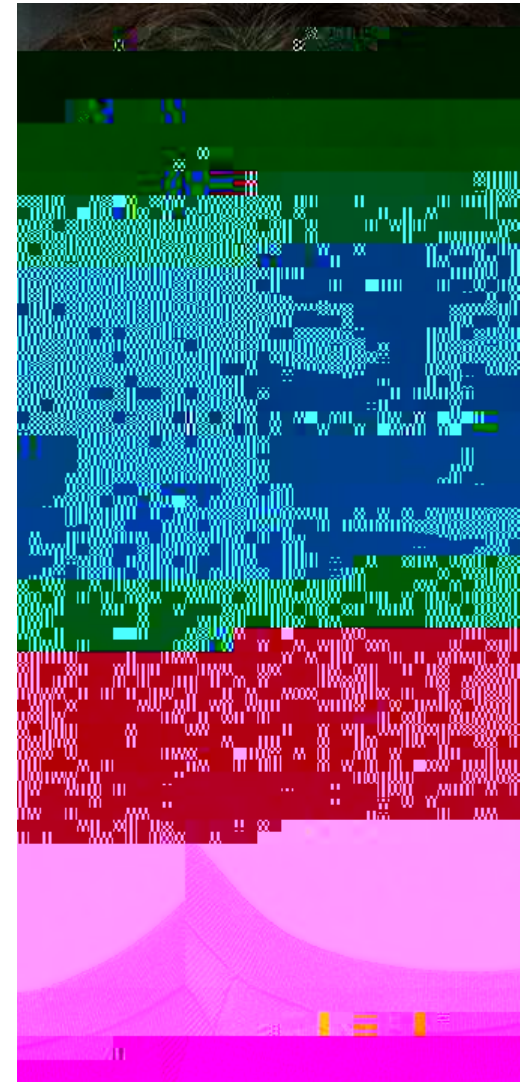


A Stress Relief Toolkit

Our speaker: Paula Friedland

- Credentials/education:
 - LCSW, CPCC & coachapist _
 - Speaking Circles/ Soul Speaks
 - Trainer, speaker
- Services I offer:
 - Individual sessions & phone, face to face, zoom, skype
 - Public speaking training & speaker training, workshops, conferences, organizations, teams
 - Keynotes, trainings, workshops, presentations



Objectives

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Definition

- Stress

- Stress

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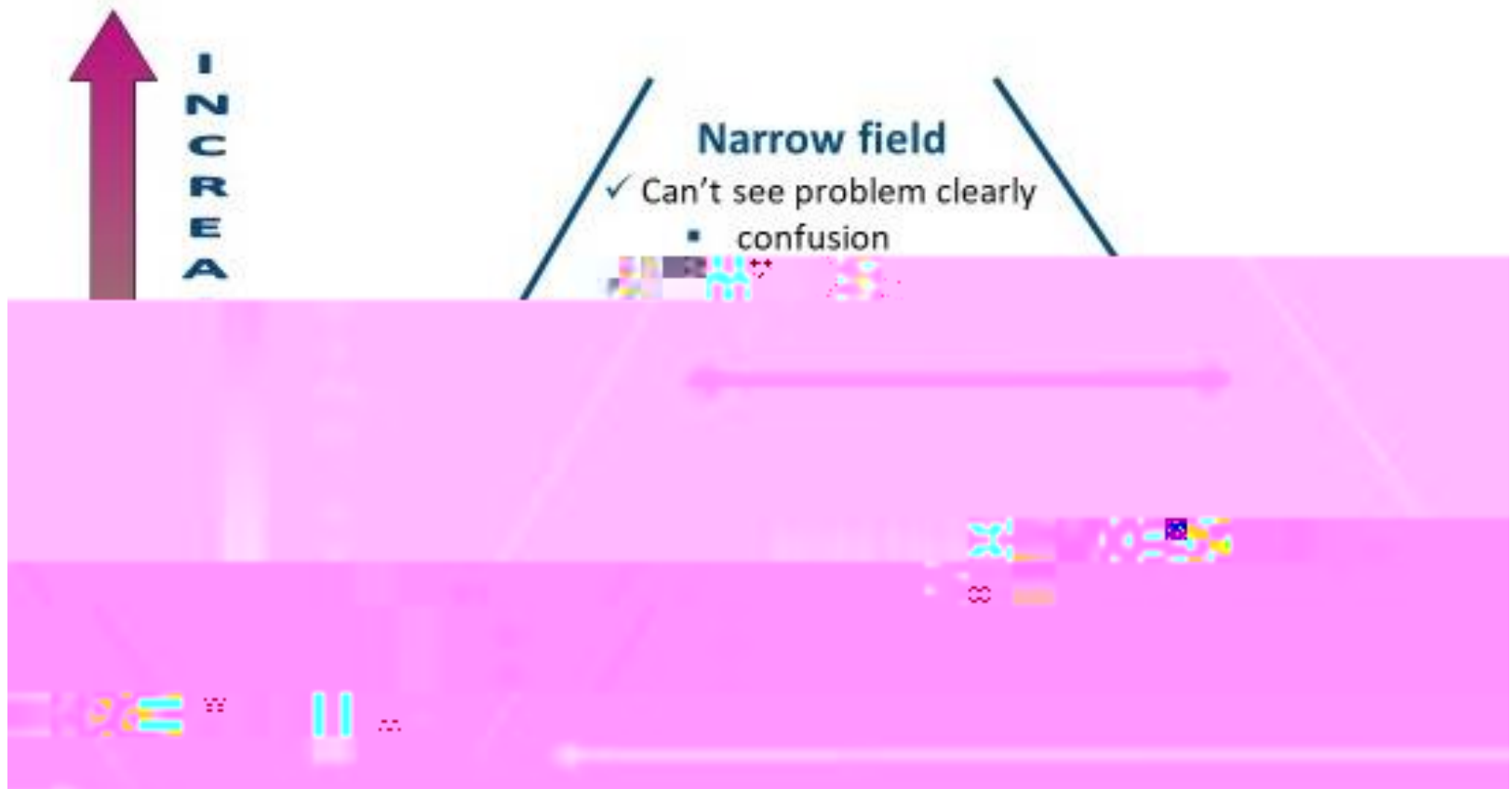
Symptoms of stress

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Controlling Stress: Field Of Perception



Factors that influence how we react to stress

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Locus of Control



Stressful Thinking

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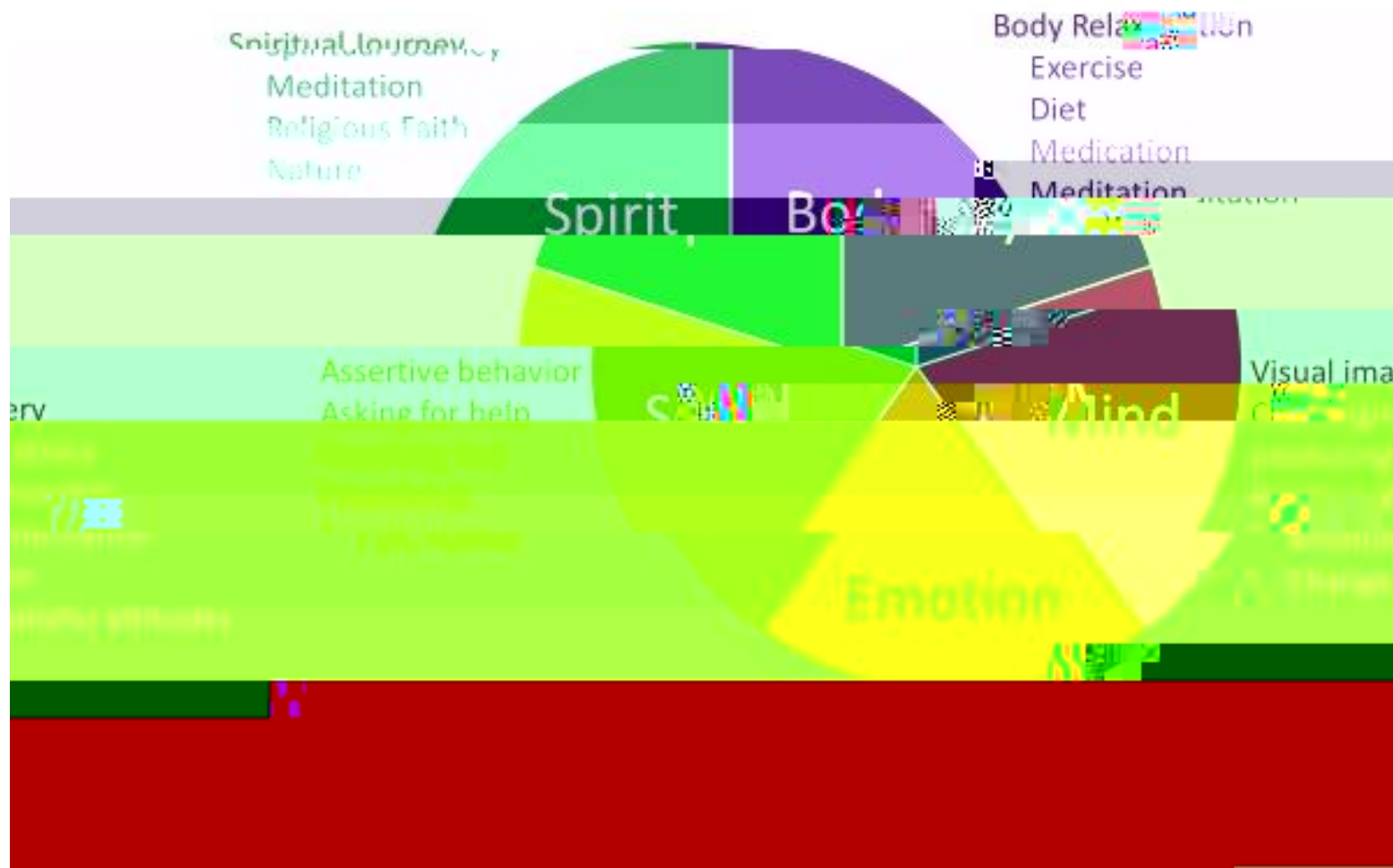
Stressful Behaviors

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Additional Practices and Rituals

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Balance Wheel



Resources - Books

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Happy For No Reason – Marci Shimoff

The Nature Fix – Florence Williams

Resources - APPS

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Stress Management is a PRACTICE

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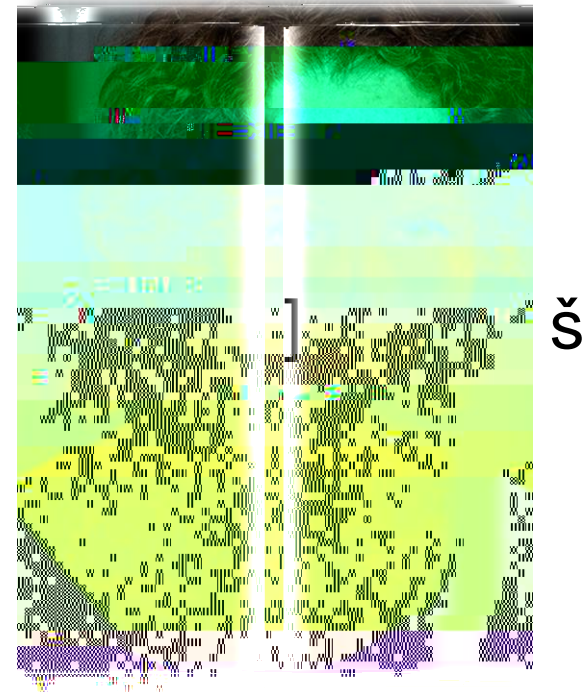
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Contact me

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Decide what kind of life you actually want.

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Prevailing during trying times

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How do we choose to live?

Your Employee Assistance Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

CONFIDENTIAL INFORMATION

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Addendum t Stressful thinking (defined)

- Filtering:
- Polarized Thinking:
- Overgeneralization:
- Mind Reading:
- Catastrophizing:
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- Personalization:
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- Control Fallacies:

Addendum t Stressful thinking (defined), part two

- Fallacy of Fairness:
- Blaming:
- Shoulds
- Fallacy of Change
- Being Right
- Heaven's Reward Fallacy: