

Protecting the Body from Stress

With Dr. Heidi Kopacek

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An emotion is an experience, thought, or belief expressed in your body.

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The Four Sources of Emotion

1. Circumstances
2. Body
3. Mind
4. Spirit



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Difficult emotions happen when there is a stressor/imbalance in our circumstances, our bodies, our minds, or our spirits

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STRESS

FIGHT



FLIGHT



FREEZE



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Strength: *The skillset we use when we can change our circumstances*

Resilience: *The skillset we use when we cannot change our circumstances, at least not immediately*

Survival: *For circumstances that contain violence, the inability to meet basic needs, or a threat to life*

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Resilience

We cultivate resilience for our unchangeable *circumstances* by attending to the other 3 sources of emotion—*our bodies, our minds, and our spirits*

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The Body

- Is probably the most fun to tend to of the four sources of emotion
- Is always a great place to start for shifting emotions (but is a starting place only)
- Takes time (this is why people turn to mood altering substances instead)
- Can be done in the spirit of enjoyment (not as yet another "should")
- Tending to the body in small ways helps to relieve the negative physical impact of stress



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Resilience is the cultivation of two skills sets

1. Lifestyle habits
2. Moment-to-moment skills

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Lifestyle

Spend the rest of your life learning about and enjoying:



- Sleep
- Nourishment
- Movement
- Deep Breathing

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Breathe

- Inhale for energy
- Exhale for calm



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Ten Reasons to Enjoy Deep Breathing

1. Increases oxygen (which helps the body absorb nutrients, create white blood cells, and improve circulation & energy)
2. Improves digestion
3. Detoxifies (70% of detoxification happens through breath)
4. Reduces pain by increasing endorphins
5. Increases happiness (also by increasing endorphins)
6. Improves posture
7. Stimulates the lymphatic system
8. Strengthens internal organs and relaxes the heart
9. Shifts us into our parasympathetic nervous system
10. Improves sleep

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Nourish

- Balance your blood sugar
- Focus on HOW you eat
- Nutritional Weight & Wellness (Podcast: Dishing up Nutrition)

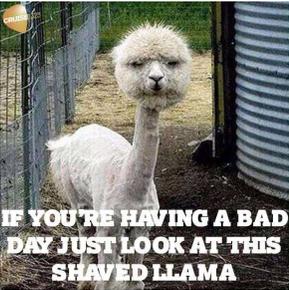
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Move in small ways

- Head equal to or below heart for calm
- Gently twist spine for energy



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Other ways to soothe the body...

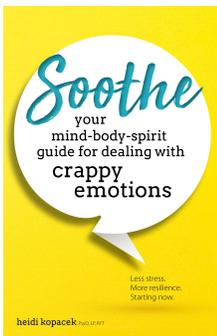
- Listen and move to music
- Feel the bottoms of your feet
- Smell something yummy
- Get some touch
- Smile
- Give yourself a lymphatic massage
- Look to the horizon
- Drink green tea
- Keep studying what gives your body a break

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Learn to soften and vitalize body and breath, over and over and over again, in the face of daily stress

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Thanks for listening!

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