

2010 National Forum on Criminal Justice & Public Safety Managing for Success: Stress Management



Presented by
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National Criminal Justice Association

**11 months earlier:
January 17, 2008**



MOM ARE YOU SITTING DOWN?

SENTENCED: August 26, 2009



**13
MONTHS
IN
PRISON**

REPORTED: October 9, 2009



U.S. Department of Justice
Federal Bureau of Prisons

Federal Prison Camp

Ashland, Kentucky

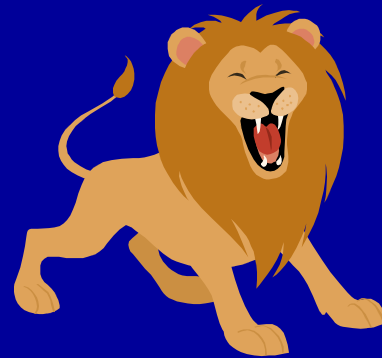
Objectives

- What is stress?
- How Does Stress Impact Us?
- Common Stressors/Early Warning Signs
- Private Self Test
- Steps to Counteract Stress in Your Life

WHAT IS STRESS?

“What you feel when life’s demands exceed your ability to meet those demands.” -- *The Cortisol Connection, Shawn Talbott, Ph.D.*

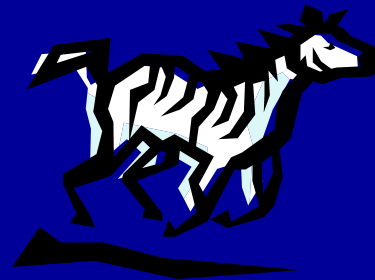
Normal Response to Our Environment



A- Stress Occurs

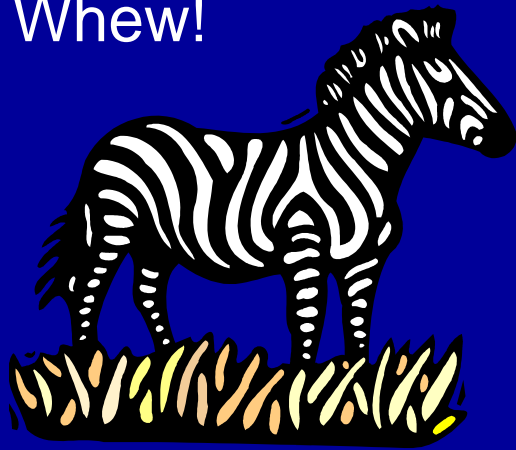


B-Stress Response Begins in the Brain



C – Fight or Flight

Whew!



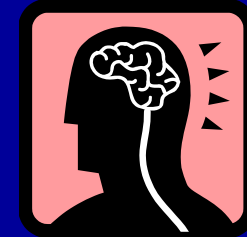
D -Stress response ends and stress hormones dissipate

Human Stress Response

A – Stress Occurs



B – Stress Response
in the Brain



D – Stress Response
Continues, and Stress
Hormones Lead to
Tissue Damage



E – Stress is Killing Us



C – Modern Stressors Do Not Permit Fight or Flight

Top 10 Stressful Life Events Survey Says.....

1. Deaths
2. Divorce/Separation
3. Personal injury or serious illness
4. Financial Hardships
5. Marriage

Top 10 Stressful Life Events

6. Births
7. Job Loss/Changing Job
8. New Boss
9. Moving
10. Incarceration of family member

+ Busy Modern Life



- Working
- Deadlines
- Children
- Handling Emergencies
- Balancing Responsibilities
- So Many Choices

+ Extra Stressors in CJ

- Too much to do/not enough time
- Exposed to a lot of negativity
- Never enough resources
- Front line--risk to life, see more than most, very few positives
- Isolation
- Others?



Symptoms of Too Much Stress

- Tiredness/exhaustion
- Tight muscles
- Nervousness
- Stomach problems
- Change in appetite
- General body complaints: weakness, headache, back pain, etc.

Signs of Stress

- Constantly overwhelmed
- Strained relationships
- Poor work performance
- Overly emotional
- “Little things” set you off frequently
- Insomnia
- Rise in blood pressure

How Stressed Are You?

Take the Stress Self Test

Cortisol Index

- **0–5 points: Relaxed Jack**

(Low risk no worries) You are cool as a cucumber and have either a very low level of stress or a tremendous ability to deal effectively with incoming stressors. Keep doing whatever you're doing!

- **6–10 points: Strained Jane**

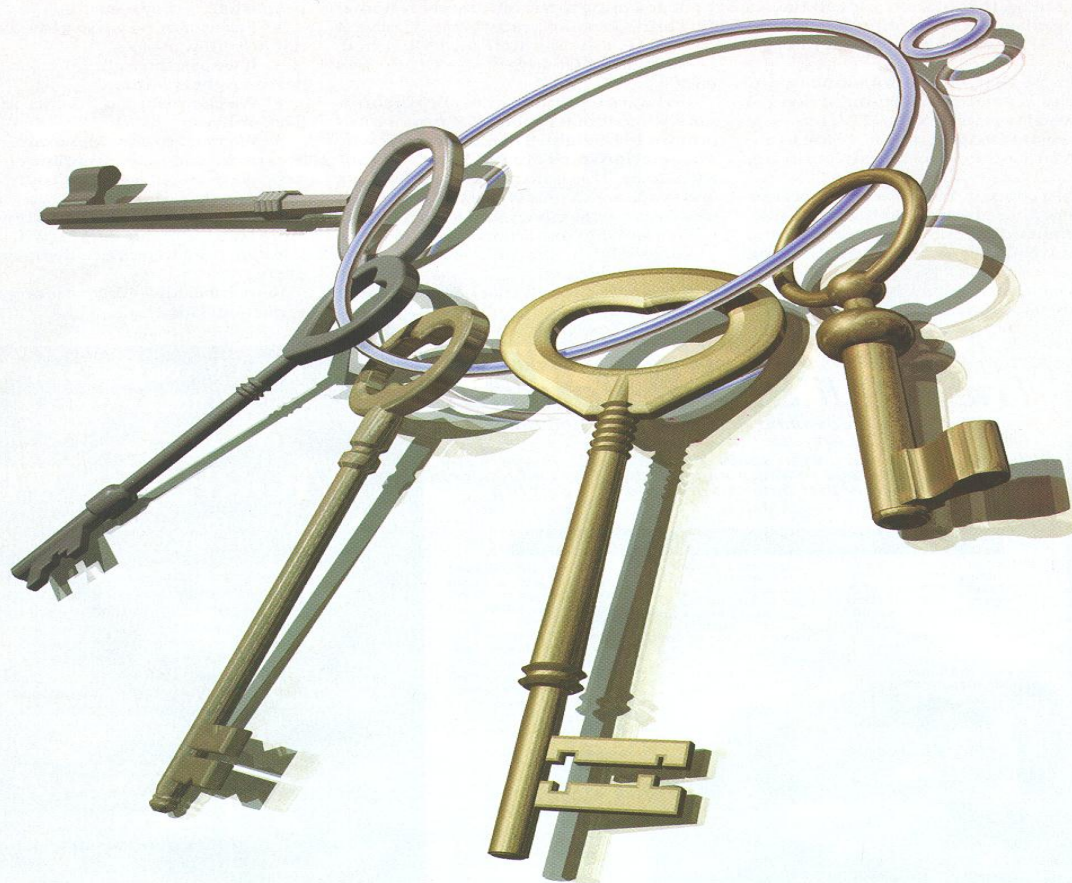
(Moderate risk) You *may be suffering from an overactive stress response and chronically elevated levels of cortisol* and should incorporate antistress strategies into your lifestyle whenever possible—but don't stress out about it!

- **Greater than 10 points: Stressed Jess**

(High risk) You are *almost definitely suffering from an overactive stress response, chronically elevated levels of cortisol, and its detrimental metabolic effects*—and you need to take immediate steps to regain control.

Are you Motivated to Change?

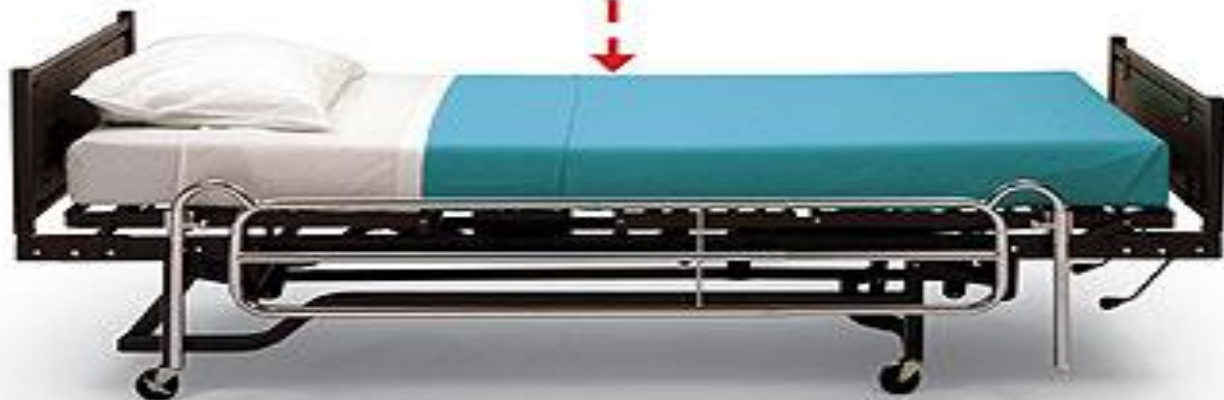
Keys to Success



THE HEALTH ISSUE

TIME

**How Not
To End
Up Here**



It's All About Prevention.

The first step toward containing health-care costs is to avoid getting sick. Here's what it takes

Counteracting the Effects of Chronic Stress

- Many Forms of Stress Management
- Typically address:
 - Exercise
 - Diet/Nutrition
 - Relaxation/Meditation/Prayer
 - Stress Management Techniques

Cognitive Restructuring: NOT Just for Criminals?

- The inner critic
- Thoughts and perceptions shape moods and emotions
- Highly negative thoughts contribute to depression and anxiety
- Negative thoughts are often riddled with irrational distortions & exaggerations

Ten Common Cognitive Distortions

All or Nothing

**Magnification or
Minimization**

Overgeneralization

Emotional Reasoning

Mental Filter

“Should” Statements

**Disqualifying the
Positive**

Labeling

**Jumping to
Conclusions**

Personalization

Practice What We Preach?

- Each person has two minds: the conscious and the subconscious.
- Negative programming is the major cause of low self respect, distorted thinking & self defeating thoughts and behaviors.

Practice What We Preach cont.

- You are responsible for your actions.
- Life isn't fair.
- If you keep doing what you've been doing, you will keep getting what you've been getting.

Practice What we Preach cont?

- Much of life is based on perception or belief and not necessarily the truth.
- The more you find the truth about yourself the happier you will be.
- Life is what you make it. If you are not successful and happy in this life, it is your fault.

SENSE Program

- Stress Management
- Exercise
- Nutrition
- Supplements
- Evaluation



The Cortisol Connection: *Why Stress Makes you Fat & Ruins Your Health & What you Can do About It*, Shawn Talbott, Ph.D.

How to Stop Worrying & Start Living

- Live in “Day-Tight Compartments”
- Keep Busy: Lose Yourself in Action
- Don’t Sweat the Small Stuff
- Law of Averages



How to Stop Worrying and Start Living; Time Tested Methods for Conquering Worry, Dale Carnegie

How to Stop Worrying & Start Living cont.

- Cooperate with the inevitable
 - Serenity Prayer
- Put a stop-loss order on your worries
- Let the past bury it's dead

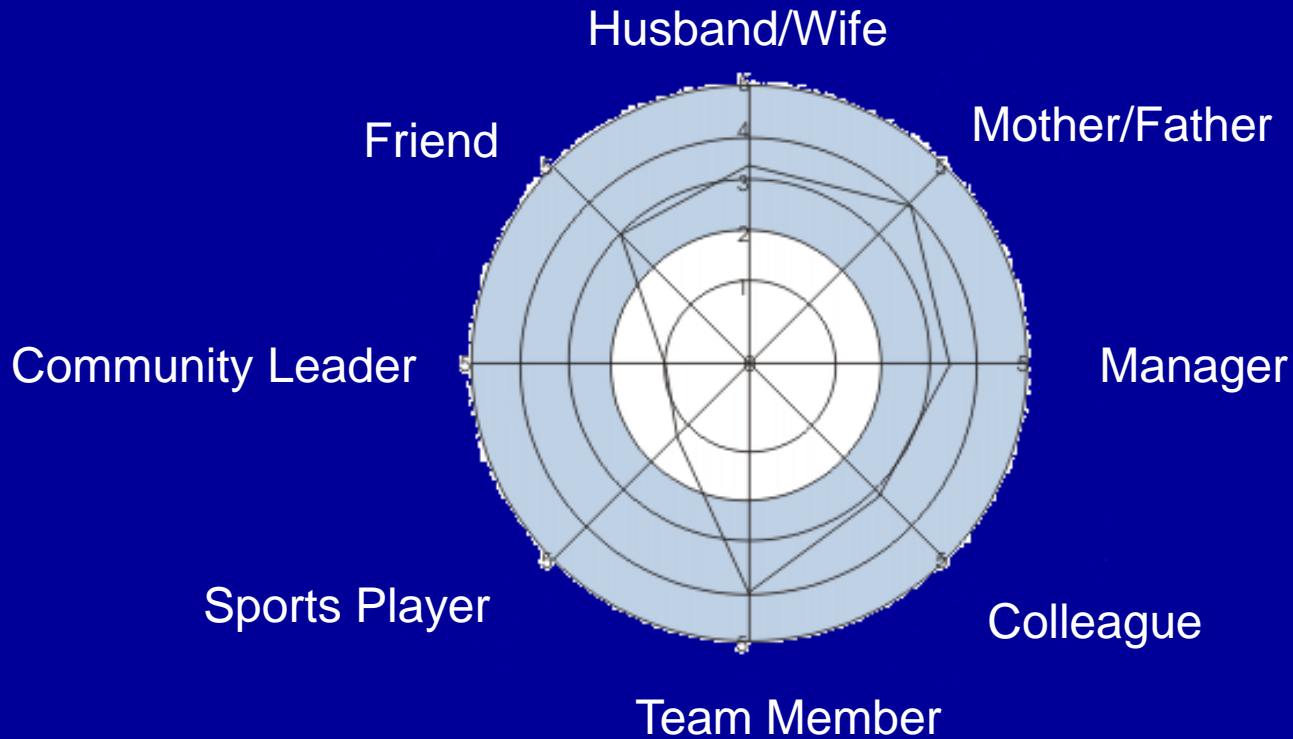
How to Stop Worrying & Start Living

- Basic Steps in Problem Analysis
- Four Questions:
 1. What am I worrying about?
 2. What can I do about it?
 3. Here is what I'm going to do about it.
 4. When am I going to start doing it?

Other Stress Management Techniques

- Time Management
- Organizational Skills
- Learn to Say NO!

Wheel of Life Template



Other Stress Management Technique cont.

- Take Care of Yourself...
 - Adequate Rest, Nutrition, Exercise, Schedule Fun
- BREATHE!!!
- Laugh
- Others.....

Seeking Help

- Check in with your doctor
- Consider counseling
- Spend time with those you love and who love you back

Remember: You Are NOT ALONE
“We are ALL in Recovery from Life”



Questions?

For me?

For You:

*What is the One Thing You're Going to
Do Differently to Counteract Stress In
Your Life?*

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