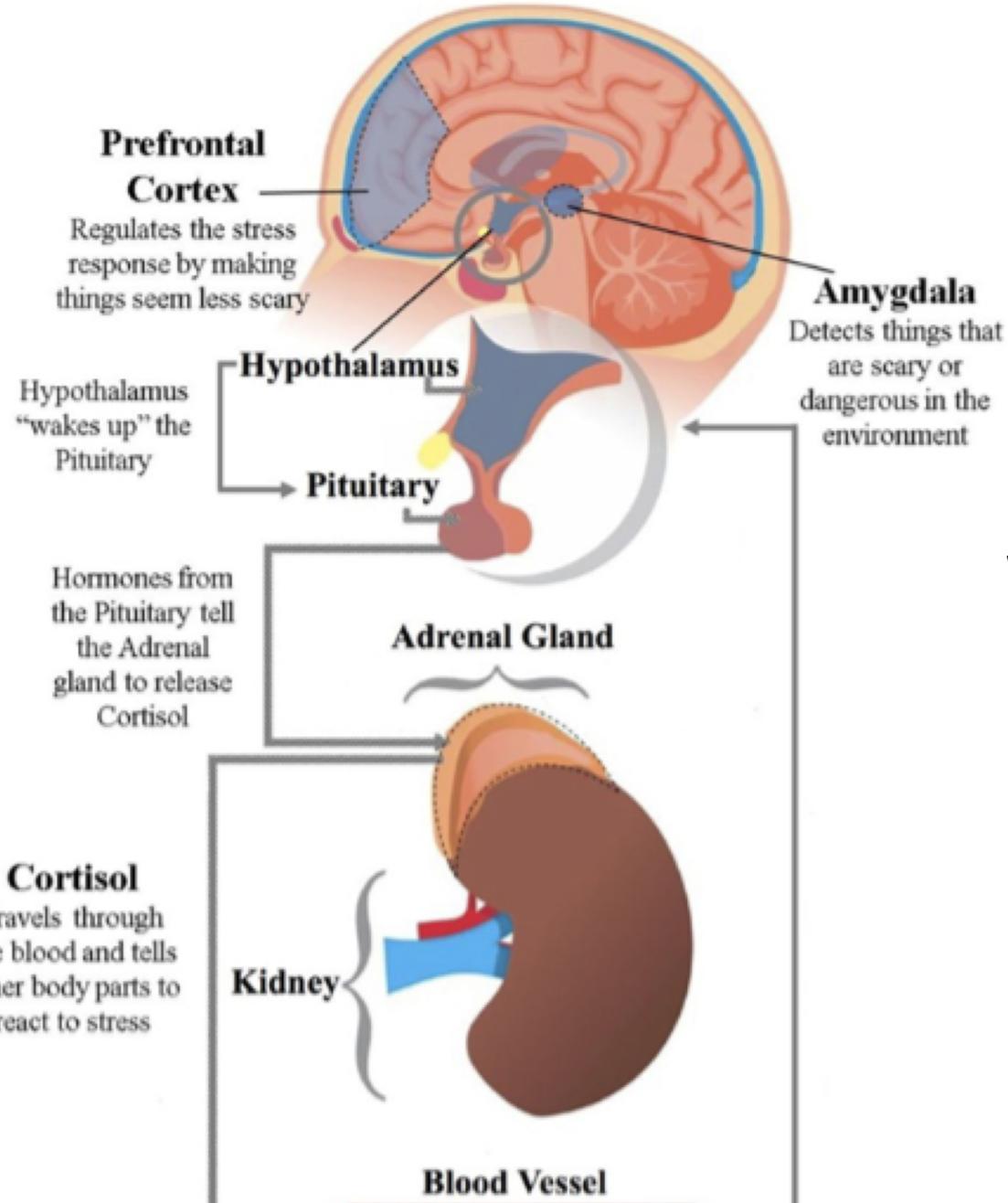




***Stress Management Retreat:
Workshop 1***



What is STRESS?



What happens?

- ❖ Sympathetic Nervous system is stimulated
- ❖ Adrenaline & Noradrenaline is released
- ❖ Body prepares to cope with stressful event

Sympathetic Response

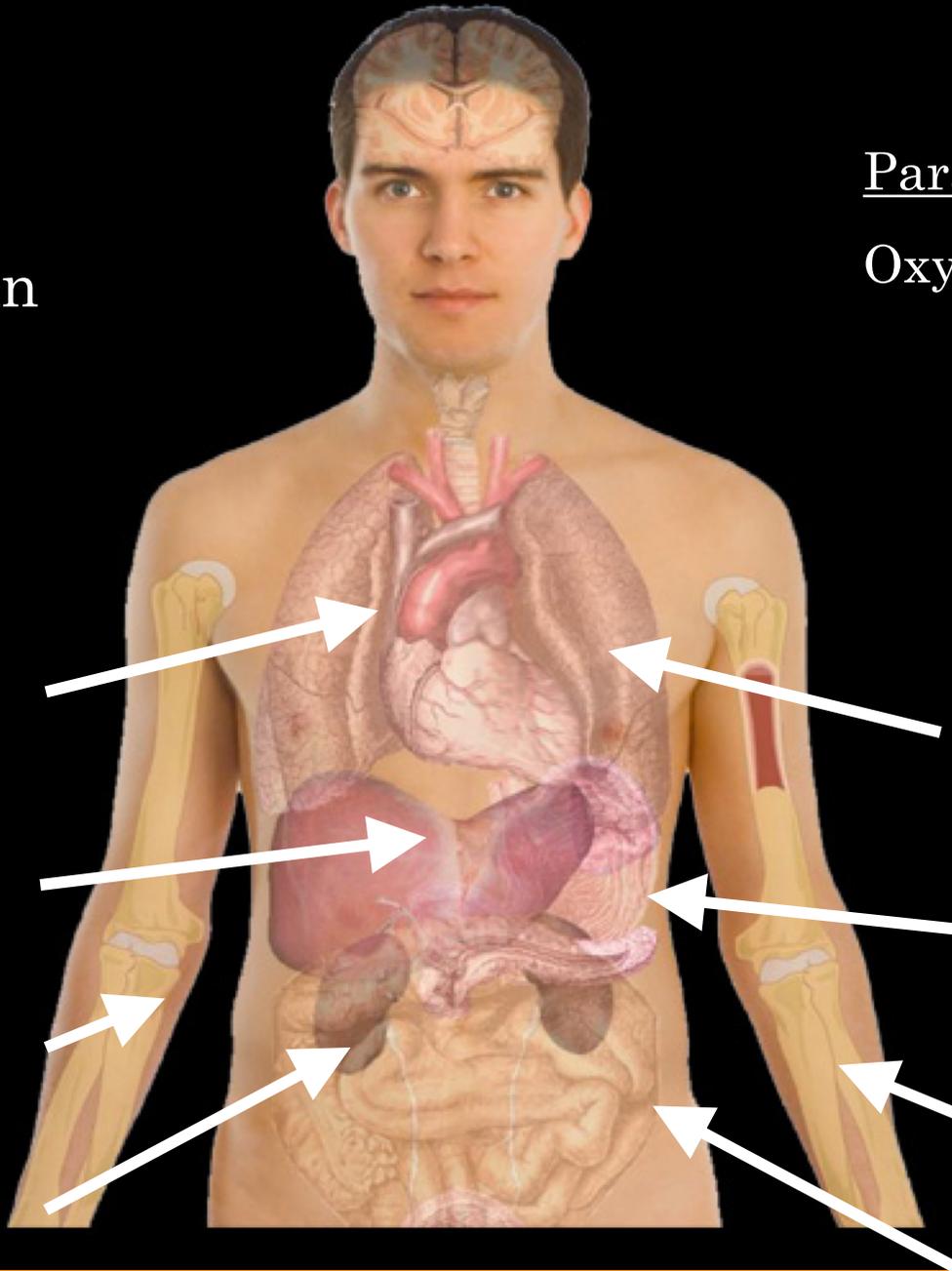
adrenalin & noradrenalin

Heart beats faster & blood pressure rises, blood vessels constrict

Immune system degraded

Large muscles prepared

Digestion stops



Parasympathetic Response

Oxytocin, vasopressin

Heart slows & blood pressure falls, blood vessels dilate

Immune system activated

Large muscles relaxed

Digestion starts

The sympathetic nervous system can be stimulated by:

- an actual stressful event or (*NORMAL*)
- chronically overloaded lifestyle (*CAN YOU OFF LOAD?*)

- your perceived interpretation of that event AKA thought / inner dialogue

WHAT CAN YOU DO?

1. Relax your nervous system (physical)

- Belly breathing
 - Meditation
 - Mindful movement
 - **NOT EXCESSIVELY EXERCISING!**
- (diet, sleep)

2. Consciously Manage Lifestyle Loads

- * Work - Are you working more than 40 hours?
- * Diet - Are you eating nutrient dense foods?
- * Rest - Is rest part of your routine?
- * Social - Humans need love! Too little or too much (relationships, social commitments)
- * Exercise - Too little or too much?

3. Observe / Change: Thoughts and PERCEPTION



- ❖ Thoughts impact how you feel, behave and respond.
- ❖ Your body cannot distinguish between an actual stressful event and stress which is created by thought.
- ❖ WHAT YOU SEE/ PERCIEVE is produced by the brain (your brain makes assumptions based on old info!)
- ❖ – **?IS ALL PERCEPTION PHANTOM?** Neuroscientists conclude that all perception is produce by your brain – pain and stress is no exception to this
- ❖ You can engage in thought processes which contribute to stress or you can choose to engage in thought which contributes to your happiness and wellbeing (people have a tendency towards a negative bias).
- ❖ To change thought/ inner dialogue is uncomfortable BUT IT IS POSSIBLE

Practice

- Practice introspection – Svadhyaya



Familiarize

- Become familiar with your triggers



Change

- Through awareness + graded exposure create change (AKA DIVE INTO FEARS WITH AWARENESS)

Change your response to stress?

Strategies

- ❖ Change what you can / accept what you can't (let go of the uphill battle)
- ❖ Set boundaries (for yourself and others)
- ❖ Be selfish
- ❖ Listen to your gut!



Stress Management Retreat:

*Workshop 2 – Managing Stress & Create a
formal practice*

1. How to Manage Stress – MANAGE YOUR LIFESTYLE LOADS

❖ EXTERNAL LOADS -

❖ Work

❖ Diet

❖ Sleep

❖ Exercise (30 mins of moderate exercise p/day – recommended by Australian Government as the MINIMUM)

❖ Relationships

&

❖ **INTERNAL LOADS** – psychological status – emotions, mental health

❖ **SOMETIME LOADS ARE UNAVOIDABLE** (busy mum, health issues – in that case you have to off load somewhere else and find moments of peace amongst the madness!)

2. Create Community - Access additional services – Ask for help!

- ❖ Yoga / meditation /alternative health
- ❖ Allied Health Professional
 - ❖ Psychologist & Counsellors (advice for unavoidable loads)
 - ❖ Exercise Physiologists
 - ❖ GP
- ❖ Family & friends

3. Develop a personal practice

- ❖ INTROSPECTION: Creates awareness which leads to change.
- ❖ NERVOUS SYSTEM: Promotes activation of the parasympathetic nervous system **** Thus reducing levels of stress, anxiety and depression.
- ❖ Leads you to become a more rational and objective individual who is able to engage with others from a place of honesty.

The informal & formal practice

- ❖ ***Monitoring your responses to triggers*** in the moment, and using them as a way to observe your inner world.

- ❖ ***The formal practice*** involves a daily meditation / yoga asana practice to cultivate mental clarity and peace, which provides long term activation of the parasympathetic nervous system.

Formal Practice

- ❖ How Long? 15 + mins p / day
- ❖ How often? 1/day
- ❖ What time? ANYTIME
- ❖ What to include? Movement, breathwork, meditation
- ❖ Where to do? ANYWHERE
- ❖ Guided Meditation, apps, classes?

Steps within a formal practice

- ❖ Pratyahara: Withdrawal of the senses
- ❖ Dharana: Connection with a object
- ❖ Dhyana: Sustained concentration
- ❖ Reflection
- ❖ Action (accept the things you cant change, (set boundaries), act on the things you can)

Lets Practice!

- ❖ ASANA
- ❖ *Postures which are specific for you!*
- ❖ PRANAYAMA
- ❖ Belly breathing
- ❖ MEDITATION
- ❖ *Meditation that works for you!*



Three Practices: visit the following links

1:

<http://www.tumme.com/yoga-sequence/PJdw7>

2:

<http://www.tumme.com/yoga-sequence/rqJBR>

3. This is the one we did in class

<https://www.tumme.com/yoga-sequence/zx4eO>

Recommendations

- ❖ Objectively review your lifestyle: Sleep, diet, daily exercise, work commitments, family/friend commitments, personal time
- ❖ Create a lifestyle which supports your health
- ❖ Create awareness of your stress triggers
make a choice: acceptance / change
- ❖ Join a weekly yoga or meditation class in and connect with likeminded individuals
- ❖ Access services

Neural Tensioning – Simon Yoga Synergy



Neural Tensioning – Simon Yoga Synergy



Neural Tensioning - Bianca Yoga Synergy



NAMASTE YOGI's
