



Slow Down,
you move to
fast..

BE PRODUCTIVE WHILE FEELIN' GROOVY



Slow and Steady wins the race



Today's roadmap...



Physical response
to stress



Techniques to
manage stress

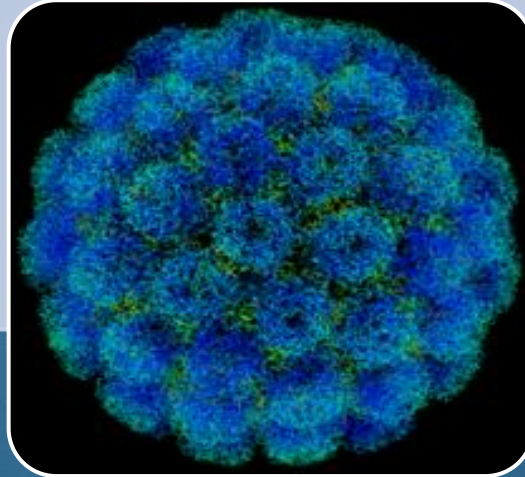


Approaches to
work/life calibration

Recent events



New Job



COVID-19



Puppy

Physical responses to stress





Headache

Stiff joints

Neck pain

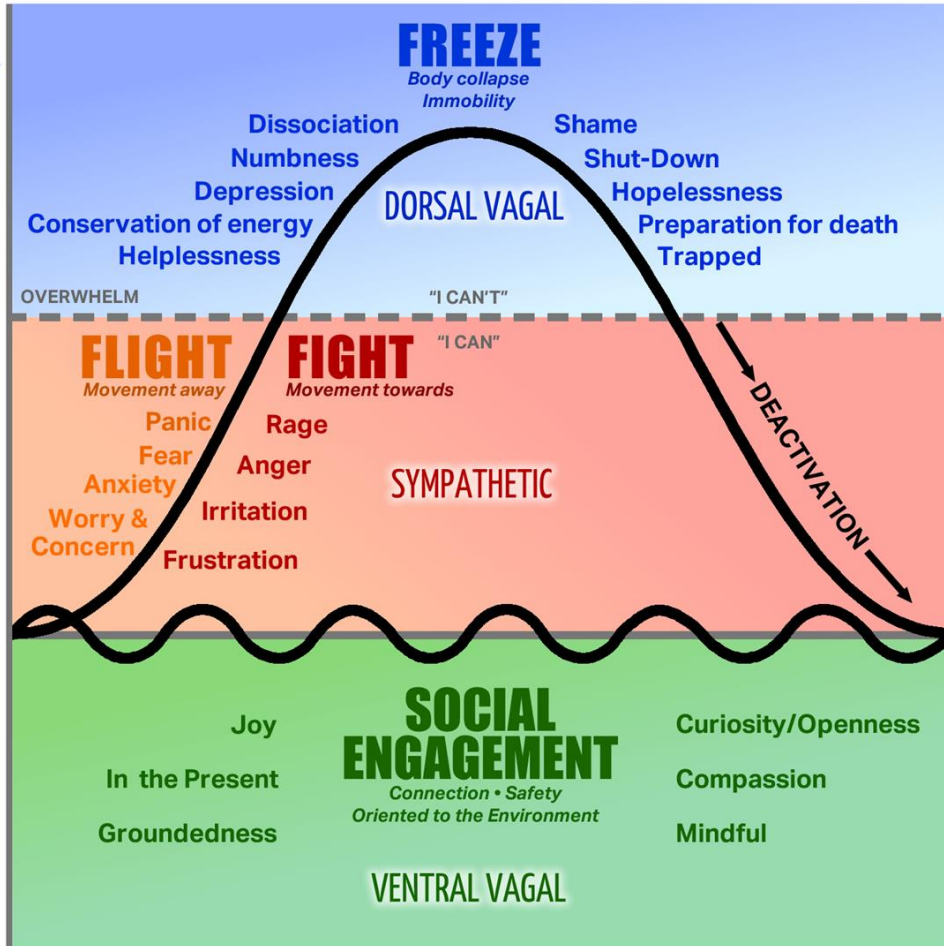
Etc...

Body
aches

Muscle
tension

Back pain

AROUSAL INCREASES



PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL - EMERGENCY STATE

Increases

Fuel storage & insulin activity
Endorphins that help numb and raise the pain threshold.

Decreases

Heart Rate • Blood Pressure
Temperature • Muscle Tone
Facial Expressions • Eye Contact
Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate
Fuel Availability • Adrenaline
Oxygen circulation to vital organs
Blood Clotting • Pupil Size

Decreases

Fuel Storage • Insulin Activity
Digestion • Salivation
Relational Ability
Immune Response

PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL

Increases

Digestion • Intestinal Motility
Resistance to Infection
Immune Response
Rest and Recuperation
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)
Ability to Relate and Connect

Decreases

Defensive Responses

Polyvagal Theory



Stress affects our brain function

Techniques





Reframe

5 Senses



Sight



Hearing



Touch



Smell



Taste

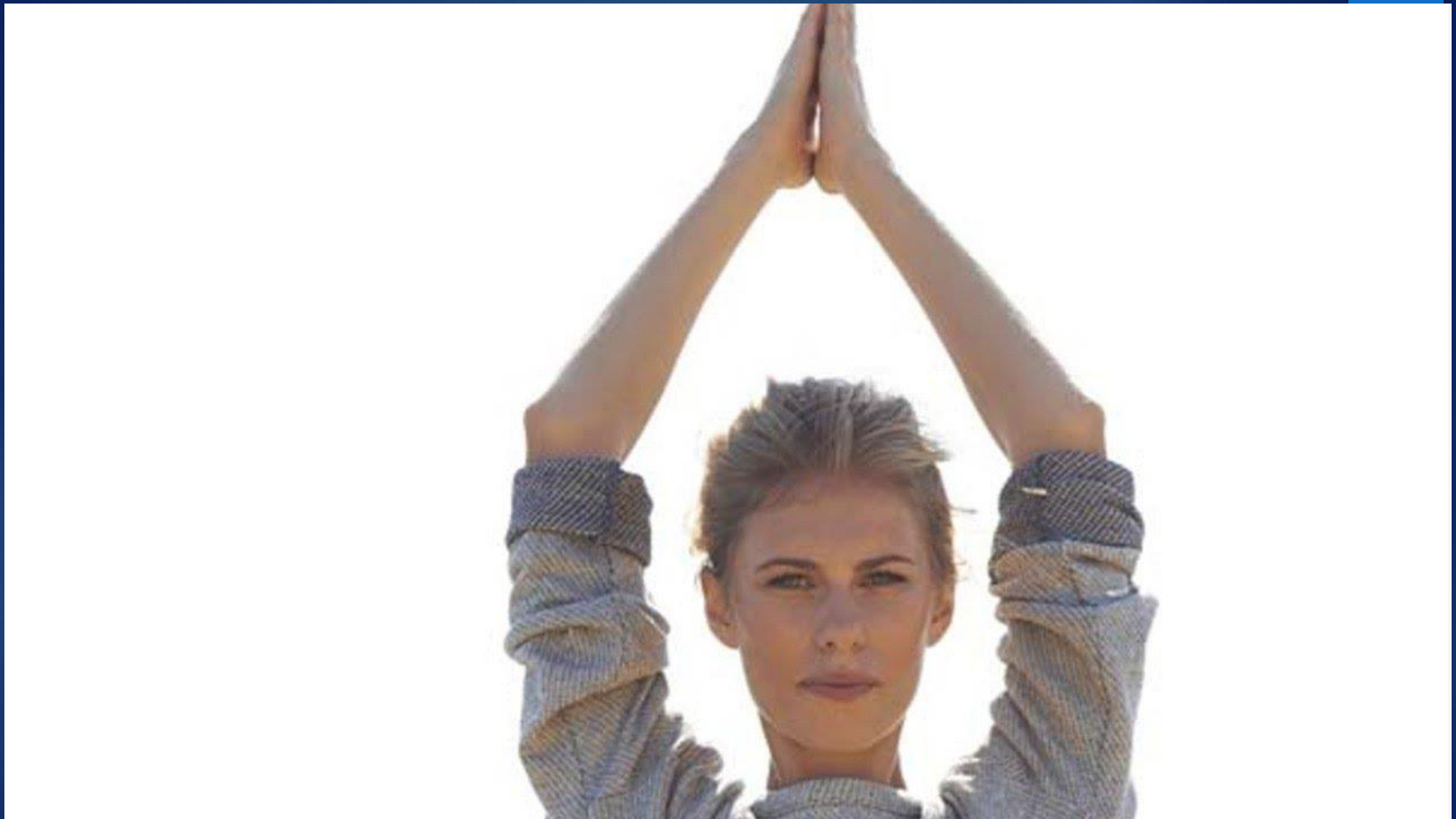
5-4-3-2-1



Breathe



Stretch



https://youtu.be/_io65_cFwqk



Smile

Techniques

- ▶ Reframe
- ▶ 5-4-3-2-1
- ▶ Breathe
- ▶ Stretch
- ▶ Smile

Work/Life Calibration





Exercise



Learn



Nature



Meditation



Fun



The key is not to prioritize
your schedule, but to
schedule your priorities

- Steven Covey

Work/Life Calibration

- ▶ Exercise
- ▶ Learn
- ▶ Nature
- ▶ Meditation
- ▶ Fun

What we covered...



Physical response
to stress



Techniques to
manage stress



Approaches to
work/life calibration



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