

# **MILLION DOLLAR BABY**

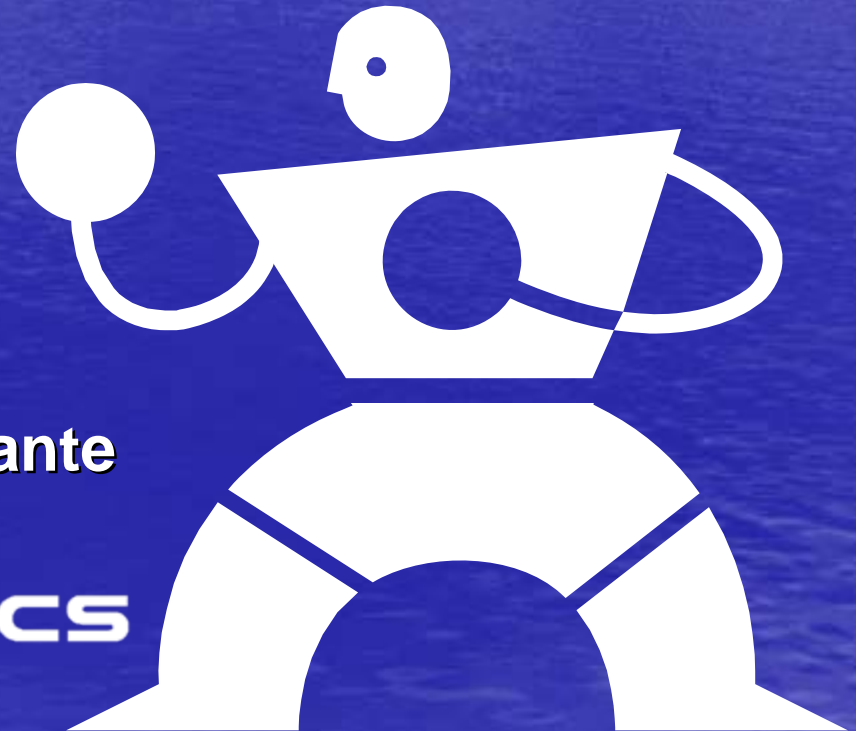
## **PHYSICAL TECHNIQUES FOR**

### **STRESS MANAGEMENT IN**

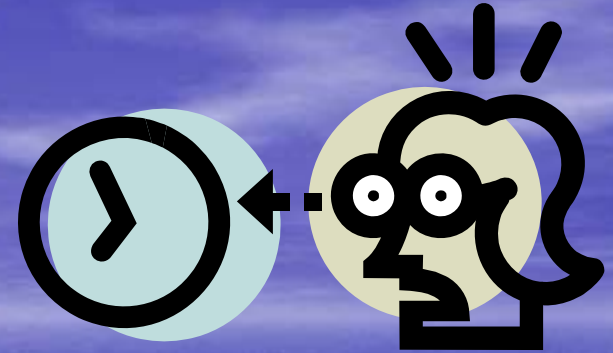
#### **PROPOSAL LIFE CYCLE**

**Gillian Dionne & Christine Galante**

**GENERAL DYNAMICS**  
Information Technology



# What is Stress?



- A mentally or emotionally disruptive or upsetting condition occurring in response to adverse external influences
- Usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability, and depression



# Stress Relief: Palm Pleaser

- Relieve tension in your hands:
  - Lace fingers together, leaving thumbs free. Slowly knead left thumb into palm of right hand for 20-30 seconds. Repeat on left hand.

# Stress Relief: Scalp Soother

- Relieve tension around your head and neck:
  - Place thumbs behind ears and spread fingers on top of head. Move scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.



# Stress Quiz

Did you study???

# Stress Quiz

Signs/Symptoms	Yes	No
1. Regularly walking, eating or working in a rushed way.		
2. Regularly thinking and worrying about the past or future.		
3. Feeling of the "weight of the world" on your shoulders.		
4. Emotionally "on edge."		
5. Regular tiredness during the day.		
6. Significant need for outside stimulation to feel good (coffee, sweeteners, food, sex, TV, alcohol, money, accomplishments, etc.).		
7. Frequent tension in the body (neck, face, shoulders, back and chest, and stomach).		

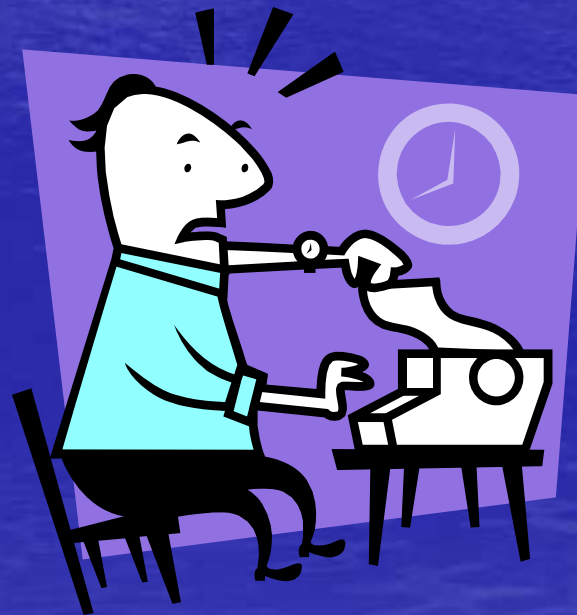
*Signs and symptoms courtesy of [holisticmed.com/stressfree.html](http://holisticmed.com/stressfree.html)*

# Score Your Stress Level

- For each "Yes", give yourself 1 point
- Total your points:
  - 0-1 points: No stress
  - 2-3 points: Low stress
  - 4-7 points: High stress

# Causes of Stress in the Proposal Workplace

1. Working with difficult people
2. Deadlines
3. Information overload
4. Multi-tasking
5. ?



# Early Warning Signs

- Headaches
- Sleep disturbances
- Difficulty in concentrating
- Short temper
- Upset stomach
- Job dissatisfaction
- Low morale

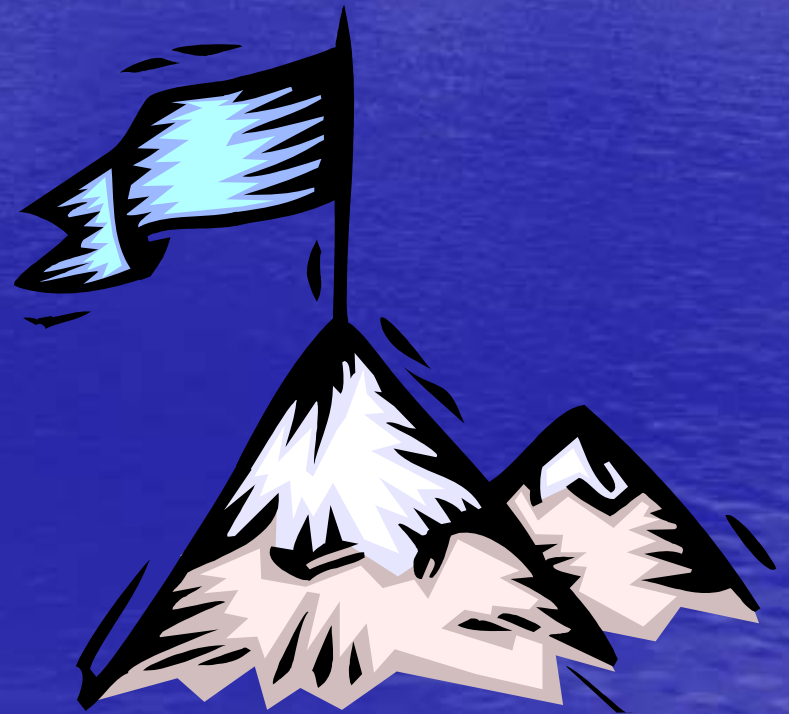


Healthcare expenditures are nearly 50% greater for workers who report high levels of stress.

*--Journal of Occupational and Environmental Medicine*

# The Upside of Stress

- ✓ Stress helps people to respond to the positive and negative demands of their lives.
- ✓ Stress provides a challenge that fosters growth and learning.



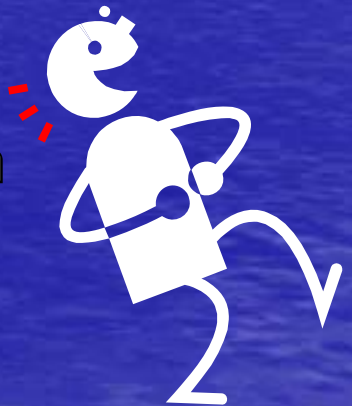
# Stress Breakers

QUICK PICK ME UPS

Things You Can Do in One Minute  
or Less

# Quick Pick Me Ups

- **5-second de-stresser: Rub your earlobes.** This acupressure trick clears your head and dulls pain above the neck.
- **15-second energy booster: Drink a glass of water.** Dehydration wears you down, even *before* you feel thirsty.
- **30-second mood lifter: Laugh out loud.** Humor improves your mood and may spur you to take on more high-energy activities.
- **1-minute stamina builder: Focus on your breathing.** The deep abdominal kind will calm your heart rate and rush energizing oxygen.



# Dealing with Stress

- What doesn't work
- What does work

# What Doesn't Work

- Attempting to make everything in life stress-free
- Focusing on every event and constantly reminding yourself to relax
- Regularly avoiding the feeling of emotions (e.g., sadness, anger, joy, fear)
- Other things which will not work in the long run when used by themselves only -- long vacations, exercise, etc.

# What Does Work? Try the 1-2

1. A combination of gradually and gently trying to change one's habits.
2. Regular practices or situations which help put the body in a relaxed state.

**Both types of strategies are important in promoting stress reduction.**

# Stress Breakers

Tension Relief for Your Head and  
Shoulders

# Stress Relief: Shoulder Saver

- Place left hand on right side of neck by shoulder. Press fingers firmly into muscle while tucking chin in toward chest. Exhale and hold for 10 seconds, release, then repeat on left side.

# Stress Relief: Eye Easer

- Close eyes and place ring fingers directly under eyebrows, near bridge of nose. Slowly increase pressure for five seconds, then gently release. Repeat two to three times.

# Give Yourself a Break

Ways to incorporate stress relief  
into your “normal” work day

# The Little Things...



- **Energy charger: soak up (a little) sun.** Light stimulates neurotransmitters in your brain, such as serotonin and dopamine, which increases motivation.
- **Brain revver: take the road less traveled.** Even doing something as simple as driving or walking a different route to work stimulates brain pathways and raises your energy.
- **Energy booster: opt for solo time.** One energy expert calls annoying people “energy vampires.”

--Prevention Magazine

# Get Physical at the Office



- Microwave Mania
  - While waiting at the microwave, practice good posture and deep cleansing breaths
- Elevator Antics
  - Take the stairs instead of the elevator
- Dress for Success
  - Dress to succeed at the task at hand
- Desk Footsie
  - Keep a tennis ball under your desk so you can slip off your shoes and roll it back and forth under your arches

# Armchair Aerobics

## Chair Airplane

1. Hold arms out to side.
2. Stretch with fingertips to opposite walls.
3. Breathe and relax.



## Chair Traffic Cop

1. Stretch arms out, shoulders relaxed, palms down.
2. Tilt hands upwards and stretch forearms.
3. Stretch hands down.

## Chair Windmill

1. Stretch arms out.
2. Slowly tilt sideways.
3. Reach for floor and ceiling.
4. Gently stretch core.





# Environmental Changes

- Take breaks throughout the day
- Make time to exercise
- Listen to music recordings that are relaxing – songbirds, water
- Get to work early or stay late once a week
- Commit to a healthy, balanced, sustainable lifestyle: work, social, fun, exercise
- Introduce changes gradually

--rd.com

# Take Control!

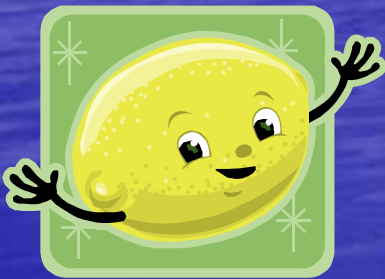


- Manage your work environment
  - Add natural/indirect lighting, windows, fresh air
  - Add plants, lamps, pictures, water fountains, music
  - Minimize audio and visual disruptions
  - Add ergonomic desk, keyboard, chair
- Manage your work day (or night)
  - Take frequent breaks
  - Set aside time to think, plan, and find focus
  - Make a to do list and work it
  - Delegate!

# Get Food Savvy



- Smart food selection
  - Choose nutritious, whole-grain, low-fat, unprocessed foods
  - Drink enough water
  - Monitor sugar and caffeine intake
- Keep smart snacks handy
  - Special K bars, fruit, fat-free yogurt, berries



# In Closing...



- Plan ahead whenever possible
- Keep things in perspective
- Share the load
- Exercise and get enough sleep
- Eat balanced meals and keep hydrated
- Remember the 1-2:
  1. Gradually and gently try to change habits.
  2. Commit to regular practices or situations which help put the body in a relaxed state.



*The End*



The image features the text "The End" in a highly decorative, cursive script. The text is rendered in a vibrant purple color with a thick, dark purple outline. It is centered within a light blue, horizontally-oriented oval. Above and below the oval are symmetrical, ornate flourishes in shades of purple and blue, featuring intricate scrollwork and floral motifs. The entire composition is set against a background of a blue sky with soft, wispy white clouds.