

Navigator

The Bazzeni Wellness Center Community Newsletter

April 2021

Coping with Stress!

It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. When stress builds, the stress hormone cortisol surges through your body, wreaking havoc on body, mind and spirit. You have to take back control by being proactive.

Robert Sapolsky, professor of neurological sciences at Stanford University and author of *“Why Zebras Don’t Get Ulcers,”* claims we have a lot to learn about stress from studying animal behavior. But, unlike other mammals, humans can turn on the stress response with memories, emotions and thoughts. This provides humans with a never-ending stream of opportunities to experience stress. You are more likely to feel stressed if you:

- Have no outlets for coping with what’s causing you stress
- Lack a balanced sense of control
- Don’t pay attention to warnings or predictability
- Have nobody to soothe you

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Coping with Stress!

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The flip-side is what you can do to manage stress. You can:

- Have outlets for dealing with your stress like doing enjoyable hobbies, exercising, playing or being with buddies.
- Do something in areas where you do have some control by taking action, no matter how small, on your own behalf to shift out of a sense of helplessness.
- Be proactive by taking preparatory action when you can anticipate stress hitting. This minimizes the impact of stress-producing situations by diminishing the magnitude of the stress response, or maybe even preventing it altogether.
- Make sure you have plenty of people around who can comfort you.
- When stress strikes, the strategies you have, or develop, for managing it will determine how effectively you'll be able to cope. Unmanaged stress can cause mayhem in your life. The more proactive you are in putting into practice stress management strategies, the more successful you'll be in keeping stress from running amok.

There are ways to manage stress.

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you to cope with stress:

- **Be observant.** Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- **Talk to your health care provider or a health professional.** Don't wait for your health care provider to ask about your stress. Start the conversation and get proper health care for existing or new health problems. Effective treatments can help if your stress is affecting your relationships or ability to work.

Don't know where to start? Read our Tips for Talking With Your Health Care Provider.

- **Get regular exercise.** Just 30 minutes per day of walking can help boost your mood and improve your health.

- **Try a relaxing activity.** Explore relaxation or wellness programs, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay connected.** You are not alone. Keep in touch with people who can provide emotional support and practical help. To reduce stress, ask for help from friends, family, and community or religious organizations.
- **Consider a clinical trial.** Researchers at the National Institute of Mental Health (NIMH) and other research facilities across the country are studying the causes and effects of psychological stress as well as stress management techniques. You can learn more about studies that are recruiting by visiting [Join a Study](#) or [ClinicalTrials.gov](#) (keyword: stress).
- If you're overwhelmed by stress, ask for help from a health professional.
- You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently as a result of stress. Your doctor may be able to provide a recommendation. Resources are available to help you find a mental health provider.

Call the National Suicide Prevention Lifeline

Anyone can become overwhelmed. If you or a loved one is having thoughts of suicide, call the confidential toll-free National Suicide Prevention Lifeline at **1-800-273-TALK** (8255), available 24 hours a day, 7 days a week. Lifeline chat is a service available to everyone.



What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- **Biological factors, such as genes or brain chemistry**
 - **Life experiences, such as trauma or abuse**
 - **Family history of mental health problems**
- <https://www.mentalhealth.gov/basics/what-is-mental-health>

Want to know more? Contact us to register for one of our Virtual Mental Health Trainings now Being Offered:

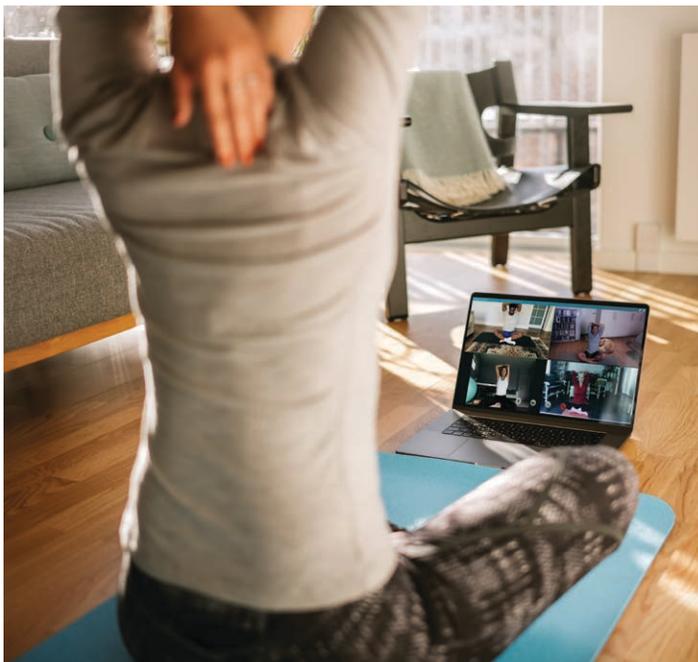
Trainings include:

1. **Adult Mental Health First Aid**
2. **Youth Mental Health First Aid**
3. **QPR (Question, Persuade, Refer)**

Gentle Yoga

Held weekly on Wednesday's starting April 7, 2021
12:30 pm to 1:30 pm

We are pleased to bring back our weekly Yoga. Please RSVP to tami@intulayoga.com minimum 30 minutes prior to the start of class. Upon receipt of email you will receive a email link to the zoom class. Students must have Zoom installed on their computers and their screen names should match their names.



Monthly Zoom Bingo

Wednesday, April 21, 2021
10:00 am to 11:00 am



Join our online Virtual Bingo at **BingoMaker.com**

Instructions to join: Players can join your virtual game on their devices at BingoMaker.com, and click "Join a game". They search your game name (Bazzeni-Wellness) in the Games List page. They click "Join", enter your password, and receive their virtual cards. There is no login process for players to join.

Game Name: **Bazzeni-Wellness**
Password: **seniorcenter**

Join by Telephone
888 788 0099 (US Toll Free)
conference ID: 678 501 4582



Dignity Health®

St. Mary Medical Center

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Long Beach, CA 90813

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April 2021

Bazzeni Wellness Center

Office is currently Closed

1027 Linden Avenue, Long Beach
Office Line: 562-491-9811

“NEW WAY TO CONTACT US”:

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If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.



Annual Bazzeni Wellness Center Meeting

Thurs., April 15, 2021 10:30 am to 11:30 am

Join us to learn about what new, classes and services we will be offering this year. Also, this is a great opportunity to give us your input on what programs you would like to see. Reserve by calling, 888-478-6279.

Maternity Classes

Childbirth classes are complimentary as part of a preventative health education services. Virtual Classes: Tuesdays (4 weeks) 6:00 pm to 8:00 pm

Virtual Maternity Tours

Tours available online and available in English & Spanish. **For more information, please contact, 888-478-6279.**

