

**Latino Advisory Council  
4<sup>rd</sup> Annual Professional  
Development Day  
Daniel Fitzgerald**

**“Refueling Your Passion”**

◆ Yoga

- **Introductions**
- **Where you work...**
- **One positive thing in your life...**

- **Overview**
- **Interactive**
- **Defining stress**
- **Coping skills**
- **What motivates you**

What is Stress?  
What stresses  
you out?

- ◆ **Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.**

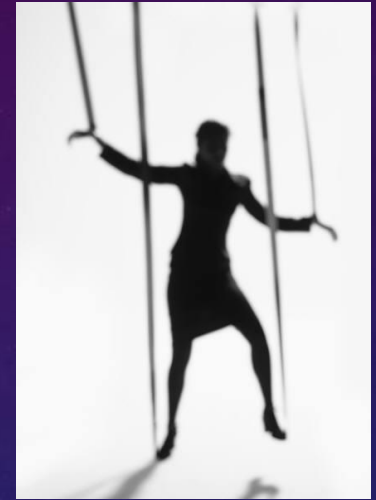
# THE "FIGHT OR FLIGHT" RESPONSE



- When situations seem threatening to us, our bodies react quickly to supply protection by preparing to take action. This physiological reaction is known as the "fight or flight" response.
  - Physiological responses can accumulate and result in long-term wear on the body



# WHAT MAKES SOMETHING STRESSFUL?



- Situations that have strong demands
- Life transitions
- Timing (e.g., deviation from the “norm”)
- Controllability

# WHAT IS STRESSFUL TO YOU?

|  |                                |                                       |
|--|--------------------------------|---------------------------------------|
| <b>Work</b>                                  | <b>Roommate</b>                | <b>Legal matters</b>                  |
| <b>Classes</b>                               | <b>Childcare</b>               | <b>Mental health</b>                  |
| <b>Studying</b>                              | <b>Finances</b>                | <b>Law violation</b>                  |
| <b>Relationship with partner</b>             | <b>Appearance</b>              | <b>Spiritual/Religious issues</b>     |
| <b>Relationship with family</b>              | <b>Physical Health</b>         | <b>Major/Career decisions</b>         |
| <b>Relationship with friends</b>             | <b>Not “fitting in”</b>        | <b>Attitudes/thoughts</b>             |
| <b>Trauma</b>                                | <b>Getting married</b>         | <b>Buying a house</b>                 |
| <b>Change in residence</b>                   | <b>Change to a new school</b>  | <b>Change in amount of recreation</b> |
| <b>Change in amount of social activities</b> | <b>Change in eating habits</b> | <b>Death of friend/family member</b>  |

# WHY DO WE "STRESS OUT?"

- For two major reasons:
  - We *perceive* a situation as dangerous, difficult or painful.
  - We don't believe we have the *resources* to cope.



The background is a dark blue gradient with faint technical graphics. On the right side, there is a large circular gauge with a scale from 0 to 210. Below it is a smaller circular diagram with arrows. In the bottom left corner, there is another circular diagram with arrows. The overall aesthetic is clean and professional, suggesting a focus on data or technology.

WHAT ARE YOUR COPING STRATEGIES?

# COPING STRATEGIES



- **1. Find a support system.** Find someone to talk to about your feelings and experiences.

# COPING STRATEGIES



- **2. Change your attitude.** Find other ways to think about stressful situations.
  - "Life is 10% what happens to us, and 90% how we react to it."

# COPING STRATEGIES



- **3. Be realistic.** Set practical goals for dealing with situations and solving problems.
  - Develop realistic expectations of yourself and others.

# COPING STRATEGIES

- **4. Get organized and take charge.** Being unorganized or engaging in poor planning often leads to frustration or crisis situations, which most always leads to feeling stressed.
  - Plan your time, make a schedule, establish your priorities.





# COPING STRATEGIES

- **5. Take breaks, give yourself "me time."** Learn that taking time to yourself for rejuvenation and relaxation is just as important as giving time to other activities.
  - At minimum, take short breaks during your busy day.

# COPING STRATEGIES



- **6. Take good care of yourself.** Eat properly, get regular rest, keep a routine. Allow yourself to do something you enjoy each day.
  - The time we need to take care of ourselves the most, when we are stressed, is the time we do it the least.

# COPING STRATEGIES

- **7. Learn to say "no."** Learn to pick and choose which things you will say "yes" to and which things you will not.
  - Protect yourself by not allowing yourself to take on every request or opportunity that comes your way.



# COPING STRATEGIES



- **8. Get regular exercise.**  
Exercising regularly can help relieve some symptoms of depression and stress, and help us to maintain our health.

# COPING STRATEGIES

- **9. Get a hobby, do something different.**  
For a balanced lifestyle, play is as important as work.

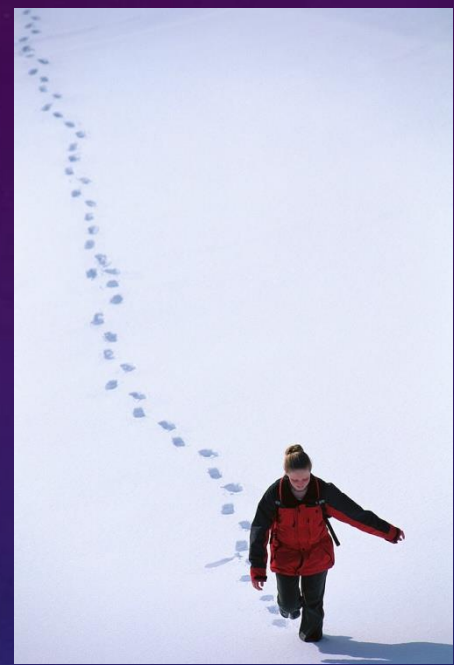


# COPING STRATEGIES

- **10. Laugh, use humor.**  
Do something fun and enjoyable such as seeing a funny movie, laughing with friends, reading a humorous book, or going to a comedy show.




# COPING STRATEGIES



- **11. Learn to relax.** Develop a regular relaxation routine.
  - Try yoga, meditation, or some simple quiet time.

# TIME MANAGEMENT

- **Enhances sense of control**
- **Buying a planner for daily schedule**
- **Making to-do lists** 
- **Setting priorities**



# JOURNALS AND WRITING

- Expressing feelings through writing
- Writing down stressors as they happen

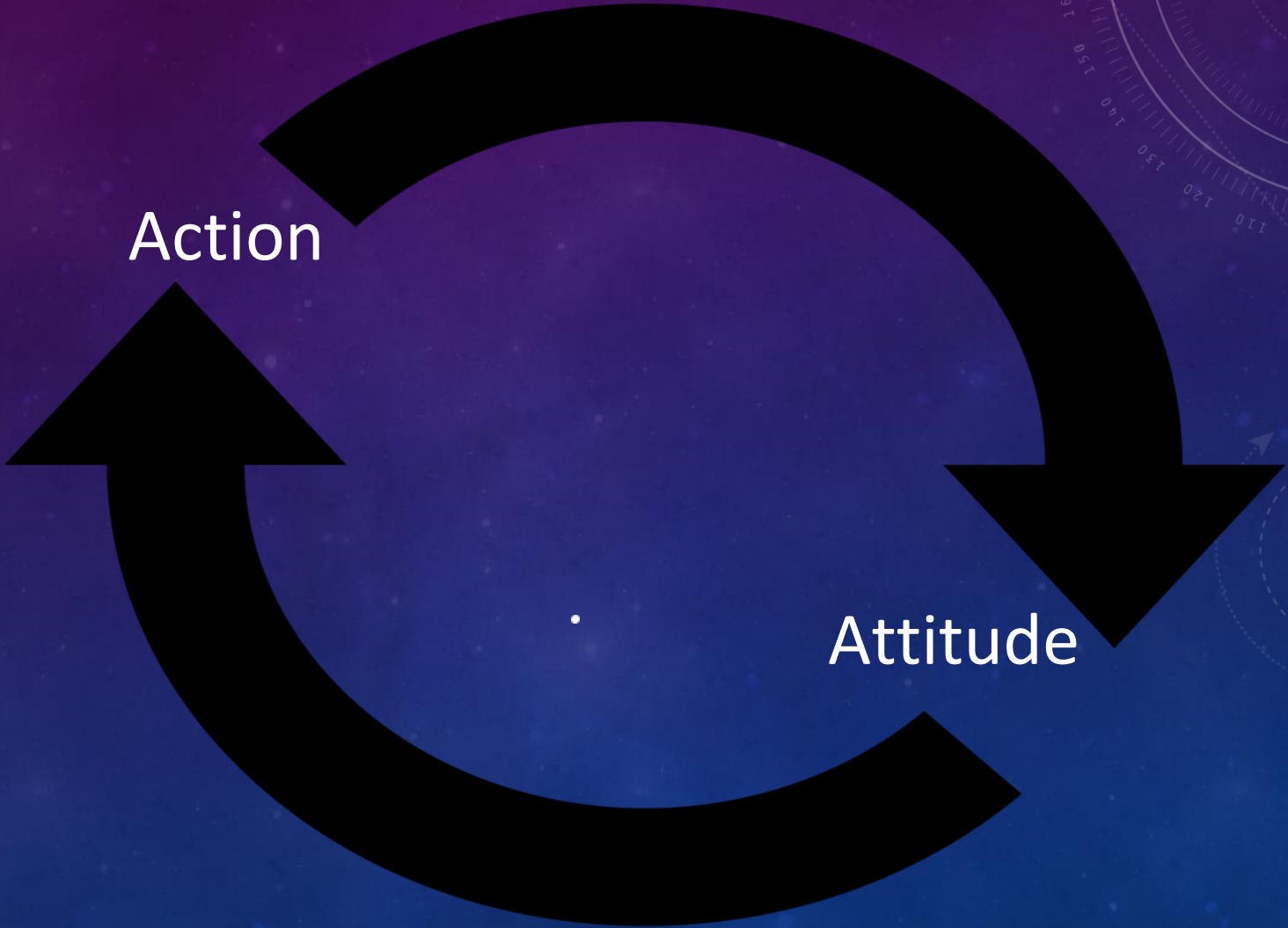


# MINDSET

Values

Action

Attitude



# POSITIVE THINKING

- Expressing gratitude
- Looking at the bright side



# SOME COMMON FORMS OF NEGATIVE AND IRRATIONAL SELF-TALK INCLUDE

- **Filtering.** You magnify the negative aspects of a situation and filter out all of the positive ones.
- **Personalizing.** When something bad occurs, you automatically blame yourself.
- **Catastrophizing.** You automatically anticipate the worst.

| <b>Negative self-talk</b>             | <b>Positive spin</b>                                 |
|---------------------------------------|--|
| I've never done it before             | It's an opportunity to learn something new           |
| It's too complicated                  | I'll tackle it from a different angle                |
| I don't have the resources            | Necessity is the mother of invention                 |
| There's not enough time               | Let's re-evaluate some priorities                    |
| There's no way it will work           | I can try to make it work                            |
| No one bothers to communicate with me | I'll see if I can open the channels of communication |

WHAT MOTIVATES YOU?

The background is a dark blue gradient with a subtle pattern of small white dots. On the right side, there are several technical-style graphics: a large circular gauge with a scale from 0 to 210, a smaller circular gauge with a scale from 0 to 100, and various dashed and solid lines forming circular paths and arcs. The overall aesthetic is clean and modern, suggesting a focus on data or technology.

# DEFINITION OF MOTIVATION



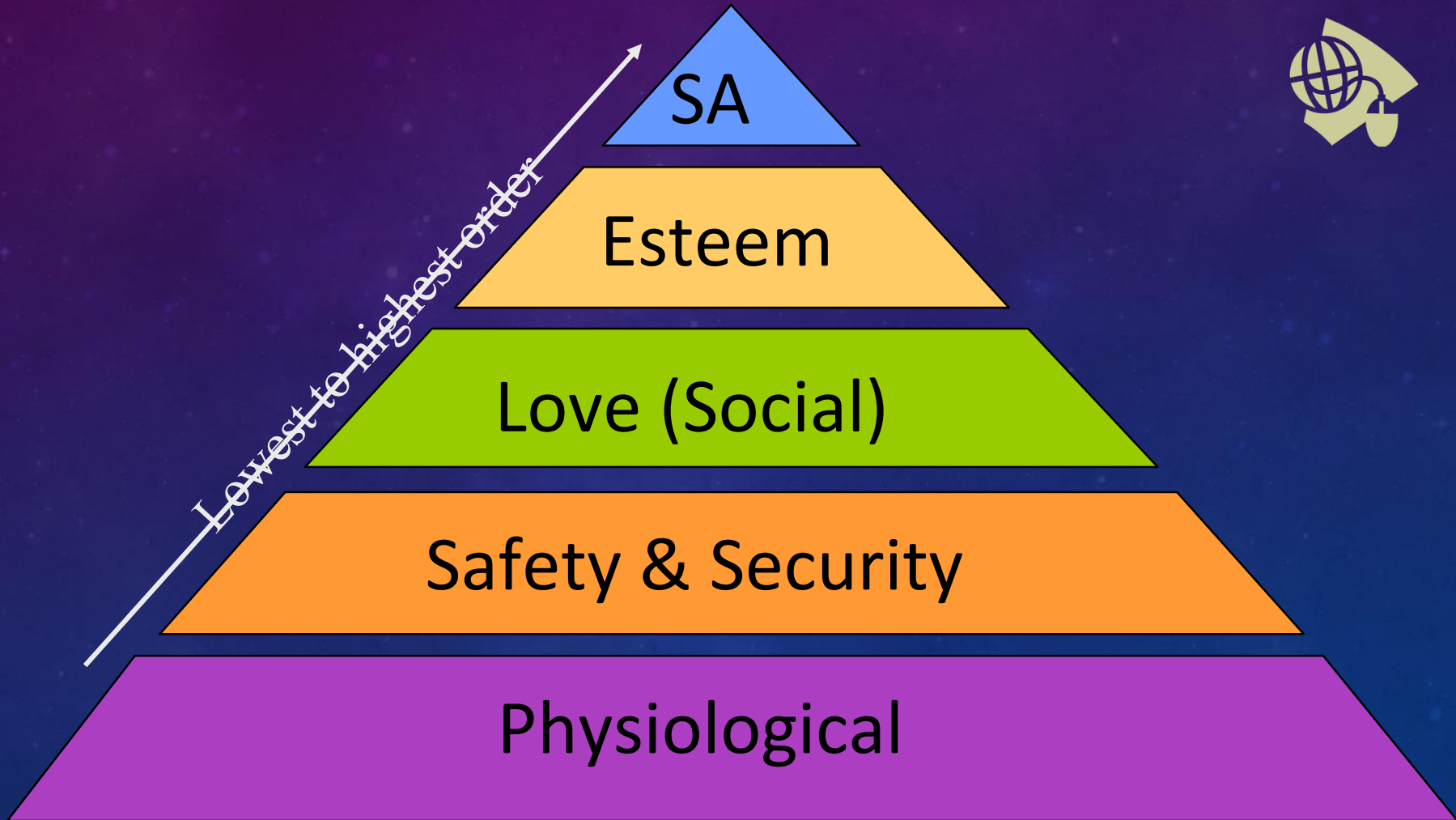
**Motivation** - the process of arousing and sustaining goal-directed behavior

# 3 GROUPS OF MOTIVATIONAL THEORIES

- Internal
  - Suggest that variables within the individual give rise to motivation and behavior
  - Example: Maslow's hierarchy of needs theory
- Process
  - Emphasize the nature of the interaction between the individual and the environment
- External
  - Focus on environmental elements to explain behavior



# MASLOW'S HIERARCHY OF NEEDS



# PERSONAL PLAN

- 1. What are your values?**
- 2. What motivates you?**
- 3. What are your goals? Short and long term...**
- 4. What are the actions you have to have to make your goals a reality?**

# Q and A

The background is a dark blue gradient with a field of small white stars. Overlaid on this are several technical diagrams. In the top right, there is a large circular gauge with a scale from 0 to 210 and a white arrow pointing to approximately 170. Below it is a smaller circular diagram with two concentric dashed lines and a white arrow pointing clockwise. In the bottom left, there is another circular diagram with a dashed line and a white arrow pointing counter-clockwise. The text 'Q and A' is centered in a large, white, sans-serif font.