KEEP CALM & STAY THAT WAY
AGENDA

What Does "Work-Life Balance" Look Like?
- Stress
- Awareness
- Relaxation Techniques

I'm afraid you'll have to stay late tonight, I want you to attend this talk on work-life balance.
I'm achieving a work-life balance by bringing my personal life into the office.
I think it's stress!!
Stress is your body’s way of responding to any kind of demand or threat. When you sense danger (whether it’s real or imagined) the body responds with automatic “fight, flight, or freeze” reactions, also known as the stress response.

- The stress response is the body’s way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life. "Healthy" stress reactions can help with meeting deadlines, giving presentations, and multitasking.

- Constantly remaining in the fight, flight, or freeze mode becomes dangerous. At this point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.
Chronic stress disrupts nearly every system in your body.

Physical and mental health concerns may arise, and the aging process accelerates.

**HOW STRESS & ANXIETY AFFECTS YOUR BODY**

**BRAIN**
- Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

**CARDIOVASCULAR**
- Higher cholesterol, high blood pressure, increased risk of heart attack and stroke

**JOINTS AND MUSCLES**
- Increased inflammation, tension, aches and pains, muscle tightness

**IMMUNE SYSTEM**
- Decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

**SKIN**
- Hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

**GUT**
- Nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

**REPRODUCTIVE SYSTEM**
- Decreased hormone production, decrease in libido, increase in PMS symptoms
WARNING SIGNS

The most dangerous thing about stress is how easily it can creep up on you. You get used to it. It starts to feel normal. You don’t notice how much it’s affecting you, even as it takes a heavy toll. That’s why it’s important to be aware of the common warning signs and symptoms of stress overload.
Text this code: uth18
To this number: 37607
Emotional Symptoms
- Depression, general unhappiness
- Anxiety
- Agitation, irritability, or anger
- Moodiness
- Feeling overwhelmed
- Loneliness and isolation
- Other mental or emotional health problems

Behavioral Symptoms
- Change in eating habits
- Change in sleep patterns
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Cognitive Symptoms
- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

Physical Symptoms
- Aches and pains
- Diarrhea or constipation
- Nausea
dizziness
- Chest pain
- Rapid heart rate
- Loss of sex drive
- Frequent colds or flu
ON MY PHONE IN BED
DROPPED IT ON MY FACE

Emotional Symptoms
Depression, general unhappiness
Anxiety
Agitation, irritability, or anger

Behavioral Symptoms
Change in eating habits
Change in sleep patterns
Withdrawing from others
Procrastinating or neglecting
SLEEPING WELL: The Most Important Things You Can Do To Promote Good Sleep

EAT HEALTHY
Eat a balanced diet with a variety of whole foods and plenty of pure water throughout the day.

GET REGULAR SUNLIGHT
Spend some time in the sun early in the day and work near a window to support your internal clock.

KEEP A REGULAR SLEEP SCHEDULE
Consistency is helpful for regulating circadian rhythms and staying well-rested.

MODERATE ALCOHOL USE
Make last call at least 3 hours before bed as alcohol affects both REM and slow wave sleep.

TIME CAFFEINE RIGHT
Caffeine lasts up to 12 hours in your body, meaning consuming it after lunchtime could affect sleep.

GET EXERCISE
Regular moderate exercise helps boost energy and supports more restful sleep.

SET YOUR BEDROOM FOR SUCCESS
Use a supportive and comfortable mattress, keep rooms cool and dark, and give electronics the boot.
Memory problems
Inability to concentrate
Poor judgment
Seeing only the negative
Anxious or racing thoughts
Constant worrying

Aches and pains
Diarrhea or constipation
Nausea
dizziness
Chest pain
rapid heart rate
Loss of sex drive
Frequent colds or flu

"Stress is not what happens to us. It is our response to what happens. And response is something we can choose."

Maureen McKown
RELAXATION RESPONSE

No one can avoid all stress, but you can counteract it by learning how to produce the relaxation response, a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings your body and mind back into a state of equilibrium. The goal is to be both physically relaxed and mentally alert at the same time.

When the relaxation response is activated:

- Your heart rate slows down
- Breathing becomes slower and deeper
- Blood pressure drops or stabilizes
- Your muscles relax
- Blood flow to the brain increases

In addition to its calming physical effects, the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity.
Know Your Stress Response, Find Your Relaxation Response

**The “fight” response.** If you tend to become angry or agitated under stress, you will respond best to stress relieving activities that quiet you down: Meditation, progressive muscle relaxation, deep breathing, or guided imagery.

**The “flight” response.** If you tend to become depressed, withdrawn, avoidant, or foggy brained under stress, you will respond best to stress relieving activities that are stimulating and energize your nervous system: Exercise, massage, mindfulness activities, or yoga.

**The "freeze" response.** If you've experienced some type of trauma, or tend to “freeze” or become “stuck” under stress, your challenge is to first awaken your nervous system to a fight or flight response so you can employ the applicable stress relief techniques. To do this, begin with bringing awareness to your breath, then move your limbs.
Deep Breathing

- Stimulates the Vagus nerve, which is a good way to reduce anger, anxiety and stress.

- Awakens the parasympathetic nervous system (PNS) which counters the effects of the Sympathetic Nervous System (SNS).

- PNS-Rest and Digest vs SNS-Fight or Flight
When we attend to our breath...

It brings us to the present moment
It increases our self-awareness
It brings a sense of calm

Deep breathing:
Calms the mind
Reduces worries and anxieties
Improves focus and attention
Removes brain fog
Increases energy, bringing enthusiasm and positivity
Boosts the immune system
Rejuvenates the body and mind
May even slow down the aging process
A clue that you are relaxing
Breathing 101

Breath Qualities
- Slow
- Steady
- Continuous
- Deep

Deep/Belly Breathing
I'm achieving a work-life balance by bringing my personal life...
UTHHealth
Employee Assistance Programs
713-500-3327 (3EAP)
go.uth.edu/eap

The EAP offers a variety of services including counseling and consultation services with a licensed mental health professional, legal and financial resources, and worklife referrals.

Robin Dickey
P: 713-500-3358
E: robin.dickey@uth.tmc.edu
**Counseling is Available 24/7**

All our mental health counselors are credentialed and confidential. You may choose to be paired with a UTHealth counselor located on our campus in the TMC or we can help you locate a provider in a convenient location within the Greater Houston area who offers weekend and evening appointments to accommodate your needs.

**Track Your Well-Being**

WellTrack is an interactive self-help tool that is offered free to all benefits eligible UTHealth faculty, staff, dependents and retirees. Click here to learn more.

**Meditation**

UTHealthy conducts periodic meditation sessions all across UTHealth to reduce stress and promote mindfulness. Click here to find details about this program.

**Tai Chi**

Counter the negative effects of burnout by practicing the ancient art of Tai Chi. Join us for our next session - held every 1st and 3rd Wednesday at Webber Plaza.
WorkLife

Consultation and referrals for a wide range of WorkLife referrals are available through the EAP. We can help you find real solutions for child care, elder care, care for persons with disabilities, and other convenience and wellness issues. We will take time to fully understand your concerns and explore care options with you.

1. Call us at 713-500-3327 and describe your issue to one of our experienced counselors.

2. We will research your specific care needs, while you focus on your family and work.

3. Within a few days, we will call you and provide you a packet containing provider profiles of regulated care providers who have openings, when, where, and within the price range you specified, along with educational materials to help you and your family make informed decisions.

Legal & Financial Referrals

Get a free 30-minute face to face or telephonic consultation with a licensed attorney. Call us or fill out our contact form for more details.

Like Researching it Yourself?

You have free access to MyLifeValues.com. You can use this website for tips on childcare, elder care, education, adoption, military, retirement, emergency preparedness and even pet services. Click here to go there now.
Find a happy outlet
Breathe
Sleep

"Have I tried unplugging, and plugging back in?"