

# Stress Starts In Our Mind

**STRATEGIES AND TECHNIQUES TO BUILD  
RESILIENCE AND BRING MORE CALMNESS  
TO OUR LIFE**



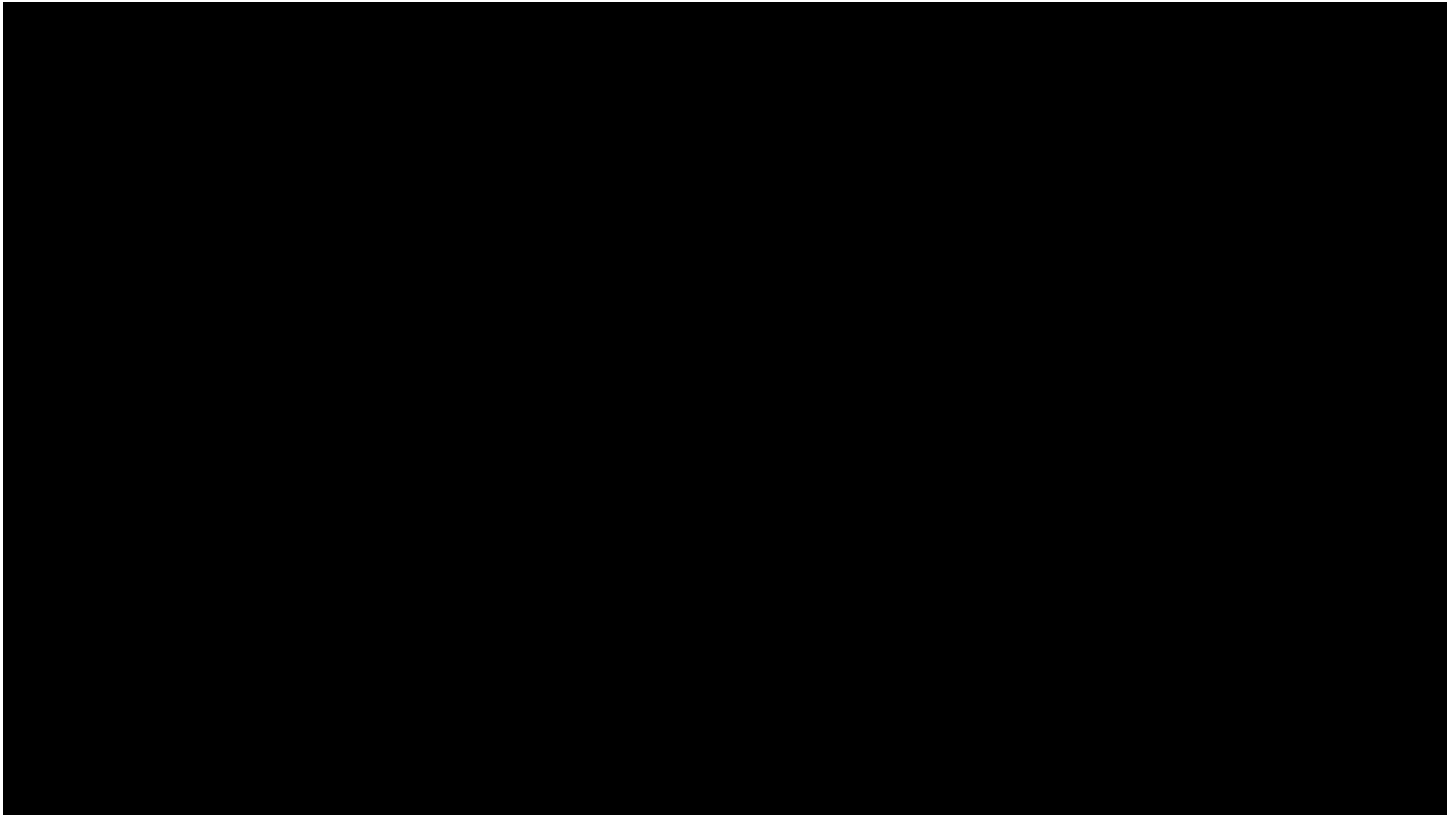
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STRESS STARTS IN OUR MIND

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# Trailer From “Inside Out”

<https://www.youtube.com/watch?v=yRUAzGQ3nSY>



# What We Will Learn

**Definition of Stress  
and Our  
Body's Reaction**

**Anatomy  
of Stress**

**Understanding  
How We  
Deal With Stress**

**Simple Stress  
Management  
Strategy**

# What is Stress?

**Any physical, mental or emotional response to change experienced when someone perceives that the demand exceeds the available personal and social resources.**



# How Our Body Reacts To Stress



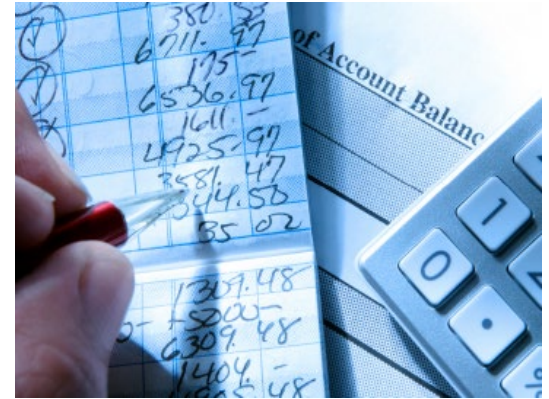
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HOW OUR BODY REACTS TO STRESS



# The Problem

**In our society, we are “stressed out” all the time!**



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HOW OUR BODY REACTS TO STRESS



# The Long Term Effects On The Body



## **Heart Disease**

High Blood Pressure

High Cholesterol

## **Stroke**

Elevated Blood Sugar

## **Diabetes**

Anxiety/depression

Fatigue

Chronic pain

Systemic Inflammation

IBS/Constipation

Fertility issues

Heartburn

Autoimmune disease

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HOW CHRONIC STRESS AFFECTS THE BODY



# Anatomy of Stress – Three Parts

## Thoughts

Our thoughts are tied  
to our emotions

## Focus

You cannot be stressed  
in the present moment

## Brain Activation

Different parts of our  
brain generate different  
responses & feelings



# Anatomy of Stress: 1) Thoughts

**Negative thoughts  
cause our body to  
prepare for  
*perceived* danger**

**Thoughts impact  
our emotions**

**And emotions impact  
our behaviors**

# Anatomy of Stress: 2) Focus

**If only...  
I should have...**

**Living with regret  
causes stress.**

**What if?...**

**Living with uncertainty  
causes stress.**

**I have...**

**I can...**

**I accept...**

**Living in the NOW does  
not cause stress**

# Anatomy of Stress: 3) Brain Activation



**Motivates you through negative emotions ...**



**Motivates you through positive emotions...**

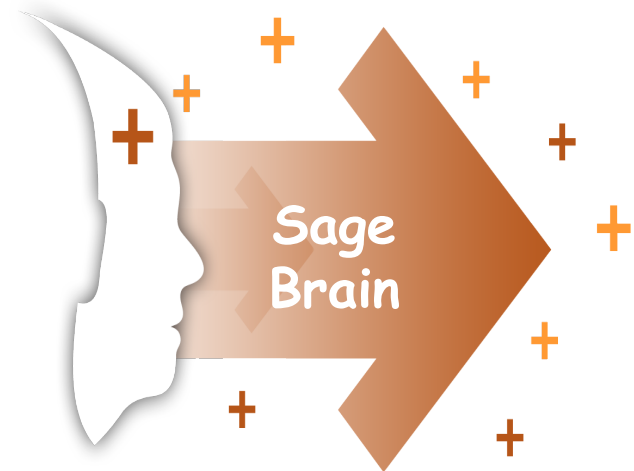
# Anatomy of Stress: 3) Brain Activation



**Stress, Fear, Anxiety**

**Attention on Past or Future**

**Thinking "Hard"**



**Calm, Clear-Headed Focus**

**100% Attention on Present**

**Thinking "Gently"**



## Poor Stress Management



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HOW YOUR BODY REACTS TO STRESS

# How We Deal With Stress...

Depends on our Saboteurs



# Survival Brain = Saboteur Brain



**10 Saboteurs**

**Judge  
Avoider  
Controller  
Hyper-Achiever  
Hyper-Rational  
Hyper-Vigilant  
Pleaser  
Restless  
Stickler  
Victim**



# Judge – The Universal Saboteur

**Description:** Finds fault with self, others and circumstances.



**Characteristics:** Kept you physically and mentally safe.

**Thoughts/Lies:**

- I need to punish you for making a mistake or you'll never learn.
- I need to judge others to protect my self interest
- I need "X" to happen to be happy; if Y happens I'll be miserable. (X=success; Y=failure)

**Truth:** "X" would be great. Do your best to get it. But if "Y" happens, you could convert it to a gift and opportunity.

# Avoider

**Description:** Focusing on the positive & pleasant in an extreme way. Loses self in comforting routines & habits. Procrastinates on unpleasant tasks.



**Characteristics:** Seeks peace and harmony. Avoids conflict and says yes when you want to say no.

**Thoughts/Lies:**

- If you avoid dealing with unpleasant or stressful tasks or conflicts, you'll have a more pleasant and happier life.
- It's okay... I don't need/want it anyway.

**Truth:** If you avoid important things, their negative impact will likely grow worse and cause more stress.

# Controller

**Description:** Anxiety-based need to take control and be in charge of situations and people to one's own will.



**Characteristics:** Confident. Persistent. Likes to challenge self/others. Willful. Manipulative.

**Thoughts/Lies:**

- If I work hard enough I can and should control the situation so it goes my way.
- Others need/want me to take control. I'm doing them a favor.
- You are either in control or out of control.

**Truth:** Control is NOT possible in life. Life and human dynamics are messy, fluid, and impossible to rigidly control.

# Hyper-Achiever

**Description:** Depending on constant performance and achievement for self-respect and self-validation.



**Characteristics:** Driven. Adaptable in order to fit in. Goal-oriented. Image & status conscious. Covers insecurities well.

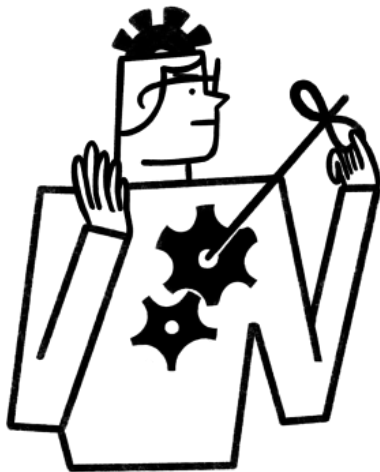
**Thoughts/Lies:**

- I must be best at what I do or I won't bother.
- I must be always efficient and effective.
- I will be happy IF I achieve the next big thing.

**Truth:** There will never be an end to the next-big-thing required by this saboteur so you can one day be happy.

# Hyper-Rational

**Description:** Intense and excessive focus on rational processing of everything, including relationships. Can be perceived as cold, distant, and intellectually arrogant.



**Characteristics:** Capable of deep insight and understanding. Would rather observe from distance. Doesn't let people into deeper feelings.

**Thoughts/Lies:**

- Feelings are distracting and irrelevant.
- The most important thing is being rationally and analytically right. Emotions are messy.

**Truth:** Human beings are emotional not rational. Emotions are necessary for connection, allow others to feel heard and valued and for inspiring and motivating others.

# Hyper-Vigilant

**Description:** Always feeling intense anxiety about all the dangers of what could go wrong. Vigilance that can never rest.



**Characteristics:** Sensitive of true risks and dangers. Guardian of families, communities, etc. Always anxious, chronic doubts. Suspicious of what others are up to causing distrust.

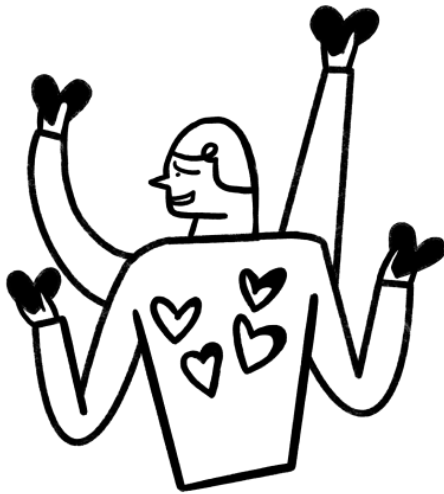
**Thoughts/Lies:**

- If I don't look for the dangers, who will?
- Always think: "When is the other shoe going to fall"?
- If I make a mistake, I fear everyone will jump down my throat!

**Truth:** The anxious and exhausted mind is extremely inefficient in distinguishing between real dangers vs. false alarms.

# Pleaser

**Description:** Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.



**Characteristics:** Loving and giving. Empathetic. Tuned into others' feelings & needs. Strong need to be liked. Needs frequent reassurance.

**Thoughts/Lies:**

- To be a good person I should put the needs of others ahead of my own.
- Pleasing others will have them like you more and be there for me as needed.

**Truth:** Having a Pleaser reduces people's trust and respect in you. They don't know your needs in order to satisfy them.



# Restless

**Description:** In search of greater excitement in the next activity. Constant busyness. Rarely at peace or content with current activity. FOMO

**Characteristics:** High energy. Creative. Curious. Spontaneous. Easily distracted seeking constant new stimulation. Impatient. Can get too scattered.

**Thoughts/Lies:**

- This isn't fulfilling. This next thing has got to be more exciting.
- These negative feelings stink. I must shift my attention to something exciting.
- You're missing out on more interesting stuff. You can do better than what you're doing now.



**Truth:** What's in front of you can be infused with endless fascination if you are 100% present.

# Stickler

**Description:** Perfectionism. A need for order and organization taken too far. Too critical of self and others.



**Characteristics:** High ideals and standards. Strong need for self control and self restraint. Highly sensitive to criticism. Can be sarcastic and opinionated.

**Thoughts/Lies:**

- Right is right and wrong is wrong.
- Others too often have lax standards.
- Creating perfect order in everything will give me peace of mind

**Truth:** You are constantly anxious that things aren't perfect enough and spread too thin to adequately tend to things that matter most.

# Victim

**Description:** Emotional and temperamental as a way to gain attention & affection. Focuses mostly on painful internal feelings.



**Characteristics:** Sensitive to own emotions. Capable of deep introspection. Fairly dramatic and moody. When things get tough, want to give up. Repressed anger may lead to depression.

**Thoughts/Lies:**

- Poor me. Terrible things always happen to me.
- No one understands me.
- I must be uniquely flawed or disadvantaged that's why I don't fit in.

**Truth:** Your own habit of amplifying and anticipating the negative has become a self-fulfilling prophecy.

# Strategy for Stress Management

**Don't try to think  
your way out  
of stress**

**Becoming aware  
is key**

**Come into the present  
using your senses**

**Have self-compassion**

# Emotions Have A Purpose



# Benefits of Stress Management

**Increased  
resilience &  
happiness**

**Greater self-  
compassion**

**Improved  
cognitive  
function**

**Stronger  
immune  
system**

**Lower blood  
pressure**

**Lower  
heart rate**

**Better blood  
sugar control**

**Better  
attention  
and focus**

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BENEFITS OF STRESS MANAGEMENT

# Closing Comments...

- We can start to manage stress by noticing and labeling negative emotions.
- We can learn to shift back to the present by doing a few sensory-focused repetitions, daily.
- And we can absolutely create a more joyful life by building mental fitness.





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# Discover Your Saboteurs



**Take the 5-minute  
Free Saboteur  
Assessment**

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# Curious about the...



## ...Positive Intelligence® Mental Fitness Training Program?

Email me at [debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com)  
and I'll be happy to share!

**What is one thing you are  
taking away with you?**



# Questions?

*thank  
you*

Debby Schiffer, NBHWC, Wellness Director  
Targeting Wellness, LLC  
[debby\\_schiffer@targetingwellness.com](mailto:debby_schiffer@targetingwellness.com)  
Office: 856-322-1220; Cell: 856-520-9908

