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Learn How to Enhance Your Career by adding Stress Management Specialization **Recorded July 25, 2017**

Course Type: Recorded 1 Hour Webinar

Course Level: All Levels

Course Objectives

After completing this course, you will be able to:

1. Describe the 3 components, the nature of stress, and statistics for stress for the U.S.
2. Discuss 6 conditions, 11 individual risk factors, 14 physical symptoms, and 9 emotional symptoms for stress.
3. Explain the stress loop and 9 medical conditions related to stress.
4. List 8 stress program modalities and explain how to customize an exercise program to relieve stress for a client.

Course Description

If you are looking for something new and cutting edge to offer your clients or instruct in your gym, this webinar will help you learn about becoming a Stress Management Exercise Specialist (SMES). According to Statistic Brain, 77% of Americans feel the mental and physical strain of stress on a daily basis. When becoming a SMES, Health and fitness professionals have a unique opportunity to help their clients/patients to de-stress. Robyn will discuss coping techniques, visual meditation, chronic pain, mindful stretching, how to create stress management programs, progressive exercise programs.

As health and fitness professionals, you have to cope with stress too! You will learn about stress and different techniques to help you cope. As health and fitness professionals, you are always giving to others, however, you need stress management also.

About the Presenter

Robyn Caruso, B.A., CHES, pt

Robyn Caruso is the Founder of The Stress Management Institute for Health and Fitness Professionals™ and Uniquely U Wellness Center™. Robyn received her Bachelor's Degree from Rowan University in Health Promotion and Fitness Management. She is an American Council on Exercise (ACE) personal trainer and group fitness instructor, a Certified Health Education Specialist by (NCHEC), Health Coach through the Dr. Sears Wellness Institute, and a Compassion Fatigue Resiliency and Recovery – Educator.

Robyn is an industry expert for the Medical Fitness Network and Medical Fitness Education Foundation Advisory Board Member, Coalition member for the Get FIT program in New Jersey and an adjunct professor for Camden County College and Personal Training Advisory Board Member. She has taken the Mindfulness – Based Stress Reduction program (MBSR) through Jefferson University Hospital for Mindfulness. She has been in the fitness industry for 16 years in medical based fitness.

Robyn is the author of *Stress Management Exercise Specialist 1st edition*, *Holistic Stress Management Specialist 1st edition* and *Holistic Stress Management Consultant 1st edition*.

Course Outline

What Is Stress?

- Eustress – Good stress (sport competition)
 - Short lived
- Distress – Bad stress (debilitating illness)
 - Chronic
- Flight or Fight Response – What happens

Muscles tense up, heart pumps faster, shallow rapid breathing, blood pressure increases, hear more acutely, pupils dilate, digestion stops, immune system temporarily stops, Hear more acutely and dilation of blood vessels to muscles.

United States Stress Statistics

- ✓ Percent of people who regularly experience physical symptoms caused by stress 77 %
- ✓ Regularly experience psychological symptoms caused by stress 73 %
- ✓ Feel they are living with extreme stress 33 %
- ✓ Feel their stress has increased over the past five years 48 %
- ✓ Cited money and work as the leading cause of their stress 76 %
- ✓ Reported lying awake at night due to stress 48%

Risk Factors

Conditions

- Personality traits
- Type A is at greatest risk
- Type C is at least risk
- Genetic factors
- Immune regulated diseases
- Length of the stressor

Individual Risks

- Younger adults
- Women
- Working mothers
- Less educated individuals
- Being unemployed
- Isolation
- Caregivers
- The elderly
- Angry personalities
- No social network
- Post-traumatic stress disorder

Physical Symptoms

- Tension, back pain
- Cramps and heartburn
- Weight gain or loss
- Muscle tension
- Fatigue
- High blood pressure
- Hair loss
- Sleep disturbances
- Psoriasis
- Periodontal disease
- Growth inhibition
- Infections
- Chest pain
- Jaw pain

Emotional Symptoms

- Nervousness and anxiety

- Depression and moodiness
- Memory problems
- Lack of concentration
- Trouble thinking
- Feeling out of control
- Substance abuse
- Phobias
- Overreactions

Stress Loop

A healthy stress loop is acute and will stop before exhaustion. As an Stress Management Exercise Specialist, you want to help your clients obtain this goal. As your client becomes mindful of perception you can break the cycle sooner.

Stress and Medical Conditions

- Accelerated aging
- Alzheimer's disease
- Asthma
- Cancer
- Depression and anxiety
- Diabetes
- Headaches
- Heart Disease
- Obesity

Stress Management Exercise as a Mind/Body Approach

Mind/body approaches focus on the interaction between the brain, mind, body and behavior. It also looks at how emotional, mental, social, behavioral, and spiritual factors affect health.

Stress Management Program Modalities

- Aromatherapy
- Coaching
- Diet
- Exercise
- Homework
- Meditation
- Mindful Stretch
- Stress management coaching

Program Customization

What to look for when developing a program

- Type of stress
- Length of stressor
- Medical condition(s)
- Posture
- Lifestyle

Meditation

- Mindfulness Meditation – Being mindful of your thoughts.
- Stress loop
- Guided Meditation – Guiding your clients through a meditation.
- Meet your client where they are at

Exercise Programming

ACSM exercise programming: Older adults and special populations.

Fitness testing, cardiovascular, Strength and Flexibility

Emotions and stress symptoms

1. Anger
2. Isolation
3. Insomnia
4. Weight gain

5. Fatigue
6. Headaches

Aromatherapy Oils

1. Anger – Roman Chamomile
2. Depression - Bergamot
3. Insomnia - Lavender
4. Weight gain - Lemon
5. Fatigue - Peppermint
6. Headaches - Lavender

Exercise goals

1. Weight loss
2. Tone up
3. Improve Sleep
4. Decrease blood pressure
5. Increase strength for transfers

Exercises for this client

1. Band Row
2. Wall Squat
3. Band Chest Press
4. Calf Raises
5. Wall Chest Stretch
6. Bicep Stretch
7. Standing Side Bend
8. Triceps Stretch

Sample Stretch Circuit – Level 1 Caregiver

Stretches that are used for stress management are similar to Makaho Stretches. These stretches can move positive energy through the meridians of the body.

1. Heart Meridian – Wall Chest Stretch - emotions
2. Lung Meridian – Bicep Stretch – self esteem
3. Gall Bladder Meridian – Standing Side Bend – depression, fatigue, insomnia

Level 1 Caregiver Stretches

Meditation – Level 1 Caregiver

- Meditate during the last 5 minutes of each session.
- Use soft music and a soft voice
- Stay grounded
- Always ask your client how they feel after your session. Never leave a session open it should be closed.

Stress Management Exercise Specialist Certification

- 20 hours of study on stress management and programming
- Stress management updates to keep you qualified
- 1-year free MFN membership with profile page listing credentials

Question and Answer Segment

REFERENCES

- "Complementary, Alternative, or Integrative Health: What's in a Name?" *National Center for Complementary and Integrative Health*. U.S. Department of Health and Human Services, 28 June 2016. Web. 10 June 2017.
- Howell, Christine, AOBTA. "Makaho Stretches." Personal interview. 13 May 2014.
- *National Center for Complementary and Integrative Health*. U.S. Department of Health and Human Services, 23 June 2016. Web. 10 June 2017.

- Segal, J., Dr. (n.d.). Stress Symptoms, Signs, and Causes. Retrieved June 10, 2017, from <http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm>