



The Experience and Impact of Chronic Stress

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- What is Stress?
 - Positive Stress
 - Negative Stress
- What is Chronic Stress?
- Symptoms of Chronic Stress
- Chronic Stress and COVID-19
- Live Well with Stress
- Final Thoughts
- Questions

How do you know when you are stressed?

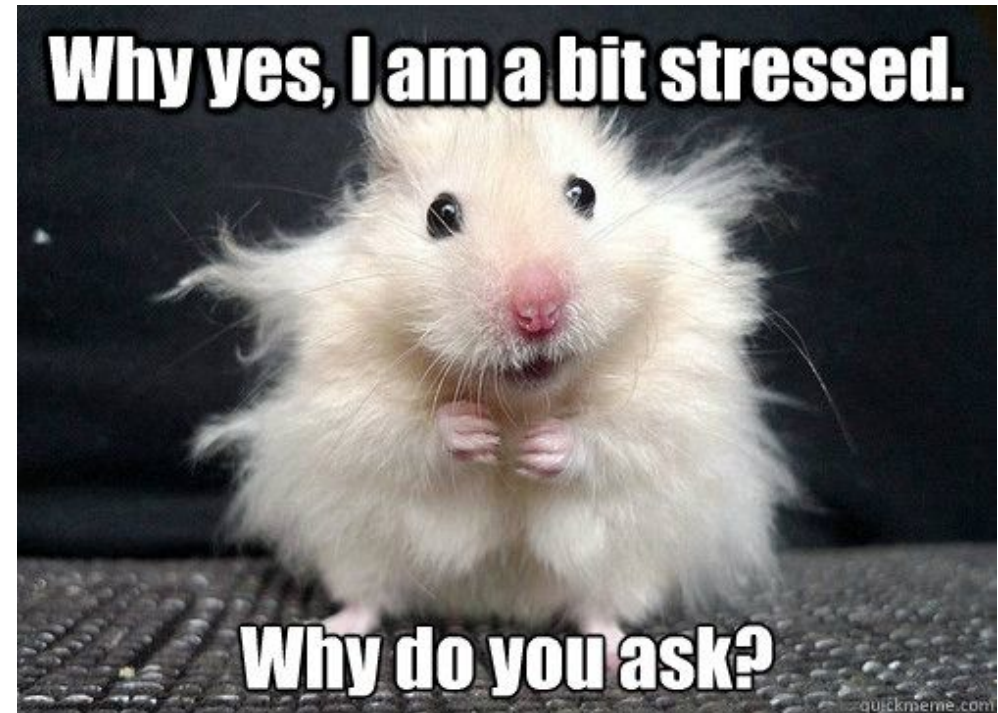
How do your thoughts change?

How do your behaviors change?

Does your body feel different?

What is Stress?

- Definition
- Physiological Response
- Why we respond to stress the way that we do



Positive Stress (Eustress)

- Positive stress, otherwise known as good stress or eustress, is **the type of stress response that we feel when we get excited**. Positive stress can also refer to the times you respond well to a challenge that you experience from a stressor.
- Examples:
 - Buying a new home
 - Starting a new job
 - Going on Vacation
 - Holiday Seasons

Negative Stress (Distress)

- Loss of a close friend or family member
- Injury or illness
- Hospitalization
- Financial difficulties
- Legal Issues
- Job stress



What is Chronic Stress?



A consistent and long term sense of feeling pressured and overwhelmed over a prolonged period of time.

Symptoms of Chronic Stress

- Unhealthy habits, e.g, alcohol or substance abuse, bingeing Netflix, over-eating, not keeping up with healthy habits in general
- Type II Diabetes
- Social isolation
- Possible weight gain
- Difficulty concentrating
- Sleep disorders
- Emotional dysregulation, e.g., depression, anxiety, anger, annoyance
- A sense of feeling “stuck”



Chronic Stress and COVID-19

- What are the ways you have noticed COVID-19 has increased your experience of chronic stress?
- Stress experienced by individuals can be layered by others' stresses.
- Losses: freedom, safety, security, relationships, financial, achievements,



Ways to Carry on with Chronic Stress

- Relax Evaluate Set Intention Take Action
- Self-Care (five senses)
- Mindfulness (five senses)
- Exercise, Physical Activity, Body Movement (or even the thought of)
- Social Engagement and Interaction
- Make one health-related commitment
- Strive for a positive outlook
- Seek additional help and support

Final Thoughts

- Small changes for maximal effect
- Strive to change your relationship with stress
- Be Intentional
- The effort of today as a gift for tomorrow



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 - Positive Stress
 - Negative Stress
- What is Chronic Stress?
- Symptoms of Chronic Stress
- Impact of Chronic Stress
- Ways to Carry on with Chronic Stress

Questions?

- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>
- <https://www.apa.org/topics/stress/chronic>
- <https://www.yalemedicine.org/conditions/stress-disorder>

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Thank You!

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