability Apps:

• Azumio’s “Stress Doctor” ($3.99) or “Stress Check”

• ViTrox’s “iRelief” ($1.99)
Common stress escalators

- I don’t like this situation
- “what if ……”
- priming
  *(see grey because primed to look for grey)*
- “don’t be nervous…”
- caffeine and sugar
Shift from defense to performance

- relax the jaw
- relax the waist
- lengthen the exhale
  \[\text{breathe: slow } + \text{ low } + \text{ longer blow}\]
- use your smart brain
  \[\text{“What can I do now? } - \text{ BMW calming}\]
  \[- \text{ I will handle it!}\]
Summary
Edgar Wilson recommends:

- have a variety of stress management techniques
- let go of anger quickly
- cultivate a healthy narcissism
  (pay attention to your own needs)
Have a shoulder to cry on

Laugh a lot
Resources

- books and websites
- support network (family, friends, coworkers…)
- connect with meaningful things
- previous learning
- personal skills & strengths
- exercise
- nutrition & good eating patterns
- sleep

- physician and health care professionals
- counsellors
- clergy
- Employee Assistance Program
Stress Management Clinic

GROUP PROGRAMS

- Relaxation & Stress Management Skills
- Decreasing Headaches
- Stress Less for Tests
- STOP Worrying!
- Better Sleep

PRIVATE TRAINING

- in relaxation, stress management, and topics from all group programs
- biofeedback

WORKSHOPS

www.SelfRegulationSkills.ca
Stress Management and High Performance Clinic

http://stresssmartuog.wordpress.com

www.facebook.com/StressSmart

www.SelfRegulationSkills.ca

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Practice . . .

it’s not what you know, but what you do!
Thank you!