



Welcome to your EAP!

*Finding Calm in Your Day Workshop*



# Agenda for our session



1. Tools for Relaxation
2. Mechanics of the Stress Response
3. Adding Calm in Your Day
4. EAP Orientation
5. Questions

# MINDFUL BREATHING



# Exercise: Progressive Muscle Relaxation



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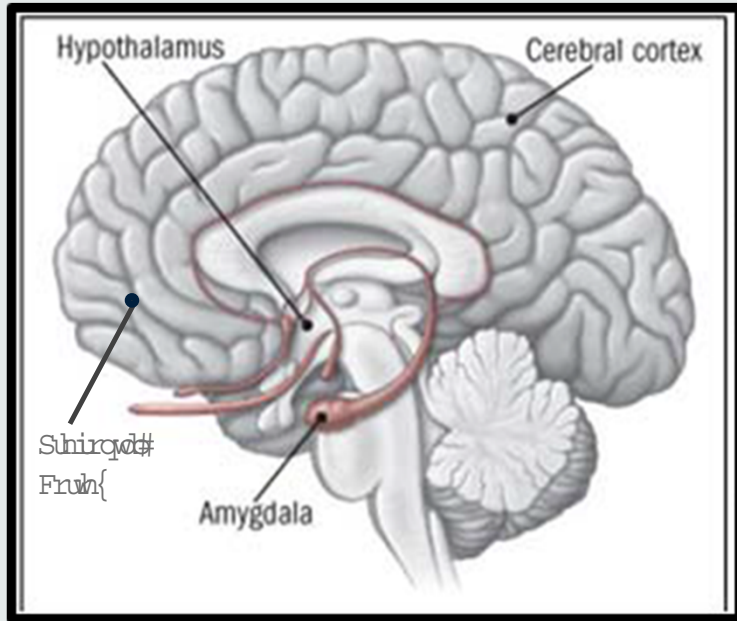


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Physical	Cognitive	Emotional	Behavioral	Spiritual
<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Nausea</li> <li>• Muscles tremors</li> <li>• Twitches</li> <li>• Thirst</li> <li>• Headaches</li> <li>• Visual difficulties</li> <li>• Vomiting</li> <li>• Grinding teeth</li> <li>• Weakness</li> <li>• Dizziness</li> <li>• Profuse sweating</li> <li>• Chills</li> <li>• Fainting</li> <li>• Chest pain*</li> <li>• Difficulty breathing*</li> <li>• Elevated blood pressure*</li> <li>• Rapid heartbeat*</li> <li>• Shock symptoms*</li> <li>• Diarrhea</li> <li>• Need to urinate</li> </ul>	<ul style="list-style-type: none"> <li>• Confusion</li> <li>• Poor attention</li> <li>• Guilt</li> <li>• Poor decisions</li> <li>• Heightened or lowered awareness</li> <li>• Poor concentration</li> <li>• Memory problems</li> <li>• Hyper vigilance</li> <li>• Blaming someone</li> <li>• Difficulty identifying familiar objects or people</li> <li>• Increased or decreased awareness of surroundings</li> <li>• Poor problem solving</li> <li>• Poor abstract thinking</li> <li>• Loss of time, place, or person orientation</li> <li>• Disturbed thinking</li> <li>• Nightmares; intrusive images</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Sadness</li> <li>• Grief</li> <li>• Denial</li> <li>• Severe panic</li> <li>• Emotional shock</li> <li>• Fear</li> <li>• Uncertainty</li> <li>• Loss of emotional control</li> <li>• Depression</li> <li>• Unpredictable emotional responses</li> <li>• Apprehension</li> <li>• Feeling overwhelmed</li> <li>• Intense anger</li> <li>• Irritability</li> <li>• Agitation</li> </ul>	<ul style="list-style-type: none"> <li>• Change in activity</li> <li>• Change in speech patterns</li> <li>• Withdrawal</li> <li>• Emotional outbursts</li> <li>• Sleep disturbances</li> <li>• Increased alcohol consumption or other drug use</li> <li>• Suspiciousness</li> <li>• Change in usual communication</li> <li>• Loss or increase in appetite</li> <li>• Increased alcohol consumption</li> <li>• Inability to rest</li> <li>• Anti-social acts</li> <li>• Nonspecific bodily complaints</li> <li>• Hyper alert to environment</li> <li>• Intensified startle reflex</li> <li>• Pacing</li> <li>• Erratic movements</li> <li>• Change in sexual functioning</li> <li>• Speeding while driving</li> </ul>	<ul style="list-style-type: none"> <li>• Anger at God or a higher power</li> <li>• Disconnection</li> <li>• Beliefs about self, God and humanity shaken or destroyed</li> </ul>



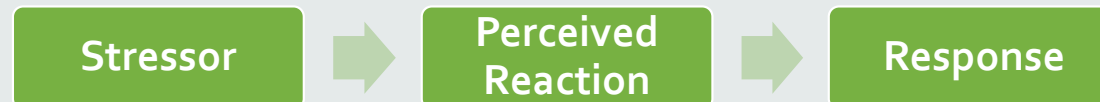
# Stress Response and the Brain



**Amygdala** – or the “survival center” controls how we react to a perceived threat or danger (*the stress trigger*)

**A Stress Trigger** – activates the “fight, flight, or freeze” response (an *AUTOMATIC* shift from *rational control to survival control*)

**Prefrontal Cortex** – the “planning center” (*where thoughtful decision making happens*)



# Adding Calm in Your Day

## *How Do You Manage Stress?*

- Stay connected with others
- Increase your physical activity
- Control your diet
- Get a good night's sleep
- Focus on what you can control
- Practice focused breathing
- How can YOU apply these?

*Handout: What Can You Do When You are Stressed*

## *What Can You Control Right Now?*

- What you think about or focus your attention on
- What you say to others
- What you say to and about yourself in your head
- How you use some of your time and energy
- How you treat your self and others
- How often you feel and express appreciation
- How can YOU apply these?

*Handout: 50 Things You Can Control Right Now*



# Gratitude Journal

What would happen if you took note every day of something you are grateful for?



# STAR STRETCH



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Eldercare



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Depression/Anxiety



PTSD



Financial Problems



# What Happens When You Contact EAP?

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## FAMILY ISSUES: DOING IT RIGHT

Our family is important to our overall wellbeing. Learn tips to ensure your family is functioning well.



Create a unique,  
confidential  
login

Use your  
organization's  
password \_\_\_\_\_  
the first time  
you join

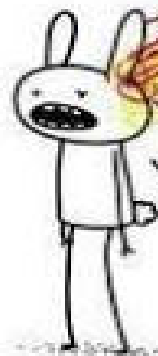
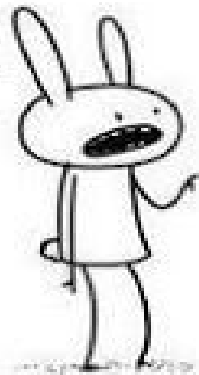
Each household  
member can  
make their own



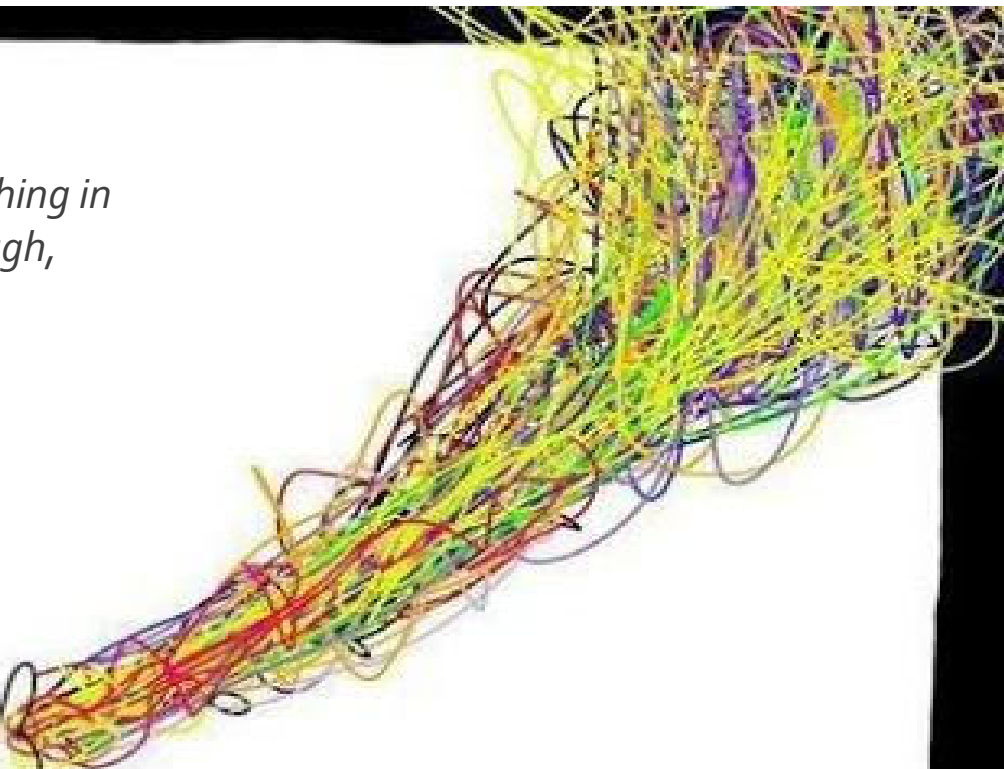


*"Call us early, call us often": there's nothing in life we haven't helped our members through, and we can do the same for you.*

what is that?



oh,  
just my mind



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