ease the stress

Stressful thoughts and positivity

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this Ease the Stress session, we discussed how our stress response is influenced by our thoughts, and some additional coping tools learned from rat studies. We also talked about the relationship between anxiety and depression and stress and discussed the importance of optimism. We learned wellbeing tools from positive psychology for inviting more positive moments into our lives in order to flourish and discovered a lesser known tend-and-befriend response to stress.

*“The greatest happiness of life is the conviction that we are loved -- loved for ourselves, or rather, loved in spite of ourselves.”* -Victor Hugo

# NOTES:

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ease the stress

Helpful NOTES FROM TODAY’s topic

**DID YOU KNOW?**

(Here are a few reminders from today’s discussion.)

1. From **August 2020 through February 2021**, adults with anxiety or depression increased from **36.4% to 41.5%.**
2. Genes only increase the risk of depression *if the person is exposed to stressful environments*.
3. In studies where a group of people were shown a frightening photo, the amygdala was triggered in those with anxiety, but it was not triggered in those who did not have anxiety.
4. **Optimistic people live 11-15% longer than pessimistic people (~7.5+ years)**.
5. When using the **tend-and-befriend** model, women in particular produce the feel-good chemical **Oxytocin**. (Men do as well, but the effect is amplified in women.)
6. People who are flourishing have a **3:1** positivity ratio.
7. **People over 64 years of age are the happiest!**
8. Coping tools for stress can include **mindset** (I.e., how a person feels about their stress), **finding an outlet** (e.g., exercise), **predictability** (e.g., learn what we can about a situation), and **control** (e.g., change what’s possible, and accept the rest).
9. **Happiness stealers include: miswanting** (what we think will make us happy, doesn’t), **hedonic adaptation** (getting used to the good stuff), **social comparison** (“I want what they have.”), and **mispredicting** (thinking it will be worse than it is).
10. The **ten positive emotions that positive psychologists believe we should cultivate are: love, gratitude, joy, awe, pride, amusement, inspiration, hope, serenity, and interest.**

Ease the Stress

kaizen step

1) Goal I want to accomplish: (example: I will start keeping a journal for positive experiences.)

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2) One step I could take toward that goal: (example: I will write down one positive experience and three details about that experience.)

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3) Ways I can break this step (#2) into smaller actions: (examples: Select a journal, set aside time to write, etc.)

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