

New Year, New You:

Healthy Coping
Strategies/Techniques
for Stress Management

The Louisiana Campaign
for Tobacco-Free Living

Empowering People
and Communities
Series (EPCS)

Monday December 12,
2022, 11 am to Noon

About TFL's Empowering People and Communities Series

"Equitably bringing health education, resources and hope to people, populations, and communities in Louisiana."

Today's Speakers



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Learning Objectives

1

Increase the knowledge of the effects tobacco and/or smoking has on the brain or one's mental health

2

Participants will be able to identify resources to help address mental health needs, how to access cessation resources, and systems changes that can aid in sustainable change (Micro, mezzo, and macro approaches)

3

Increase the knowledge of participant's understanding of how to cope with stress and other triggers during the holidays and beyond



Mental Wellness during the Holidays



The most Stressful Time of the Year are the Holidays

- Why the holidays are stressful?
- When you add in the financial burden, travel, and visiting family members, stress can pile up quickly. The holidays can also be a difficult time of year for people who have lost friends and family members. The memory of the loss can make it harder to cope with holiday season stressors.





Causes of holiday stress

- It can quickly become overwhelming to make every meal award-worthy and every wrapped gift look perfect. Finding the time to attend every party or feeling like you haven't been invited to enough parties can also cause stress.
- There's also a desire to cram in every tradition and event to make sure each day is memorable. When you add in the financial burden, travel, and visiting family members, stress can pile up quickly.
- The holidays can also be a difficult time of year for people who have lost friends and family members. The memory of the loss can make it harder to cope with holiday season stressors.



Tips for managing Holiday Stress

Plan Ahead

Put Yourself (and
sometimes
family) First

Keep Your
Finances in
Check

Honoring Loved
Ones, You Have
Lost

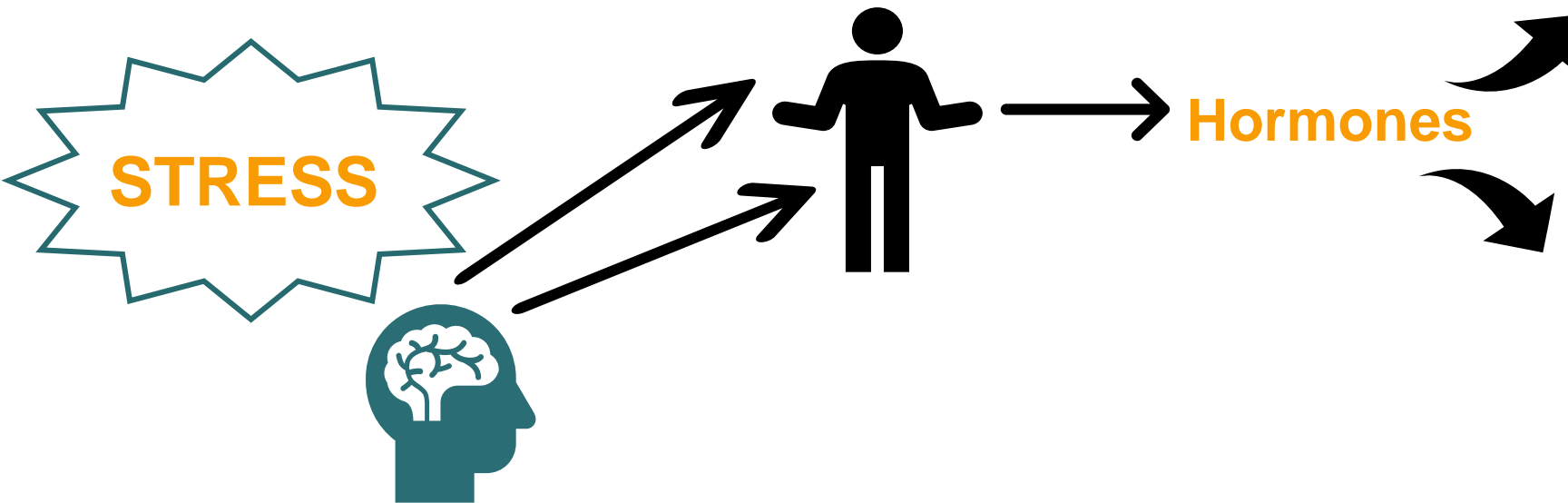
Don't Be Afraid
To Say NO!

Take A Breather
or Rest

Don't Abandon
Healthy Habits

Set Boundaries
& Be Realistic

Understanding Stress



- Increase Heart Rate
- Increase Blood Pressure
- Immune response
- Digestive System
- Reproduction
- Growth process

Importance of Healthy Stress Management

Constant stress, hormones remain elevated = Negative impact on health

- Anxiety
- Depression
- Digestive problems
- Headaches
- Muscle tension and pain
- Heart disease, heart attack, high blood pressure and stroke
 - Sleep problems
 - Weight gain
- Memory and concentration impairment

Healthy Ways to Manage Stress

SELF CARE

- **Exercise.** Working out regularly is one of the best ways to relax your body and mind.
- **Relax Your Muscles.** When you're stressed, your muscles get tense.
 - Deep Breathing
 - Yoga
 - Massage
 - Meditation
- **Eat Well**
- **Slow Down**
- **Take a Break**
- **Make Time for Hobbies**
 - Reading
 - Listen to Music
 - Watch funny movies
- **Talk About Your Problems.**
- **Go Easy on Yourself**
- **Eliminate Your Triggers**
- **Plenty of sleep**
- **Keep a journal**
- **Foster healthy Friendships**
- **Include Humor/Laughter**
- **Organize/Prioritize**
- **Remove unnecessary tasks**
- **Seek Professional help**

Managing Stress – Quitting Tobacco



- Smoking short-term stress reliever.
 - Do something more effective - take a walk or try a relaxation exercise.
- Smoking doesn't solve the problem that's giving you stress. Your stress will return.
- Nicotine addiction causes stress.
 - Nicotine cravings cause withdrawal

What to Do?

1. Talk to healthcare provider regarding quit medications/products to assist
2. Look to services/resources available to help you quit

Stress and Mental Health

Long-term stress increases the risk of mental health problems such as anxiety and depression, substance use problems, sleep problems, pain and bodily complaints such as muscle tension.

- **Cognitive symptoms** include:
 - difficulty concentrating or thinking
 - memory problems
 - negativity or lack of self-confidence
 - constant worrying
 - difficulty making decisions.
- **Emotional symptoms** include:
 - moodiness
 - low morale
 - irritability
 - feeling hopeless or helpless
 - feeling apprehensive, anxious or nervous
 - feeling depressed
 - feeling unhappy or guilty
 - feeling agitated or unable to relax.

Goals, Goal Setting, and Accountability.

What is a goal anyway?

- A goal is the end or result for which effort is given.
- Putting it more simply, a goal is something we identify as a measurement, achievement, or change in our life.
- Examples:
 - Paying off a bill
 - Becoming more active
 - Starting a new hobby
 - Completing a school course or certificate



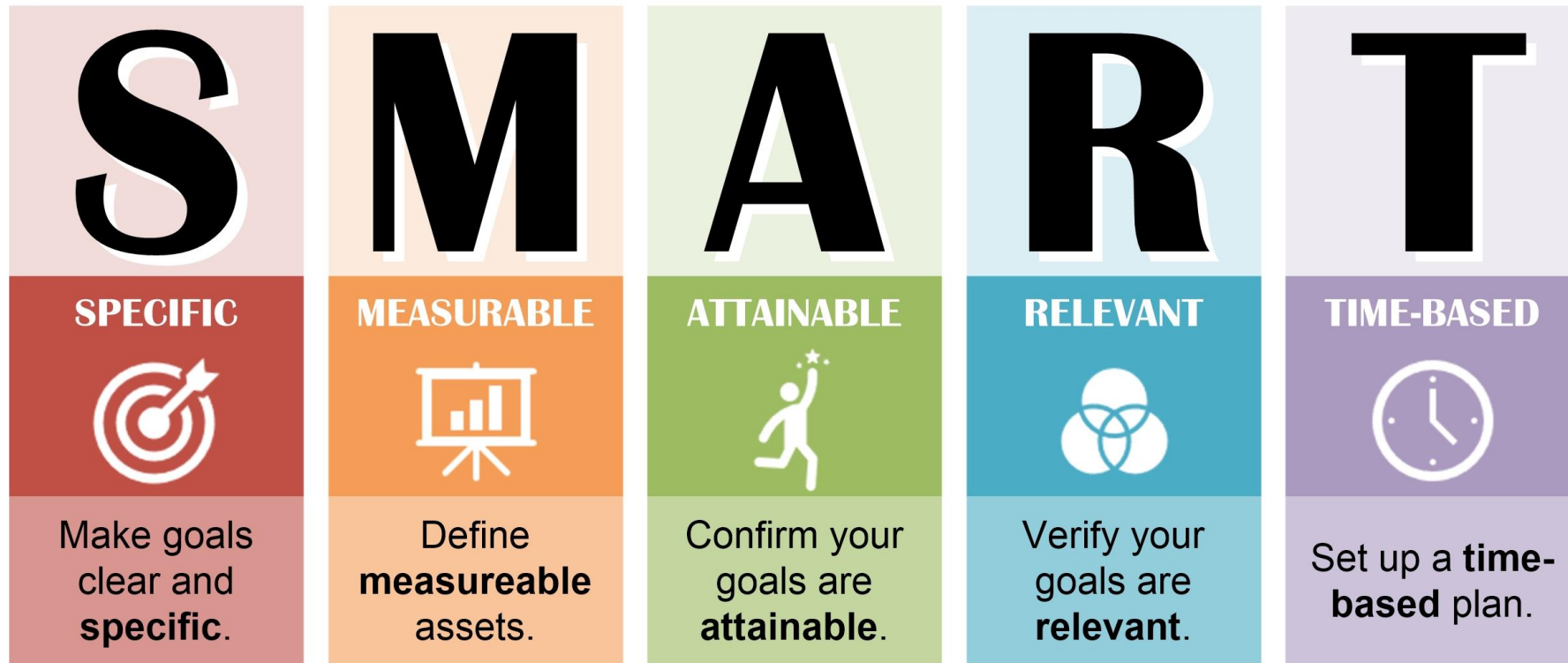
Why set a goal?

- Goals can help us plan for the future by setting a clear direction for us to go.
- Goals can help us stay focused especially when things get tough.
- Goals can change our perspective when we take a dream and approach it as a goal.



What's my goal?

- Determine what the goal is so you can build a plan to support it.
- Utilize the S.M.A.R.T. method



What happens when life happens?

- Life happens and setbacks from life are normal.
- Identify an ***accountability partner***.
- An ***accountability partner*** is someone who helps you stay on track while you work toward achieving your personal goals.
- An ***accountability relationship*** is a partnership in which you and your partner agree to check in regularly, coach each other, and exchange honest feedback about goal progress.

5 ways an accountability partner can help you:



They can help you stay motivated



They can help you plan and strategize



They can act as independent observers.



They can remind you of your goals



They can give advice for improvement

Resources to help with Stress, Anxiety, Depression, and Addiction

NAMI Louisiana

Go Care (also specializes in working with LGBTQ+ population)

Well-Being Louisiana Toolkit

Louisiana Spirit Stress Management Service

Public Behavioral Health Services for Regional Human Service
District or Authority

Louisiana Statewide Cessation Resources



Phone: 1-800-QUIT NOW

Web: QuitWithUsLA.org

Text: "Ready" to 200-400



**LIVE VAPE FREE
youth service**

**Text "VAPEFREE" to
873373**

Q&A Session

Let's start a conversation.

Thank you.

We look forward to seeing you again.