

Presentation

On

Work-life Balance, Stress Relief and Wellness

by

Dr. Shamima Akter

MBBS, BCS (Health), MPH, DDV

BPATC , Savar

Presentation outline

- Introduction
- Understanding of stress
- Major stressors
- Work-life balance
- Stress management strategies
- Self care

Introduction

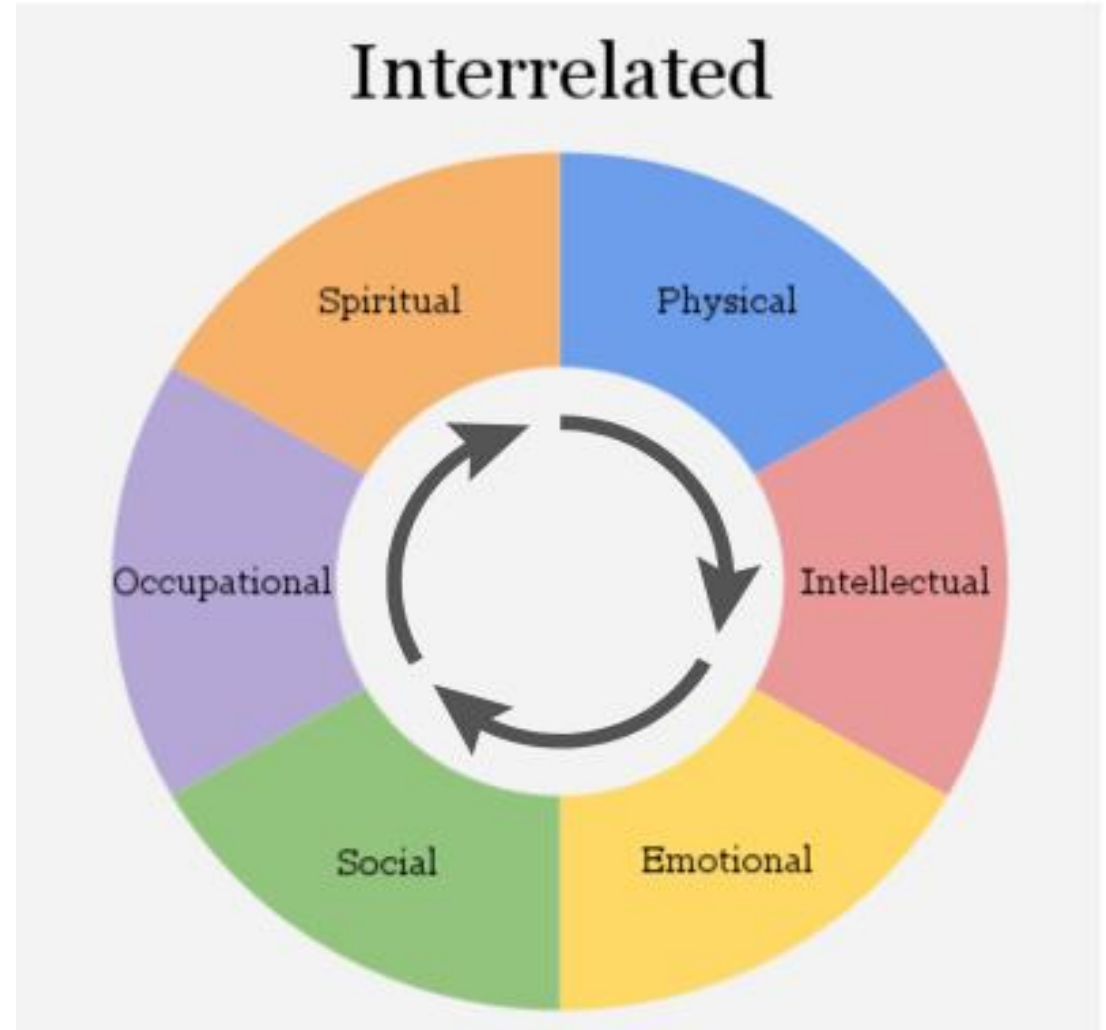
According to the World Health Organization (WHO), wellness is defined as the optimal state of health of individuals and groups.

“Health is a state of complete physical , mental and social well-being and not merely the absence of disease or infirmity.”

Holistic Wellness

An integrated approach to health that views the person as a whole, emphasizing that physical, mental, emotional, and spiritual well-being are interconnected and interdependent for overall fulfillment.

It's a dynamic, conscious choice for a healthy, purposeful life, not just the absence of illness.



Holistic Wellness

Physical Wellness: Having a healthy body free of sickness or disease.

Emotional Wellness: Cultivate inner peace through stress management, resilience, self-awareness.

Intellectual Wellness: Ignite the spark of lifelong learning.

Social Wellness: Fostering meaningful connections. Having strong social networks, healthy relationships with family and friends, and a sense of belonging in your community.

8 Dimensions of Wellness



Physical



Emotional



Intellectual



Social



Spiritual



Environmental



Occupational



Financial

Holistic Wellness

Spiritual wellness: Spiritual wellness is about finding your true purpose in life and walking a moral path.

Environmental wellness: Foster harmony with nature. This dimension encourages us to live in harmony with the earth and appreciate the beauty of nature that surrounds us.

Occupational wellness: This is about developing the necessary skills to advance in your profession and finding satisfaction in the work you do.

Financial wellness: Financial wellness helps us achieve financial freedom and live within our means.

8 Dimensions of Wellness



Physical



Emotional



Intellectual



Social



Spiritual



Environmental



Occupational



Financial

Healthy lifestyle

A healthy lifestyle simply means doing things that make you happy and feel good.

Healthy lifestyle can boost your energy levels, enhance your immune system, improve your mood, and increase your overall longevity.

5 Key Elements to a Healthy Lifestyle



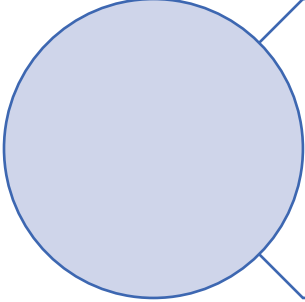
What is stress?

Stress can be defined as a state of worry or mental tension caused by a difficult situation.

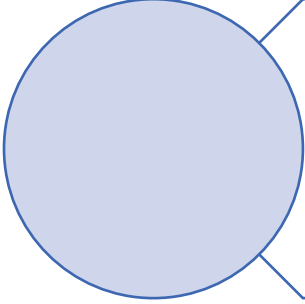
Stress is a natural human response that prompts us to address challenges and threats in our lives. (WHO, Feb 21, 2023)

- **Stress leads to automatic release of 3-Key hormones: adrenaline, nonadrenaline, and cortisol .**
- Fight or Flight response is elicited.
- Stress is a fact of life for most people.
- You may not be able to get rid of it.
- You can find ways to lower it.

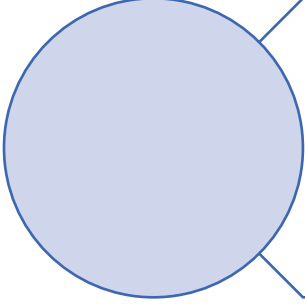
Types of stress



Acute stress: The most common type of stress, acute stress, can be helpful in short doses. It is the body's response to a recent or anticipated challenge or unexpected event. Specific events, impending deadlines, public speaking engagements.



Episodic acute stress :Episodic acute stress is when a person experiences acute stress frequently.



Chronic stress: is ongoing stress resulting from long-term emotional pressure. For example, a stressful job, unhappy family situation, or money problems.

Major types of stress

Positive stress (**Eustress**): kind of **doable stress**. We're faced with a challenge, but a challenge we know we can handle. **Good stress/ healthy positive stress**

Examples: Creativity, problem solving, change, birth of child, a marriage, buying first home or car, moving to a new place or job, perform something challenging

Negative stress (**Distress**): Typically accompanied by **feelings of anxiety** which are perceived as **negative and unwanted**. Anything that causes to be unhealthy. **Bad Stress/Unhealthy stress**

Examples: over physical-mental stimulation /exhaustion, ineffective problem solving, prolonged & life-threatening illness, low self-esteem, death of loved one, losing job, divorce or separation, being neglected or abused.

Physical signs & symptoms of stress

Fatigue

Muscle ache and headache

Difficulty breathing

Blurred eyesight or sore eyes

Panic attacks

Sleep problems

Weight gain/loss

Upset stomach, including diarrhea, constipation, and nausea

Chest pain, high blood pressure and rapid heartbeat

Frequent colds and infections

Unexpected hair loss

Loss of sexual desire and/or ability.

Mental signs & symptoms of stress

Loss of interest in normal activities

Tension and irritability

Anger

Fear and anxiety about the future

Difficulty making decisions

Unable to concentrate.

Unable to remember things, or make your memory feel slower than usual.

Nightmares and recurring thoughts about the event.

Being numb to one's feelings

Increased use of alcohol and drugs

Sadness and other symptoms of depression

Feeling powerless

Crying

Bite your nails.

Pick at or itch your skin.

Grind your teeth or clench your jaw.

Major stressors

The threat, event or change are commonly called stressors. Stressors can be both internal (thoughts, beliefs, attitude) or external (loss, tragedy, change)

Situations, activities, and relationships that cause 'trauma' to one's physical, emotional, or psychological self.



Commonly reported major stressors

Relationship conflict

Financial difficulties

Family problems

Divorce/ Separation/ changes in personal life

Changes in Work life/ nature of responsibilities/
facing deadlines/ new role or responsibilities

Issues with children

Victim of crime or accident

Difficulties with supervisor or co-workers

Major changes /event in personal life

Too much use of electronic gadgets

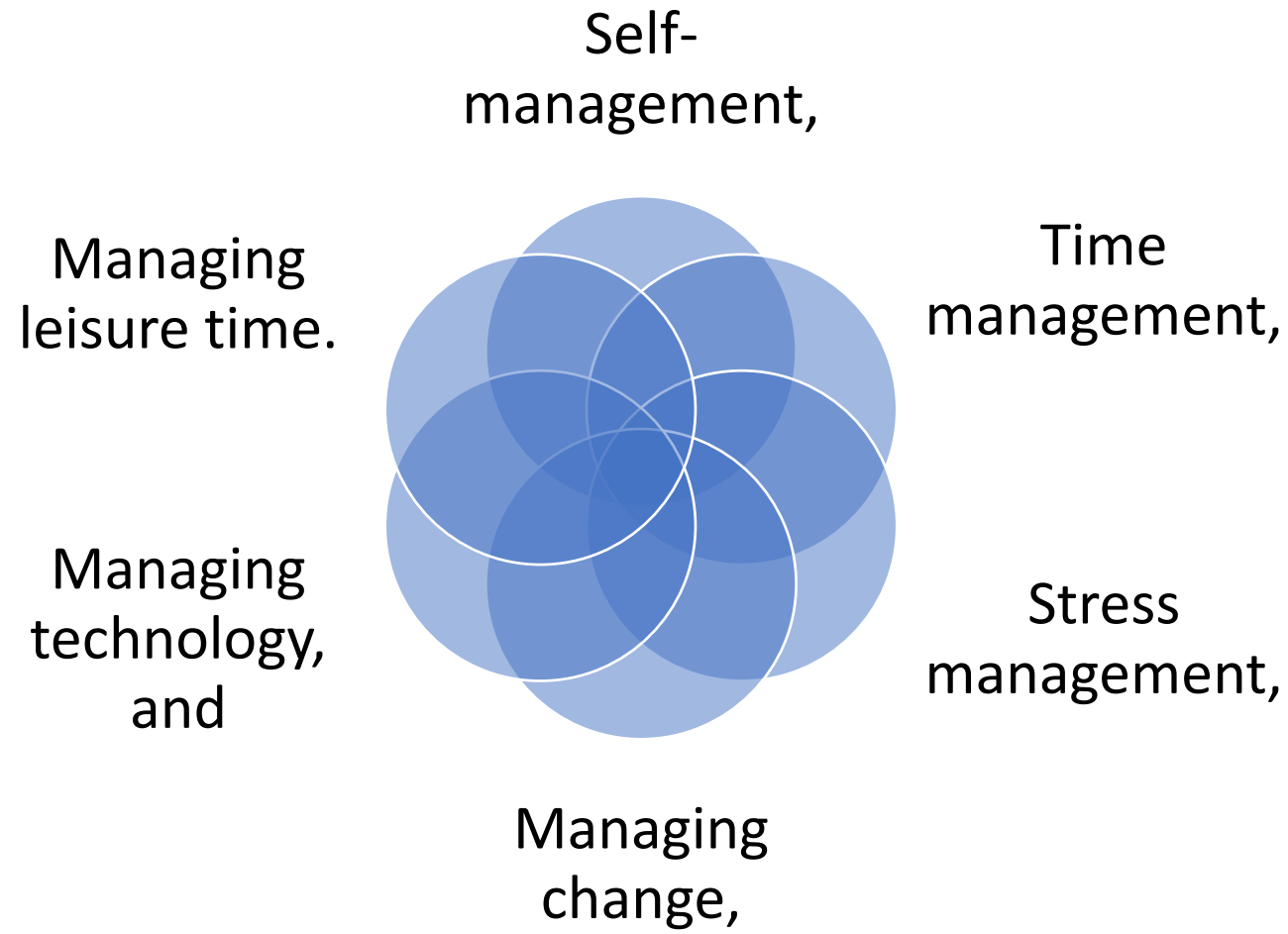
Work-life balance

Work-life balance is achieving a healthy equilibrium between professional responsibilities and personal life.

The 8-8-8 rule helps you achieve a good work-life balance: allocate 8 hours for work, 8 hours for sleep, and 8 hours for personal interests.



Key components of work-life balance



Steps to a work-life balance

Set boundaries between work and personal time

Schedule time for your hobbies and interests

Prioritize & manage time

Practice relaxation techniques

Learn to say “No” To Extra Work

Take vacations

Unplug & disconnect

Delegate & ask for Help

Prioritize self-care

Seek professional help if needed

Benefits of maintaining a work-life balance

Maintaining mental health

Improving physical health

Minimizing work-related stress

Being more present in the moment

Increasing productivity and
engagement at work

Becoming a well-rounded individual

Becoming more successful

Causes & Triggers of Stress on Workplace

Heavy Workloads	Tight deadlines, bureaucratic inefficiencies leading to chronic stress and burnout
Political Pressure	Undue pressure, influence from political parties, compromising their autonomy
Corruption and Bribery	Ethical dilemmas, moral distress
Resource Constraints	Limited resources, inadequate infrastructure, budgetary constraints
Work-Life Imbalance	Long working hours, daily hassles at work and personal life
Safety Concerns	Certain professions, such as law enforcement officers, emergency responders face traumatic events and psychological distress

Stress management strategies

Mind-Body Practices

1. Meditation
2. Deep breathing
3. Progressive muscle relaxation
4. Yoga
5. Mindfulness

Movement and Activity

1. Exercise
2. Spending time in nature
3. Stretching and light movement

Tips:

- Consistency is the key
- Find what works for you
- Be patient

Lifestyle Modification

1. Healthy diet
2. Quality sleep
3. Connect with others
4. Set boundaries
5. Practice gratitude
6. Learning to say “NO”
7. Seek professional Counselling
8. Access to Mental Health Services
9. Work-Life balance
10. Time Management & Discipline
11. Assertive Training & Support
- 12. Maintain Healthy Lifestyle**

Deep Breathing

Mental stress activates your sympathetic nervous system which causes a fight-or-flight response (increase heart rate, increases breathing rate, and constricts blood vessels).

Endorphins are released when we deep breathe, this helps in elevating your mood ,oxygenation of the brain relieves anxiety, increases circulation, increases muscular relaxation.

Deep breathing activates your parasympathetic nervous system which controls your relaxation response.

The goal is to focus on your breath by making it slower and deeper.

When you breathe deeply through your nose, your lungs fully expand, and your belly rises causing your heart rate to slow which provides a feeling of peace.

Stress relief from laughter? It's no joke!

❖ **Short-term benefits:** When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.

- Stimulate many organs.
- Activate and relieve your stress response.
- Soothe tension

❖ **Long-term effects:**

- Improve your immune system.
- Relieve pain.
- Increase personal satisfaction.
- Improve your mood.

❖ **Laughter is the best medicine. Laugh and the world laughs with you.**

Laugh

Laughing helps by:

- Relieving your stress response
- Relieving tension and relaxing muscles

It is hard to feel anxious when you are laughing.

Long-term laughter improves immune system and mood.

Study of a laughter intervention group, found individuals with cancer experienced more stress relief with laughter intervention than with simple distractions.



Managing Stress

1. Body relaxation exercises

- breathing techniques
- guided imagery

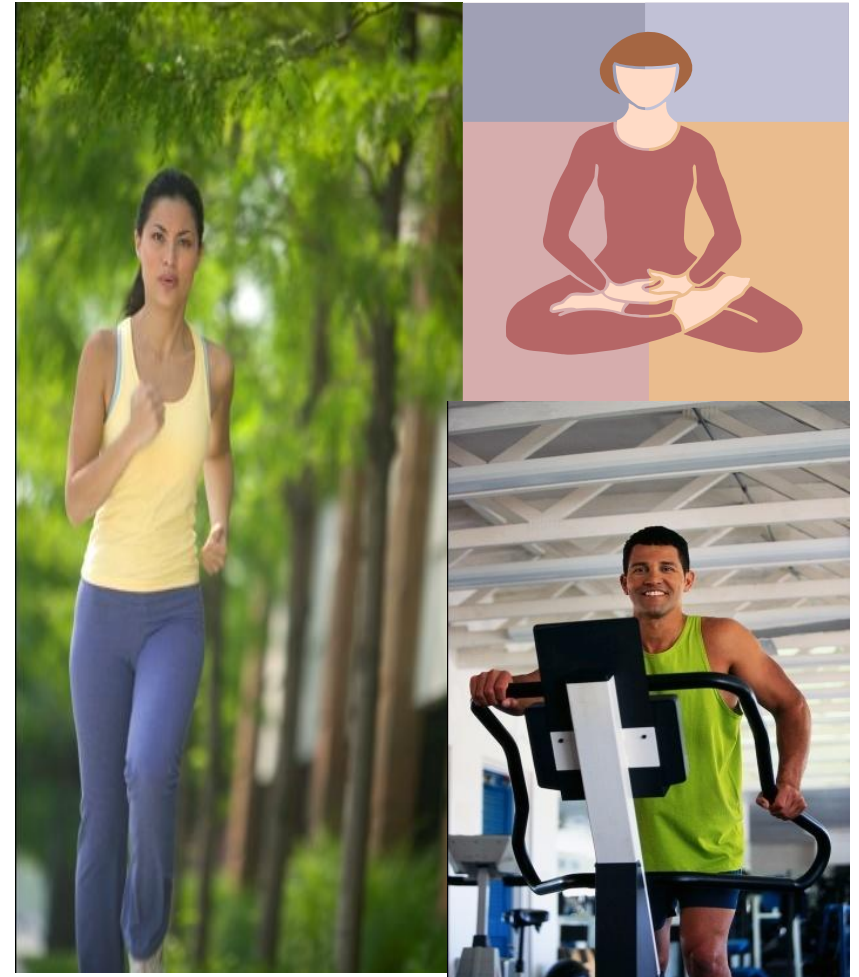
2. Physical exercise

- yoga
- work out routine

3. Meditation

4. Counseling

- talk therapy
- life coaching



Exercise



Benefits are strongest with routine exercise



Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins that are the body's natural painkillers and mood elevators.



Improves your quality of sleep (which helps reduce stress and anxiety)



Engaging large muscle groups with repetitive movements can be particularly stress relieving.



Find something you like doing- walking, dancing, rock climbing, yoga)



Prioritize exercise in your routine because of the overall health benefits associated with movement.

Take a Yoga Class

This has been a popular stress reliever and is offered in a variety of styles to choose from.

All styles join body and mind together- it does this by increasing your body-breath awareness.

Research has found that yoga enhances mood and may even be effective as an **antidepressant drug** at treating depression and anxiety.

Experts think the benefit of yoga is related to its effects on your nervous system and the stress response system.

It may help decrease cortisol levels, blood pressure, and heart rate

It may also increase a neurotransmitter in mood disorders.

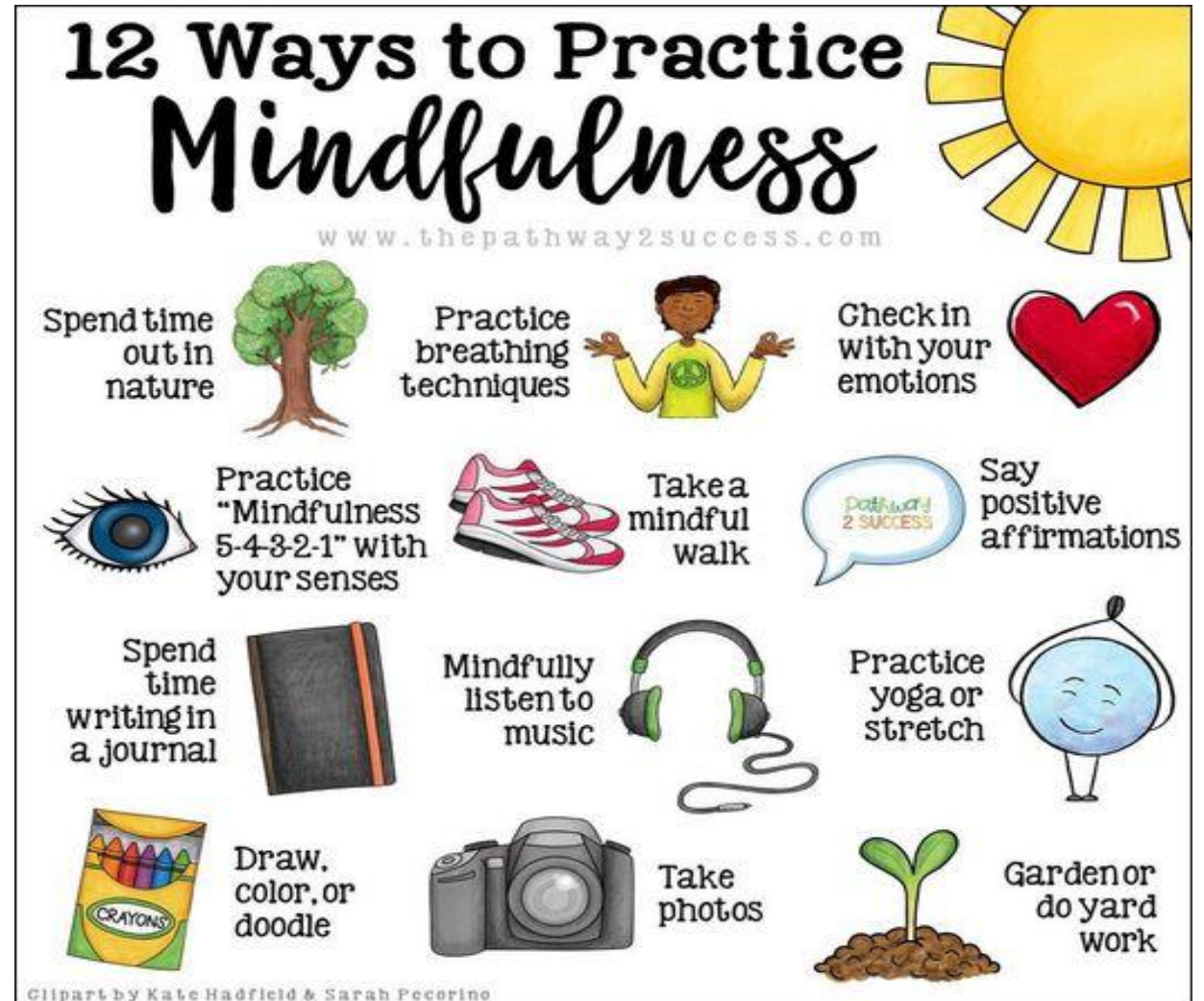


Practice Mindfulness

Mindfulness helps combat the anxiety-inducing effects of negative thinking.

There are several methods of mindfulness like **Yoga and meditation**.

A recent study on mindfulness found that it may increase self-esteem which lessens anxiety and depression symptoms.



5 Everyday Foods That Will Stress You Out

Stress can lead to weight gain, high blood pressure, and lowered productivity.

- Step away from the coffee
- Lay off the salt
- Avoid the vending machine.
- Kick the fried foods habit.
- Cut back on the booze/alcohol.

Write it down



Write down what stresses you out

Better yet, write down what you are grateful for in life

Gratitude may relieve stress and anxiety by focusing on the positive (changes your mindset to a more positive frame of mind)

Learn to say no

Say “no” more often and take control of the parts of your life you can change and are causing you stress.

This is especially important when you find yourself taking on more than you can handle.

Being selective about what you can take on and saying “no” to things that will unnecessarily add to your load, can reduce stress levels.

Learn to avoid procrastination

Stay on top of your priorities and stop procrastinating.

This can cause stress which negatively impacts health and sleep quality.

Make a to-do list organized by priority.

Make realistic deadlines and work down your list.

Work on things that need to get done today.

Give yourself uninterrupted time because multitasking and switching between tasks can be stressful.

Time management

Say “no” to more unnecessary tasks.

Prioritize (ensure your health is a priority).

Map it out so you can coordinate your time-write down everything.

Do tasks online if possible, instead of having to go out.

Stay organized (it is difficult to reduce stress if you live in disorganized chaos-stop the drain of a messy house).

Know your limitations.

Review your schedule weekly and adjust and prioritize accordingly.

Plan ahead so you are not scrambling to complete tasks.

Spend time with your pet

Pets decrease stress .

Spending time with your pet also releases oxytocin which improves your mood.

Having a pet gives you purpose, keeps you active, provides companionship, all of which help to reduce anxiety symptoms.



Spend time with family and friends

Provides a sense of belonging which helps in tough times.

One study found that (women in particular) spending time with family and children, helps release oxytocin (a natural stress reliever)

Both men and women benefit from friendship.

Another study found men and women with the fewest social connections were more likely to suffer from depression and anxiety.



Cuddle

Cuddling, kissing, hugging, and sex can help relieve anxiety.

Positive physical contact (like touching arms or around shoulder) releases **oxytocin** which lowers cortisol levels, lowers blood pressure, and heart rate.

Listen to soothing music

When we listen to music , it can activate the pleasure centers in the brain, releasing **dopamine** and creating feelings of relaxation and happiness.

Music can decrease stress hormone (cortisol levels) and to reduce blood pressure and heart rate.

Some types of classical, Celtic, Indigenous, and East Indian music can be soothing.

Simply pick a type you enjoy.

Nature sounds may also help calm individuals.



Get enough sleep

Make a good sleep environment (dark with little noise)

Limit alcohol and caffeine.

Take a warm shower or bath (lowers your body temperature so you can fall asleep faster).

Avoid blue light exposure before bedtime (interferes with circadian rhythm).

Practice good sleep hygiene (routine wake time and bedtime, limit naps, prioritize sleep, make gradual adjustment).

Journal (write down thoughts and worries and then you don't have as much anxiety at bedtime).

Schedule worry time (Cognitive behaviour therapy which helps you think it through and address your concerns before bed).

Benefits of stress management

Physical health gets better

- More energy and stamina

Emotions stabilized

- Positive attitude
- Hopeful/happier

Ability to focus improved

- able to learn and achieve
- Improved immune system
- Overall heart health
- Standard body weight

Tips for self-care

Eat a healthy, well-balanced diet.

Exercise regularly.

Get plenty of sleep.

Give yourself a break if you feel stressed out

Maintain a normal routine.

Avoid drugs and alcohol.

Schedule “me” time.

Connect socially.

Do something you enjoy.

Relax your body.

Let your feelings out.

Find support.

Focus on the present.

Focus on the outside world.

Any question?

Thank you