



EASING A STRESSFUL MIND

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WHY STRESS MANAGEMENT IS IMPORTANT IN TIMES OF CRISIS

While some stress is good for the body, an overload of negative stress—particularly emotional and psychological stress can last for weeks and months while having a negative impact on your immune system. Stress can cause high blood pressure, fatigue, depression, anxiety and various skin conditions such as hives, rashes, eczema etc. Where it may seem like we currently are living in a day to day, panic induced stress one of the best things we can do for our body is to learn how to manage the stress to ease our mind.

TIPS FOR NEGATIVE ENERGY MANAGEMENT

Nobody really knows how long the pandemic will last or how long we will be stuck at home. What we do know is that all of this alone time can lead our mind to wonder and panic. Below are a few tips on how we can not only accept these emotions but manage them as well.

- **Prioritize Self Care:** this may seem impossible with everyone crammed into the house, however simple things like breathing practices, exercises, going for a walk, taking a hot bath, reading a book, etc can help alleviate stress. Make sure to carve out time for yourself.
- **Keep Track of Your Emotions:** maybe you find that you are anxious after scrolling through social media, watching the news, or experiencing heightened worry at night before bed. Write these times down to be better prepared for the next wave of emotion that may come to you.
- **Rewire Your Thoughts:** When stress and anxiety start to hit, take a deep breath and see if there is a way to rewire the stressful thought into a positive. For example, we are able to spend more time with our families than ever before.
- **Make a List/Schedule:** one of the biggest causes of stress right now is everyone being out of routine. Try making a schedule as if you were at work or school, with a list of priorities to keep you on task, all while giving yourself some grace due to our circumstances.
- **Help Someone Out:** this is an opportune time for us to really show compassion for one another. Helping others is always good for the soul.

Jeremiah 29:11-12: For I know the plans that I have for you, declares the Lord. Plans for welfare and not for calamity to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you.

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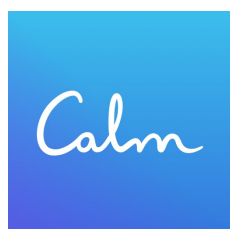


Photo from the Berkley Science Review

Free Apps for Stress Management



Headspace: Meditation for Modern Life. Headspace will help you “live a healthier, happier, more well-rest life in just a few minutes a day”.



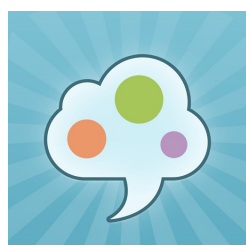
Calm: A sleep, meditation and relaxation app for all ages. Calm has plenty of free guided meditations, sleep stories, breathing programs, stretching exercises and relaxing music.



Happify: Is an app for adults aimed to “improve overall well-being with evidence-based interventions in positive psychology, mindfulness and cognitive behavioral therapy”.



Sanvello: Formerly known as Pacifica, this app offers “clinically validated techniques and support to help you relieve symptoms of depression, anxiety and shift your perspectives.



SAM: Self Help for Anxiety Management helps those who experience a heightened sense of anxiety during times of stress. The app includes symptom trackers, educational articles, relaxation techniques, and tips for anxiety management.

Stress Relief Challenge of the Week:

Before going to bed each night and before getting your day started each morning, spend 5 minutes doing controlled breathing exercises. Make yourself aware of your surroundings, make yourself connected with your body. During these five minutes, close your eyes, place a hand on your stomach and your chest to be even more aware of one's self. Spend the time in prayer or meditation trying to focus on the here and now rather than the stress of the day ahead or behind you. Note how you feel each morning and night you do this to see if it helps with your sense of stress and anxiety.

Books on Stress and Anxiety Management

Here are a list of some of the best stress management books on the market according to www.bookauthority.com

1. Overcome Anxiety and Panic Attack by Team Chakra
2. 2 in 1: Mind over Mood and Mental Models by Jason Dyer
3. Healing Stress, Anxiety and Depression by Clear Ally
4. Mindfulness for Stress Management by Joseph Sorensen
5. How To Stop Worrying by Richard Kim
6. Stress Management at Work and Life by Tony Fred
7. Mindfulness for Stress Management by George Bender
8. A Liberated Mind by Steven Hayes, PhD
9. Self-Help book for Overcoming Stress and Anxiety by Emily Taylor
10. Less is the new More by Chris Lee
11. Understanding Stress Disorder by Alison Care
12. The Daily Stoic by Ryan



FAITH OVER FEAR

A MESSAGE FROM JORDAN SMITH,
DIRECTOR OF CAMPUS MINISTRY

Jeremiah 29:11-12 For I know the plans that I have for you, ‘declares the Lord, ‘plans for welfare and not for calamity to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you.

These are God’s words to the Jews exiled to Babylon, but ring ever true today as we navigate each day, faced with the great unknown. It is a good reminder that God *listens* to our prayers and will bring us hope and comfort.

John 14:27 Peace I leave with you; My peace I give to you; not as the world gives do I give to you, Do not let your heart be trouble, nor let it be fearful.

These scriptures are easy scriptures to repeat to ourselves daily. God reminds us to not let our hearts be troubled and take it upon ourselves to remain calm, always trusting the God will deliver us His peace no matter what is happening in the world.

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For questions or comments, please reach out to Alisha Thresher, Director of Health and Wellness at athresher@sjcadets.org