



Focus on Wellbeing

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Purpose

- Life is stressful at times, especially right now.
- We need ways to de-compress, sort out, and re-fresh.
- **Take Care of Ourselves**



The Biology of Stress

- **STRESS**

- Disrupts the *balance* of our body systems resulting in *disequilibrium*.

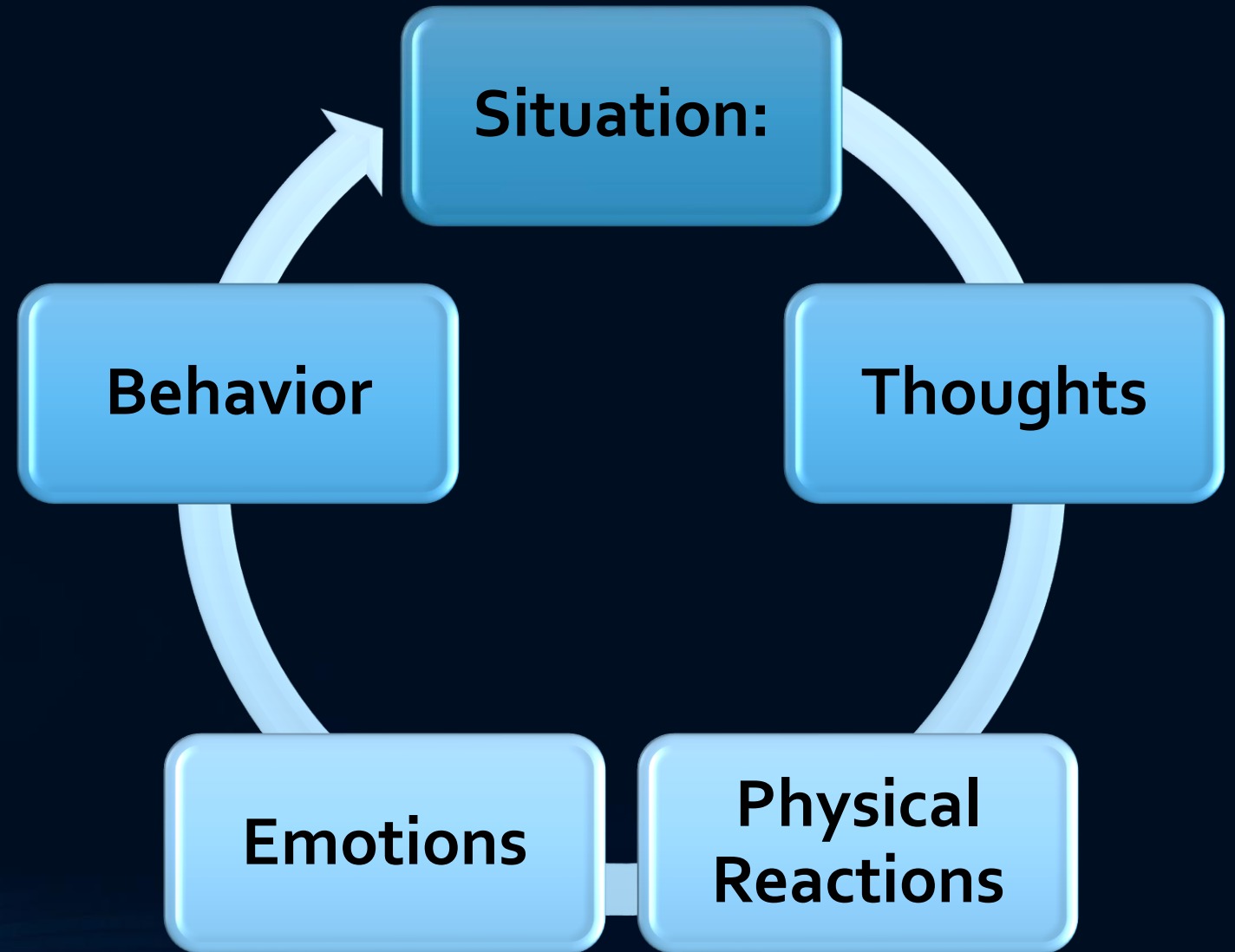
- **FIGHT OR FLIGHT RESPONSE**

- Biological *reactions* triggered in an attempt to return the body/mind to *equilibrium*
- Requires the use of incredible mental and physic energy and *resources*



Cognitive-Behavioral Connection

Stress varies based on the situation and person



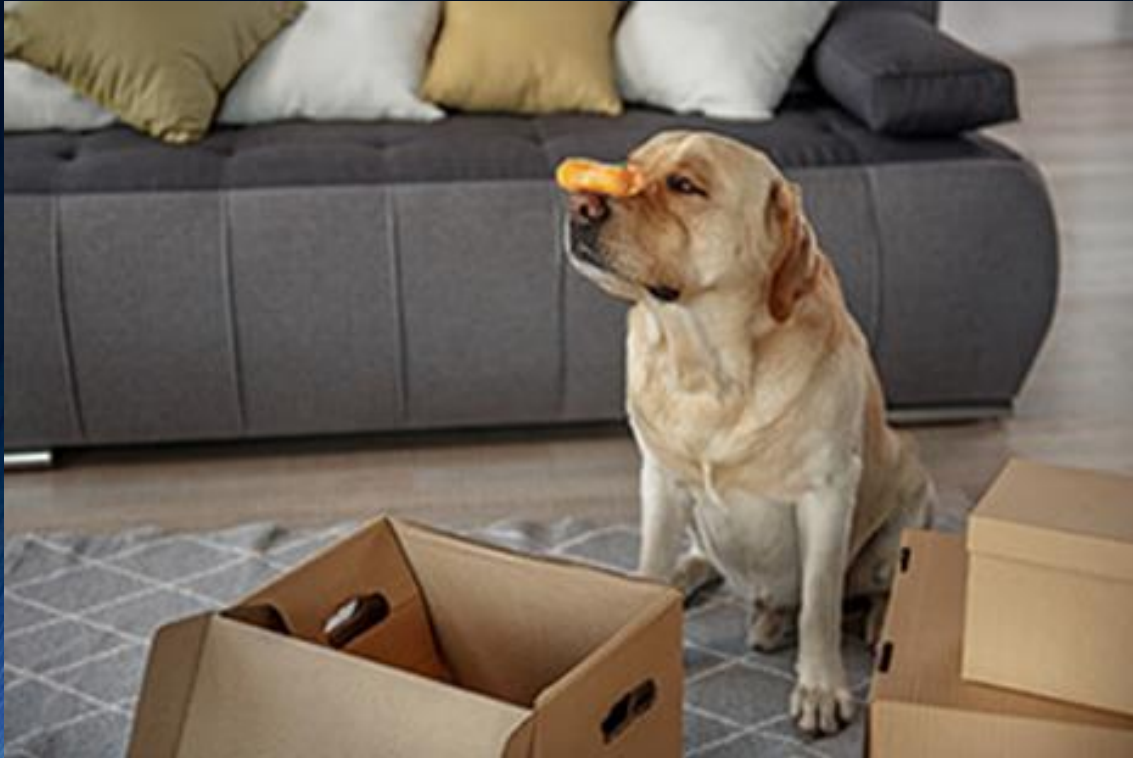
Reactions



Reactions are instinctual and stem from the subconscious mind.

- There's no filtering process when you react in a situation – you're running on auto-pilot.
- When you react, you do and say things without thinking first and don't consider the implications of what you do or say – you just act

Responses



Responses are more thoughtful.

- When you respond, you first explore in your mind the possible outcomes of your reply before saying a word
- You may weigh pros and cons and consider what would be best for yourself and others in the situation.

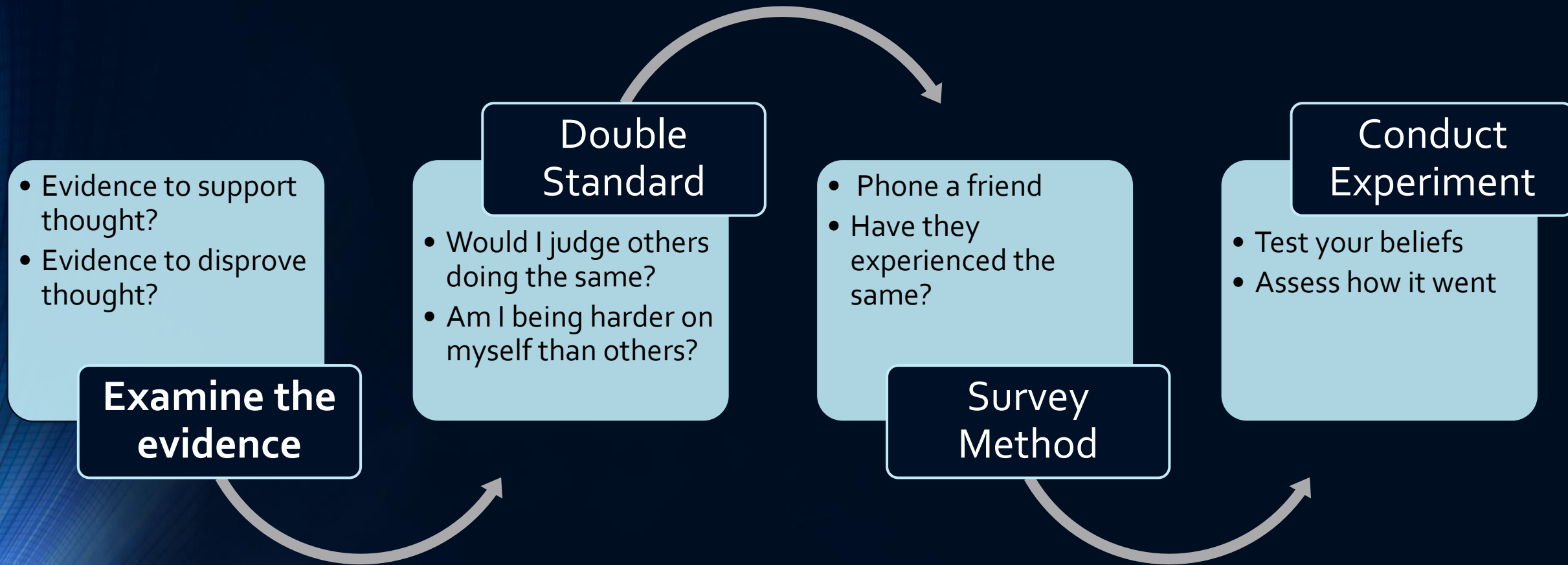
Preparing our Mindset

Our *Mindset* is in our control

Benefits of a positive mindset:
correlated with improved
immune defense, creativity,
outcomes and life satisfaction



REFRAME: Challenge Thinking Traps



Balanced Thinking

- No need to sugarcoat with unrealistic positivity



REALISTIC REFRAMING:

- Leads to helpful thoughts and positive actions



Plan of Action



- Recognize the onset of stress and negative thought patterns.
- Challenge and change negative thoughts.
- Build your resiliency plan

Actionable Wellness Strategies

- Smile
- Practice Gratitude: List what you are thankful for
- Slow Down
- Focus on Routines, your interests, strengths and comfort zones
- Diaphragmatic Breathing
- Bite-Sized Mindfulness
- Work on thought re-framing
- Exercise
- Making lists
- Planned Abandonment
- Acknowledging and Controlling things within your direct influence
- Taking a break and "powering down"
- Reflect on unpredictable situations or challenges you have grown from
- Collaborate with others



Final Thoughts



- We are all in this together...You are NEVER alone
- Practice being aware of the onset of stress, any negative thoughts, change them, and then come up with a game plan
- Focus on what you can control
- Give yourself the allowance to take a break, make mistakes, try something new
- Have Fun