

- 1 **Finesse the Stress**
Skillful, strategic and innovative ways to neutralize stress with your powerful mind
- 2 **Introduction**
 - Miles Nitz, MS, LMFT
 - Take Charge Counseling & Consulting
 - Established October 2008
 - www.takechargecounseling.org
- 3 **Nothing that you can already find on the internet yourself:**
 - 1 ○ Carve out 'me' time
 - Exercise regularly
 - Meditate
 - Be present and mindful
 - Tune in to your body
 - Laugh out loud
 - Think positive
 - 2 ○ Eat for better energy
 - Get enough sleep
 - Breathe deeply
 - Be grateful
 - Decompress
 - Crank up the tunes
 - See a professional
- 4 **A+B+C=Coping/Crashing**
 - Where A = Stressor Pile-up
 - Where B = Resources & Routines
 - Where C = Perception of Stress
 - Courtesy of Dr. William Utesch circa 1999
- 5 **A. Stressor Pile-Up**
- 6 **B. Resources & Routines**
 - 1 ○ Daily Exercise

- Healthy Nutrition
- Responsible Drinking
- Sleep Hygiene
- Journaling
- Meditation
- Financial Discipline
- Healthy Relationships
 - Friends & Family
 - Organizations / Church
 - Hobbies / Passions
 - Leisure / Sports
 - Vacations
 - Every tip on the internet

7 **C. Perception of Stress**

- I am so stressed out.
- I am overwhelmed.
- I am exhausted.
- I overthink everything.
- I am always thinking the worst.

8 **Perception**

- What are perceptions?
- How do we change them?
- Have you ever used (or at least heard) the phrase: *I just have to put things in perspective?*
- Start by deconstructing the current perspective.
- Construct METs (mutually exclusive thoughts)

9 ***I am so stressed out.***

- Eustress vs Distress
- Hans Selye 1936
- As it turns out, most of the stress we experience is of the eustress variety.

- 10 **Human Function Curve**
- 11 ***I am so overwhelmed***
- Neuro-Linguistic Programming (NLP)
 - What meanings do words have?
 - What happens when we simply talk about things in a different way?
 - Have you ever considered 'feeling *underwhelmed*'?
- 12 ***I am so exhausted***
- Exhausted is such a heavy word
 - I want to spend it all and walk away exhilarated.
 - I can't save any energy for tomorrow.
 - A little further today than yesterday.
- 13 ***I over-think everything***
- *I wake up at 3am thinking about everything.*
 - *I just can't shut my mind off.*
 - What thoughts should we be over-thinking?
- 14 ***I always think the worst***
- Known in the business as *catastrophizing*.
 - Stop and formulate the 'best-case scenario'
 - Write it down, (type, text, dictate)
 - Videotape yourself saying it out loud
 - Watch yourself saying it!
 - Cognitive Selfie
- 15 **The New Perspective**
- What if we REALLY could view stress as ...
 - For the most part good and useful
 - Quite unable to break our spirit

- Energizing and exhilarating
- And what if we REALLY could begin ...
 - Over thinking *mostly* positive thoughts
 - Thinking *mostly* best case scenarios
- Is it a pipe dream?

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17 **Neuroplasticity & Pruning**

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27 **Mutually Exclusive Thoughts**

- 180° Out of Phase
 - Off-setting or Opposite-phase Thoughts
 - Will result in silence when signals are combined.

- Mutual Exclusivity – One or the other, but not both.

28 **Perceptual Illusion**

- 29 **Old Woman**
- 30 **Young Woman**
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- 39 **2 Competing Systems**
- 40 **Amygdala – Avoid Pain/Seek Pleasure**
- 41 **Hippocampus – The ‘Hard Drive’**
- 42 **Thalamus – Relay to the Cortex**
- 43 **Hypothalamus- Hormone Production**
- 44 **2 Competing Systems**
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- 47 **2 Competing Systems**
- 48 **2 Competing Systems**
- 49 **2 Competing Systems**
- 50 **Reticular Activating System (RAS)**
- 51 **Cognitive Selfie**

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61 **CΔVP - *Change in Your Pocket***

- Thinking, deciding, perceiving
- Writing, typing, texting, dictating
- Editing, revising, creating
- Reading, processing text to thought
- Speaking, processing words to speech
- Hearing, processing spoken words
- Seeing, processing visual information

62 **The Power of Video**

63 **The Perfect Practice**

- Practice doesn't make perfect
- Practice makes permanent
- Only perfect practice makes perfect
- CΔVP creates the perfect practice