



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

Coping with Work & Family Stress

Kristin Boggs, Ed.M., CASAC
EAP Counselor



Goals & Objectives

1. Understand components of stress
2. Review different approaches to manage stress
3. Increase awareness of our own stress response
4. Choose skills to practice stress management at work & home to improve wellness/balance



How do I know if this Workshop is for Me?

- ✓ I get upset over little things
- ✓ My heart races at times it shouldn't
- ✓ I overreact
- ✓ I feel scared without good reason
- ✓ I feel irritable more than I'd like
- ✓ Sometimes I panic - I don't know why
- ✓ After I get upset it's really hard to calm down
- ✓ Interruptions are hard to tolerate
- ✓ Delays really irritate me
- ✓ Exhaustion or trouble sleeping
- ✓ Aches & pains
- ✓ Racing heart
- ✓ Headaches, dizziness or shaking
- ✓ High blood pressure
- ✓ Muscle tension
- ✓ Digestive issues
- ✓ Increased drinking/drugging
- ✓ Excessive gambling
- ✓ Disordered eating
- ✓ Other compulsive behavior



How do I know if this Workshop is for Me?

Expectation

Reality





How do I know if this Workshop is for Me?

Mindful



vs.

Mind FULL



Mental Health Impacts of COVID 19

Since the start of the pandemic...

- 35% of adults reported increased depression
- 47% reported increased anxiety
- 44% reported sadness
- 39% reported anger

Mental Health Impacts of COVID 19... **RESILIENCE**

- 46% stated “I learned how to enjoy small things”
- 33% stated agreed with the statement “I am mentally and emotionally stronger than I thought I was.”
- 53% agreed with the statement “I learned how to live better with people in my household.”
- 35% stated they believe COVID-19 will bring out stronger understanding and compassion for others.

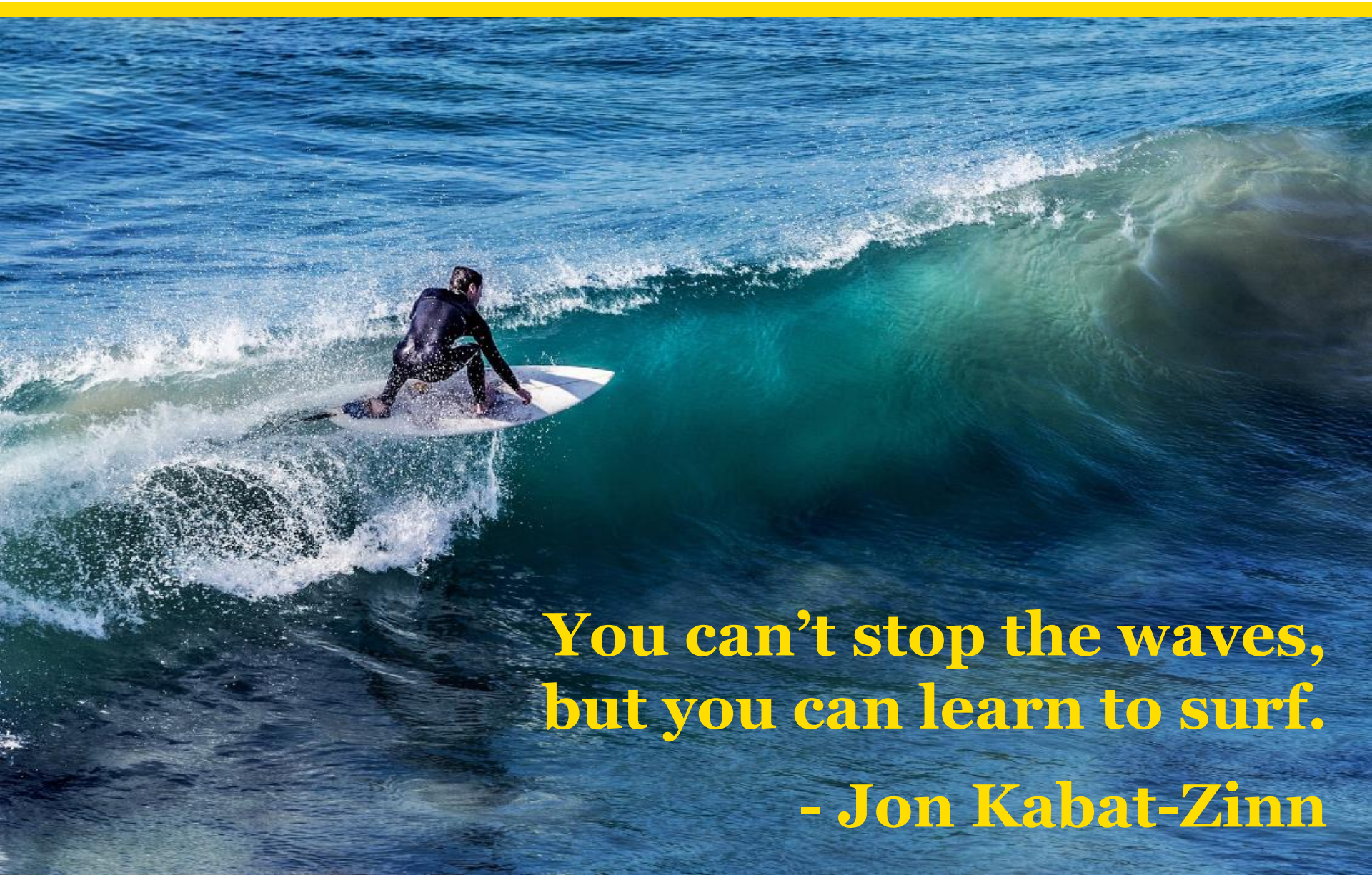


Stress Performance Curve





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**You can't stop the waves,
but you can learn to surf.**

- Jon Kabat-Zinn



4 Options for responding to stress..

1. Avoid the situation
2. Change the situation
3. Accept what is, and instead change your perception
4. Remain unhappy



Stress Management: cognitive reframing





Stress Management: cognitive reframing

<i>Thought</i>	Feeling
I'm never going to be able to pay this off!	Frustrated, powerless, hopeless
I can deal with this if I take it one bill at a time.	Empowered, hopeful

Reframing Stressful Thoughts

**Automatic
thought**

**How to
challenge**

**Challenging
thought**

“My finances will never recover from this”

Is this helpful?

“I can look at my budget”

“My kid’s childhoods are ruined”

**What can this
thought teach me?**

“What is most important to them?”

“My career will be set back after all my hard work”

**What would I say to a
friend?**

“You’ve been talking about wanting a re-set. This could be your chance!”

“I need to go to the grocery store, but I am worried about getting sick”

**Is there evidence for
this thought?**

“I can do things to limit my risk.”

Stress Management: behavioral strategies

- Deep breathing
- Exercise
- Cold therapy
- Diet/Nutrition
- Hobbies
- Meditation
- Planning time away
- Communicating your needs
- Setting boundaries
- Schedule hacks
- Connect with nature



Stress Management: behavioral strategies

5-MINUTE MEDITATION





When to Seek Help...

- You've been using coping skills but they aren't working
 - Your stress leads to drug use, chronic pain or illness
- You are consistently unable to relax or enjoy pleasurable activities

Resources for you and your Family



Employee Assistance Program

Professional and confidential guidance provided at no cost for employees and their immediate family members. The [Employee Assistance Program](#) will help assess issues, and provide short-term counseling and referral as needed.

Behavioral Health Partners

A unique mental health service offering confidential, short-term, evidence based treatment for anxiety, depression, and stress. Services include individual therapy, medication management, and consultation with primary care physicians.

UR Medicine Employee Assistance Program

Location:

315 Science Parkway, Entrance C
Med Center- G-9075

Phone Number

585-276-9110

Hours

Mon 7:30am-5pm

Tues-Thurs 7:30am-7pm

Fri 7:30am-4pm

*Can't make it to
the office?
Schedule a
telehealth or
phone visit!*

What do we offer?

- Confidential services
- Free assessment and referral
- 5 visits per year for each member of household 14+. For children under 14, staff will work with parents to determine the best support services.
- 24 hour crisis support

We want your feedback!

Please navigate to the following link or use the QR code below to complete a very brief (one minute or less) survey about your experience. Your feedback will help shape our efforts to support you all moving forward.

eapworkshopfeedback.urmc.edu

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