

***STRESS,
HEALTH and
HAPPINESS***

at **WORK**

Using the

TWELVE KEYS

STRESS, HEALTH and HAPPINESS

It's morning.

The alarm clock drills its piercing racket into your brain. "NO" screams your mind, "Not yet!"

You didn't sleep too well. There's so much going on, what with work pressure, difficult people to deal with, and all the issues in the family. It's almost impossible to get your mind to shut down! So it's hard to get going—even with three coffees—and there's no time for breakfast because you're already running late.

Work is getting really tough. With fewer people, there's never enough time to get everything done, but you have to try because you may be the next to be let go. You're never quite sure what's happening at work but you know you must have the income or you can't keep up your payments let alone begin to get out of debt.

On the way home there's a traffic jam and it's raining. Nothing but disasters on the radio news.

And there's not much to look forward to when you do get home. Your marriage isn't going well, perhaps because so much has happened in the last couple of years. The children are always a worry—where they are and what they've been up to.

And over it all looms worry about your health. Your doctor wants you to lose weight and stop smoking, but you haven't time to exercise and food and cigarettes do give you some little pleasure. But your blood pressure's high and part of you worries about having a stroke, and getting diabetes or cancer.

It seems as if life hasn't been much fun for years now. Happiness is just a word—not something you experience regularly. The closest you seem to get to it is to just hope you can win the lottery sometime.

When you finally get home, the easiest thing to do is pour a stiff drink and tune out the world in front of the T.V. But you know the worrying will start again as soon as you try to sleep.....

We live in a rich country but life today is very difficult for many people. Family physicians' offices are filled with patients with unpleasant symptoms like headaches, chest pains, stomach trouble and tiredness. About 80% of these symptoms are related to the effects of harmful stress and worry.

Being anxious is not only unpleasant and sometimes disabling, but can cause or accelerate almost any illness. When we are sick, our moods play a huge part in how well we deal with it and how well we recover. As well, feeling chronically stressed or depressed can make it hard to change to a healthier lifestyle.

If you ask a random sample of 100 people what they most want from life, and what they want for their children, over 90% will say: "To be happy!" But happiness, just like health, is even harder to enjoy consistently if you're chronically stressed!

It's not the demands, problems, nor even the tragedies of life that make us sick. It's how well we can match up to the problems we face.

This Session is designed to give a clear picture of three commonly used words:

'Stress', 'Health' and 'Happiness'

It will show closely linked they are, how important to our wellbeing and enjoyment of life, and how we might take more control of each of them.

If we practice the basic **stress**-coping concepts and improve our **medical care**, we can massively increase our chances of enjoying good **health**.

Then, knowing more about **happiness** might let us experience more of it.

STRESS

A brief overview of 'stress', its effects on our health, and an outline of how to reduce anxiety to a level that gives us the greatest chance of both health and happiness.

HEALTH. Use NINE keys to STRESS success, add **MEDICAL CARE** and The **ABILITY TO CHANGE**

HAPPINESS

What is happiness? How does stress affect happiness and how does happiness affect health? How might we achieve it, and help others to as well?

Some people have 'good health' and live a long time because they inherit good genes from their parents. If your parents were healthy and lived a long time, it's likely that you will too.

The good news is that this is only about 25% of the reason why people are healthy.

Seventy-five percent of good health is under our own control!

What do you think of when you think of 'Good Health'? Many of us immediately think of DIET and EXERCISE
But there's a lot more to 'Ultimate Health' than just diet and exercise!

Think of your health as being like a wheel - with the spokes being like slices of a pie.

This wheel carries you over all the bumps and potholes of life - which are the threats to our health such as infections, cancer, heart disease accidents and stress from work, family, finances and the rapid rate of change in our world.

The bigger the wheel - the smoother and safer the ride - the bumps and potholes have much less effect.

And the larger our slices of pie are, the healthier we are likely to be.

I have divided the ingredients for ultimate good health into 12 parts

Each of the components listed is related to the other.

For instance, say you wanted to stop smoking (a major step towards good health). You would be far more likely to be able to quit if:

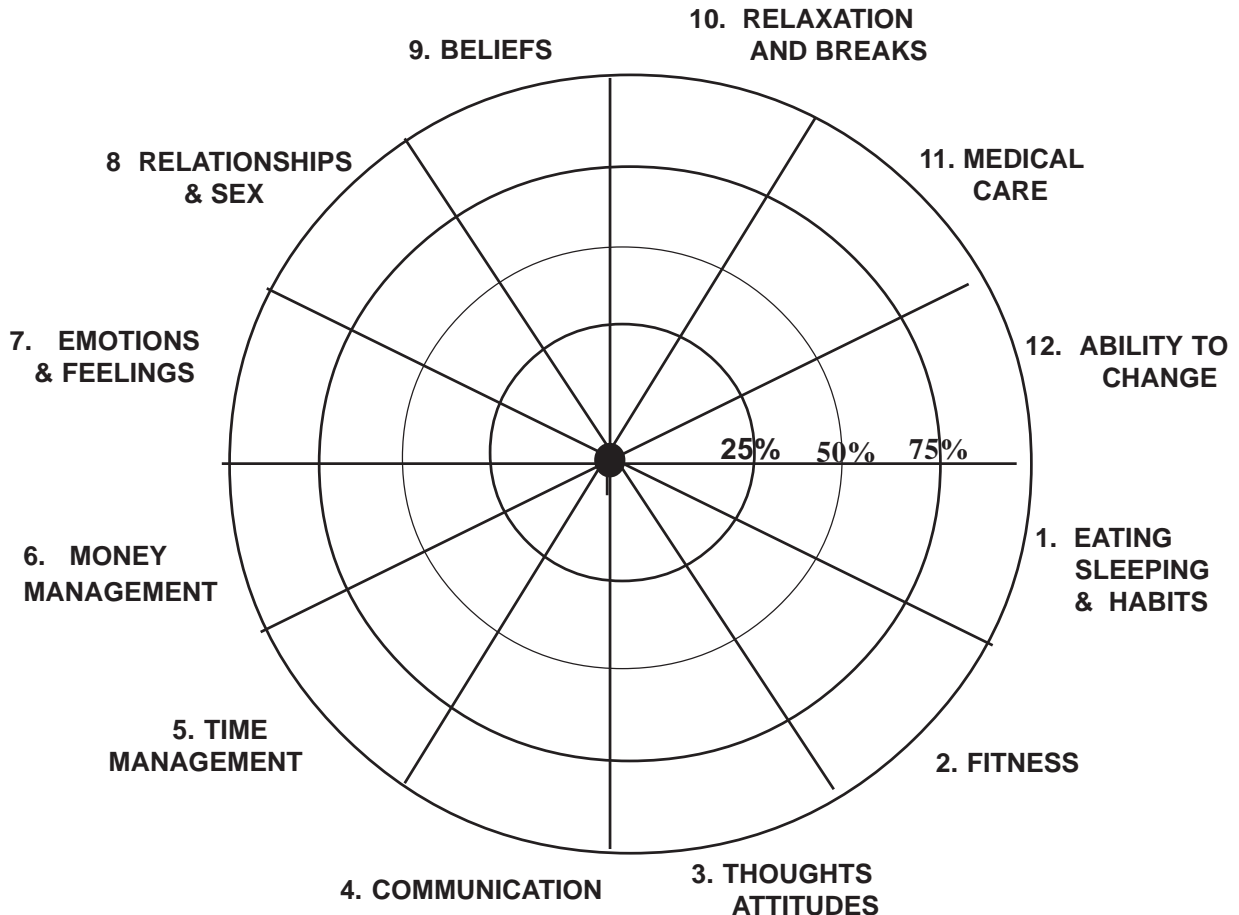
- * You had a good level of self-esteem
- * You reduced painful inner emotions such as anger
- * You learned to relax
- * You had some support
- * You had a purpose for extending your life
- * You could practice Rational Thinking
- * You considered yourself 'happy'

Do you seriously want ultimate good health? Then you need to raise your score in each category as high as possible. By taking the quizzes, in the manual you can find out which sections of your wheel are lacking.

Then use the information to start making changes. If you want more information, check

www.stresswinner.com and www.optimumheath.ca

TWELVE KEYS TO ULTIMATE HEALTH



"With health, everything is a source of pleasure; without it, nothing else, whatever it may be, is enjoyable.

It follows that the greatest of follies is to sacrifice health for any other kind of happiness, whatever it may be - for gain, advancement, learning or fame - let alone, then, for fleeting sensual pleasures"

- Schopenhauer

For a catalogue of other 'Optimum Health' titles relating to Stress and Health, or for information about workshops, seminars and keynote speeches,

Call 519-571-7904

THE 12 KEYS

1. RELAXATION and VISUALIZATION

Breathing—Muscle Relaxation—Mental Imagery—Dealing with problems—Relaxation & Illness—Meditation

2. EATING & THE BASICS

Diet: Eating Habits—Vitamins—Poisons—Tobacco—Alcohol—Drugs.

Exercise: Benefits—Aerobic—Weight Training—Tips—Motivation—Keeping Track

Sex: Health Benefits—Attitudes—Problems

Sleep: Benefits—Basics—Insomnia Relief

3. THOUGHTS and ATTITUDES

Basic Beliefs—Accurate or Irrational Thinking—Positive vs Negative. *The Worst Stress of all?*

The Toolbox of Attitudes: Optimism—Flexibility—Persistence—Altruism—Honesty—Learning—Forgiveness—Gratitude—Humour and Laughter

THREE SKILLS

4. COMMUNICATION

Listening—Assertiveness—Difficult People—Resolving Conflicts

5. TIME MANAGEMENT

Values—Purpose and Goals—Planning—Women and Time Pressure—Procrastination—Organization

6. MONEY MANAGEMENT

Emotional Connections—Money Types—Accounting—Debt—Men, Women & Money

7. EMOTIONS and FEELINGS

Low Self-Esteem—Anger—Guilt—Fear—Depression & Suicide—Greed—Dishonesty—Perfectionism—Anxiety Disorders—Post Traumatic Stress—Self-Improvement — The Stress of Disaster — Personality Disorders

8. SUPPORTS—RELATIONSHIPS, SPIRITUALITY

Basics—Marriage—Family & Friends—Counselling—Role Models—Spirituality

9. TIME-OUTS and PLEASURE

Basics—Music—Gardening—Reduce TV—Pets—Vacations—Touch and the Senses

10. MEDICAL CARE

Your Family Doctor: Appointments—Diagnosis & Tests—Communication—Dissatisfaction—Medications—Health Claims, Alternative Treatments—Seeing the Doctor for Stress—Stress Medications

11. THE ABILITY TO CHANGE

Basics—Stages of Change—Decision Balance—Making S.M.A.R.T Plans—The Stress Factor—Summary Sheet—Co-Dependency, How to Stop Smoking (2 pages)—How to Lose Weight (5 pages)

12. HAPPINESS

Dividing it up to Get a Handle on it—Research on Happiness, **Main Factors:** Money—Thinking Styles—Fitness, Work—Flow Relationships—Spirituality—What the experts have said — Quotes

INCIDENCE OF JOB STRESS

Employees experiencing:

- High level of work-life conflict 35 to 40%
- Significant Depression 30%
- High levels of perceived stress 50%
- "Burn out" from work 25%

WORK STRESS – EFFECTS

- **HEALTH** : Stress: The second most common cause of sickness absence from work lasting 21 days or more.
- **PRODUCTIVITY** : *More* absenteeism, turnover
Less: performance, job satisfaction, commitment, quality of work
- **HAPPINESS**
The thing most valued in human life. Excessive job stress and overload can destroy it.

HEALTHY ORGANIZATIONS

(low-stress, high productivity)

- *Recognition of good work performance*
- *Opportunities for career development*
- *Culture that values individual worker*
- *Management acts in tune with values*



ORGANIZATIONAL CHANGE

- Identify stressors (surveys)
- Redesign tasks, work environment
- Flexible working practices
- Participation in management
- Career development
- Clear work roles and goals
- Social support
- Train EAP staff on depression
- Medical director (confidential)



ORGANIZATIONAL CHANGE 2

- *Target source of stress for change.*
- *Propose and prioritize intervention strategies.*
- *Communicate planned interventions*
- *Implement interventions*
- *Assess results, get feedback*
- *Repeat surveys regularly*



INDIVIDUAL INTERVENTION

- On-site Fitness and/or Club Memberships
- Support Weight Loss & Smoking Cessation
- Stress Education & Problem Solving
- Individual Coaching



DOES IT WORK?

- **UK Post Office:** 50% less trauma-related sickness absence. 32% less stress-related sickness & medical retirement
- **Xerox & Corning:** 30 percent less absenteeism
- **Counselling** reduced work related stress by > 50%
- **Hospital:** Medication errors down 60%
Fewer Malpractice claims

STRESS, HEALTH and HAPPINESS

■ STRESS

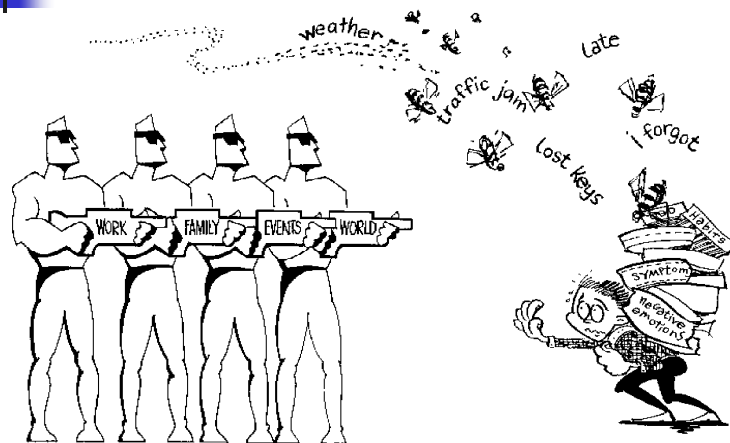
- = IMBALANCE
- = SYMPTOMS
- = ILLNESS
- = UNHAPPINESS

■ THE PRESCRIPTION

- TAKE CHARGE
 - WORRY WRITE
- LEARN
- GET STRONGER

EUSTRESS = HAPPINESS = BALANCE

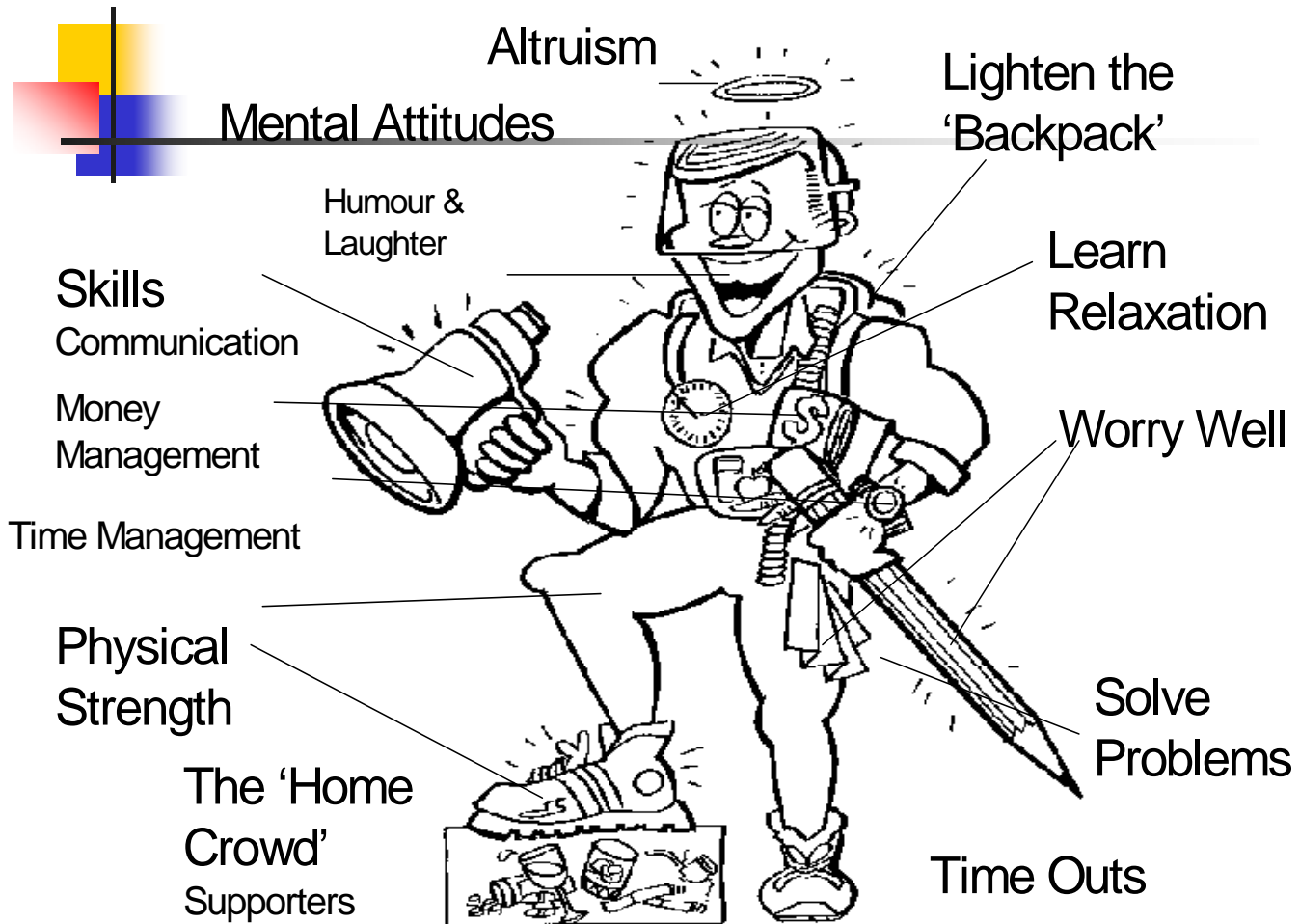
The Stress Contest



1. TAKE CHARGE



The Stress Winner



GETTING SUPPORT FROM YOUR DOCTOR

Before Visit: Making an appointment:

- Tell receptionist basic reason for the visit
- Indicate type of appointment - how long.

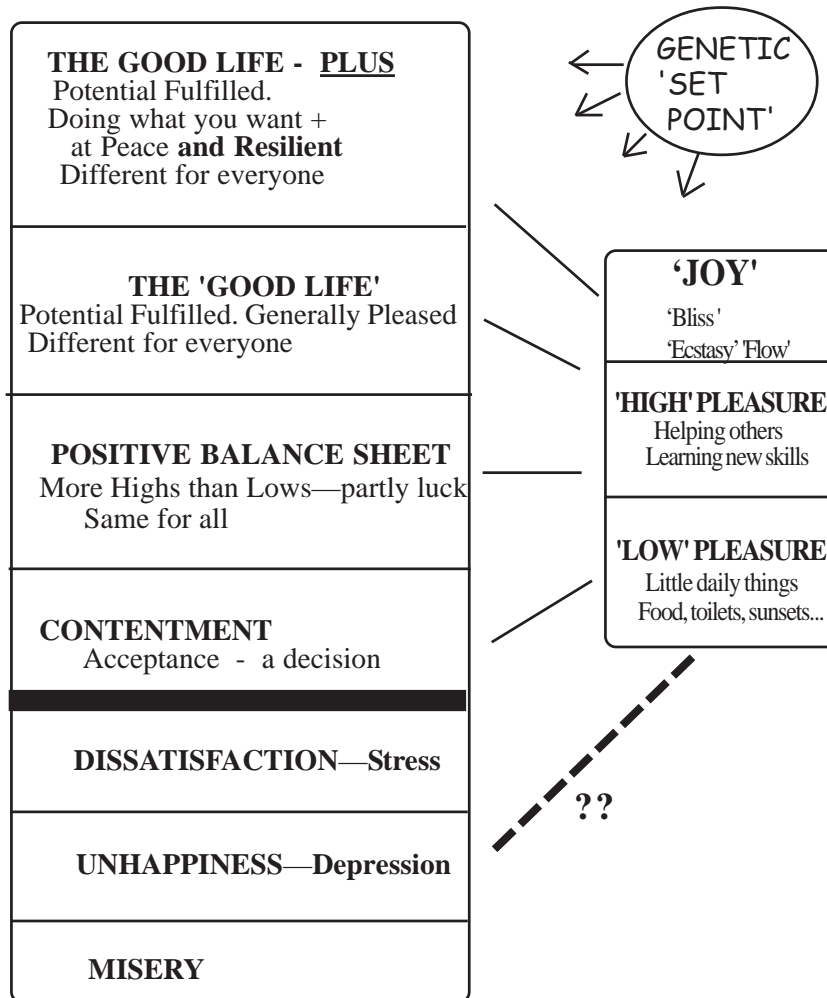
During the visit:

- Present concerns/fears at beginning.
- Know major past illnesses & family history
- Bring all drugs
- *What brings a symptom on, makes it worse, go away, relieves it. Does it Interfere with activity?*
- *Describe:* Pain: aching, throbbing, stabbing, pressure? Scale of 1-10?
- *When did it start?* Constant? Lasting?
- *Honest* - how much drink/ smoke - really!
- *Admit* to stress/unhappiness/violence in home

At End of Visit:

- Know the Diagnosis. Repeat key points
- Know danger signs
- Understand tests,
- Clear instructions *re treatment* & follow-up?
- How long illness should last. If not better - what?

A PICTURE of HAPPINESS



SOME HAPPINESS FACTORS:

- WORK—fulfilling
- RELATIONSHIPS
- ENOUGH MONEY
- RATIONAL ATTITUDE
- LACK OF INNER STRESS
- LIVING and LOOKING FORWARD with EXCITEMENT
- LOOKING BACK with GRATITUDE