Grumpy? Stressed? Wired & Tired?
Keys to Living Your Best Life

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Stages of Learning

STAGE 1
Unconscious Incompetence – you don’t know what you don’t know

STAGE 2
Conscious Incompetence – you become aware that you don’t know

STAGE 3
Conscious Competence – you know that you have learned something

STAGE 4
Unconscious Competence – you are no longer aware of what you know; it comes naturally

Martin M. Broadwell
What does a realistic perfect day look like to you?

“My perfect day is...”
5 Pillars of Brain Health

1. Relax – rest/sleep
2. Move – activity/exercise
3. Nourish – eating/drinking
4. Discover – hobbies/learning
5. Connect – friends/people
Stress: A need or demand people confront, that is perceived as burdensome or threatening, and can lead to physical or mental health problems.

Cortisol

This hormone affects many different functions in the body, helping to control blood sugar levels, regulate metabolism, reduce inflammation, help control blood pressure and help us rise to a challenge.

Too much cortisol for too long = physical problems.
HOW STRESS CAN MAKE YOU SICK
How does chronic stress affect you?

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Behavioral</th>
<th>Cognitive</th>
<th>Self-Esteem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches / ulcers / backaches</td>
<td>Anxiety</td>
<td>Anger or acting out</td>
<td>Lack of concentration; tunnel vision</td>
<td>Feeling like a failure</td>
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<tr>
<td>Poor posture</td>
<td>Sadness or depression</td>
<td>Passive-aggressive behavior</td>
<td>Memory loss</td>
<td>Can’t do anything right – hard on self</td>
</tr>
<tr>
<td>Overeating or not eating</td>
<td>Loss of spirit</td>
<td>Irritability</td>
<td>Difficulty with simple decisions</td>
<td>Not being able to fix things</td>
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<tr>
<td>Sleeping problems</td>
<td>Loss of sense of humor</td>
<td>Increased drinking or drug use</td>
<td>Constant worrying</td>
<td>Perception of physical image is negative</td>
</tr>
<tr>
<td>Frequent or recurring illness</td>
<td>Bitterness</td>
<td>Isolation</td>
<td>Uncontrollable, racing thoughts</td>
<td>Feeling powerless to control life</td>
</tr>
<tr>
<td>Exhaustion</td>
<td>Crying</td>
<td>Violence</td>
<td>Poor judgment</td>
<td>Lack of assertiveness</td>
</tr>
<tr>
<td>No longer doing physical activities once enjoyed</td>
<td>Non-tolerant of others</td>
<td>Clumsiness or breaking things</td>
<td>Perceiving things negatively</td>
<td>Loneliness from fear of socializing</td>
</tr>
</tbody>
</table>

Partially adapted from: colostate.edu
Two Ways of Reacting to Stress:

- Frontal Lobe = Logical
- Amygdala = Emotional
Key to Reducing Stress:

Take care of **YOU**, with a dose of *radical acceptance*!
Nutrition

EAT A VARIETY OF REAL FOOD in moderation, and HYDRATE!
“Caffeine is a stimulant drug. It is the only addictive substance that we readily give to our children...”

- Matthew Walker, Why We Sleep
Be Smarter Than Marketing

Fat-Free!

Energy Drink

All Natural!

Multi-Grain

Immunity Booster!

2% Milk

Protein Bar
Enjoy Activity

MOVE more and sit less
(Any amount of physical activity has some health benefits)
Take a break!
Schedule an extra day of being gone in the public eye, but you’re at work catching up on email.

Set mobile phone to no dinging or visible numbers on your inbox icon.

For your auto-reply message, use the words “personal leave” or “vacation”...

In the auto-reply message, tell colleagues they may call or text if an immediate reply is needed.
Excess News and Social Media Misinformation

“Keep your eyes on the news for any length of time, ... It’s easy to think the world is headed downhill fast. And who knows? Maybe it is. But mentally strong people don’t worry about that because they don’t get caught up in things they can’t control...they focus their energy on directing two things that are completely within their power—their attention and their effort.”

- Travis Bradberry, 15 Qualities of Mentally Tough People – 2016, success.com
Focus on What You Can Control

- Shift your focus from worrying/complaining to problem solving.
- Stay away from negative people. Don’t spread their gossip.
- Set realistic goals and build gaps into your day for breaks.
- Focus on what you achieve rather than what wasn’t accomplished.
- Practice positive self-talk and talk to friends more often.
- Get organized, de-clutter your space, plan, make lists.
- GIVE your time, favors, or compliments to others, yet...
- Be assertive enough to say “No thanks, I’ll pass”
What is something for which you are grateful?
Breathe in going up, breathe out going down.

Breathe in 4-5, breathe out 6-7.

Source: oakparkla.com
Turn off Auto-Pilot

1. Be part of the right environment (psychological support systems)
2. Focus on mindfully taking action each day toward your change – 15 minutes daily
3. Replace fear and doubt with decisions using clear, direct, and even uncomfortable action steps toward turning off auto-pilot

- Dr. D Trudeau Poskas, Blue Egg Leadership
Do what you love, but also...
Defy your comfort zone!
Bucket List: Have you tried anything new lately?
What core pursuits do YOU have?

We need at least 3.6 core pursuits to be happy...

Wes Moss,
Retire Sooner podcast
Put it on your calendar in a bright meaningful color!
Random Research Fixes:

What simple act will appear to subtract 10 years from your age??
SMILE!
Scientists have discovered a revolutionary new treatment that makes you live longer!
It enhances your memory and makes you more creative. It makes you look more attractive.
It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes.
You’ll even feel happier, less depressed, and less anxious.

It’s FREE! Are you interested?
Physical Health
Energy Level, Organ Function, Metabolism, Nerves, Hormone Balance, Muscle Quality, Immune System

Mental Health
Cognitive, Memory, Emotions, Ability to Learn

Safety
Coordination, Judgement, Executive Function
It’s cute at this age...
The Top Life-Changing Sleep Tips...
This is #1 for a reason! **GET UP at the same time every day**, and try to keep your sleep schedule as regular as possible.
Get outside – Expose yourself to direct sunlight or photo therapy light soon after you wake, and **dim lights indoors a couple hours before bed.** Take vitamin D3* if you’re not getting quality sunlight during the day.

*Ask your physician before taking any vitamins.
3

Set nighttime room temperature at 60-68 degrees. Bodies must cool down for good sleep. When skin cools down, it signals the brain that it is time to sleep.
30 Sleep Tips and Tricks

go.unl.edu/sleeptips
Non-Foods, Inactivity, Poor Sleep + Caffeine, Always Connected, Pills or Alcohol, Negative Surroundings, Accepting Life “as it is”
Life isn’t about finding yourself. It’s about creating yourself.

- George Bernard Shaw
Resources for improved wellness and reduced stress in rural Nebraska communities
10 Days of Happiness
Free online program to boost your wellbeing

eap.unl.edu

Schedule an in-person, zoom or phone counseling session
402-472-3107 | eap@unl.edu
Your perfect day...

Choose one thing you are capable of doing today that starts a path toward that perfect day.