



From Stress to Wellness

22-10-2010



1. OBJECTIVES

- A. Understand the brain mechanisms of stress
- B. Find the key clues to changing stress into positive energy
- C. Create a personal action plan



2. INTRODUCTION

What stresses you out the most?

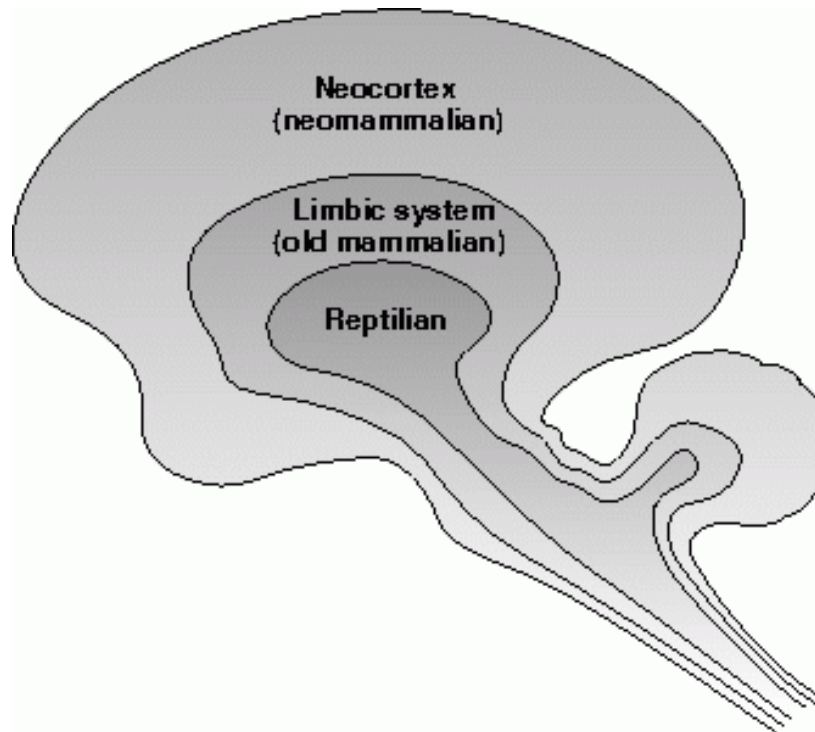
TO...

NOT TO...



3. THE BRAIN MECHANISMS OF STRESS

Our brain is constructed of layers that reflect stages in our evolutionary history:



Paul McLean



3. THE BRAIN MECHANISMS OF STRESS

- REPTILIAN BRAIN:

.....

- LIMBIC SYSTEM:

.....

- CORTEX:

.....



3.1 STRESS & REPTILIAN BRAIN



⇒ F.....

⇒ F.....

⇒ F.....



3.1 STRESS & REPTILIAN BRAIN

What is the most important word in this sentence?

- The pituitary gland directs the adrenal glands to secrete both cortisol and adrenaline in reaction to perceived stress - both physical and emotional - as part of the body's fight-or-flight response that is essential for survival.
- Adrenaline makes you energetic and alert, and increases metabolism. It also helps fat cells to release energy.
- Cortisol helps your body become even more effective at producing glucose from proteins, and is designed to help quickly increase the body's energy in times of stress.

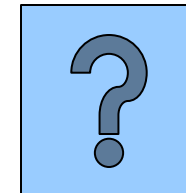
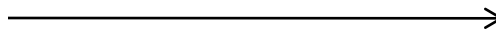


3.1 STRESS & REPTILIAN BRAIN

PREHISTORY:

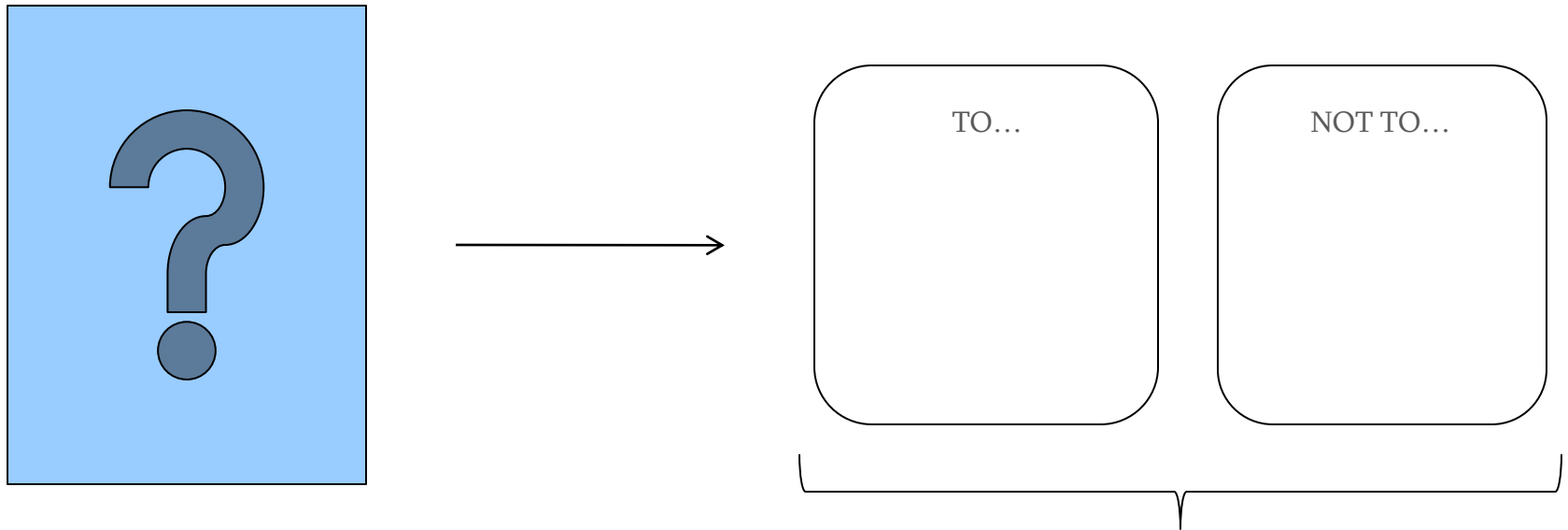


TODAY:





3.1 STRESS & REPTILIAN BRAIN

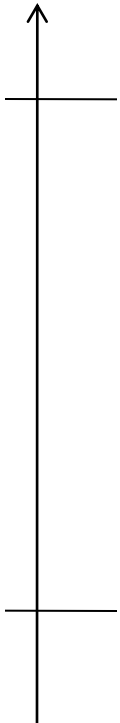


Different for each one =>
perception

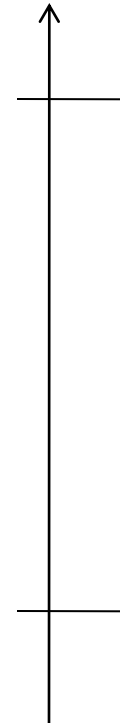


3.2 PHYSICAL & PSYCHOLOGICAL STRESS

Physical



Psychological





4. PREVENT & DECREASE STRESS

Physical
1

Psychological



5. ACTION PLAN

Choose 3 important ideas and make it your own action plan:

1) SOMETHING I WANT TO KEEP:

.....

2) SOMETHING I WANT TO START:

.....

3) SOMETHING I WANT TO CHANGE:

.....