



# Stressing Over Stress-Not Me



**Stressing Over Stress?  
Not Me!**

Presented by:  
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February 20-23, 2024  
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**OBJECTIVES**

- Discuss what stoicism is and the philosophical background on mental health.
- Identify the challenges and stressors associated with claims management.
- Define the general concept of stress and its effects on the brain and body.
- Discuss techniques to promote mental wellness with a new mindset on stress.



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**Lessons from the Stoics**



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### WHAT IS STOICISM?

- 3<sup>rd</sup> century B.C. school of philosophy
- Ancient Greece & Rome



**STOIC SET**

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### WHAT IS STOICISM?

- Minimizing negative emotions & maximizing gratitude and joy
- Includes mindfulness practices & value-based living
- A tool to amplify your human experience internally and externally
- Cognitive Behavioral Therapy (CBT)



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### Question: "What's in my control?"



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**What can you control?**

- How you judge and respond to events
  - Is it a good thing?
  - Is it a bad thing?
  - Is it neither?
- It's okay to *NOT* have an opinion...



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**3 LESSONS FROM THE STOICS**

- Getting Perspective
- The Benefit of Tough Times
- Preparing for the Worst



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**LESSON #1: GETTING PERSPECTIVE**

- **Memento Mori:** "Remember, you die."
- "It could be worse."
- "It won't last forever."
- "We're all going to die someday."
- "Will this matter in 5/10/50/100 years?"



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**LESSON #2: THE BENEFIT OF TOUGH TIMES**

- *Amor Fati*: "Love of fate."
- "What doesn't kill you only makes you stronger."
- "There's no growth in comfort and no comfort in growth."
- "The obstacle is the way."
- "Embrace the suck!"



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**LESSON #3: PREPARING FOR THE WORST**

*Premeditatio Malorum*: "The premeditation of evil."

- "Hope for the best, prepare for the worst."
- "Expect the unexpected."
- "If [this], then [that]."
- "Let our advance worrying become advance thinking and planning." - Winston Churchill



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**TAKEAWAYS?**

- Changing your perspective can be your biggest game changer towards better mental wellness
- Tough times are opportunities for learning & growth
- Plan ahead to prepare for the worst



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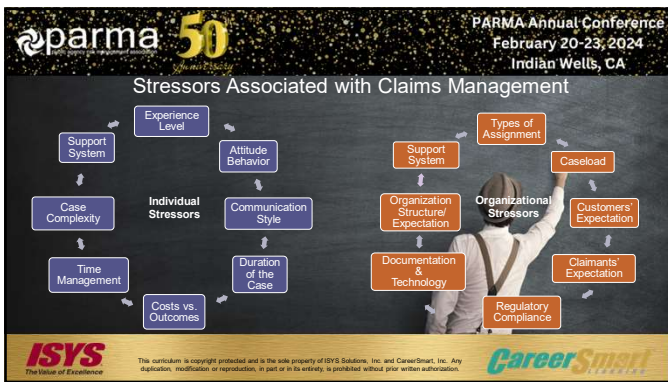
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**DEFINING STRESS**

**A non-specific response of the body to any demand placed upon it (physical, mental, emotional, environment)**

The American Institute of Stress  
Founded by Dr. Hans Selye

"Stress, in addition to being itself, was also the cause of itself, and the result of itself."



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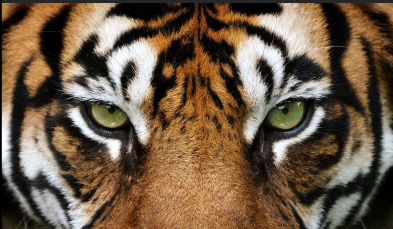
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### PHYSIOLOGICAL RESPONSES

**A normal response to any stressful situation**

- Physiological response to stress
  - Limbic System (emotional brain)
  - Autonomic Nervous System
  - Stress Hormones (Adrenaline, Cortisol)
- Eustress vs. Distress
- Real or Perceived



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### EFFECTS OF CHRONIC STRESS ON THE BRAIN

- Destructive to hippocampus cells
- Affects pre-frontal lobes
- Other neurological effects



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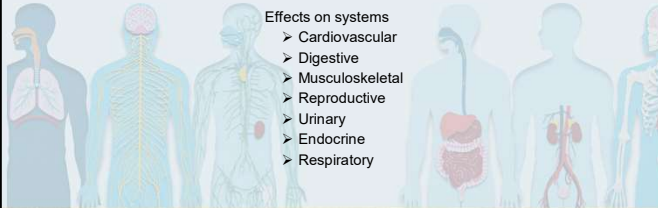
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### EFFECTS OF CHRONIC STRESS ON THE BODY

Effects on systems

- > Cardiovascular
- > Digestive
- > Musculoskeletal
- > Reproductive
- > Urinary
- > Endocrine
- > Respiratory



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## HOW TO CHANGE YOUR PERCEPTION

Stress is inevitable when you're living a life that's connected with things you care about.

--Alia Crum, Asst. Prof of Psy, Stanford



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## EMBRACE IT!--HOW DO YOU LEARN FROM YOUR STRESS?

**Acknowledge it**

- Physical and behavioral responses
- Be aware of your unfiltered thoughts


**Identify it**

- What's the trigger
- What causes you to feel this way

**Welcome it**

- Replace it with positive thoughts
- What do you care about?
- I am feeling stressed about \_\_\_\_\_ because I care about \_\_\_\_\_?
- Address the whys

**Use it**



**Stress**

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## BOOST YOUR NATURAL HIGH

Oxytocin—(love hormone) social interactions, connections

Endorphins—(natural pain killer) stress and pain relief

Serotonin—(mood stabilizer) inhibits pain, regulates sleep, appetite

Dopamine—(reward chemical) pleasure, euphoria



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**BE GOOD TO YOUR HEART**

(CONSCIOUS COPING)

- Identify emergency stress-stoppers
- Let go of perfection
- It's OK to say 'no'
- Find a positive support system
- Be realistic
- Give occasionally
- Avoid negative outlet
- Music/Positive self-talk

*take a break*



*and unplug*

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**DON'T**

- Blame others
- Just work harder and longer
- Self-medicate
- Neglect your own needs and interests

**Remember:**

- Your body responds the same way to real or perceived stress
- Key to reducing stress—reframe your thoughts; change your perception of the situation
- Embrace "the suck"; Thrive on Stress
- "It's not what happens, it's what happens next!"

**YOUR TAKEAWAYS**



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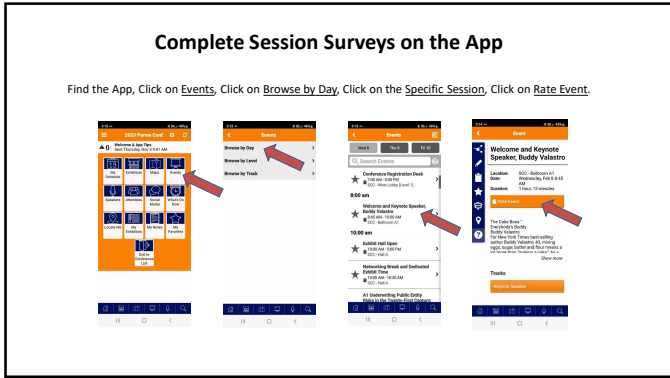
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