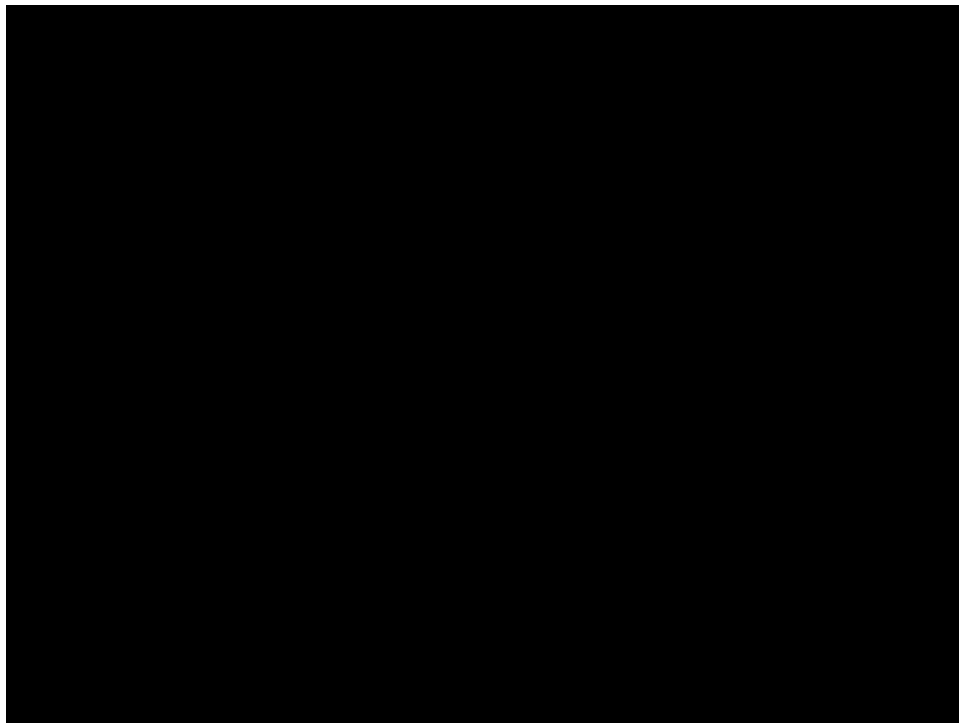


The Funny Thing
about **STRESS**

KayFrances.com

 *Kay Frances*
AMERICA'S FUNNIEST STRESSBUSTER
SOLID CONTENT. HILARIOUS DELIVERY.

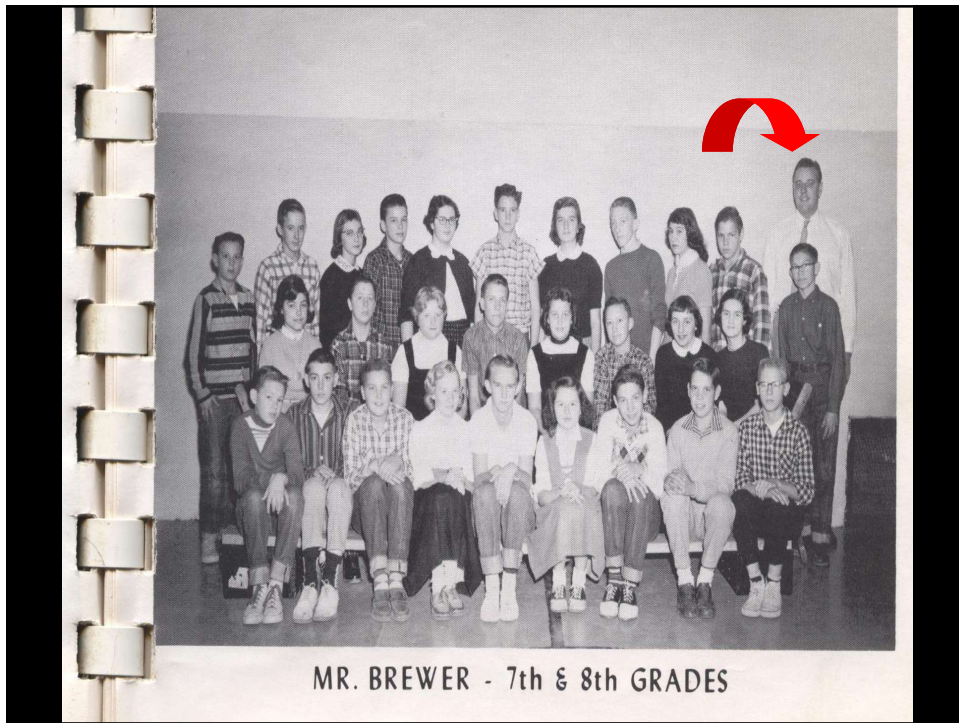


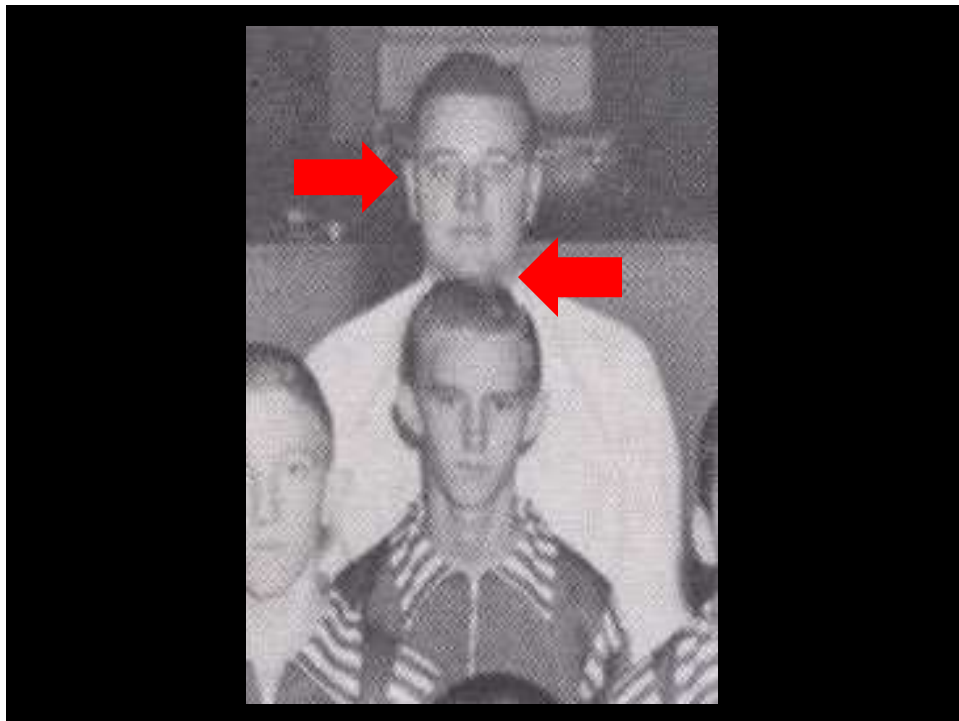


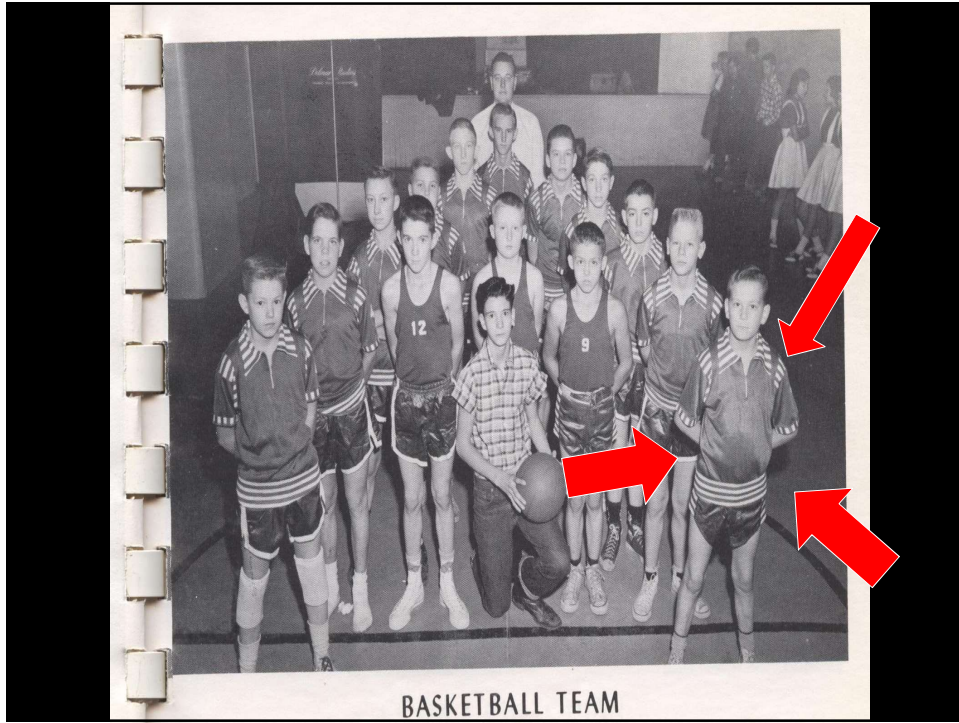
NEW ANTIOCH SCHOOL



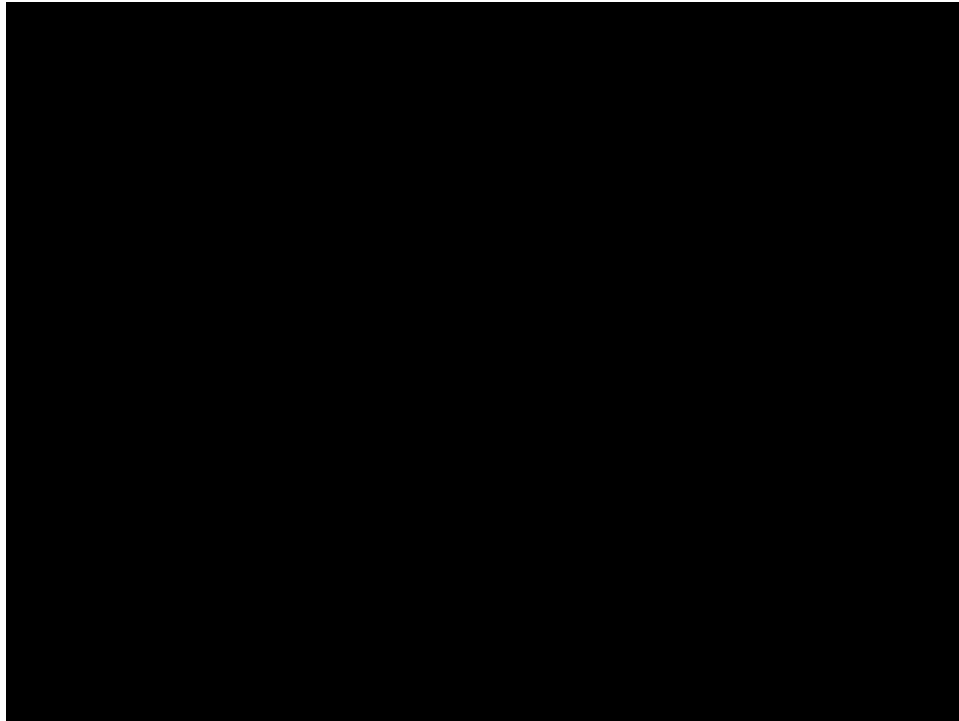
MR. REXFORD BREWER - Principal











What IS


STRESS!

Stress activates the **Resisting what is** Fight or Flight defense mechanism in our bodies.

A woman with glasses, wearing a grey t-shirt, is shown from the chest up. She has a distressed expression, with her hands pressed against her temples and her eyes looking upwards. The background behind her is dark with diagonal lines.

PHYSICAL RESPONSES TO STRESS!

~~Blotchy spots~~
levels ~~increase~~




A woman with glasses is shown from the chest up, wearing a grey t-shirt. She has her hands pressed against her ears and a look of intense stress or discomfort on her face. The background is dark with diagonal lines.

RESULTS OF STRESS!

Up to 85% of disease and illness are stress-related!

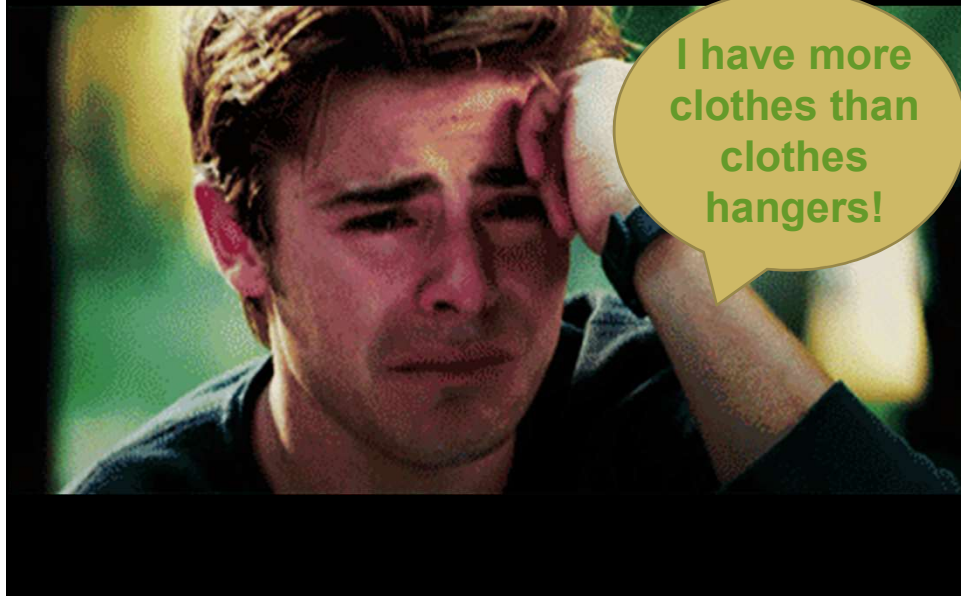
HELP

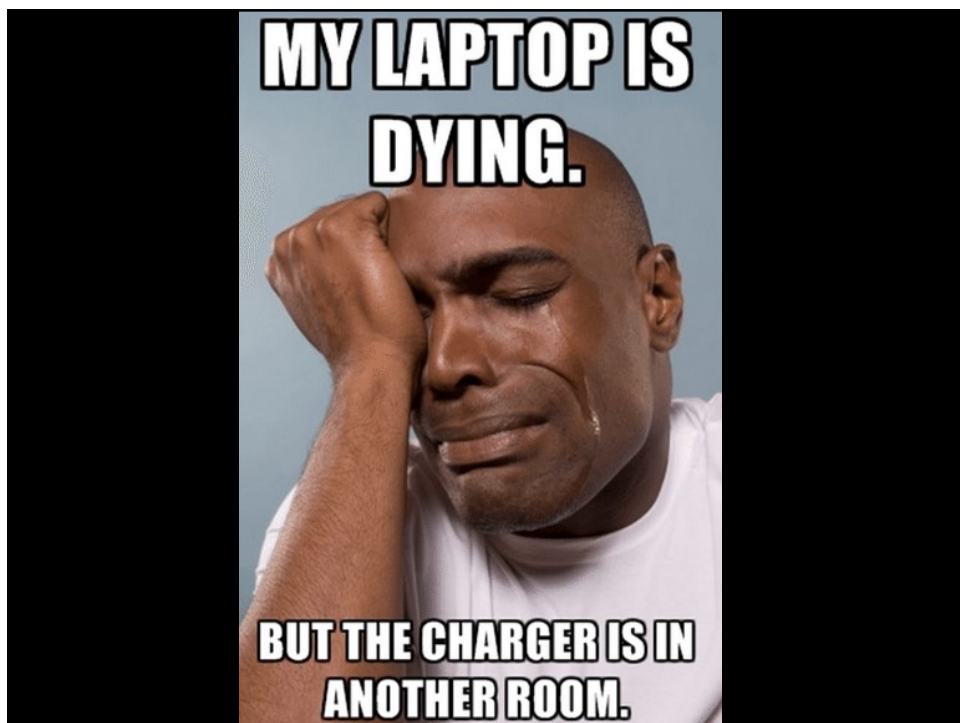
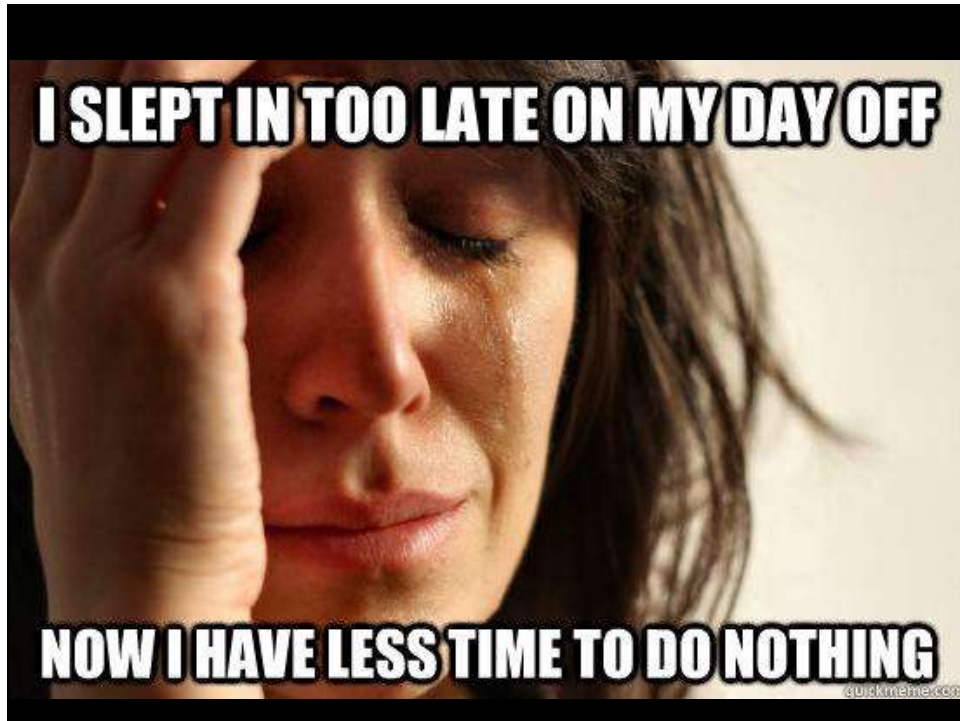


A man is shown from the chest up, sitting at a desk. He is looking directly at the camera with a stressed expression. He is holding a small white sign that says "HELP". On either side of him are large stacks of papers and folders, suggesting a heavy workload. The background is dark with diagonal lines.

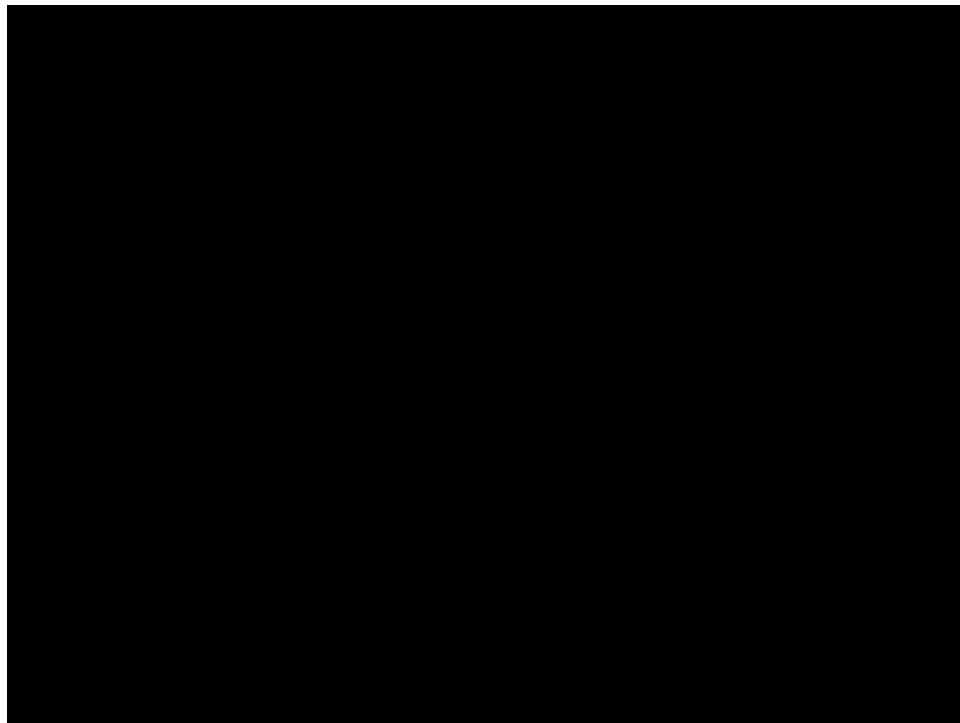


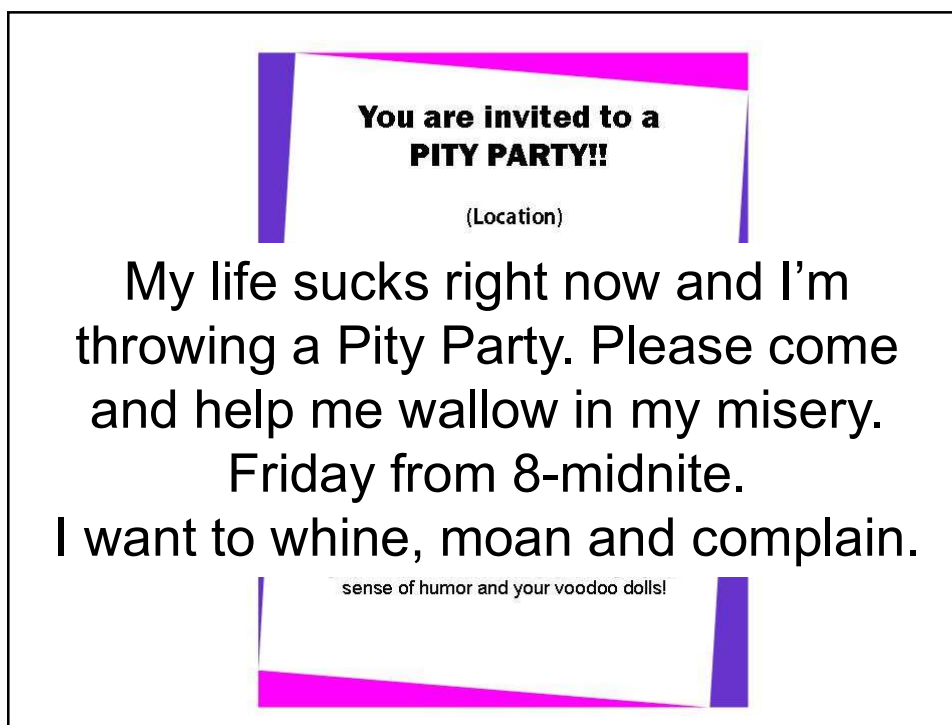
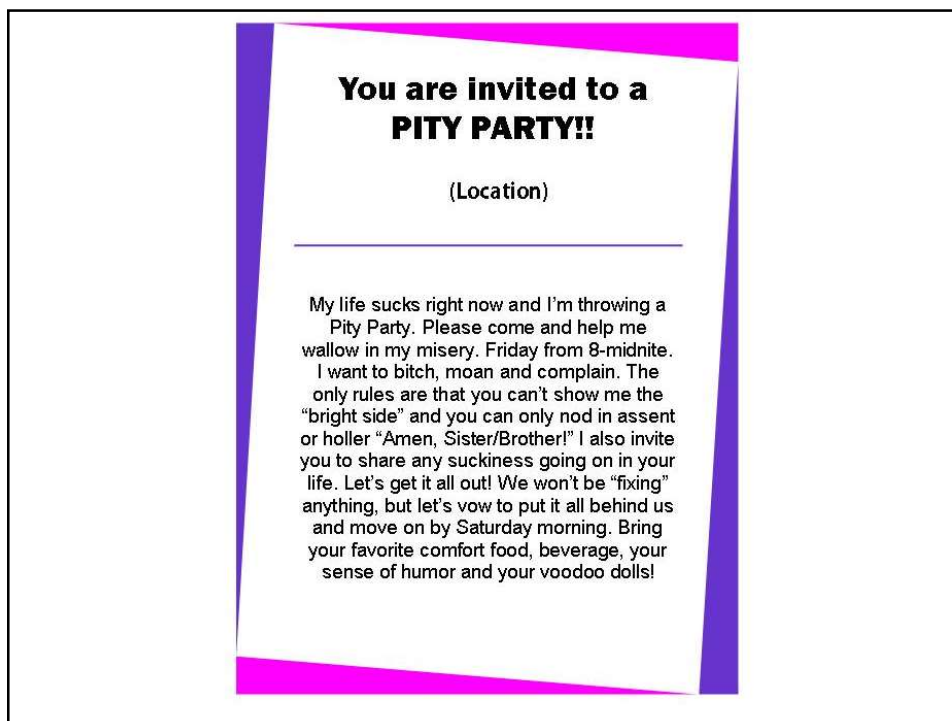
“First World Problems”











**You are invited to a
PITY PARTY!!**

(Location)

The only rules are that you can't show me that infernal "bright side" and you can only nod in assent or holler, "Amen to that!"

anything, but let's vow to put it all behind us and move on by Saturday morning. Bring your favorite comfort food, beverage, your sense of humor and your voodoo dolls!

**You are invited to a
PITY PARTY!!**

(Location)

I also invite you to share any suckiness going on in your life. Let's get it all out!

or holler "Amen, Sister/Brother!" I also invite you to share any suckiness going on in your life. Let's get it all out! We won't be "fixing" anything, but let's vow to put it all behind us and move on by Saturday morning. Bring your favorite comfort food, beverage, your sense of humor and your voodoo dolls!

**You are invited to a
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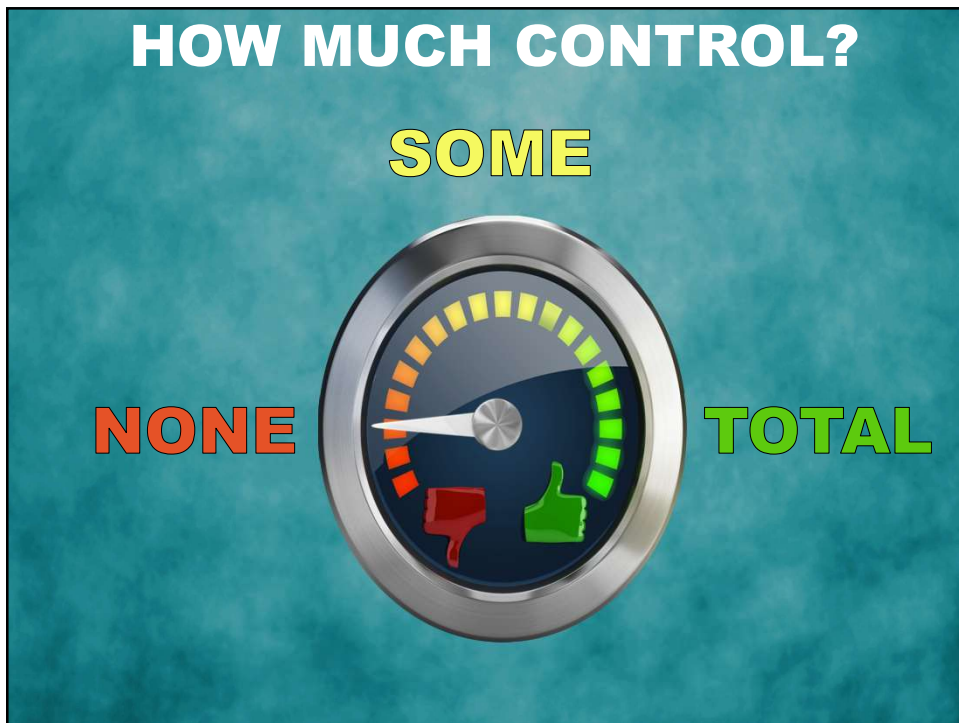
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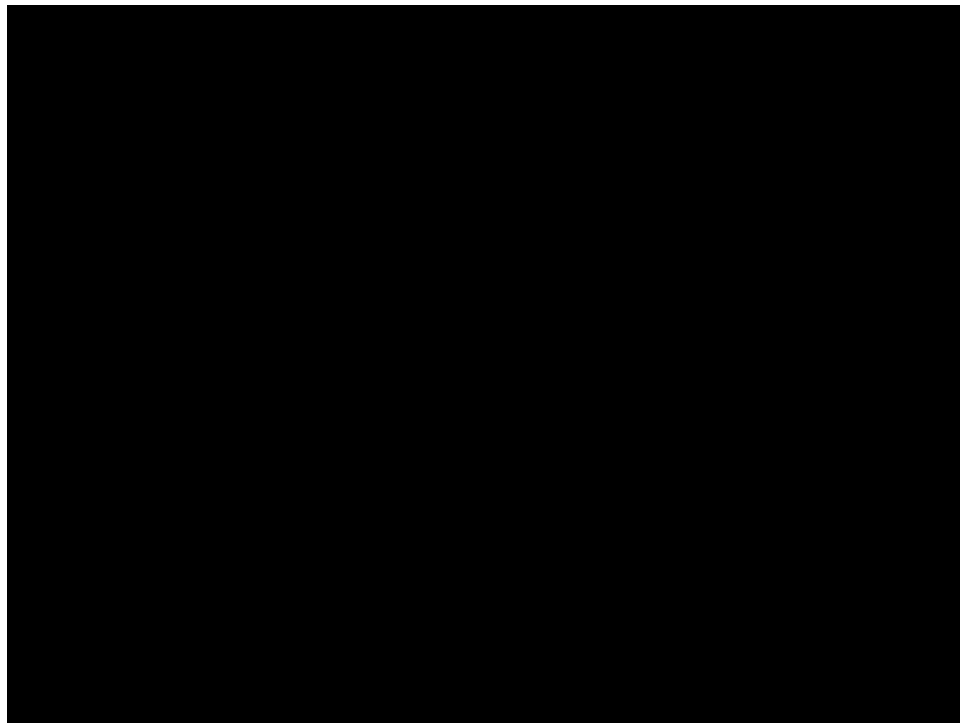
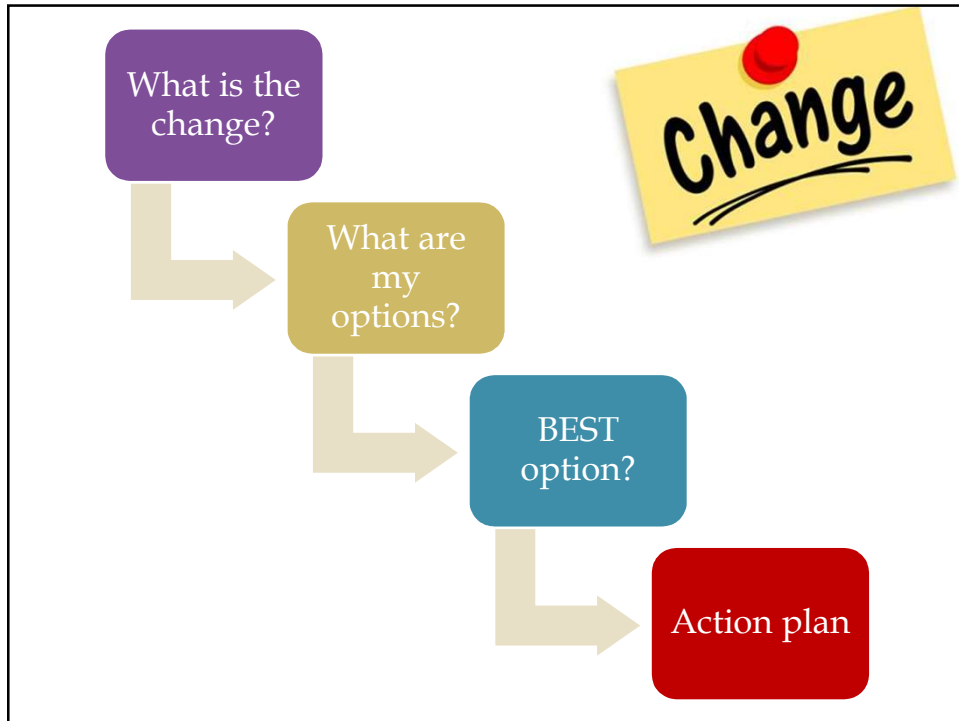
**You are invited to a
PITY PARTY!!**

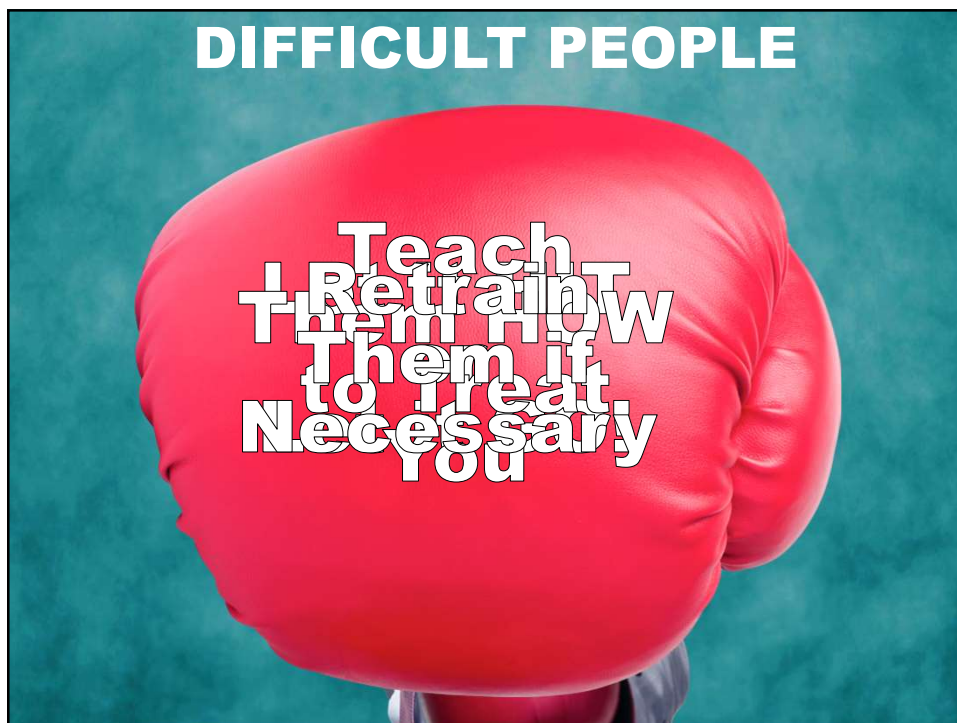
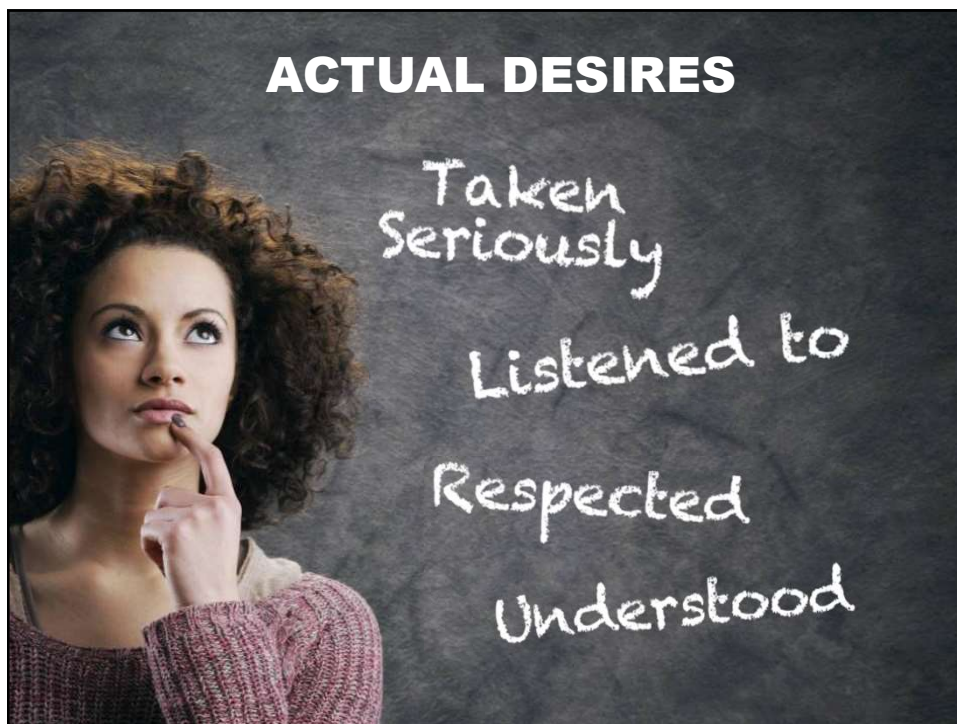
(Location)

Bring your favorite comfort food,
beverage, your sense of humor
and your voodoo dolls!

or holler "Amen, Sister/Brother!" I also invite
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anything, but let's vow to put it all behind us
and move on by Saturday morning. Bring
your favorite comfort food, beverage, your
sense of humor and your voodoo dolls!







Have a Support System!



Support System

Problem solving?

Make you laugh?

Listen?

Give you attention?

Reality check?



Take Inventory



KEY to Good Health

People should spend 30 minutes a day:

- Exercising
- Pole vaulting
- Yelling at the TV



KEY to Good Health

Good forms of EXERCISE

- Walking pneumonia
- Boogie-woogie flu
- Walk 30 minutes



KEY to Good Health

Healthy weight

78% of people who have lost weight and kept it off eat:

- Breakfast
- Kitty litter
- Dust bunnies



KEY to Good Health

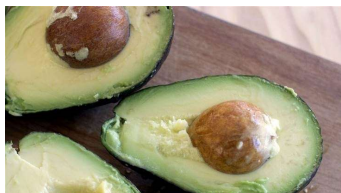
Good nutrition

“Superfoods” include:

- Blueberries
- Salmon
- Dark chocolate
- All of the above



“8 Foods for a Longer, Healthier Life”
www.Today.com



“8 Foods for a Longer, Healthier Life”
www.Today.com



KEY to Good Health

Good nutrition

**Which one is
not like the others?**

- **Broccoli**
- **Apple**
- **Bloomin' onion**



KEY to Good Health

Good nutrition

Foods best eaten in moderation?

- **Potato Chips**
- **Chocolate Chips**
- **Poker Chips**
- **All of the above**



KEY to Good Health

Every day you should drink:

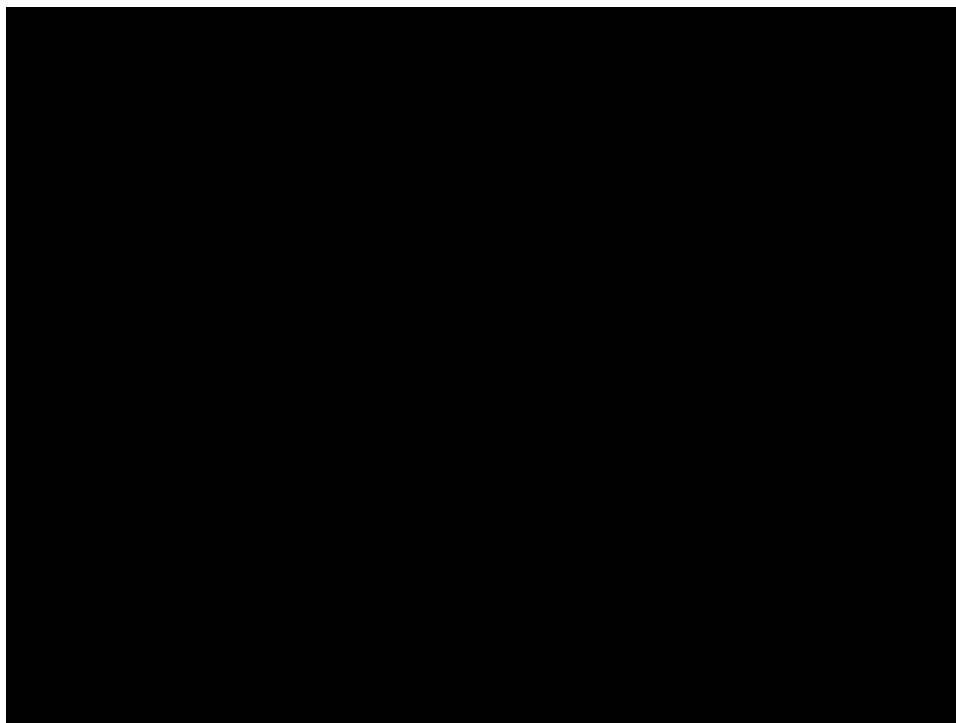
- **6-10 glasses of water**
- **14 energy drinks**
- **Teaspoon of mercury**



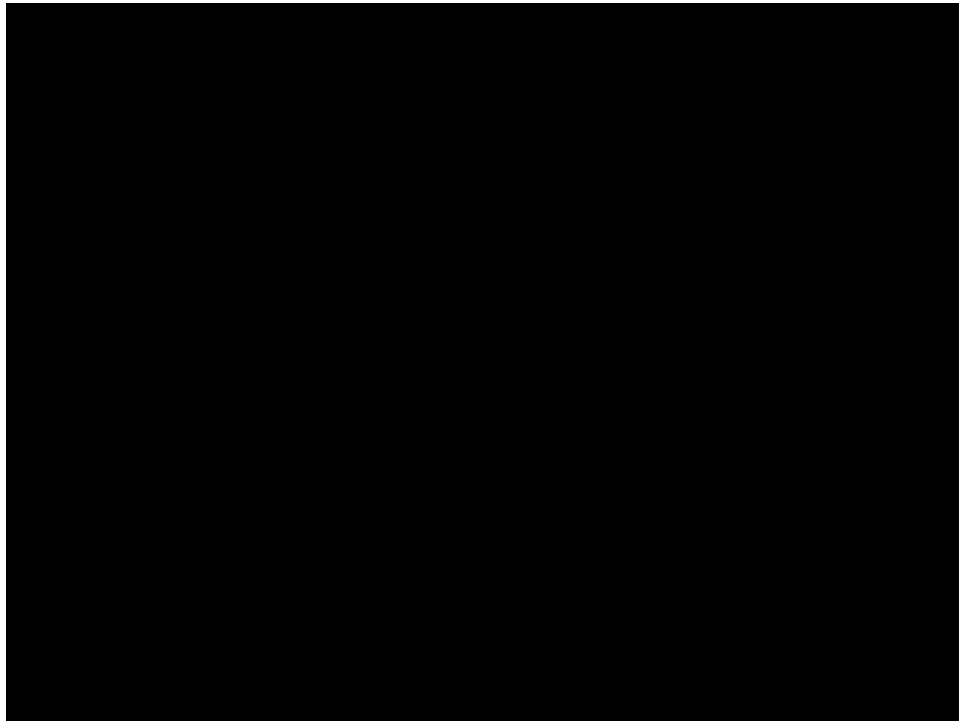
KEY to Good Health

**The best way to get
safely through the day:**

- 7-8 hours of sleep**
- 55-gallon drum of coffee**
- Pin your eyelids open
with thumbtacks**



Sleeping bag for hot flashes



Study of active, healthy 100-year-olds

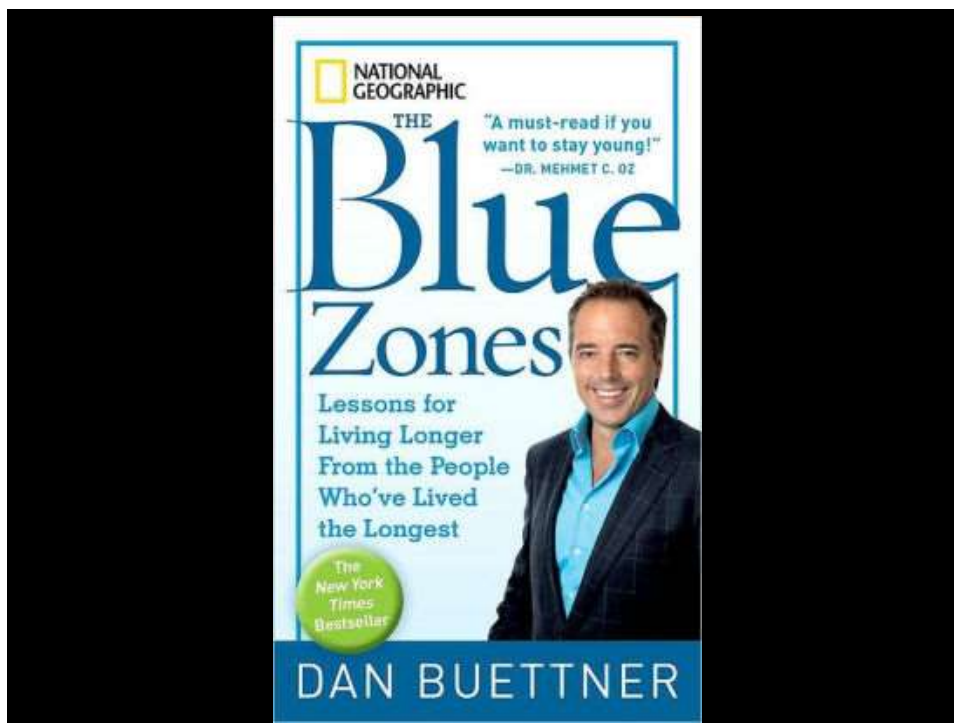


Optimism

Engagement

Mobility

Adaptability





Moderate, regular physical activity

Life purpose

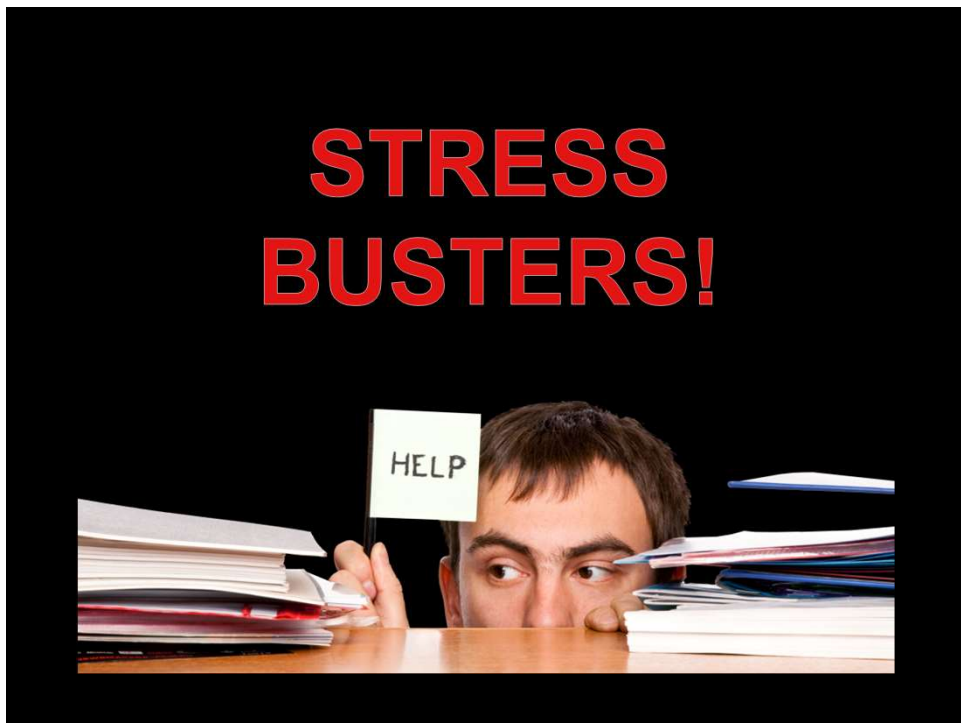
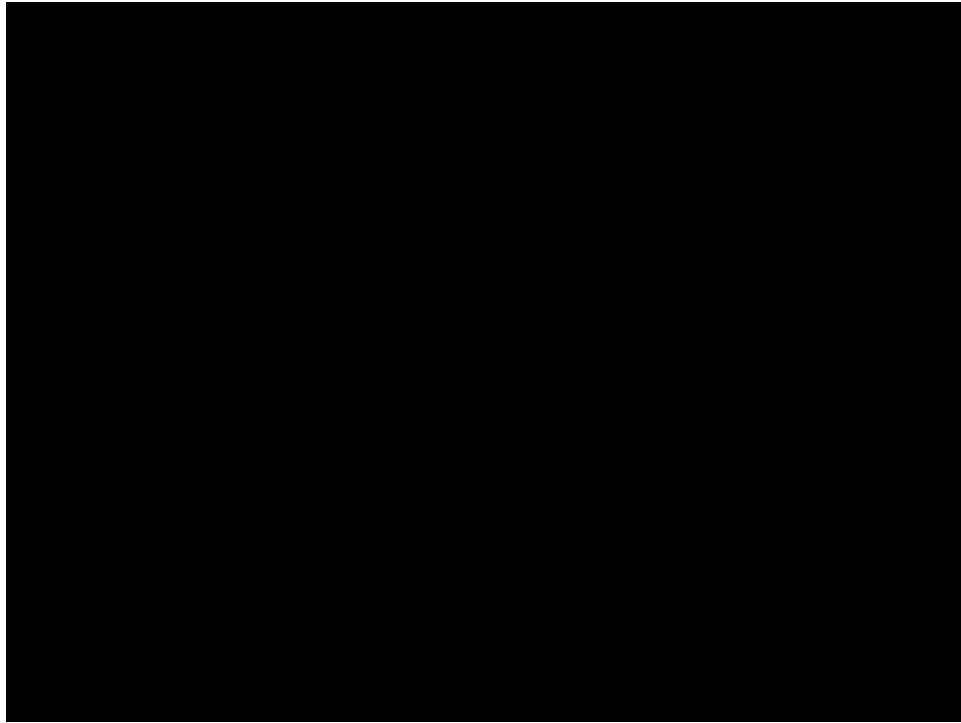
Stress reduction

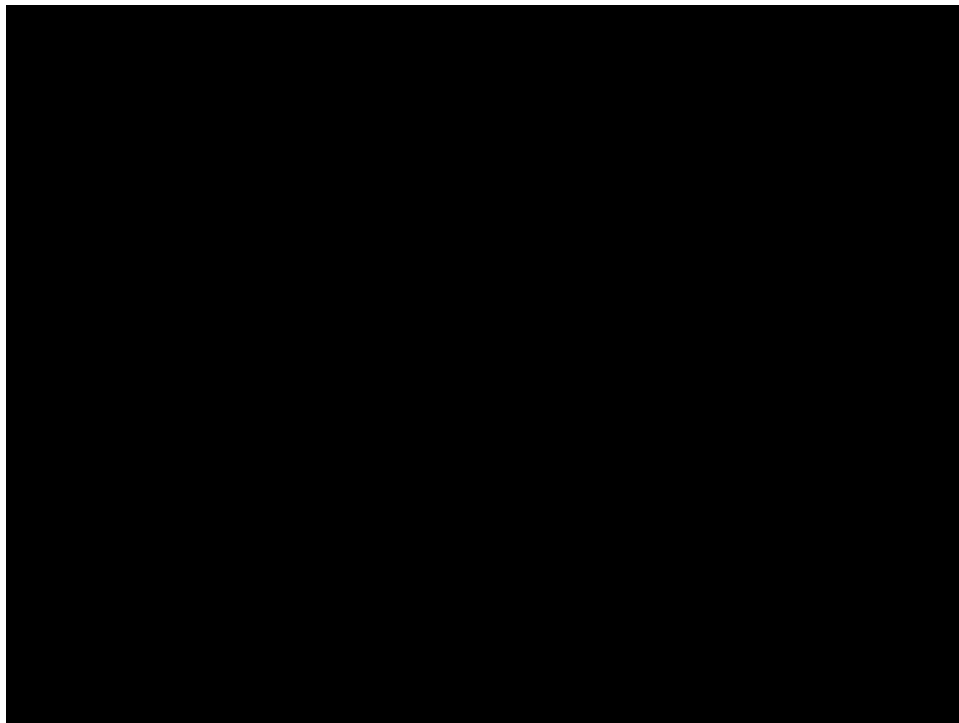
Moderate caloric intake


Plant-based diet (pesco-vegetarians)

Engagement in spirituality or religion

Engagement in family life and social life

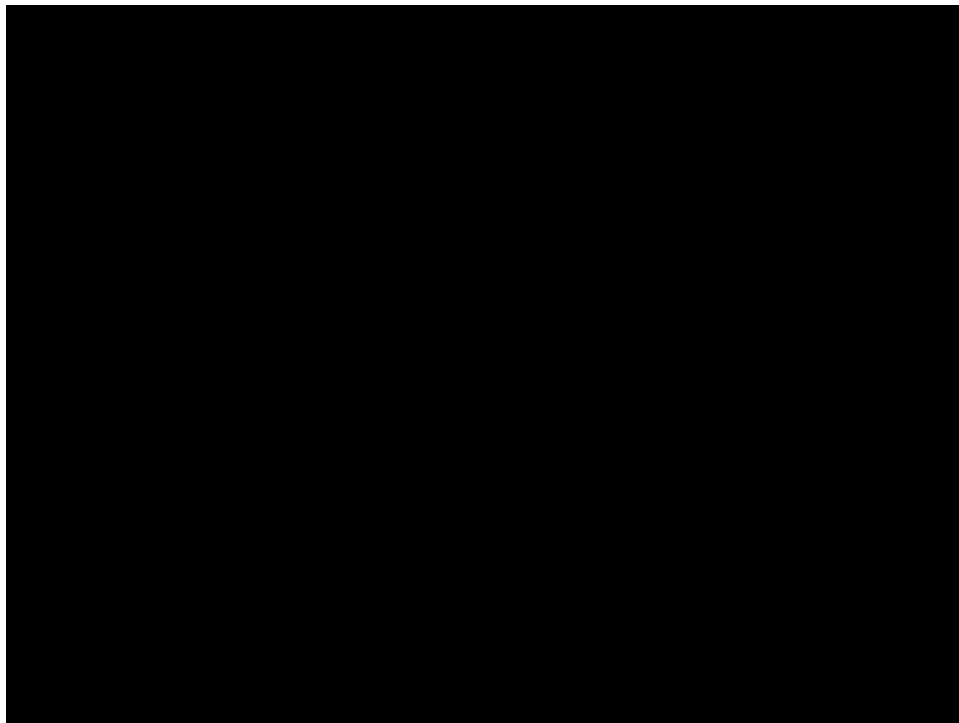






Job Stress PREVENTION

- **Get organized**
- **Saying “no”**
- **Plan ahead**
- **Ask others for help**
- **Communicate**



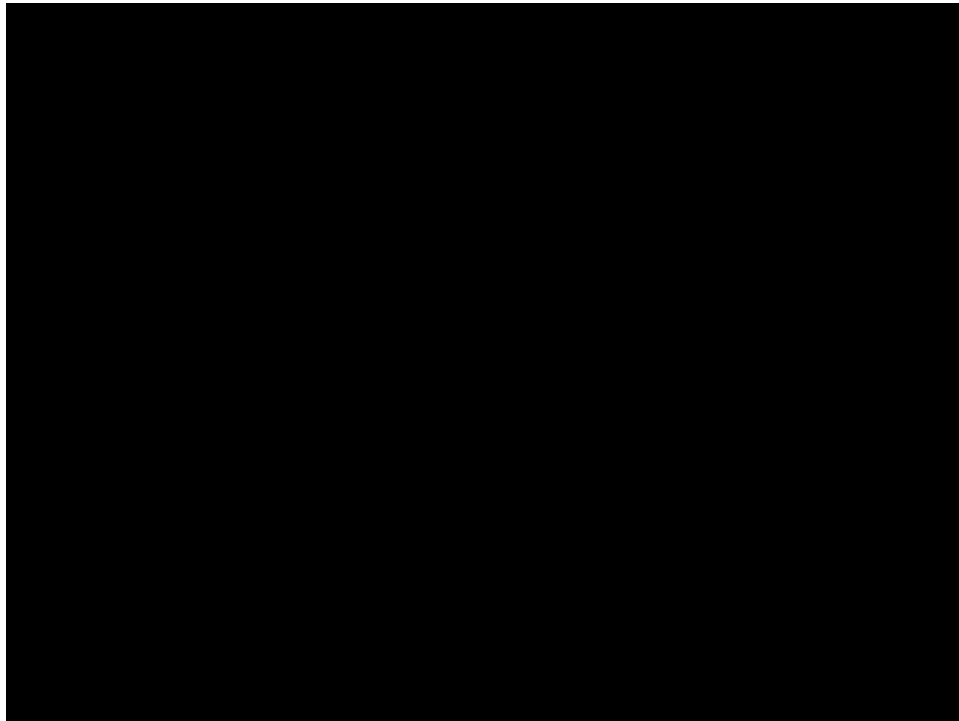
High School Graduation Commencement Address

3 pieces of advice:

Happiness

Success

Good Health



**Share YOUR
job stressors**

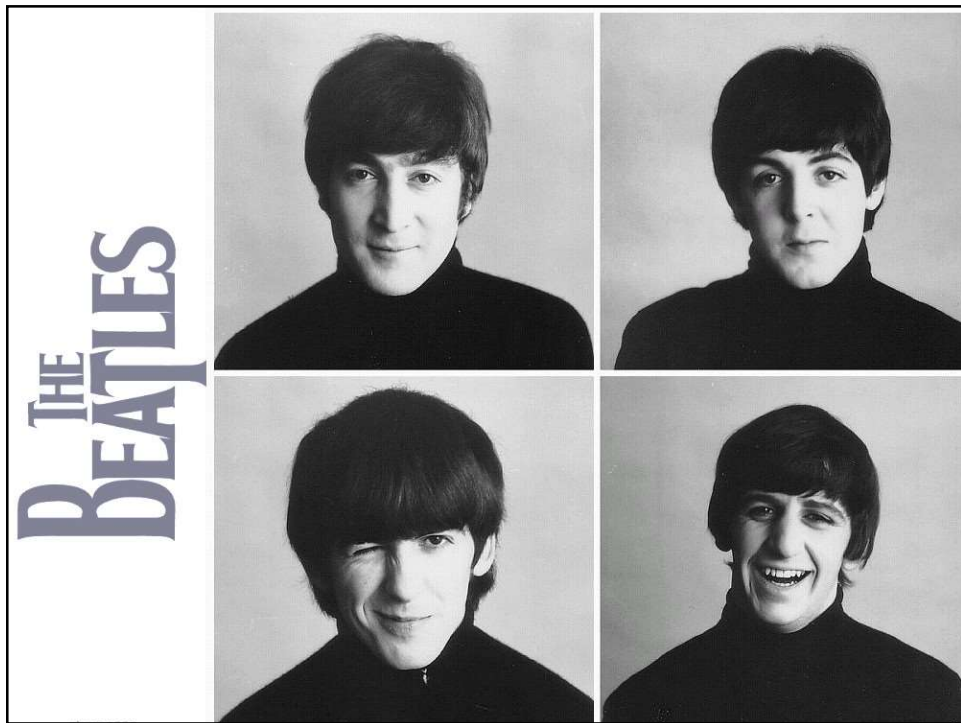
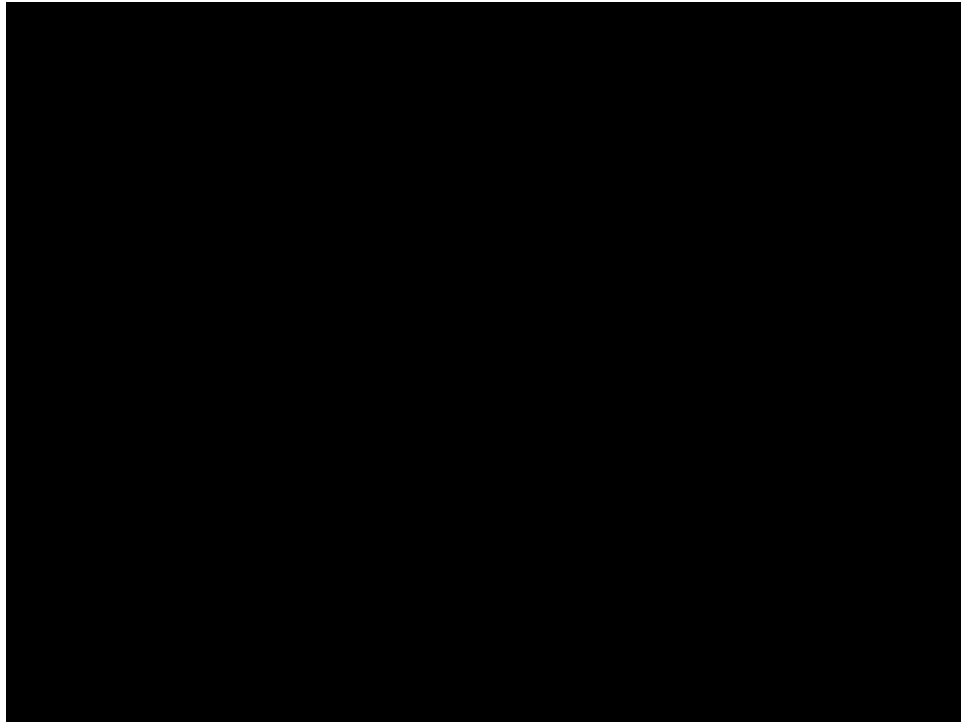
**Share BEST
PRACTICES**

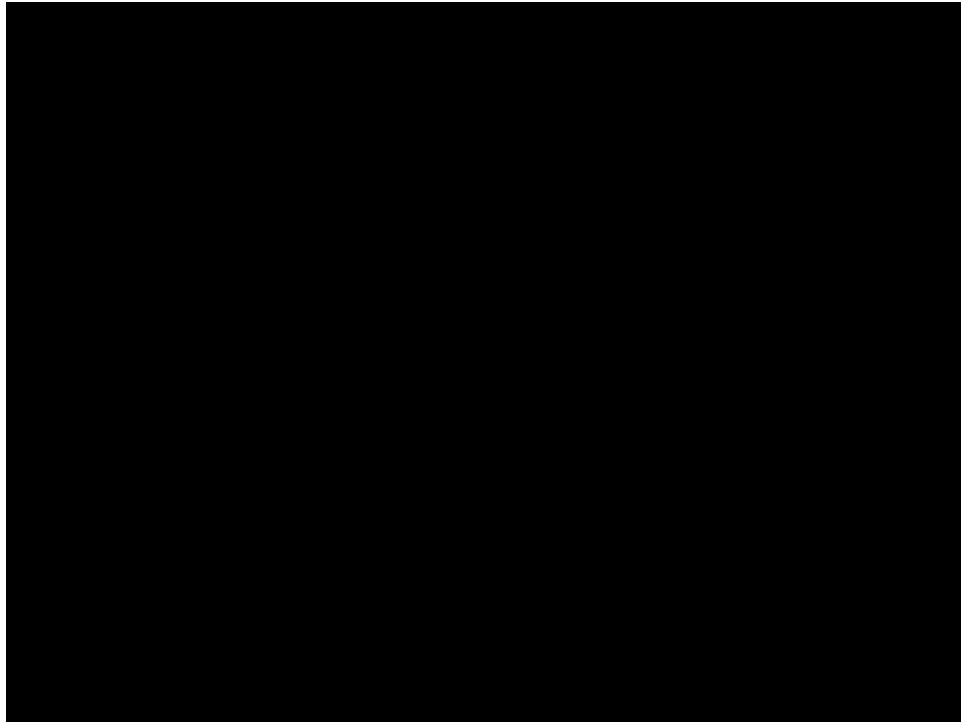


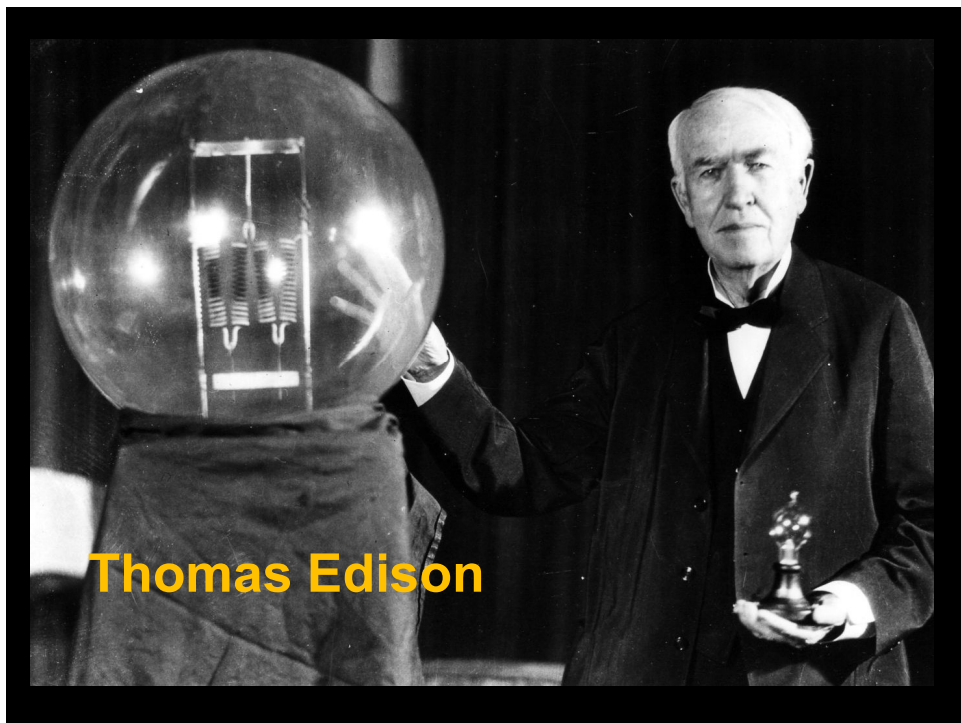
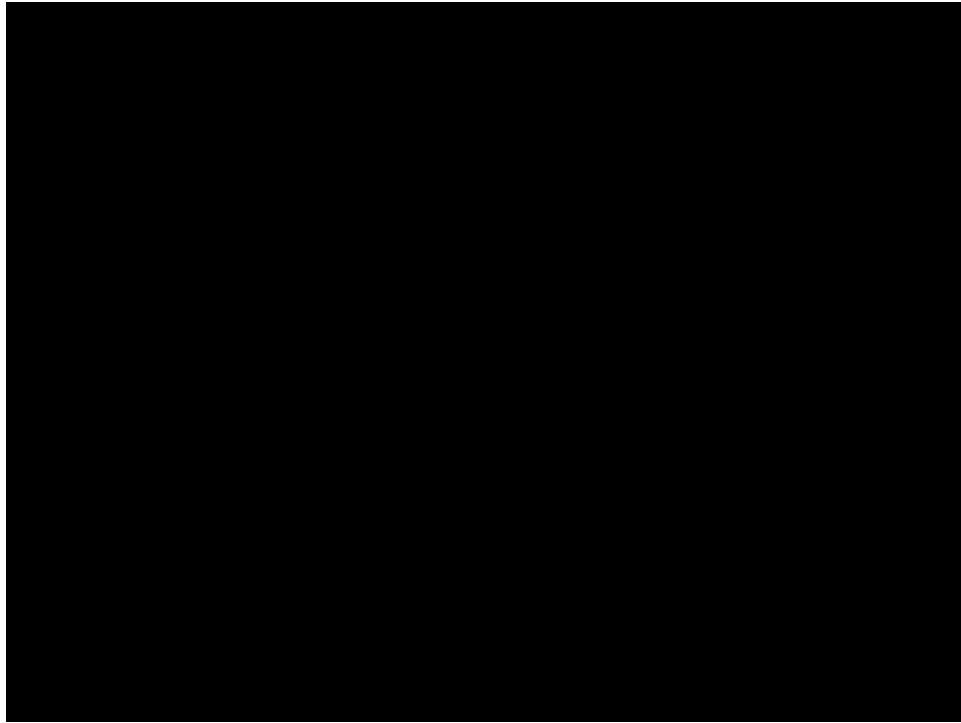
**Share YOUR
job JOYS!**

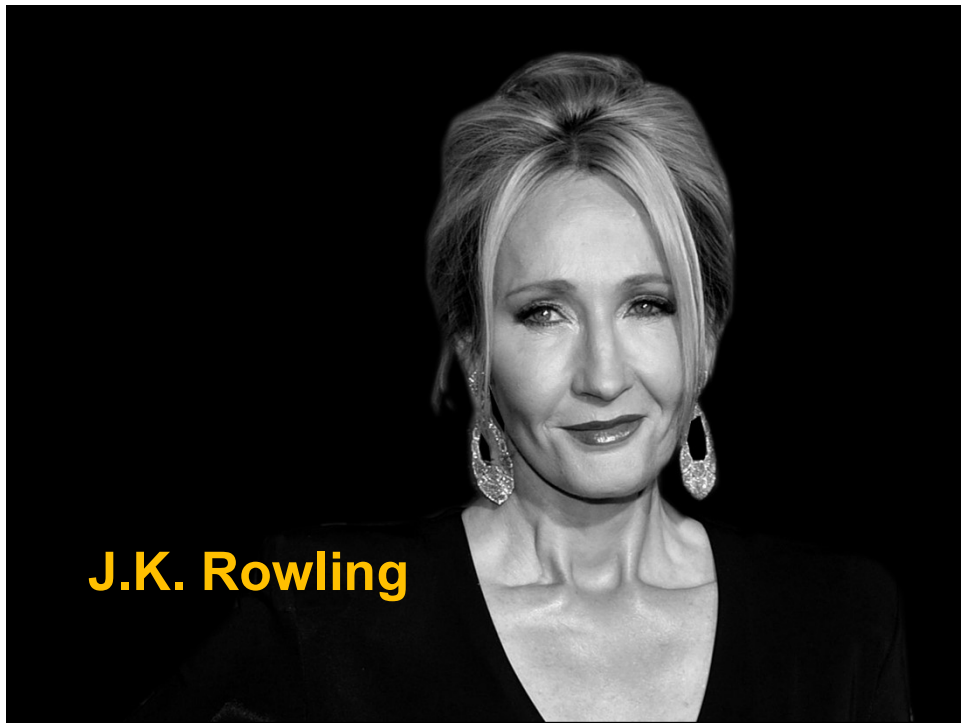
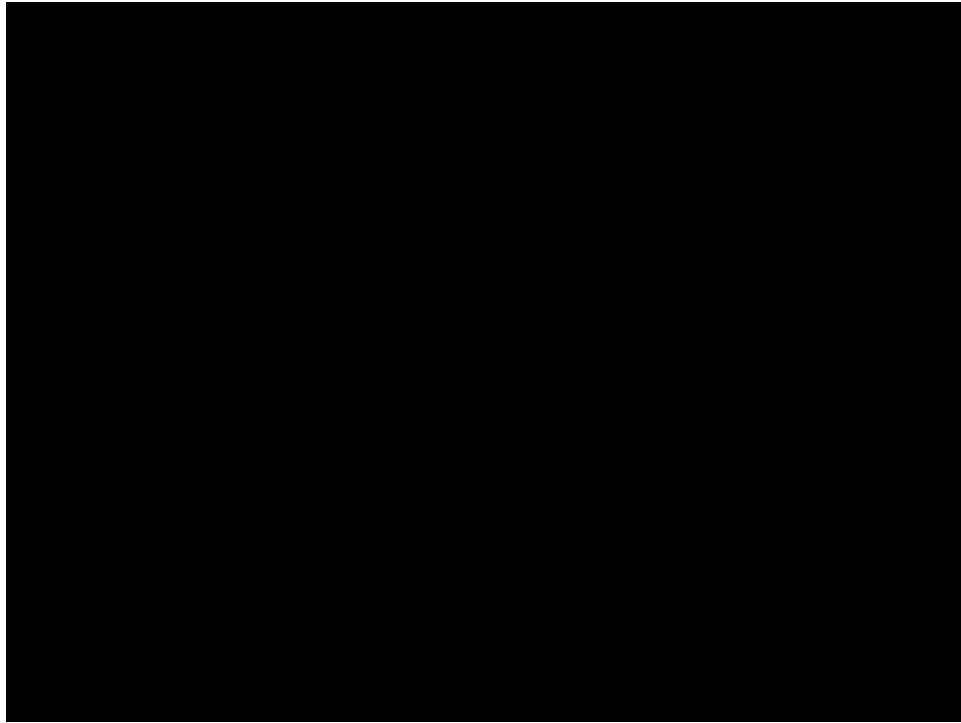


**Share good
things, too!**

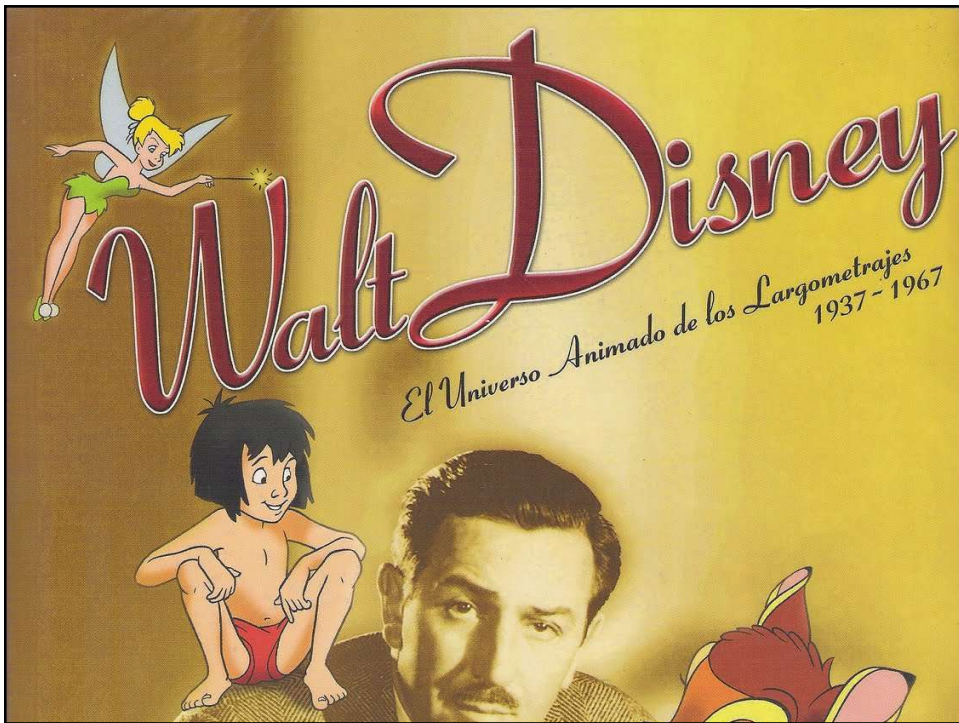




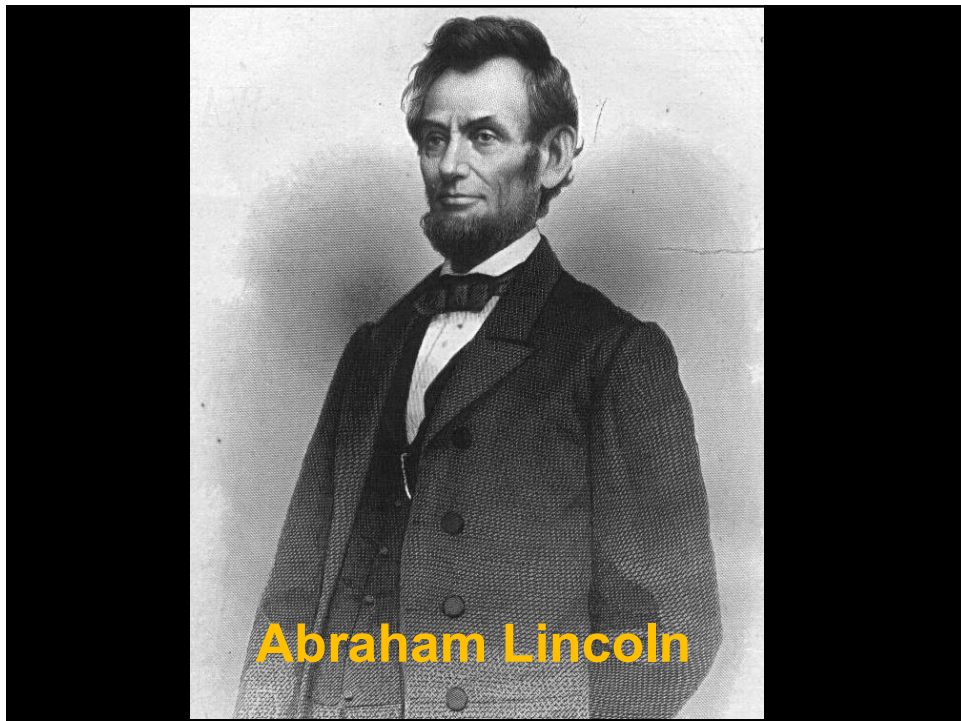


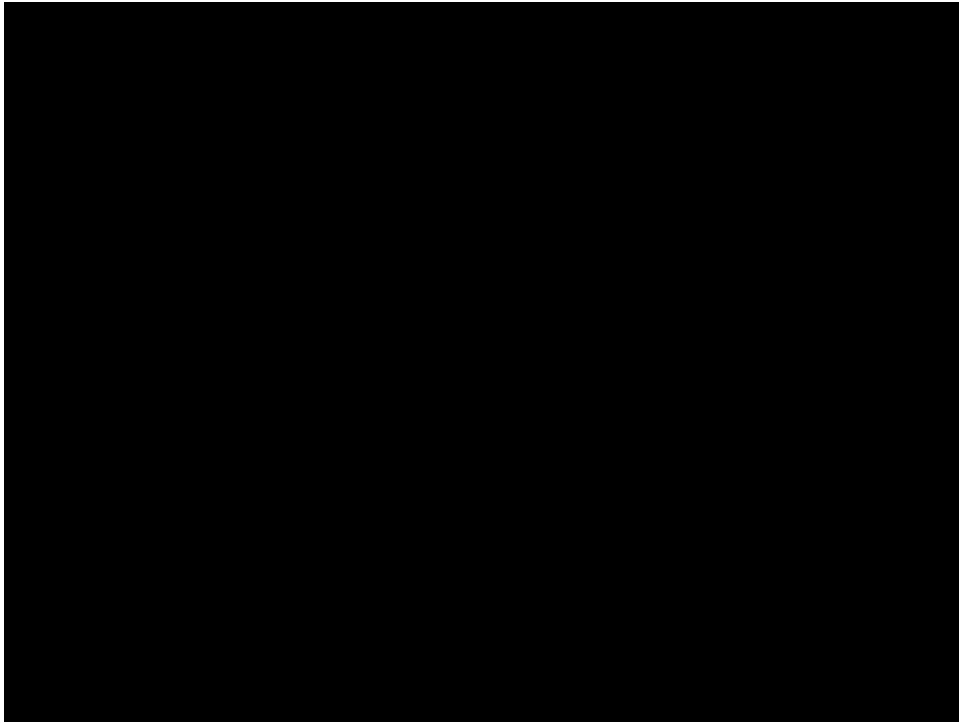














Jerry Rice



“Sophie”

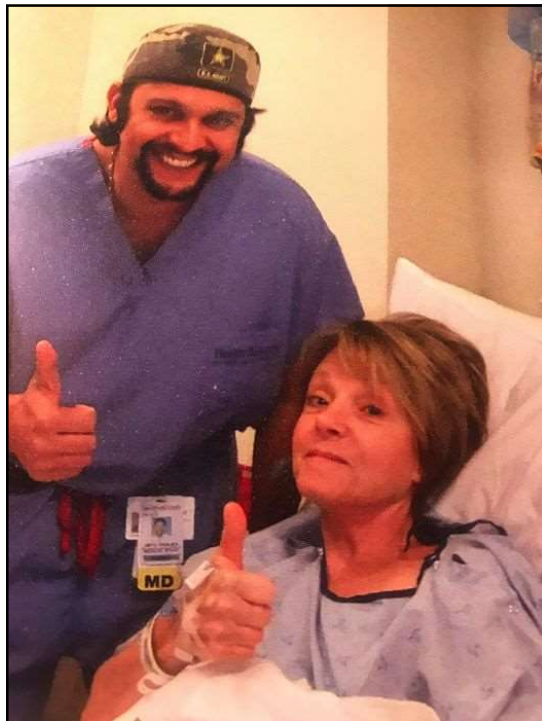




“Jerry”



“Lois”



“Happiest
day of my
life.”

Lois Minton
Kidney Donor



“Gertie”
Volunteer of the Year

Nebraska Health Care
Association

102 Years of Age



The Funny Thing
about **STRESS**

KayFrances.com

Kay Frances
AMERICA'S FUNNIEST STRESSBUSTER
SOLID CONTENT. HILARIOUS DELIVERY.