

# De-Stress Presentation – Overview

## Author/presenter

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## Format

- Adjustable length - 20 to 50 minutes
- Powerpoint Presentation
- Handouts/Worksheets distributed at end of presentation

## Required audio/visual

- LCD projector, screen
- Microphone (lavaliere preferred)

## Topic Description

(short) What would it take to give up stress? Stress is a biochemical addiction that damages our health, shortens our life, and steals our joy. It began with a choice, formed a habit, and became an addiction. With this perspective, it is possible to make a different choice, form a new, empowering habit, which then becomes a positive addiction. This presentation increases awareness of the effects of chronic stress, motivates to rid our life of stress, and introduces the concept of choice in our relationship with stress. Finally, it provides tools to self-assess and develop a personal stress reduction plan.

(long) Our bodies are made to respond to stress, but chronic stress compromises our health in many, many ways, including: sleep disorders, digestion problems, exhaustion, accelerated aging, susceptibility to illness, high blood pressure, suppressed immunity, strained cardiovascular and nervous systems, etc. It is in our body—the physiologic effect—where stress has the most unignorable and motivating effect. While our powerful mind may be able to hide from our awareness stress's negative effect on our general happiness, a painful, bloody hole in the stomach lining will quickly drive us to seek change.

Likewise, our relationships suffer from stress effects. When a significant portion of our personal energy is tied up in an addictive response to chronic stress, we are not able to be fully present to any of the people who share our lives: spouse, children, coworkers, clients, neighbors, world at large, or high power. We simply can't show up and engage in any expression of our full self when our full self is not available. Like any other addiction, our addiction to stress takes us away from the people we love and denies our full potential for work and expression of self.

Since our mind constructs a framework of thoughts and beliefs which affect our experience of stress, this presentation teaches the use of awareness and choice to empower us to construct beneficial belief systems, and provides tools to self-assess and develop a personal stress reduction plan.

## Outline

1. Not all stress is bad
2. An empowering definition of stress
3. Stress as an addiction
4. Stress effects
5. Why we choose it (our relationship with stress)
6. How to choose something else
7. Handout/worksheet to develop personal stress reduction plan

## Fee

\$500 + expenses

