

Rossmoor
Counseling
Services

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AIM

3 Steps to Stress Inoculation

Anticipate how you will feel

Identify any anxious thoughts or feelings

Manage your responses

FIGHT or FLIGHT

NOTICEABLE EFFECTS

PUPILS DILATE
MOUTH GOES DRY
NECK + SHOULDER
MUSCLES TENSE
HEART PUMPS FASTER
CHEST PAINS
PALPITATIONS
SWEATING
MUSCLES TENSE
FOR ACTION
BREATHING FAST
+ SHALLOW -
HYPERVENTILATION
OXYGEN NEEDED
FOR
MUSCLES

HIDDEN EFFECTS

BRAIN GETS BODY
READY FOR ACTION
ADRENALINE
RELEASED FOR
FIGHT/FLIGHT
BLOOD PRESSURE
RISES
LIVER RELEASES
GLUCOSE TO PROVIDE
ENERGY FOR MUSCLES
DIGESTION SLOWS -
OR CEASES
SPHINCTERS CLOSE -
THEN RELAX
CORTISOL RELEASED
(DEPRESSES THE
IMMUNE SYSTEM)

F. Hedges



STOP

TAKE A BREATH

OPEN-SOFTEN-
OBSERVE

PROCEED

Emotional symptoms

- Depression or general unhappiness
- Anxiety and agitation
- Moodiness, irritability, or anger
- Feeling overwhelmed
- Loneliness and isolation
- Other mental or emotional health problems

Physical symptoms

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart rate
- Loss of sex drive
- Frequent colds or flu

Behavioral symptoms

- Eating more or less
- Sleeping too much or too little
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Cognitive symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

What We Can Do About Stress

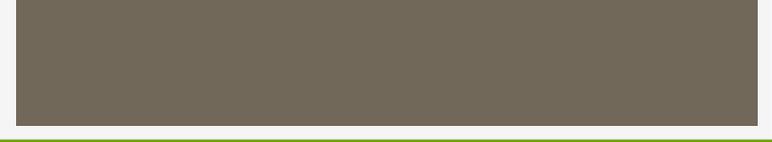
- Upping your activity level
- Connect with others
- Engage your senses
- Get rest/sleep
- Learn how to relax

Signs of Caregiver Burnout

- You have much less energy
- It seems like you catch every cold or flu that's going around
- You neglect your own needs
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing
- You're increasingly impatient and irritable
- You feel helpless and hopeless

Coping with caregiver stress

- Talk Therapy and Support Groups
- Celebrate the small victories
- Get the appreciation you need.
- Applaud your own efforts.
- Talk to a supportive family member or friend
- Ask for help from friends and family (be specific in what you need)
- Try to get as many family members involved as possible.
- Set up a check-in schedule.
- Say Yes when someone offers assistance.



Need help?
Have questions?

Call Rossmoor Counseling Services
at
(925) 988-7750