

Understanding and Managing Stress

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Well-known Strategies to Melt Stress

- 1) Move
- 2) Eat
- 3) Laugh
- 4) Trust
- 5) Sleep
- 6) Take time
- 7) Reframe
- 8) Sunshine

Our stress is the battle is between two wolves
inside us all



???

anger,
envy,
jealousy,
sorrow,
regret,
greed,
arrogance,
self-pity,
guilt,
resentment,
inferiority,
lies, false
pride,
superiority,
and ego



joy,
peace,
love,
hope,
serenity,
humility,
kindness,
benevolence,
empathy,
generosity,
truth,
compassion
and faith."

Three reasons why we live with stress



Habit



Heroism

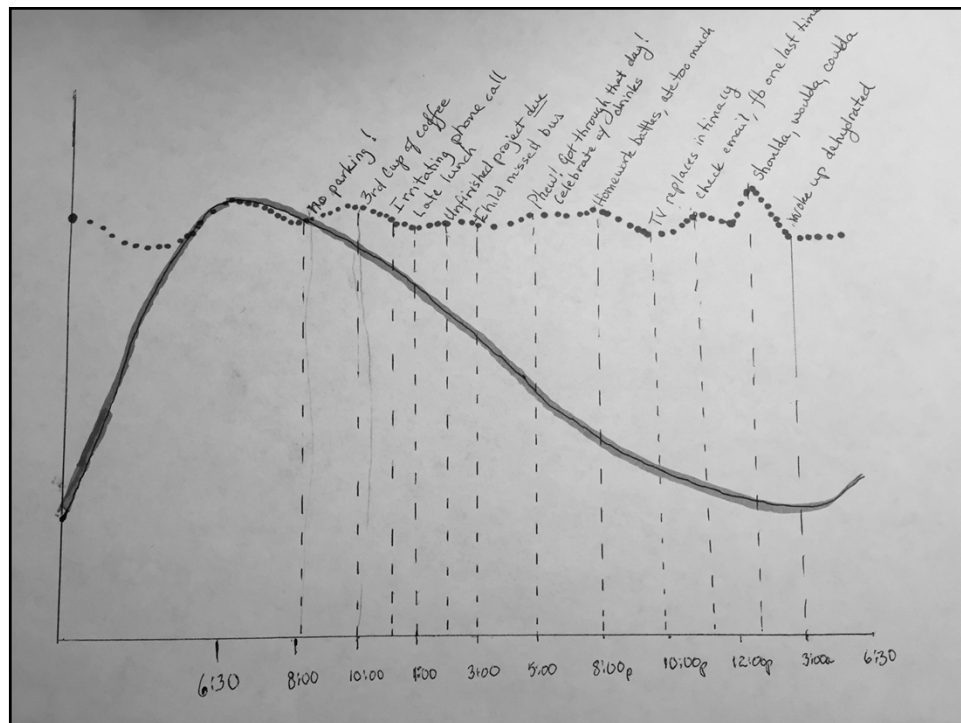
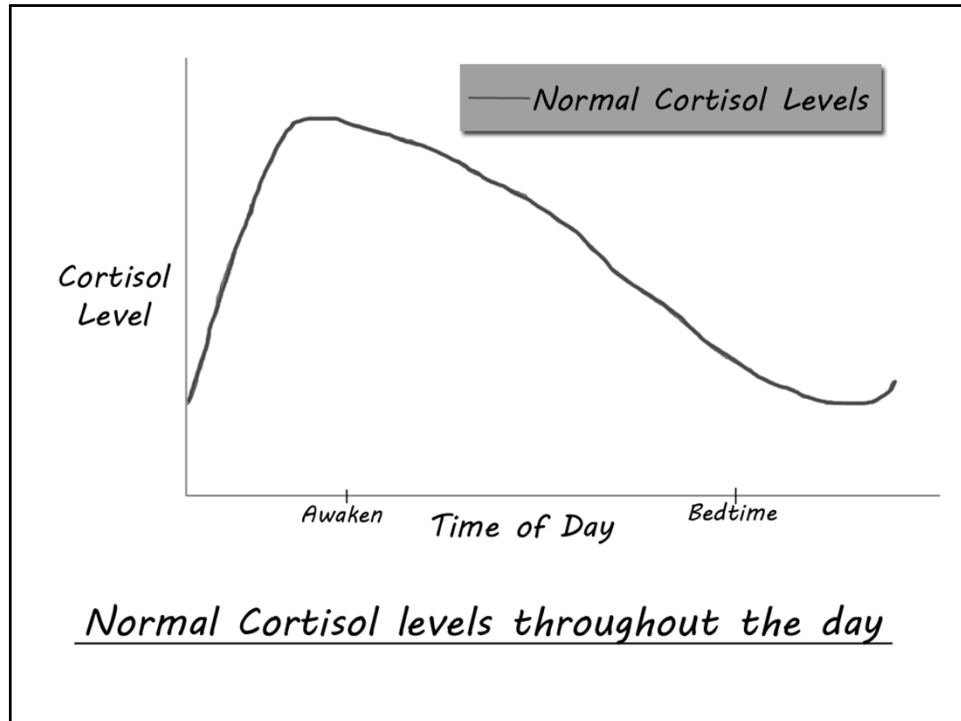
Happiness!

- ◉ Eustress
 - The good stress



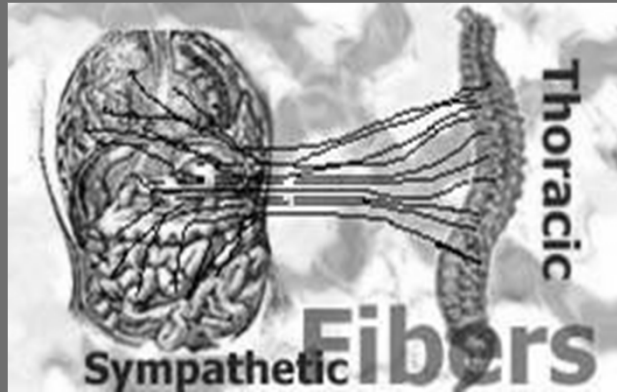
- ◉ Could All stress be transformed into Eustress?





When the Stress wolf wins

*anger,
envy,
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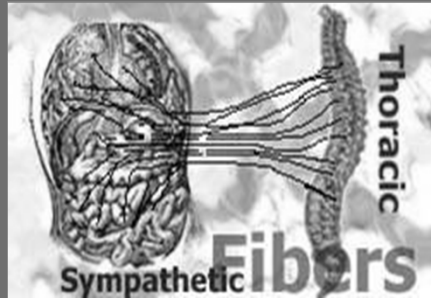
When the Good wolf wins



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Which wolf are you feeding?

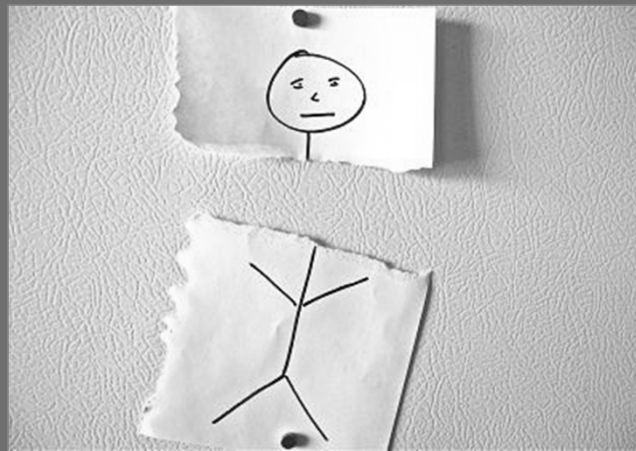
SYMPATHETIC NERVOUS
SYSTEM

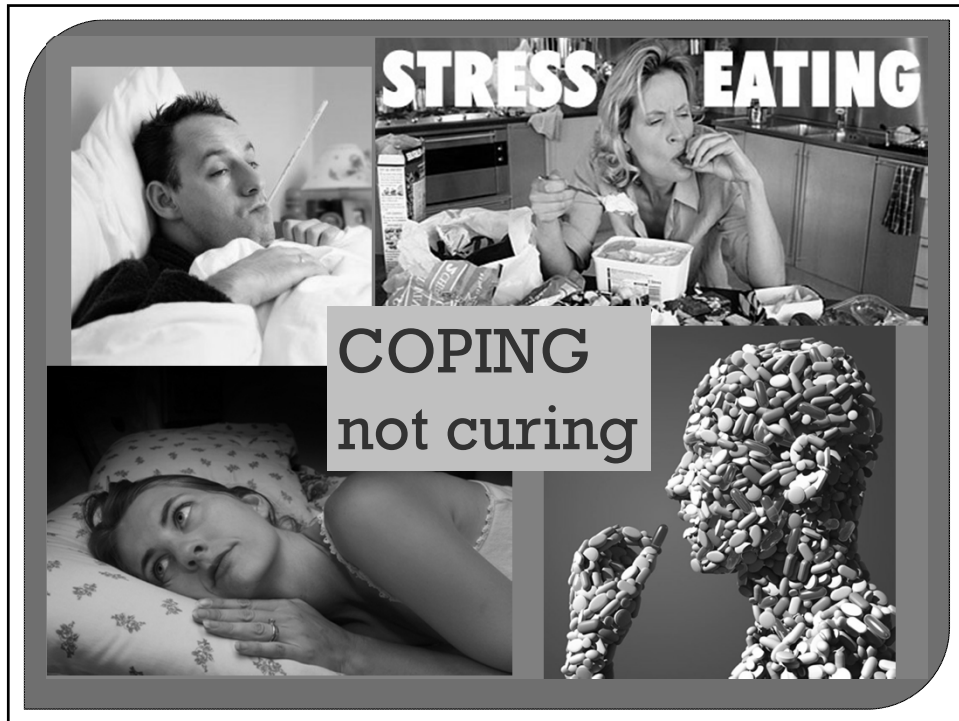


PARASYMPATHETIC
NERVOUS SYSTEM



Stress is a disconnection with the
felt sense of a perceived threat

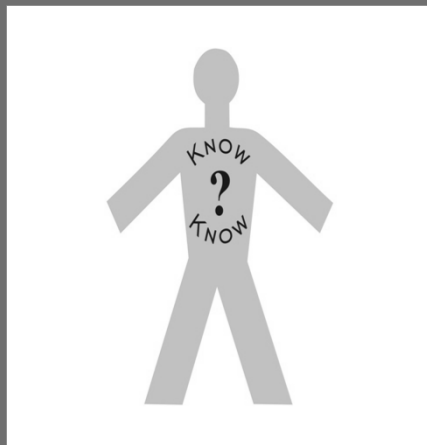




What if there was a way to sense
which wolf you were feeding?



Honoring the body as a source of wisdom



Identify the way your problems concretely exist in your body

Use intuition to help you make decisions about how to handle the threat

Six steps to embodied wisdom

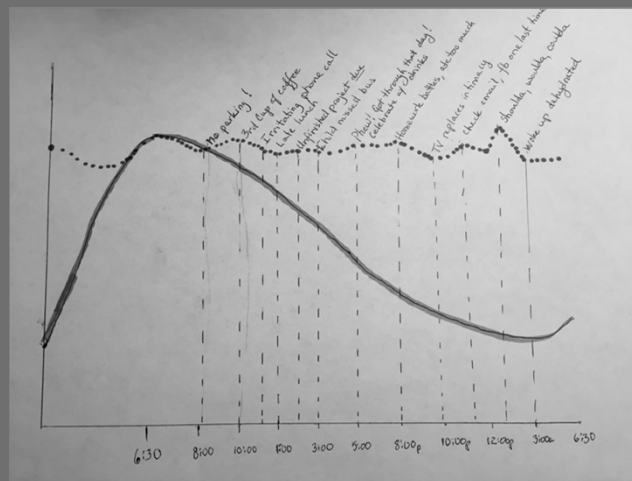
- ◉ Clearing a space
- ◉ The felt sense
- ◉ Finding a handle
- ◉ Asking
- ◉ Receiving
- ◉ Resonating



Accessing embodied wisdom gets you to the center of your stress



What's the real threat here?



Focus on sensation



Clearing Space



Pick a box.



What is the Felt Sense



Finding a “handle”

What is the **Quality** of this felt sense?

Quality words, not feeling words

<i>Sticky</i>	<i>Jumpy</i>
<i>Heavy</i>	<i>Tight</i>
<i>Stiff</i>	<i>Cold</i>
<i>Burning</i>	<i>Itchy</i>
<i>Dark</i>	<i>Floating</i>

Asking

- ◉ What is it, about this whole problem that makes this quality?
- ◉ What makes the whole problem so _____?
- ◉ Asking means listening not answering.

Asking with your handle word

- ◉ What is the _____-est thing about all this?
- ◉ What would it take for this _____ to feel ok?

Receiving

- ◉ Be a generous receiver not a critical believer
- ◉ Avoid dumping analysis on sensation



Being a curious receiver

What would it take for
this ____ to feel ok?

Owning this sensation
will likely cause a shift

<i>Sticky</i>	<i>Jumpy</i>
<i>Heavy</i>	<i>Tight</i>
<i>Stiff</i>	<i>Cold</i>
<i>Burning</i>	<i>Itchy</i>
<i>Dark</i>	<i>Floating</i>

Finding the shift

Embodied Awareness



Ownership



Power to choose, power to change

Which wolf are you feeding?

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Questions?

Comments?

Thank-you!

**Further questions: Connie Schrader
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