



Dealing with Stress in Everyday Life

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What Is Stress?

The term “stress”, as it is currently used was coined by Hans Selye in 1936, who defined it as

“the non -specific response of the body to any demand for change”.

Common Effects of Stress

Effects on the Body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems

Effects on Mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Effects on Behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

Keys to Stress Management

- Regular physical activity
- Relaxation techniques, such as deep breathing, meditation, yoga, tai chi or getting a massage
- Keeping a sense of humor
- Let go of things you can't control
- Do things you love
- Eat a balanced diet
- Get enough sleep

Regular Physical Activity

1 hour is 4% of your day

Be Stronger Than Your Excuses

Relaxation Techniques

The sympathetic nervous system or a state of hyperarousal is activated in moments of stress.

You need tools to let your body and brain relax.

Keep a sense of humor



Let Go of Things You Can't Control

If you had \$86,400 and
someone took \$10,
would you spend \$86,390
to recover the \$10?

Do Things You Love



Eat a Balanced Diet

You
are
what
you
eat.

HOW YOUR BODY REBUILDS ITSELF IN LESS THAN 365 DAYS

FACT: *Your entire body totally rebuilds itself in less than 2 years -- and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Every day is a new opportunity to build a new body.*

DNA
Your DNA renews
itself every 2
months.



SKIN
Your skin rebuilds
itself in 1 month.



BLOOD
Your blood
rebuilds itself in
4 months.



BRAIN
Your brain
rebuilds itself in
1 year.



LIVER
Your liver rebuilds
itself in 6 weeks.



STOMACH LINING
The lining in your
stomach rebuilds
itself in 5 days.



BONES
Your body builds
a whole new
skeleton in 3
months.



Get Enough Sleep

Sleep is not a luxury.

- Deep sleep tells the body to stop production of stress hormones
- Not enough deep sleep boosts stress hormones
- Not rested, feel more stressed
- Find it harder to sleep
- And the cycle continues

Higher risk of:

- Heart disease
- Depression
- High Blood Pressure
- Weakened Immune System
- Stomach Issues
- Obesity
- Diabetes

Attitude of Gratitude

Three thoughts of gratitude each day will change your perspective and the way your brain processes information.