



SILVER HILLS

Hope & Healing • Since 1984
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Silver Hills On-the-Road Presents . . .
Hope and Healing Nature's Way
Let Nature Take Better Care of You

Lecture Notes for **Cooling Down The Stress Soup**



Stress Management Secrets Everyone Needs to Know.

with **Cameron Johnston**, The Stress Fitness Coach, Author and International Speaker

The Modern Pressure Cooker

People Problems • Money Problems • Health Problems • Technology • Fear/Anxiety

Our survival depends on how we use the ABC's of stress management

A _____ of major sources of stress and how stress is affecting you

B _____ and flexibility especially regarding change

C _____ using our power of choice

Major Modern Stressors

_____ Overload • Constant Rapid _____

Decisional Overload • Technology



Who or What Is Heating Up My Stress Soup

My Primary Pressure Points
In My Work Life Are:

1. _____
2. _____
3. _____

My Primary Pressure Points
In My Personal Life Are:

1. _____
2. _____
3. _____

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How Hot Is Your Stress Soup?

The Stress Test • Stress Warning Signals

Stress Warning Signals

Check any symptoms unusual for you. They may be an indicator of excessive or unmanaged stress.

Physical Signals

- | | | | | |
|---------------------------------------------|--------------------------------------|----------------------------------------|------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Stomach-aches | <input type="checkbox"/> Sweaty palms | <input type="checkbox"/> Racing heart |
| <input type="checkbox"/> Sleep difficulties | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Back pain | <input type="checkbox"/> Tight neck, shoulders | <input type="checkbox"/> Tiredness |

Behavioral Signals

- | | | |
|-----------------------------------------------------------|-------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Excessive smoking or Alcohol use | <input type="checkbox"/> Inability to get things done | <input type="checkbox"/> Compulsive eating |
| <input type="checkbox"/> Attitude critical of others | <input type="checkbox"/> Grinding of teeth at night | <input type="checkbox"/> Bossiness |

Emotional Signals

- | | | |
|-----------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Crying | <input type="checkbox"/> Nervousness, anxiety | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Boredom--no meaning | <input type="checkbox"/> Feeling powerless to change things | <input type="checkbox"/> Easily upset |
| <input type="checkbox"/> Edginess--ready to explode | <input type="checkbox"/> Overwhelming sense of pressure | <input type="checkbox"/> Unhappiness for no reason |

Cognitive Signals

- | | | | |
|---------------------------------------------------|-----------------------------------------|-------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Trouble thinking clearly | <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Constant worry | <input type="checkbox"/> Loss of sense of humor | <input type="checkbox"/> Thoughts of running away |

Relational Signals

- | | | | | |
|------------------------------------|--------------------------------------|-------------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Isolation | <input type="checkbox"/> Lashing out | <input type="checkbox"/> Lack of intimacy | <input type="checkbox"/> Intolerance | <input type="checkbox"/> Clamming up |
| <input type="checkbox"/> Hiding | <input type="checkbox"/> Resentment | <input type="checkbox"/> Nagging | <input type="checkbox"/> Mistrust | |

Spiritual Signals

- | | | | | |
|-----------------------------------|------------------------------------------|--------------------------------------------|--------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Loss of meaning | <input type="checkbox"/> Loss of Direction | <input type="checkbox"/> Doubt | <input type="checkbox"/> Unforgiving attitude |
| <input type="checkbox"/> Cynicism | <input type="checkbox"/> Emptiness | <input type="checkbox"/> Bitterness | <input type="checkbox"/> Martyrdom complex | |

8 Ways To Cool Down The Stress Soup



Let The Soup Sit

Control The Stress Response (Fight or Flight Response)

- ❶ Call a _____ . Hit the pause button!
- ❷ Take 3 deep breaths. Blow on it!
- ❸ Analyse the situation and _____ positively to yourself.
Say: "I can handle this." Ask: "What can I do about this?"
- ❹ Get _____. Ask — "What difference will this make next year?"
- ❺ Beware of _____.

Thin The Soup

① Learn & Utilize The Relaxation Response

The relaxation response is an inborn set of physiological changes that offset the fight or flight stress response.



The stress response is _____. The relaxation response is _____.

② Nurture a strong personal _____ system of family, friends and co-workers including developing, good people skills and adequate communication skills



Stir The Soup

Be Proactive In 2 Vital Areas

① Regular Daily _____ for at least 30 minutes a day and if possible, in the fresh air and sunshine. Benefits include burning off excess stress response hormones, increasing energy levels, improving sleep, etc.

② Get Adequate _____ an essential stress buffer and healer.

Daily—7-10 hours of sleep (naps as needed)

Weekly—One full day off (sometimes 2 is better)

Play With The Soup

_____ A Powerful Stress Buffer



Research Shows: That people who use humor **suffer less fatigue, tension, anger, depression and confusion** in response to stress.

Plus: Just as the anticipation of stress can trigger the stress response so **the anticipation of pleasure can trigger a stress buffer.**

The Good News: Humor is not a gift. **It is a learned skill.** which means that **it is totally under your control** and can be perfected through regular repeated use!



Make Sure The Soup Is Nutritious

"Seldom has so much been written about so little as in the field of nutrition."

Peter G. Hanson, MD in The Joy of Stress

"A One Sentence University Course in Nutrition:

Eat at the _____ times, a variety of _____ foods in quantities to maintain ideal weight." Dr. John Scharffenberg, Professor of Nutrition Loma Linda University

Eat intelligently for strength and energy and enjoy your food because sometimes its not what you eat but what is eating you that will harm you!



Beware Of Poison In The Soup

Resolve _____ Stress which includes:

1. Low Self-Worth
2. Unresolved Grief
3. Guilt
4. Unnatural Fear and Anxiety
5. Hopelessness and Depression
6. Negative Emotions--anger, hostility, hatred, jealousy, revenge
7. Negative Attitudes--pessimism, criticism, cynicism



Give Thanks For The Soup

① Develop the attitude of _____

Recognize that life is a precious gift and is lived best with optimism and thankfulness combined with unselfish caring and sensitivity.

② Develop and enjoy your spirituality which is finding meaning in life:

- By living with purpose and passion
- By setting goals and direction consistent with your beliefs and values
- By believing in a higher power
- By discovering peace with both life and death

Today I Am Thankful For: 1. _____ 2. _____



Eat The Soup Slowly And Enjoy It!

Slow Down By

- ❶ Pacing yourself
- ❷ Ensuring adequate personal down time
- ❸ Maintaining life balance

Joy is a _____ that comes easier when you are rested.



What If... You Already Ate The Soup Too Hot!

Understanding, Avoiding and Recovering From Burnout

Excessive Stress

Overuse of coping capacities
Too much activity and change

Results in . . .

Fatigue and Mild depression
Physical illness and Reduced mental alertness

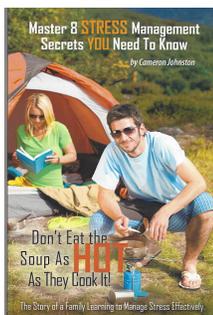
versus

Burnout

Depletion of coping reserves
Overwhelmed by life

Results in . . .

Complete physical and mental exhaustion
Disillusionment, cynicism and self-depreciation



For more info on Burnout and Recovery Read The Chapter In this Book, What If . . . You Already Ate The Soup Too Hot!

◀◀◀ Don't Eat The Soup As Hot As They Cook It! By Cameron Johnston

The Story of a Family Learning to Manage Stress Effectively In our Challenging,
Demanding and Dangerous 24/7 World

"Cameron's books and the stress soup concept is outstanding. The content and design is marvelous."
Dr. Hans A. Diehl, Bestselling Author and Director of the Lifestyle Medicine Institute, Loma Linda, CA

"Very user friendly and easy to read." *Tammy B. TV Host Okanagan Today, BC*

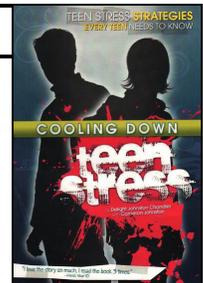
"This book is a really good read, very informative and I enjoyed the story format." *Anne Marie K., Kelowna, BC*

To order these books or other resources: <http://www.silverhillsontheroad.com/store.html>

Also Available is a Book, *Cooling Down Teen Stress* →→→ Written By A Teen — For Teens, With Teen Stress Strategies

For Real Teen Concerns Like, Dating, Parents, Money, Jobs, Grades, Fear, Guilt, Suicide and Grief.

Teens are saying: "The teen stress strategies helped me a lot and I love the story so much
that I read the book 3 times!" *Heidi, Grade 10, Alberta, Canada*





102 Practical Ways To Live The 8 Ways To Cool Down The Stress Soup

1. Let the Soup Sit

control the stress response by

| | |
|----------------------------|-----------------------------|
| calling a time out | step back and observe |
| use affirmations | listen to your intuition |
| take a media fast | avoid perfectionism |
| cut yourself some slack | know your limits |
| establish boundaries | fully express yourself |
| set realistic expectations | talk positively to yourself |

2. Thin The Soup with relaxation

| | |
|------------------------------|-----------------------------|
| take a stretch break often | get a massage |
| take a hot bath | smell some flowers |
| listen to peaceful music | have sex |
| simplify, simplify, simplify | turn off the cell phone |
| go with your natural rhythms | get out into nature |
| do deep breathing | work on a hobby |
| meditate or pray | practice regular relaxation |

3. Stir The Soup with regular physical activity

| | |
|-------------------|-----------------------|
| dig in the garden | take a walk |
| go to a gym | hike in the mountains |
| take the stairs | work out hard |
| chop wood | cycle |
| run or jog | swim |
| jump for joy | lift weights |



4. Play With The Soup with humor

| | |
|-------------------------------------------|----------------------------|
| laugh at yourself | see a comedy |
| have some fun | read a funny book |
| rent a funny video | celebrate life |
| enjoy the moment | read the comics |
| list all your blessings | review blessing list often |
| don't take yourself or life too seriously | |
| stay in touch with the child within | |

5. Make Sure The Soup Is Nutritious

eat for energy & endurance

drink lots of water
keep refined fats low
eat lots of fresh fruits
keep refined sugars low
avoid overeating
eat lots of fresh vegetables
eat some raw food daily
eat simple plant based foods
eat sparingly of refined foods
take a good nutritional supplement

6. Beware Of Poison In The Soup avoid addictions, improve emotional intelligence and resolve deep-seated stress

| | |
|------------------------------------------------------------------|----------------------------------------|
| beware of "quick fixes" | freely forgive |
| let go of "what if's" | resolve guilt |
| eliminate destructive self-talk | develop positive relationships |
| be clear what is expected of you | accept loss and deal with the grief |
| terminate toxic relationships | refuse to live in the past |
| expect the unexpected | talk it out with family and co-workers |
| value yourself; deal with low-self worth and work off your anger | |

7. Give Thanks For The Soup develop an attitude of gratitude and your spirituality

| | |
|-------------------------------|-----------------------------|
| count your blessings | be positive and optimistic |
| offer thanks | grant grace |
| pray | let go and let God |
| don't judge; bless | nurture yourself and others |
| meditate | visualize positive outcomes |
| give the benefit of the doubt | love unconditionally |
| accept unconditionally | be content |
| read a spiritual book | trust—yourself, others, God |

8. Eat The Soup Slowly And Enjoy It!

get enough rest and choose joy

| | |
|------------------------------------------|---------------------|
| schedule play time | get enough sleep |
| take a nap | take mini-vacations |
| do your best and then stop | don't overwork |
| make a done list | just say no |
| turn off the beeper | turn off the TV |
| choose joyful living | don't answer phone |
| simplify holidays (i.e. Christmas, etc.) | |

Improving The Recipe For A Better Soup develop a personal action plan

| | | | |
|-----------------------------|------------------------------|----------------------------|-----------------------------|
| set aside time for planning | take personal responsibility | choose your priorities | review your purpose |
| get organized | create a budget | ask the experts | throw out the junk |
| take control of your time | delegate | use time saving technology | don't forget; write it down |
| use to-do lists | do essential tasks now | prioritize all tasks | plan for free time |



Improving The Recipe For A Better Soup

Decide On An Action Plan

- ★ Start _____
- ★ Stop _____
- ★ Keep _____

Notes:

Be Sure To Come Visit Us At Silver Hills

The Silver Hills Lifestyle Centre is a unique lifestyle renewing place with innovative ways to inspire, heal and educate. People come from across Canada and around the world to heal, manage stress and rejuvenate. Silver Hills is a place where individuals find hope and learn the fundamentals of living well in a spa setting. We offer 5 and 12-day live-in lifestyle makeover programs with:

- gourmet vegetarian meals
- reliable, proven lifestyle teaching
- beautiful walking trails
- luxurious accommodations
- healing spa treatments
- steam room, sauna, hot tub, etc.



For a complete info pac call toll-free 1.888-547-9456 or email at phil@silverhills.ca or Visit: www.silverhills.ca

Answers: page 1: awareness, balance, control, information, change; page 3: time out, talk, perspective, perfectionism; page 4: involuntary, voluntary, physical activity, rest, humor; page 5: proper, natural; page 6: choice.