

Consortium Minutes November 7, 2008

Welcome – Mark Riding welcomed everyone to this Consortium meeting. He did the folder browse-by.

Mark said that the audience didn't look too good. He knows that stress makes that happen. He said there are things that we have shared with you in the past that have caused stress. You are asked to fly the airplane and build it at the same time, figuratively. Mark gave a group quiz. What are the symptoms of being highly stressed. (get questions from Mark or Tom)

Mark showed about 10 minutes of the DVD "Stress—Portrait of a Killer"

- Stress is measureable and dangerous
- It can kill some of our brain cells
- Human beings just can't seem to turn off their stress response
- The stress response causes more damage than the reason for the stress
- Don't want to get rid of stress; just want the right kind of stress
- When we are stressed, those who are lower on the hierarchy than us get the stress. Lack of control contributes to the stress.

Presentation: Claudia Seely, Clinical Instructor, U of U – "Assertive Intervention: Relieving our stress by dealing well with those around us." She focused on Conducting Assertive Interventions. Seven steps:

1. Behavior to be eliminated
2. Explicit description of the behavior
3. Your feelings about the behavior
4. Explanation of how your behavior impacts the staff member
5. Your personal contribution to the continuance of the behavior
6. Your desire to resolve the issue
7. Your invitation to the staff member to respond

Audience was asked to go through the steps with their own situation in mind. They found that it was easier to explain other's behavior rather than our own. You do not use assertive interventions with someone who is truly incompetent.

Three stages of assertive information:

1. administrator presentation
2. staff member response
3. motivational interview

Presentation: Jan Blackwell, Ph. D. "Stressed Out? Blow Bubbles" – We should stop and ponder what is going on with us, what is causing us stress? Stress = everyday life. When we are stressed we feel more vulnerable. Most people think their stress has increased in the last five years. Money and work are the leading causes of stress. It contributes to health problems and to lower productivity at work, etc. It affects our relationships. We tend to isolate ourselves when we are stressed. There is a place for stress...it helps us to perform at a peak level. Everyone has a different stress level and is affected by stress differently.

How do you spell stress:

S = Social isolation
T = Thinking unrealistically
R = Rigid Body
E = Emotions repressed
S = Self neglect
S = Sensory overload

Effects us:

Irritability or anger
Lying awake at night
Feeling nervous
Lack of energy
Feeling like crying

Stress Tips:

Understand how you experience stress
Identify your sources of stress
Learn your own stress signals
Recognize how you deal with stress
Find healthy ways to manage your stress
Take care of yourself
Reach out for support

Healthy management:

Relaxation techniques
Relax muscles
Imagery
Meditation

Attitude

The one thing we can control
Consider: REFRAME
R = Retreat
E = Environment
F = Fuel (food)
R = Relaxation techniques
A = Attitude change
M = Mind
E = Exercise

Refresh yourself:

Music
Take a walk
Laugh (watch a comedy)
Toys
Take a yoga class
Play
Practice deep breathing

Meeting was adjourned at 12:00 noon.