

Mindfulness Based Stress Reduction:

Stress Management
and Mindfulness for the
21st Century



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Stress

- Stress is a multitude of fear-based sensations, producing physiological, psychological, and social implications.
- Stress occurs on a multitude of different levels and originates from many different sources.
(i.e. Work stress, Time stress, Role stress, People stress, Emotional stress, World stress, Digital/Technological stress)
- Dr. Hans Selye, “Stress is a disease of adaptation”.
- Stress can be internal or external

Stress Response

“Fight, Flight or Freeze”



Cognitive Creations

- Perceptions create thoughts...
- Thoughts create emotions...
- Emotions create emotions states...
- Emotional states dictate behaviors.

*“Stress is caused
by our perceptions
and reactions to
the situations that
occur in our lives”*

– Baer, 2006

Stress Manifestations:

Biological Symptoms

- Back pain
- Gastro-intestinal
- Muscle tension
- High blood pressure
- Anxiety/Panic attacks
- Fatigue
- Headaches/migraines
- Immune system damage

Psychological Symptoms

- Depression
- Anxiety/Fear based emotions
- Emotional disturbances
- Attention deficits
- Substance abuse
- Eating disorders
- Negative attitudes

Social Symptoms

- Isolation
- Poor communication skills
- Irritability with others
- Projections of anger on others
- Lack of motivation to socialize

Stress at work

Six key stress factors:

1. The demands of the job
2. The control staff have over how they do their work
3. The support they receive from colleagues and superiors
4. Their relationships with colleagues
5. Whether they understand their roles and responsibilities
6. How far the company consults staff over workplace changes



Top Stressors for Burn Out among Mental Health Clinicians

- Emotional Depletion or emotional fatigue
- Vicarious Traumatization
 - Experienced through empathetic engagement with the clients traumatic material
- Constant Worry
- Grandiosity and Demonization by Clients
- Distraction
- Helplessness and Sense of Inefficiency
- Inability to shut off the therapeutic stance

Stress Related Clinical Diagnosis

- **Substance Use Disorders**
- **Mood Disorders**
- **Conduct/Oppositional Disorders**
- **ADHD**
- **Depression**
- **Anxiety**
- **Learning Disorders**
- **Eating Disorders**

Substance Use and the Self Medication of Fear

- Mind and mood altering substances incur changes in mind and mood.
- Substances of use:
 - Alcohol
 - Stimulants
 - Marijuana/Cannabis
 - Opiates
 - Sedatives
 - Hallucinogens
 - Benzodiazepines

Coping Skills for Stress

- **Acceptance**

- Accept things that are beyond your control

- **Attitude**

- Try to focus on the positive side of the situation.
 - What good will come from this? What will I learn?

- **Perspective**

- Think about the events and situations in life that are causing you stress
 - Are they important? Are they controllable? Be realistic!

Back to the Breathe...

Meditative Break

Don't forget to breathe.



Make Life Changes to Reduce Your Stress Triggers

Practical Tips for Reducing Stress Triggers:

(1) **Take time off** – Take a vacation or a long weekend. During the work day, take a short break to stretch. Walk, breathe slowly, take a day off and go to the beach, and relax.

(2) **Manage your time** – Set realistic goals and deadlines. Plan projects accordingly. Do “must do” tasks first. Schedule difficult tasks for the time of day when you are most productive. Tackle easy tasks when you feel low on energy or motivation.

(3) **Set limits** – When necessary, learn to say “no” in a friendly but firm manner.

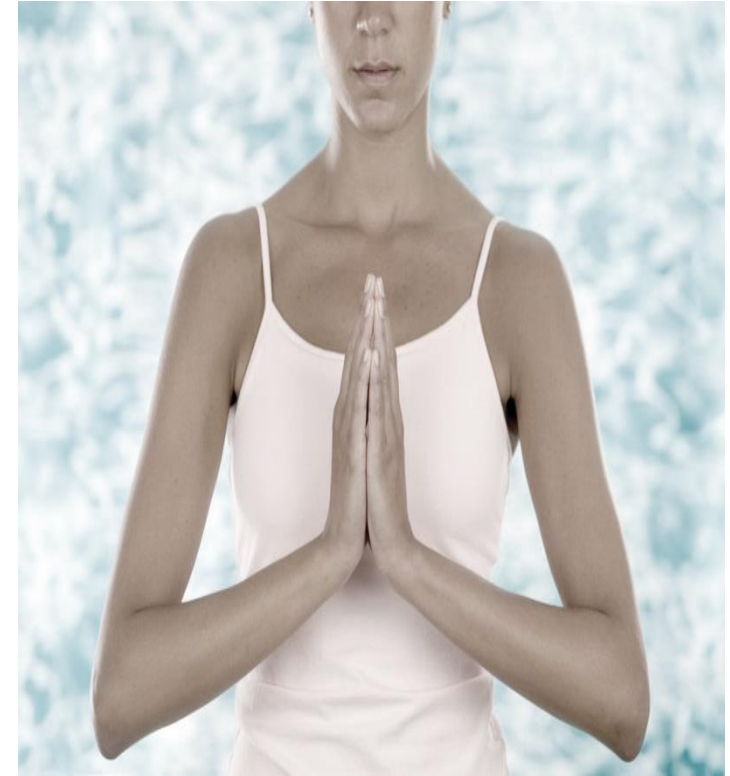
(4) **Choose your battles wisely** – Don’t rush to argue every time someone disagrees with you. Keep a cool head and avoid pointless arguments altogether.



Mindfulness is...

Definition: Mindfulness can be thought of as moment to moment, non-judgmental awareness, cultivated by paying attention in a specific way, that is, in the present moment, non-reactive, non-judgmental, and as open-hearted as possible.

- The art of non-doing
- Active observance
- Cultivation of silence
- Heightening awareness
- Directing attention (internally/externally)
- Acceptance based strategies
- Being non-judgmental



(American Psychological Association, 2012)

Attitudinal Foundation of Mindfulness

- **Non-judging:**
 - assuming the stance of an impartial witness to your own experience (internal and environmental)
- **Patience:**
 - demonstrates that we understand and accept the fact that sometimes things must unfold in their own time
- **Beginners-mind:**
 - being able to explore the richness of present-moment experience, that is life itself

Dr. Ronald Seigal
Dr. Jon Kabat-Zinn

Attitudinal Foundation of Mindfulness

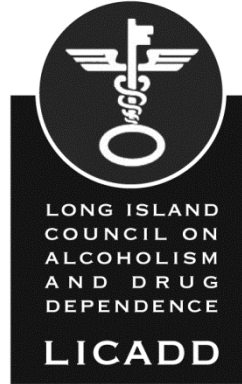
- **Trust**: developing a basic trust in your emotional capabilities and in your intuition for your own guidance
- **Non-striving**: meditation is the art of non-doing. Example- “Just don’t do something, sit there”.
- **Acceptance**: seeing things as they actually are in the present moment (no future, no past)
- **Letting Go**: the human mind gets caught in attachment, recycled thoughts (fears), stored consciousness, and hedonic treadmills

Dr. Ronald Seigal
Dr. Jon Kabat-Zinn

Thank You!

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