Relax and Restore

MANAGING STRESS AFTER A SPINAL CORD INJURY
3 WAYS WE RESPOND TO STRESS

EMOTIONAL
angry, frustrated, upset

PHYSICAL
shallow breathing, “fight or flight” symptoms, muscles tighten

BEHAVIORAL
lash out at others, isolate, use alcohol/drugs, smoke more, eat/don’t eat, sleep/don’t sleep
STRESS RESPONSE

HORMONAL “FIGHT OR FLIGHT RESPONSE.
*INCREASED HEART RATE
*INCREASED BLOOD PRESSURE
*SHALLOW BREATHING
*STOMACH UPSET
*PERSPIRING

CHRONIC LOW LEVEL STRESS:
*HEADACHES
*ULCERS
*SKIN DISORDERS
*FREQUENT Colds DUE TO DEPRESSED IMMUNE SYSTEM
What can I do about it?

Identify your emotional, physical and behavioral responses

Decide which ones aren’t working for you, and come up with a plan to replace them with different coping skills.

Discuss your plan with friends and family for added support.

Enhance your coping skills with relaxation techniques.
BREATHE, IT FEELS GOOD

• DIAPHRAGMATIC BREATHING

• RELAXATION TECHNIQUES