



*MBSR Online Live
Session 4 :: Stress*

The **perception** of a physical or psychological threat, and the **perception** that one's resources are inadequate to deal with this threat.

Perception Can Be:

- **Narrow** – nine dots
- **Superficial** – iceberg
- **Incomplete** – elephant
- **Single Perspective** – shadow shapes
- **Just plain wrong** – stripes



Stress Can Be:

- **Unique** – influenced by physical, psychological, and environmental factors, including culture, genetics, experiences.... and perceptions, and expectations!
- **Eustress** – positive, as with exercise done correctly, or body's immune response to illness
- **Chronic** – when time bound stress becomes persistent
- **Impermanent** – can be reassessed

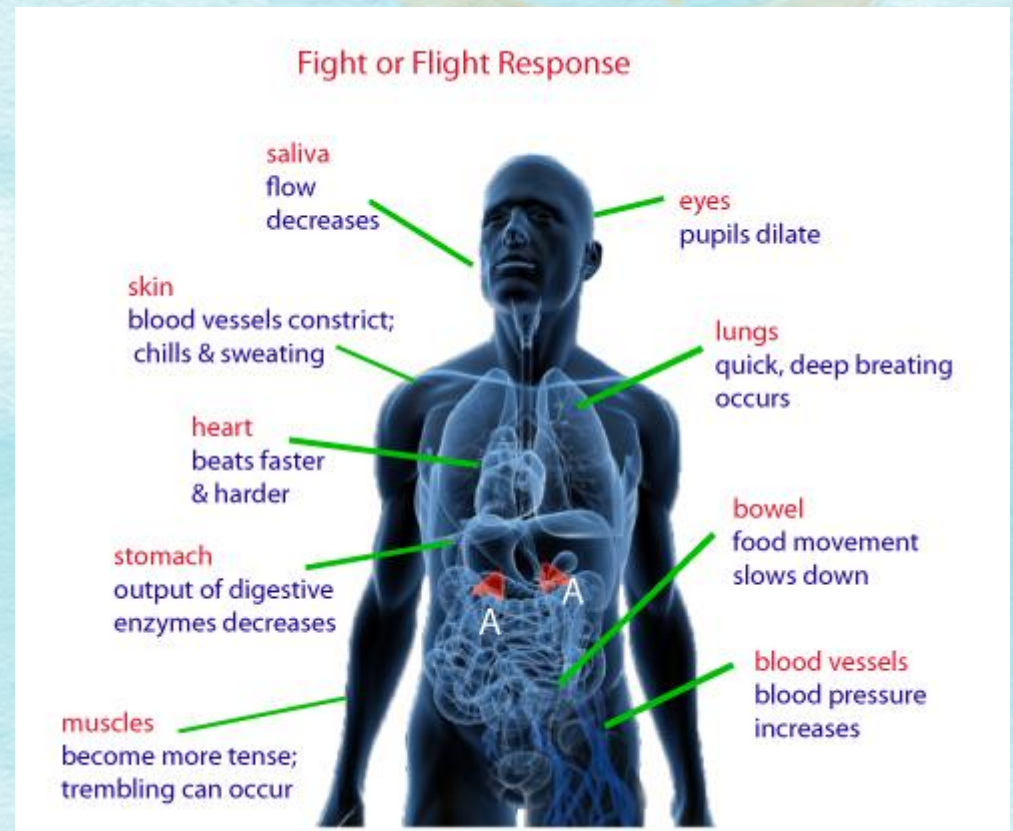
Science of Stress

The body's way to respond to stress is by sympathetic nervous system activation which results in the fight, flight, or freeze response. These responses have evolved as life saving measures to facilitate our ability to deal with physical challenges.

Unfortunately, our bodies still react with these same responses that are now not only not useful, but potentially unhealthy when constant. Chronically invoked as habitual, they may contribute to hypertension, heart disease, diabetes, ulcers, and stress related pain.

There isn't just one stress cycle, but potentially many.

Many primary care doctor's office visits are for stress-related ailments and complaints.



Bringing awareness to the
moment...

S → R

S → R



A

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Choices become available:



Describe Mindfulness :: Mind the Gap

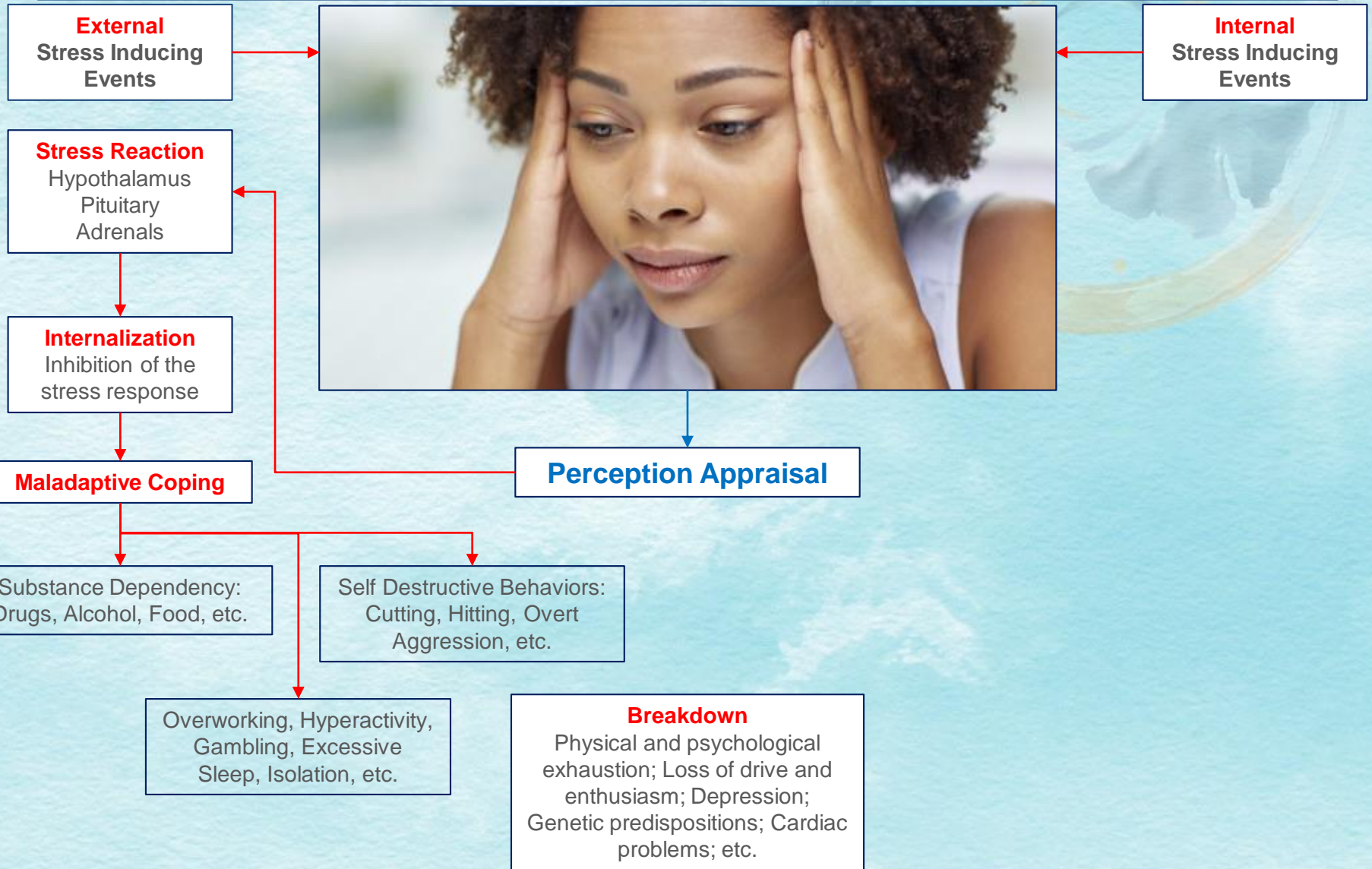
“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

-- Victor Frankl, Man's Search for Meaning

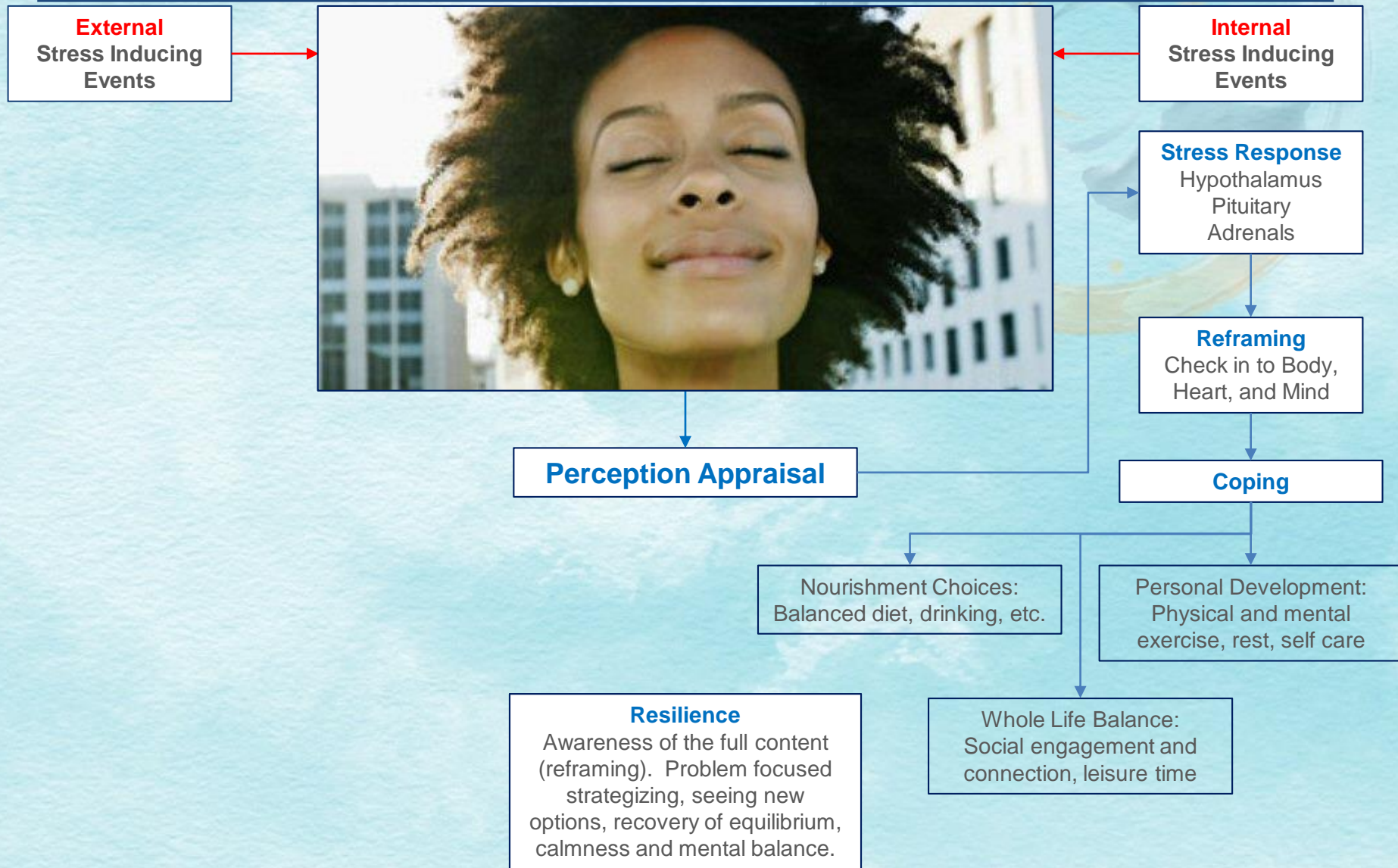
In practicing mindfulness we learn to become aware of our thoughts, emotions, feelings, and behavior so we can interrupt stress cycles before they increase out of control. Mindfulness helps restore and maintain a sense of personal balance and avoid emotional and physical depletion.



Stress :: Reacting versus Responding



Stress :: Reacting versus Responding



STOP

- Stop
- Take a Breath
- Observe
- Proceed

