

Manage Your Stress for Heart Health

Thursday, February 17th

12 noon

In person and via Web Ex

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What is Stress?

- Affliction
- Agony
- Alarm
- Burden
- Anxiety
- Insecurity
- Fear
- Mistrust
- Feeling Trapped
- Intensity
- Pain
- Overwhelmed
- Angry

What Does Stress Mean to You?



Physiological Response to Stress

- Our personal reaction to anything we perceive as threatening our survival (financial, relationship, work)
- “Fight or Flight”
- Biochemical response
 - Sympathetic nervous system
 - Secretes adrenaline and cortisol
 - Increased heart rate and blood pressure
 - Release of blood sugar into the blood stream
 - Immune system suppression
- Can come from negative OR positive sources
- Can be environmental, social, physical or mental

Symptoms of Stress

Physical

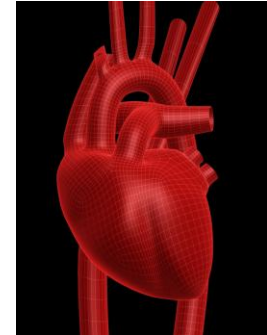
- Fatigue
- Increased heart rate
- Muscle tension
- Gastrointestinal distress
- Dry throat
- Overeating or loss of appetite
- Insomnia
- Shakiness

Psychological

- Constant worry
- Short fuse/anger
- Mood swings
- Sadness
- Loss of humor
- Difficulty concentrating
- Feeling overwhelmed

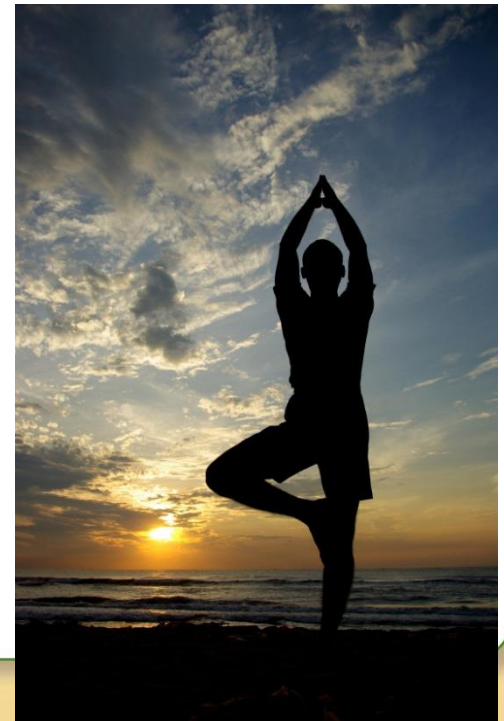
Stress and the Heart

- Does stress affect heart health?
 - YES!
- How?
 - Medical researches aren't sure!
 - Possible causes:
 - » Unhealthy and persistently elevated levels of stress hormones like adrenaline and cortisol
 - » Stress can lead to unhealthy behaviors
 - » Could be a completely independent factor



Managing Stress

- Determine your triggers
 - Stress journal
- Determine controllable vs. uncontrollable factors
- Examine your values and live by them
- Put a plan in place
 - Change what you can change
 - Coping with what you cannot change



Managing Stress

- **Get Enough Rest**
 - 7-8 hours of sleep
- **Eat a Balanced Diet**
 - Strive for 5 fruits and veggies **AT LEAST!**
 - High Fiber
 - » Whole grains, beans, fruits and vegetables
 - Limit Salt, Sugar and Alcohol
 - More plant fats, Less animal fats
 - Moderation!!!
 - **MOVE!**
 - » 30 minutes of physical activity daily



Managing Stress

- Be assertive
- Find time for relaxation
- Stay positive
- Set realistic goals and expectations
- Breathing
- Laughter
- Self expression
- Balance work/leisure activities
- Create an environment of calm
- Get help if needed



How do YOU Manage Stress?



Additional Health Resources for Cisco Employees & Families

- **LifeConnections Health Center**
www.ciscolifeconnections.com
 - Onsite medical facility for Cisco employees and their families
- **Alere**
www.alerehealthconnections.com
 - Online health information, condition management and health coaching services
- **HealthConnections**
www.in.cisco.com/go/health
 - Cisco's health-enhancement program, with information and resources to take charge of your health in the areas of nutrition, fitness, sleep, life balance, preventive care, and condition management



Additional Health Resources for Cisco Employees & Families

- **OptumHealth Behavioral Solutions**
www.liveandworkwell.com
 - Confidential Employee Assistance Program (EAP) services for Cisco employees and their families

- **LifeConnections Fitness Center powered by Plus One**
http://wwwin.cisco.com/wpr/empserv/fitness/us/ca_sanjose/
 - Onsite fitness center located in SJC-Q. Offers multiple specialty areas for exercise, group fitness, stress management, one-on-one personalized instruction, teambuilding, and social networking.



Upcoming Events at LifeConnections Health Center

