# Stress ‘n Style

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Renewing Your Passion and Purpose

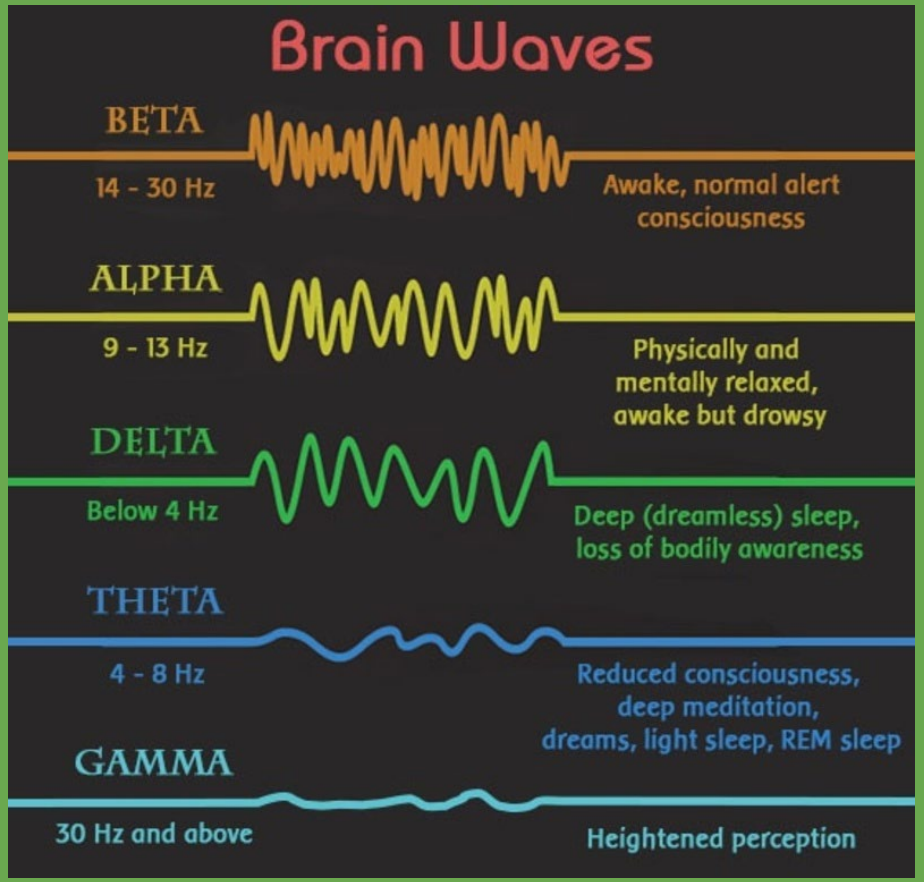
Ann Aubuchon, MS Consultant with A Calmer Way

# Goals for Today

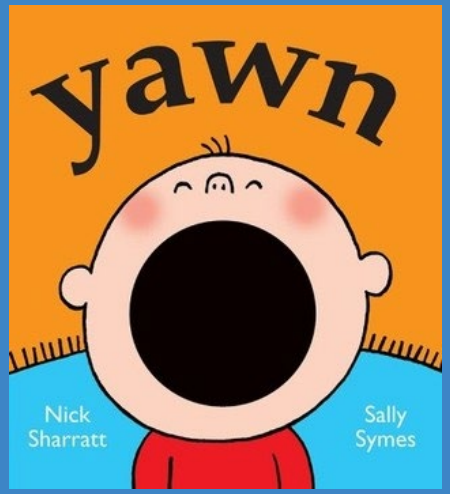
- Gain an understanding of stress and its effects
- Identify one's learning and copying styles, preferences and interests
- Experience de-stressors for all learning modalities & personality traits
- Identify energy releasers (de-stressors) that match your style
- Create an individual self-care plan

# Stress and Its Effects

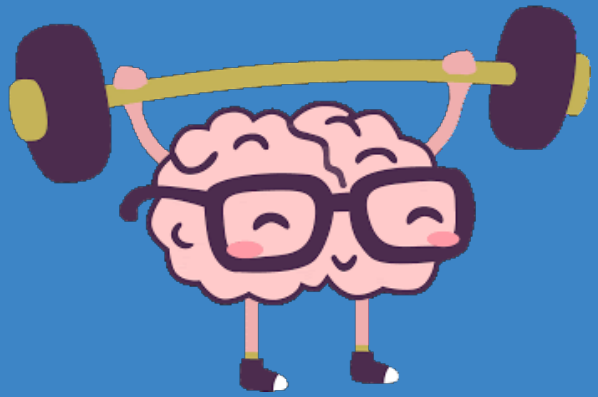
- Adrenaline and Cortisol Release
- Vicarious Trauma
- Fight, Flight, Freeze
- Energy Releasers
- Vibrations and Frequencies



# Quick ‘n Easy Relaxercises




Yawn





Brain Gym

Breathing Ball

# What makes your Heart Sing?

What do you love to do?

What fills your cup?

1-3 hour activities that you do on the weekends

Small Group Share Out

- Introduce yourself
- Share one thing that makes your heart sing. Continue with share out for 3 rounds.

# On your notecard...

Create a Visual Representation of what makes your heart sing.

- Can be multiple things represented
- Can use words and/or drawings

# Create Your Individualized Plan

- What is your learning style? If you don't already know, spend some time going through the questionnaire to identify your learning & coping style.
- Use your learning styles to identify stress releasers that will work for you.
- Work independently or in small groups to create your plan.
- Walk around the room and test different

# Workplace Strategies

- Calming Corner or Decompression Space
- Providing Staff Downtime or Support

# Next Steps