

IFA/FMP  
Conference  
**Stress and your  
health**





# A GUIDE TO STRESS

The 3 types of Stress



Common Stressors



Managing Stress

# Types of stress



## Acute Stress

- ▶ Most common type, triggered by specific life events
- ▶ Examples: handling difficult cows, minor disagreements with staff
- ▶ Can lead to heartburn, increased blood pressure, cold hands/feet



## Episodic Acute Stress

- ▶ Regular acute stress
- ▶ Examples: constant disagreements with family
- ▶ Common in those who are always in rush
- ▶ Often described as worry warts, seeing disaster at every corner



# Chronic Stress

- ▶ Long term issues
- ▶ Examples: financial issues, health problems
- ▶ No solution visible
- ▶ Can lead to serious health issues such as heart problems.



# Stress in your life

## Physical

- ▶ Poor sleep
- ▶ 365 days + 50/60 hours per week
- ▶ Diet (too much caffeine)

## Mental

- ▶ Worry (unable to switch off)
- ▶ Bereavement

## Social

- ▶ Financial (debt and expenses)
- ▶ Rural Isolation
- ▶ Not enough time
- ▶ Bureaucracy
- ▶ Family issues
- ▶ Poor weather
- ▶ Empty nest syndrome



# Taking Charge

4 steps to reduce stress levels



1.

Slow Down





## FOLLOW THE THREE P's

### **Pay attention**

Notice your stress levels and find your triggers (e.g. people, or situations)

### **Prioritise**

Decide which aspect of your health is most important to you

### **Plan**

Pick a month and make a simple schedule on what changes you can make

**2.**

**Mind your body**





## THREE STEPS

### Sleep

- ▶ Limit exposure to unnatural light
- ▶ Keep the bedroom cool
- ▶ No big meals at night
- ▶ Clear your head

### Diet

- ▶ Reduce caffeine/sugar
- ▶ Eat oats, oranges, spinach, salmon, tuna

### Breathe

- ▶ Take 10 minutes to sit down, correct posture and breathe deeply from your belly





# GET A HANDLE ON YOUR THOUGHTS

## Allow worry time

- ▶ Write down everything which is bothering
- ▶ Then:
  1. Gather the facts
  2. Weigh the facts
  3. Stay solution focused
  4. Decide: Act or Park

## Visualise

- ▶ Fast forward a week, month, year
- ▶ Imagine the best case scenario's, the ideal outcome

## Box off you day

- ▶ Focus only on today, the tasks at hand

**4.**

**Expand your  
social circle**





# REACH OUT

## Pick up the phone

- ▶ Contact old friends
- ▶ Check in with family

## Re-invest in present/new relationships

- ▶ Rebuild your own community by becoming the person want to talk to

## Be honest

- ▶ We all have bad days, especially when dealing with loss or bereavement
- ▶ Use support services such Embrace FARM, Men's Shed, Samaritans, Bereavement Ireland





## QUICK REVIEW

Recognise stress and  
decide to take action

Derail worry by  
getting it out of your  
head and writing it  
down

Identify stressful  
people or situations  
and decide if you  
need them

Turn the TV off an  
hour before bed

Reduce stimulants  
like coffee and sugar

Check in with  
friends/family daily



**THANKS!**

Any questions?

You can find me at [karl@toxicescape.com](mailto:karl@toxicescape.com)