



# STRESS

**THE BODY'S RESPONSE TO DEMANDS/CHANGE**



A black and white photograph of a cracked, dry landscape under a cloudy sky. The foreground is filled with a dense network of deep, irregular cracks in the ground, creating a mosaic-like pattern. The horizon line is visible in the distance, separating the cracked earth from a sky filled with dark, textured clouds. The overall mood is desolate and somber.

**DOES LIFE HAVE YOU  
FEELING LIKE THIS?**

**TOO MUCH STRESS =**

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**BURNOUT**

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# **BURNOUT:**

High demands with inadequate recovery leaves us feeling drained.





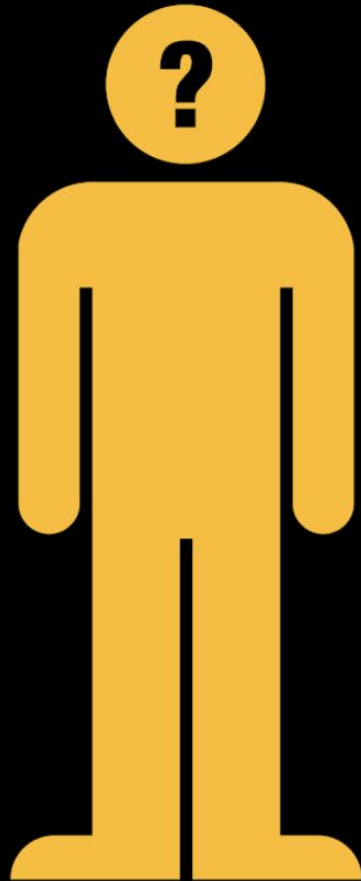
**Physiological**

**Intellectual**

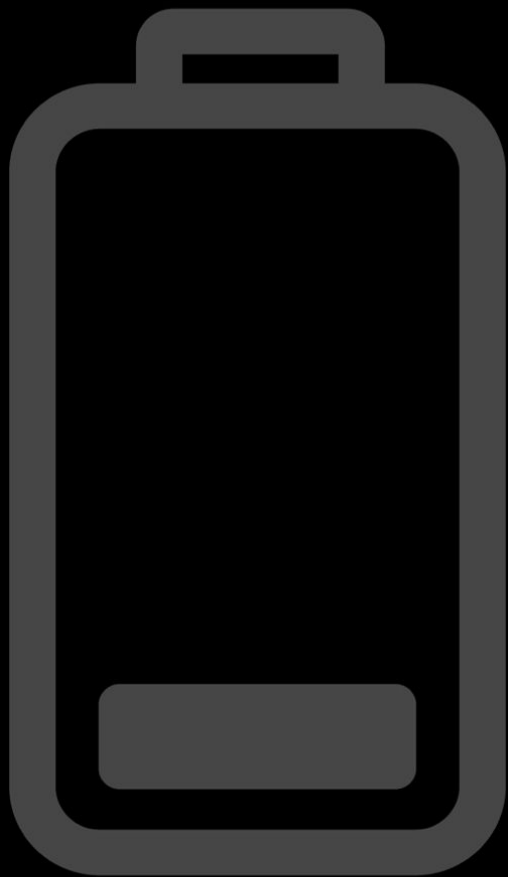
**Emotional**

**ADVERSE IMPACTS**

**WHERE DO YOU**

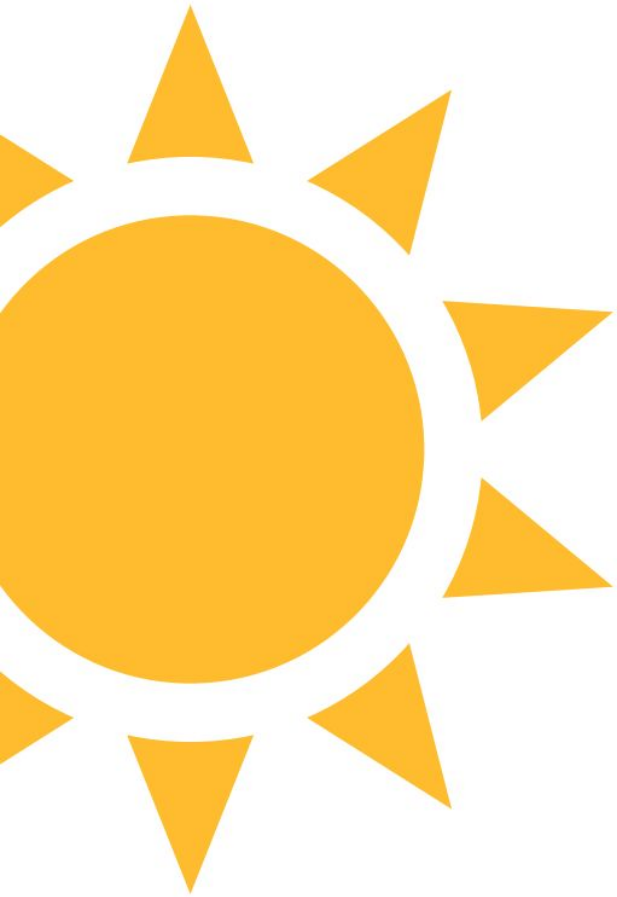


**FEEL STRESS?**



**BURNOUT**  
**LOOKS A LOT LIKE**  
**EXHAUSTION.**





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**HOW WE  
RELATE TO STRESS  
IS KEY TO HOW  
STRESS IMPACTS US.**

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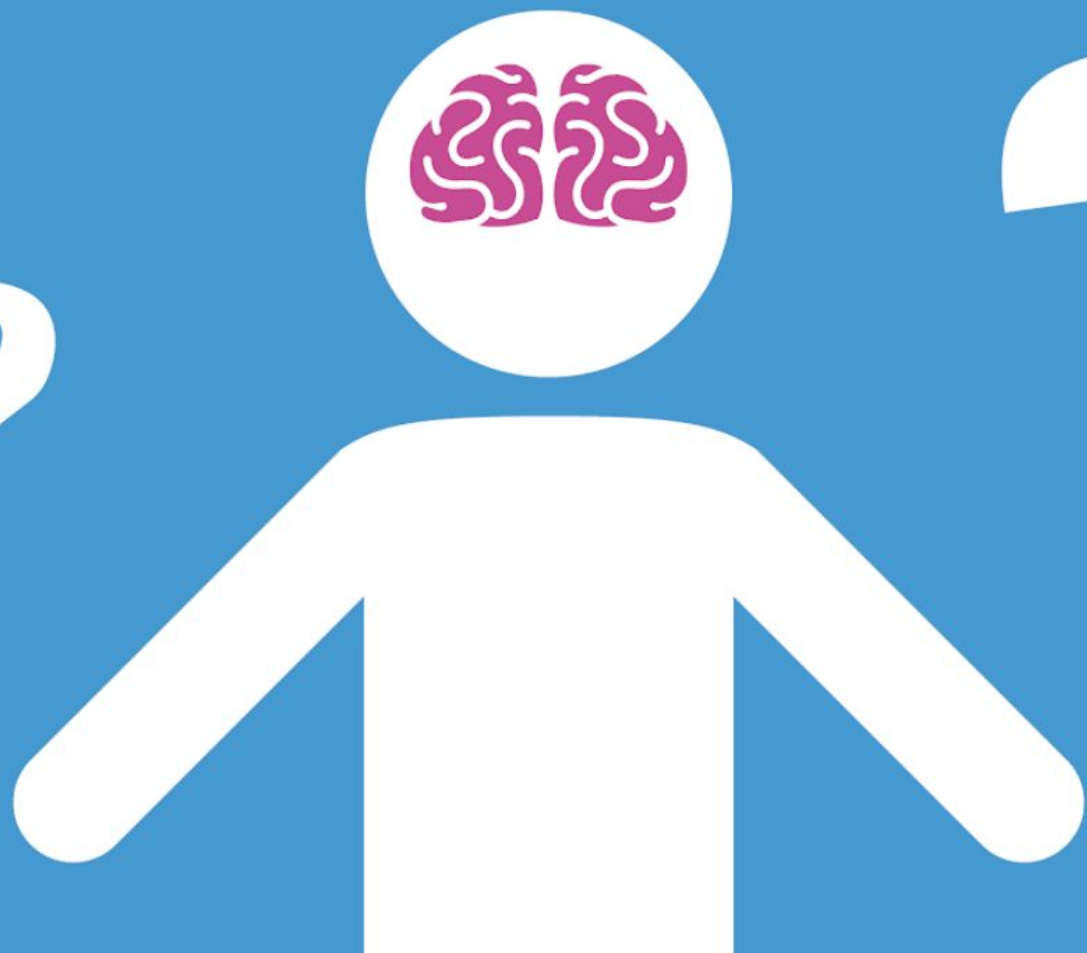
**The less agency we think we have  
in regards to how stress impacts us,  
the more detrimental the stress will  
be to our mind and body.**

*Based on studies by Elizabeth Stanley, PhD and Kelly McGonigal, PhD*

# SELF-AGENCY:

**Human capability to influence  
one's functions and course of  
events in one's life**

*Insider by Albert Bandura, PhD*



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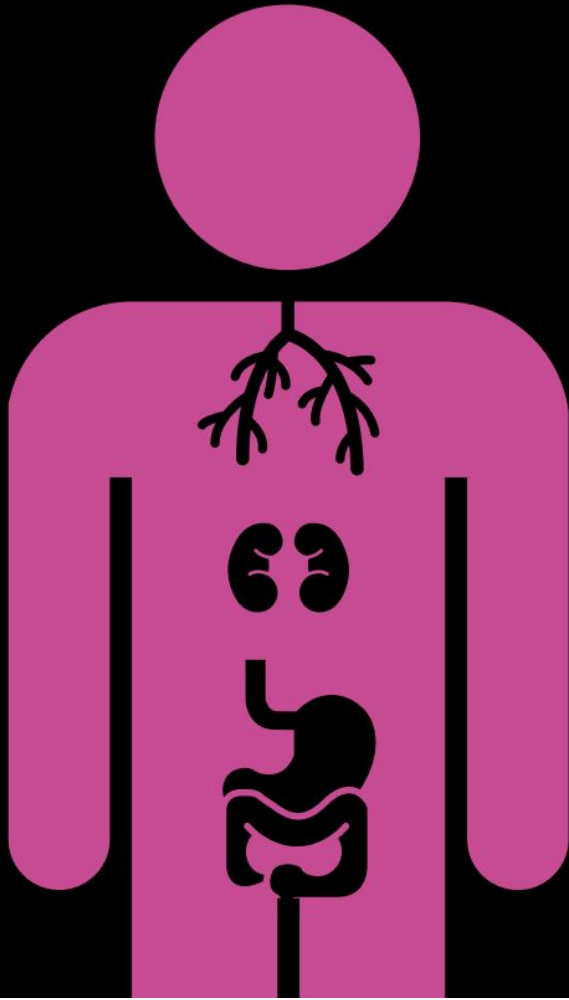
# AUTONOMIC NERVOUS SYSTEM

## SYMPATHETIC SYSTEM

- Links survival brain with rest of body

## PARASYMPATHETIC SYSTEM

- Responsible for stress response and recovery



# BLUEPRINT

**A Guidebook to Knowing Yourself,  
Accepting Yourself and Being Yourself**

# GENERAL ADAPTATION SYNDROME



**ALARM**



**RESISTANCE**



**EXHAUSTION**

# ALARM

**INITIAL RESPONSE TO DEMAND OR CHANGE**

- Heart rate changes
- Muscles tighten
- Breathing changes
- Fight or flee mode



# RESISTANCE

## **BODY STAYS ON HIGH ALERT**

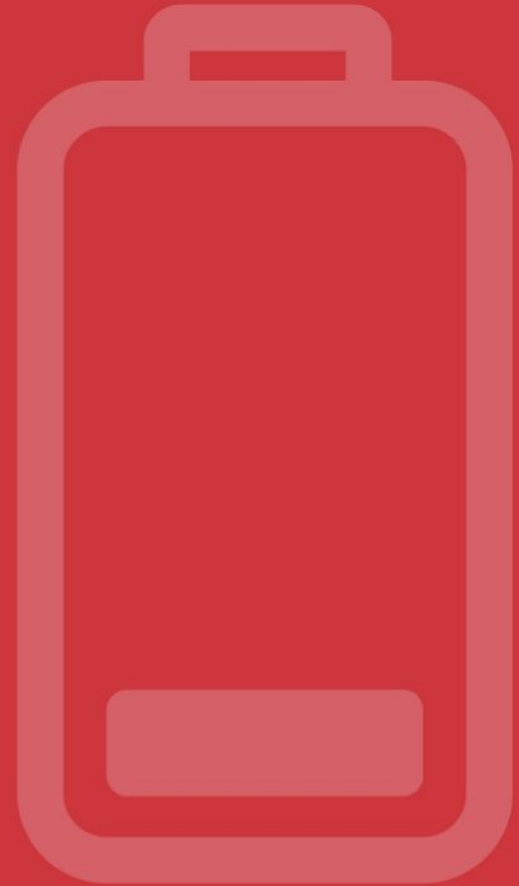
- Vigilant
- Poor concentration
- Irritable
- Easily triggered



# **EXHAUSTION**

**BODY IS WORN DOWN**

- **Illness**
- **Depression**
- **Anxiety**





## THINKING BRAIN



### NEOCORTEX

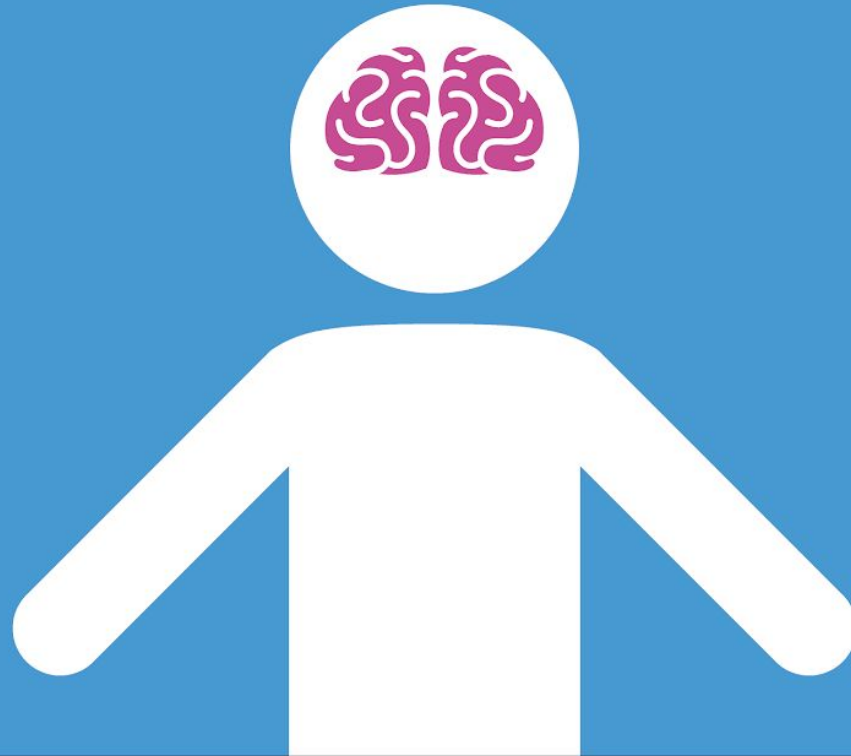
focus, memory, decision-making,  
analysis, comparisons, judgment,  
top-down processing

## SURVIVAL BRAIN



### LIMBIC SYSTEM, BRAIN STEM & CEREBELLUM

emotions, survival functions, habits,  
stress response, physiological  
sensations, bottom-up processing

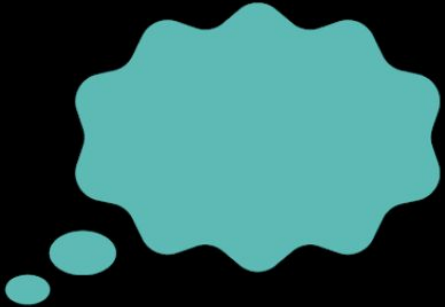


**THINGS WE CAN CONTROL**  
(BUT TEND TO NEGLECT)



**THINGS OUTSIDE OF OUR CONTROL**  
(WHERE WE TEND TO FOCUS)

# THINGS WE CAN CONTROL




**ATTENTION**




**ENERGY**



**ACTIONS**



# **SELF- DETERMINATION THEORY**



*Deci and Ryan: Self-Determination Theory; 2001*

# SELF-DETERMINATION THEORY

- **Need for Autonomy**
- **Need for Competency**
- **Need for Connectedness with Others**



# **INTRINSIC MOTIVATORS**

sense of purpose, meaning,  
value, autonomy, mastery

# **EXTRINSIC MOTIVATORS**

money, status, others approval—  
lead us to feeling like empty shells

# DAILY LIFE FORCE HABITS

- **Rise to Challenges**
- **Connect—Engage With Others**
- **Find Meaning in Stress  
and Grow from Experience**

**Your blueprint builds a  
foundation so you can be  
ready when stress hits.**

# MY PERSONAL BLUEPRINT

Start by identifying words that stand out and/or are important to you.

What words **JUMP** out to you? (Do not overthink it!)

Live	Persuade	Awaken	Amaze
Love	Complete	Balance	Dynamic
Breathe	Whole	Curious	Thrive
Create	Accept	Dance	Authentic
Inspire	Being	Intelligent	Helpful
Teach	Exceed	Fresh	Positive
Bloom	Laugh	Faith	Generous
Give	Wonder	Dream	Full
Grow	Practice	Clarity	Expert
Eclectic	Wish	Compassion	Family
Diverse	Artistic	Colorful	Friendly
Explore	Alive	Bright	Warmth
Discover	Allow	Lift	Spirit

List other words that come to you:

- |    |    |    |     |
|----|----|----|-----|
| 1. | 4. | 7. | 10. |
| 2. | 5. | 8. | 11. |
| 3. | 6. | 9. |     |

**What is important to you?**

**What do you value?**

**What do you stand for?**

**What makes you feel alive?**

**Who are you at your core?**

**Who do you want to be?**

**What feels most like you?**

**What do you want to focus on?**

**What do you want to remind yourself of each day?**

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**Now create a declaration that incorporates these passions and reasons into a simple, repeatable phrase.**

**This will be your Blueprint Motto. You can write it down here:**

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**What's your blueprint?**



**AND REMEMBER...**



**THIS IS A PRACTICE!**

