



Missouri Department of
MENTAL HEALTH

Division of Behavioral Health

Dealing with Stress in Difficult Times

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2021 Annual Conference on the Young Years

Overview



Stress



Wellness

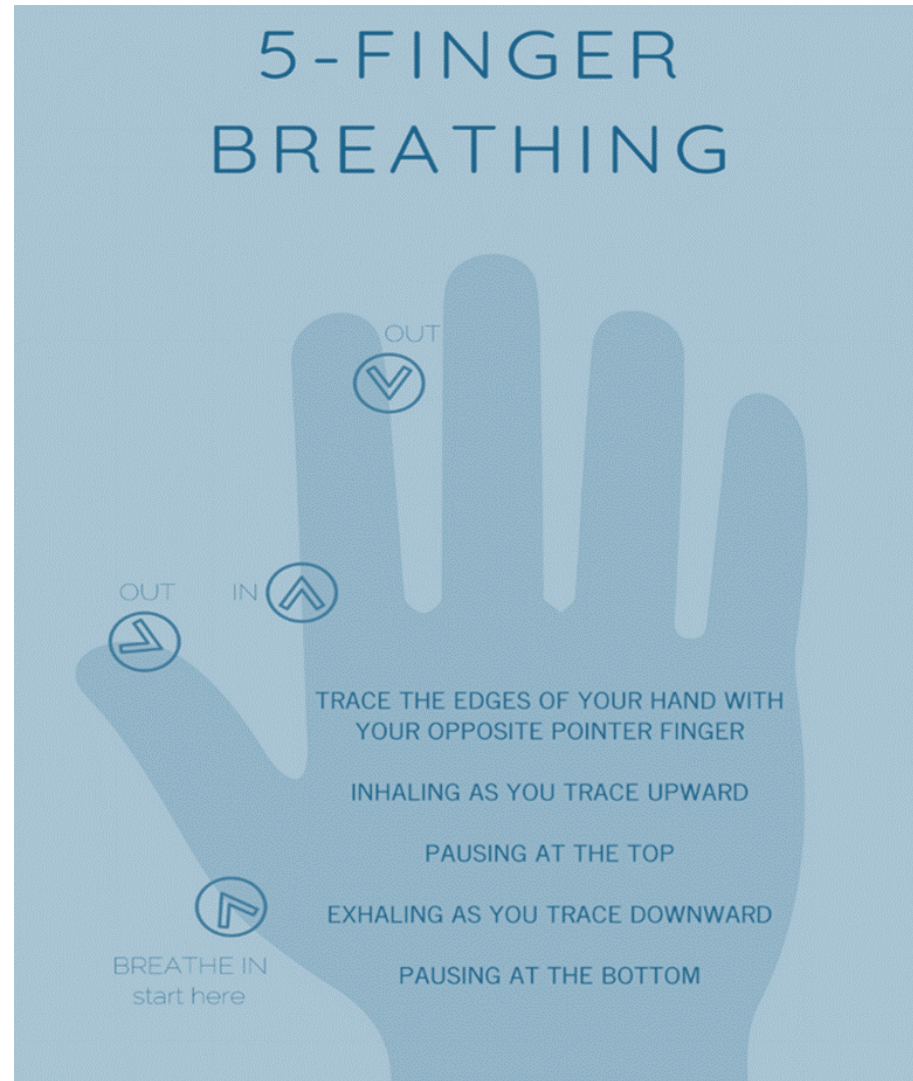


Activities



Resources

Wellness Activity: Mindful Breathing

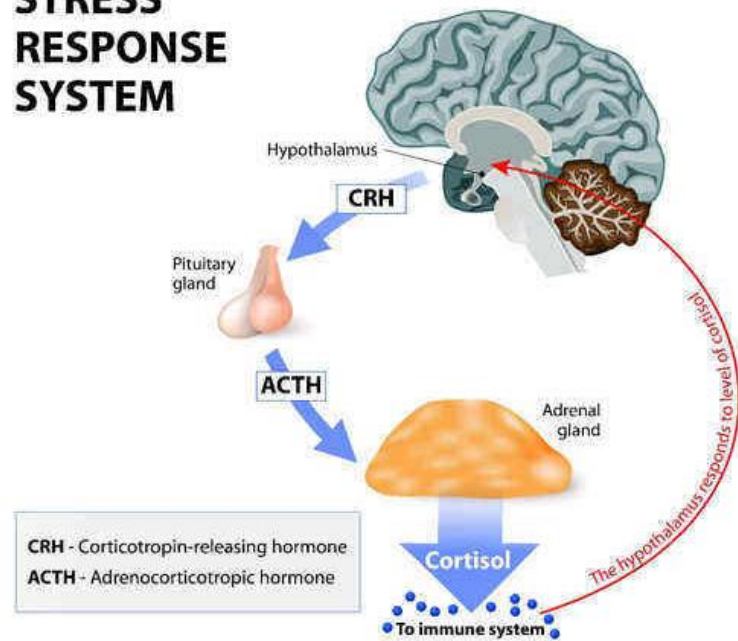


Stress Chemicals



HPA AXIS IN STRESS

STRESS RESPONSE SYSTEM



Stress releases CRH from the hypothalamus which in turn releases ACTH from the anterior pituitary. ACTH stimulates release of cortisol from the adrenal cortex. Cortisol exerts a negative feedback control of the HPA axis.

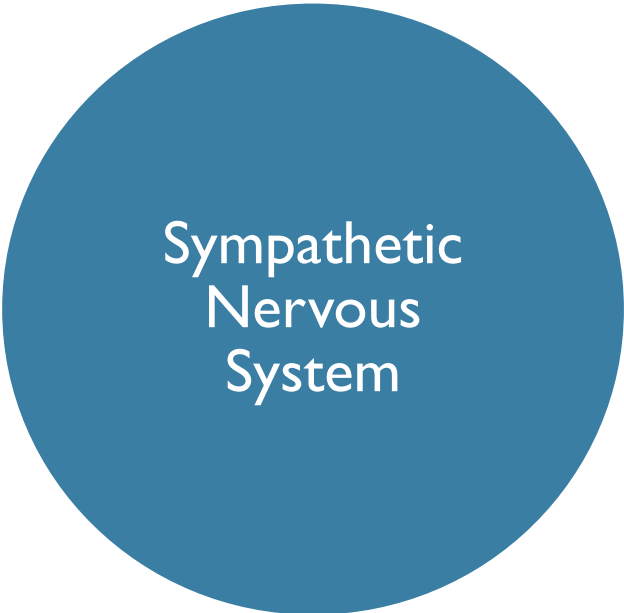
- Cortisol
- Adrenaline
- Helpful in small bursts
- Problematic if triggered chronically

Types of Stress

The National Scientific Council on the Developing Child

Positive	Tolerable	Toxic	Traumatic
<ul style="list-style-type: none">Excitement, Energy, Focus, Brief increase in heartrate, mild elevation of stress hormones	<ul style="list-style-type: none">Serious, temporary stress responses, buffered by supportive relationships	<ul style="list-style-type: none">Prolonged activation of stress response in the absence of supportive relationships	<ul style="list-style-type: none">Fear-based, reminders of stress frequent, can develop posttraumatic stress symptoms

Stress Response System



Sympathetic
Nervous
System

Flight. Fight. Freeze.
Survival Brain Mode
Organs Restricted
Cortisol & Adrenaline Surge
Narrow Vision/Focus



Parasympathetic
Nervous
System

Rest. Relax. Recharge.
Thinking Brain Mode
Organs Function Normally
Serotonin, Oxytocin, Dopamine
Able to Process & Plan

It can take your body 24-48 hours to rebalance after a threat or perceived threat. It is important to learn ways to prompt your rest, relax and recharge response.

CS-CF Model

Beth Stamm, 2009



“DOSE” of Positive Brain Chemicals

DOPAMINE

Motivates to take action

Rewards when goals are accomplished

Reinforces pleasure

OXYTOCIN

Social bonding, Trust

Cuddle/Intimacy

Breastfeeding

Sexual pleasure

SEROTONIN

Mood stabilizer

Feel happiness, acceptance

Feel sense of value and belonging

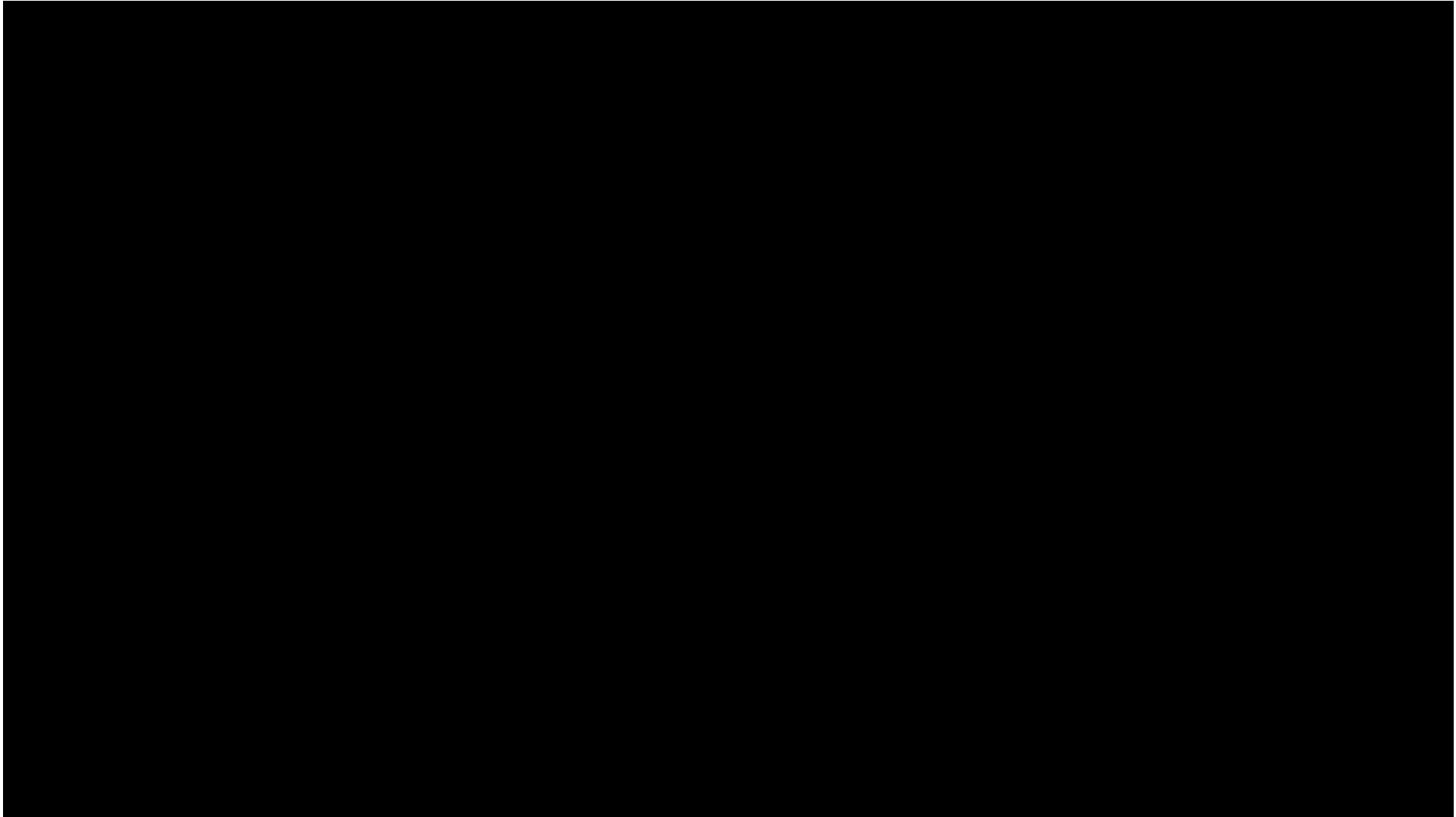
ENDORPHIN

Natural pain reliever

Alleviates depression

Humor, aromas, food, activity release endorphins

Wellness Activity: Progressive Muscle Relaxation



What is Mental Health?



Wellness

Illness

What is Mental Health?

Includes our emotional, psychological, and social well-being

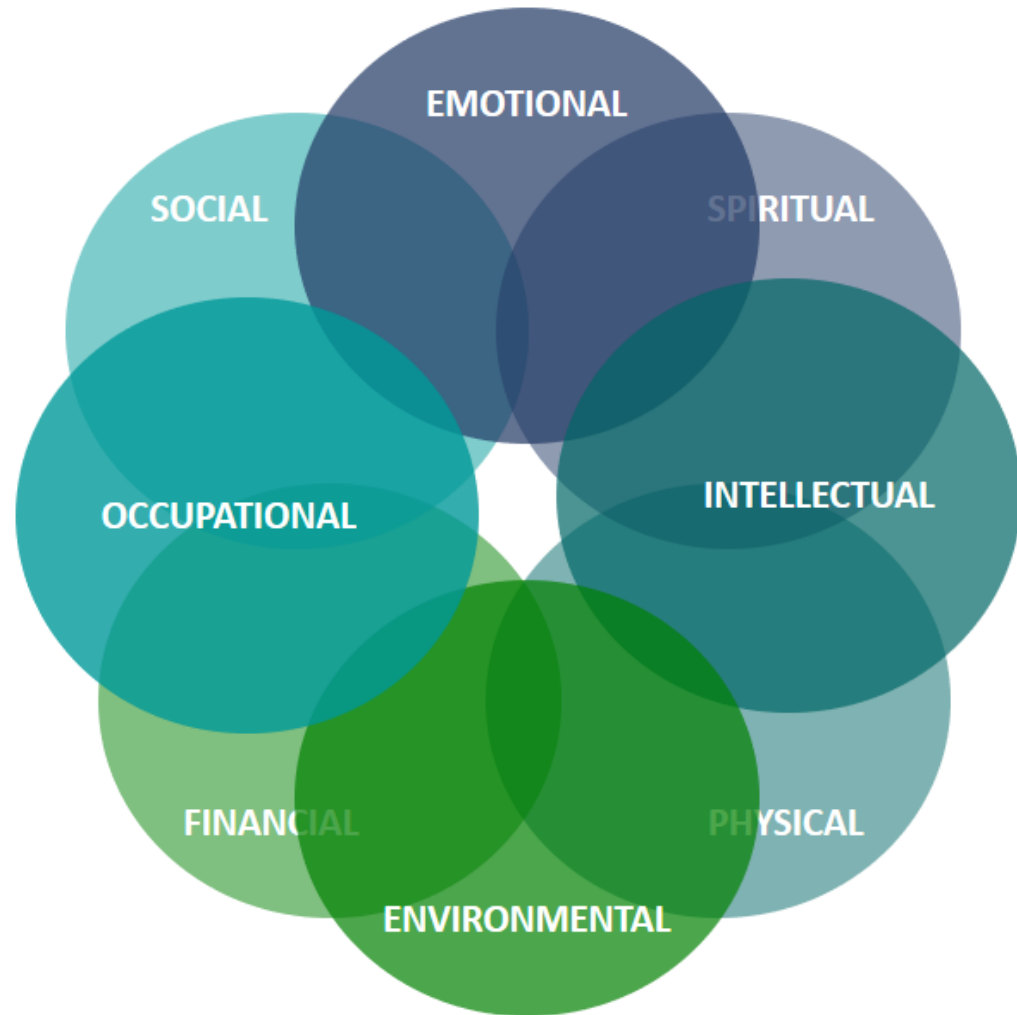
Affects how we think, feel, and act

Influences how we handle stress, relate to others, and make choices

What contributes to a person's mental health?

- Biological factors, such as genes or brain chemistry
 - Life experiences, such as trauma or abuse
 - Family history of mental health problems
- (MentalHealth.gov)

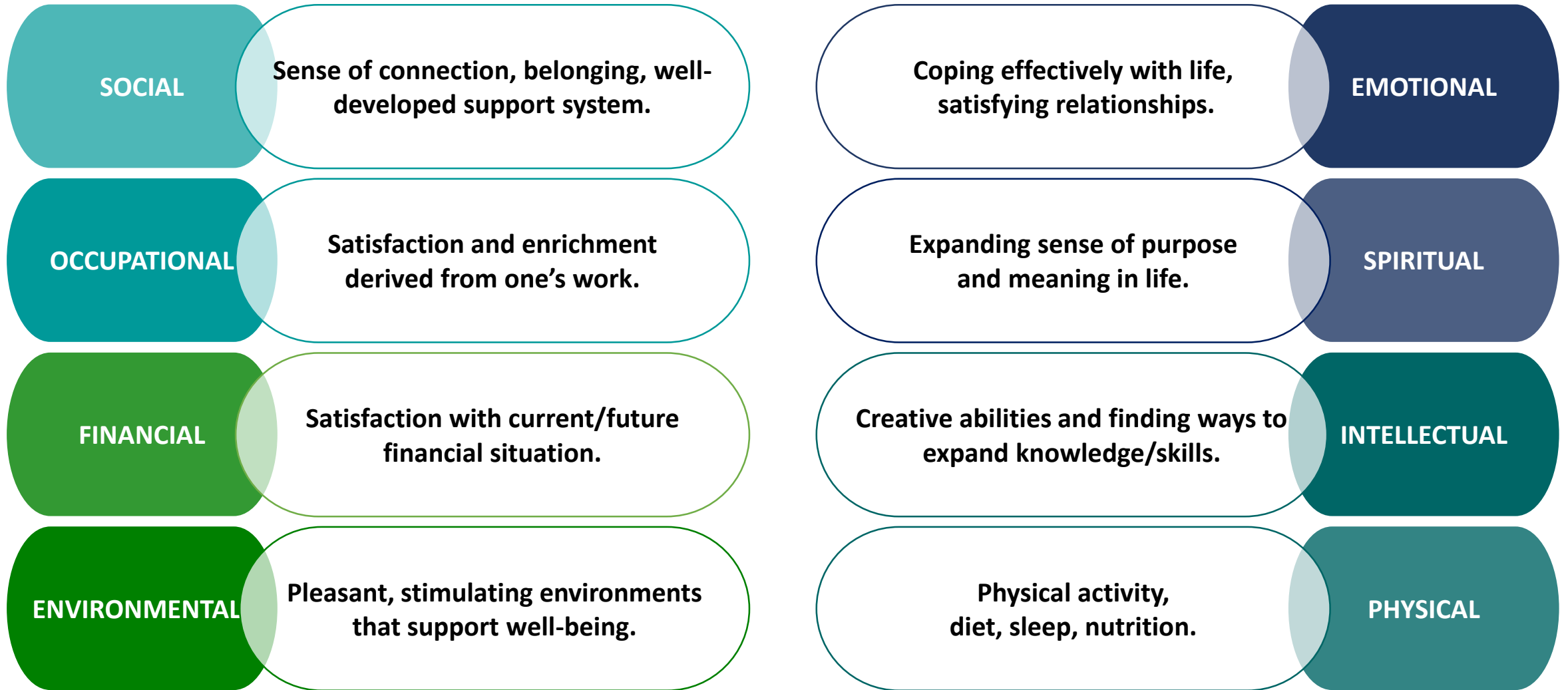
Eight Dimensions of Wellness



- Broad perspective
- Interconnected
- Build upon one another (SAMHSA, 2010)

When we worry about money (Financial), we sometimes experience anxiety (Emotional) which can lead to medical problems (Physical) and trouble at work (Occupational). Then we may even question our own sense of meaning and purpose (Spiritual).

Eight Dimensions of Wellness



Wellness Activity: Wheel of Wellness



Resources



SHOW-ME HOPE Disaster
Distress Helpline
800/985-5990



"TalkWithUs" to 66746



DMH CARES Show-Me
Hope, Tuesdays 3:30-4:pm.



www.MOShowMeHope.org

Resources

Access Crisis Intervention



- ▶ MO Behavioral Health Crisis Hotline (sometimes referred to as Access Crisis Intervention (ACI) line) is staffed by mental health professionals who can respond to your crisis 24 hours per day and 7 days per week. All calls are strictly confidential.
- ▶ Visit [MOHELPNOW.ORG](https://www.mohelpnow.org) to learn more.

Resources



Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

More info at: <https://www.crisistextline.org/>



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www.dmh.mo.gov/trauma

@MentalHealthMO #MOTraumaInformed

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