



**THE OHIO STATE UNIVERSITY**

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HEALTH PLAN

# Shifting Perspectives about Stress

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The OSU Employee Assistance Program

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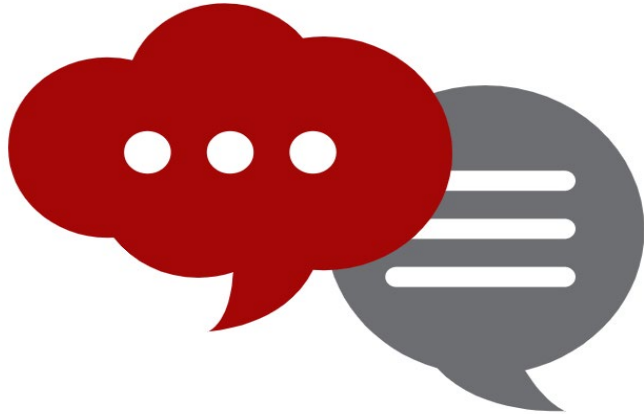


SCHEDULE

BUSY

MANAGEMENT

OVERTIME



**Let's Talk...**

**What do you think  
about Stress?**



STRESS IS BAD!



**When holiday stress hits you all at once.**



High expectations

Demanding  
schedule

Finances

Food & alcohol

Social settings

Loneliness and  
loss

Parenting

New goals

Uncomfortable  
conversations





# Stress can be HELPFUL!





**SAFETY MODE**



## What happens:

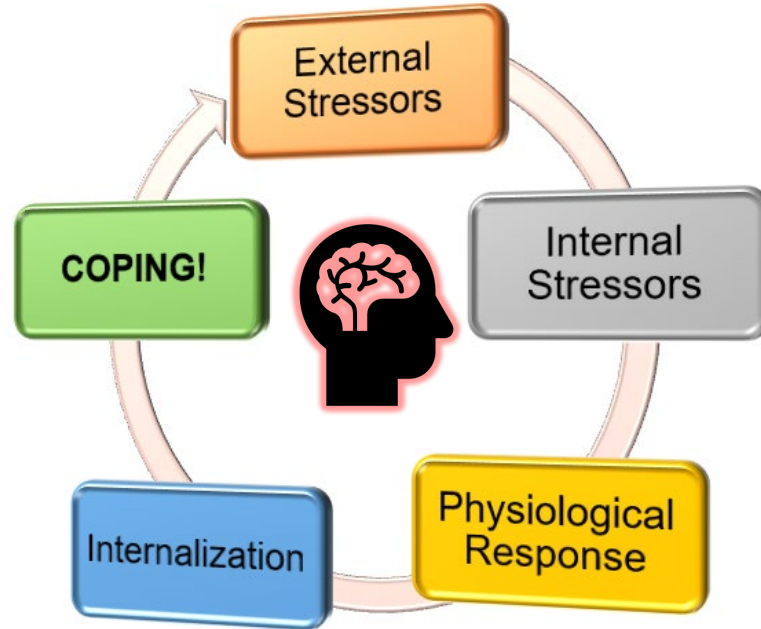
- Brain activates the body's Fear Response (the 5 Fs)
- Heart Rate increases to send oxygen to the brain ("fuel for brilliance")
- And now...you're ready to deal with the threat (CHALLENGE) coming your way
- **Oxytocin is also released!**







# The Stress Response Cycle





# The Stress Response gives us





# BE CURIOUS – Recognize the Stress



What is my body & brain responding to?

What am I feeling emotionally & physically?

What am I thinking?

What's the perceived threat, challenge, expectation, pressure?



# REFRAME Your Perception of Stress





# RETHINK Your Perception of Stress







# Shift to **CURIOSITY** *and pause before judgment*



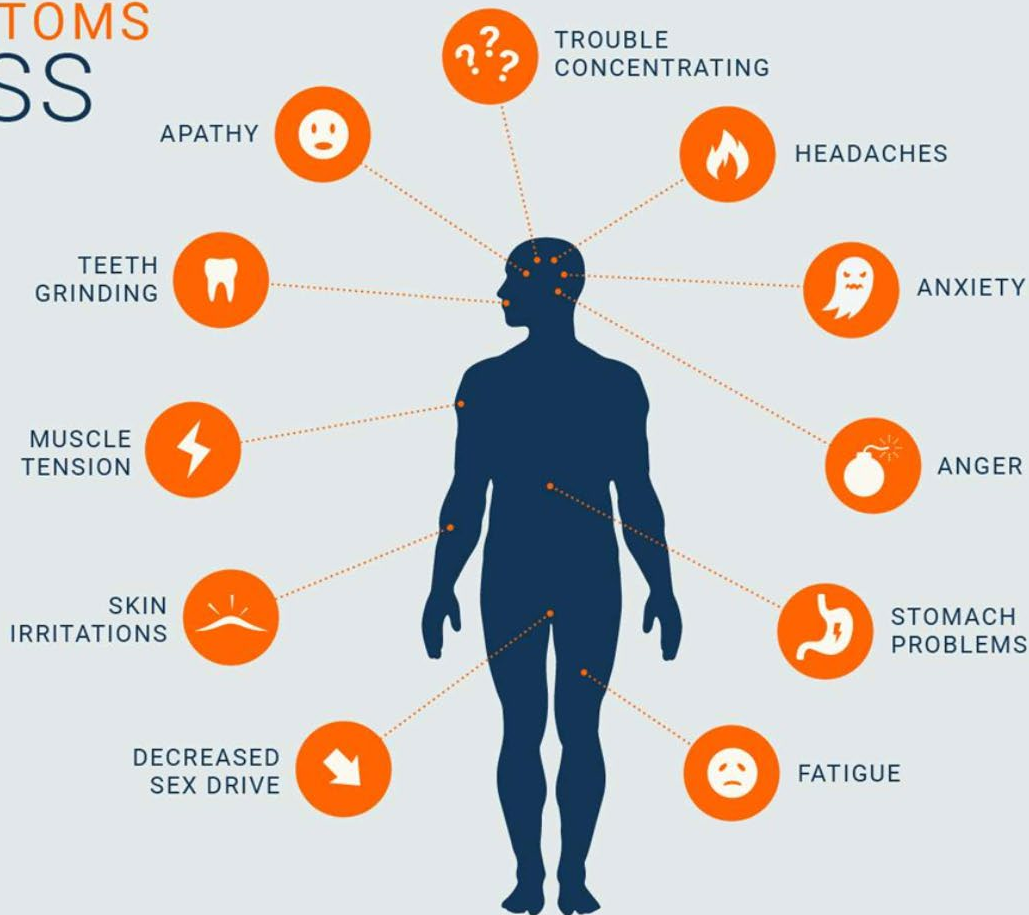


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**Let's Talk...**

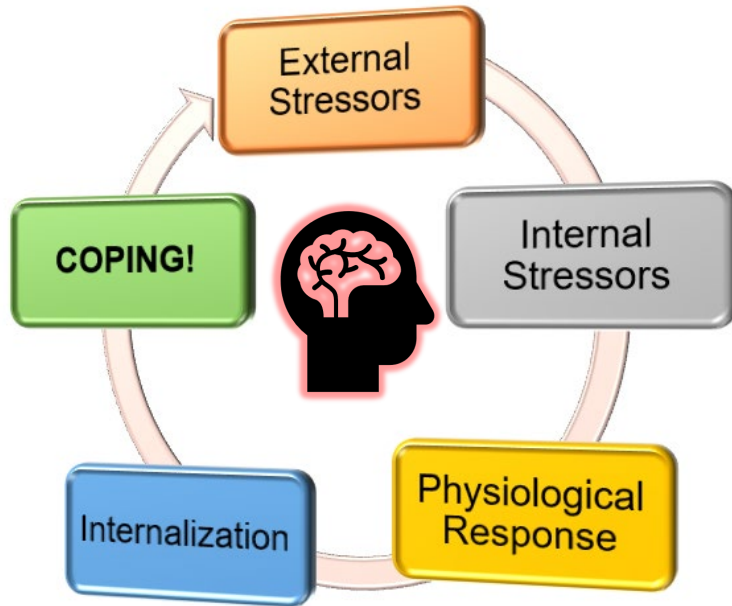
**What are the  
cues that tell you  
are stressed?**

Recognizing  
**THE SYMPTOMS**  
of **STRESS**





# COMPLETE the Stress Cycle



- Movement
- Creativity
- Laughter
- Crying
- Affection
- Deep Breathing
- Rest



## The Physiological Sigh

- A “sigh of relief”
- cyclic sighing, is highly effective for inducing relaxation and calming the nervous system

Through your nose, take one regular inhale then quickly add another shorter inhale.

Then take one long exhale out through the mouth. Repeat this cycle for 3-5 minutes then notice how much more grounded and present you feel.



## Earthing – Grounding Technique

- help you connect with the present moment and your physical body
- sense of stability and safety

Walk barefoot outside.

Sit or lie down in dirt, grass or sand.

Swim or relax in a natural body of water.

Get your hands dirty...planting, etc.



**Pause & Reset**

**Grounding Exercise**

Look around you, identify, & name:

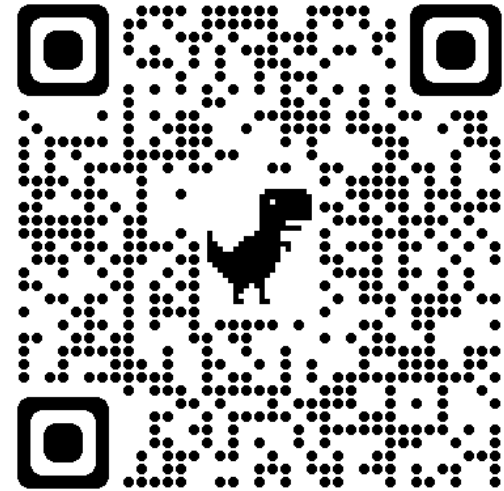
5 things you **see**

4 things you **feel**

3 things you **hear**

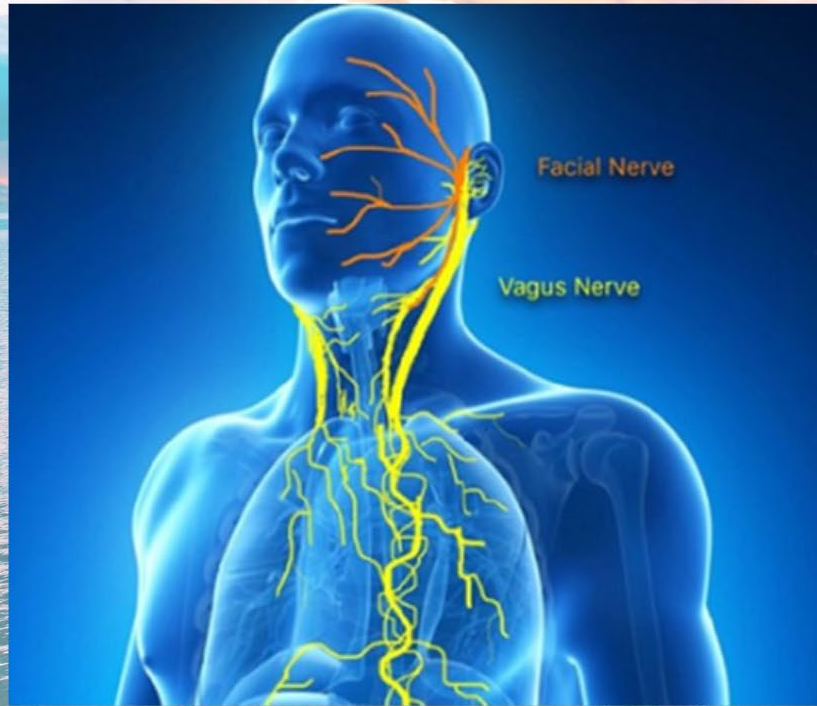
2 things you **smell**

1 thing you **taste**



<https://osuhealthplan.com/program-s-and-services/eap/pause-and-reset>





## The VAGUS NERVE

- Cold (cold air, cold shower)
- Deep and slow breathing
- Humming/chanting, singing, or gargling
- Meditation/Mindfulness
- Positive Self Talk  
*and more...*

# Get OUT OF BALANCE

Employee Assistance Program

Balance on one foot...doing this, forces receptors in your body to tell your brain where your body is in space. REFOCUS!



[Somatic Therapy Partners.com](http://SomaticTherapyPartners.com)

# Aromatherapy

Receptors in your nose pick up the sent and alert the part of your brain that controls emotions.



- Bergamot
- Frankincense
- Jasmine
- Laurel
- Lemon
- Mandarin
- Patchouli
- Pine
- Rose
- Sandalwood
- Sweet orange
- Ylang-ylang

[Can You Reduce Stress with Aromatherapy? - Clevelandclinic.org](https://www.clevelandclinic.org/health/conditions-and-treatments/11222/aromatherapy)





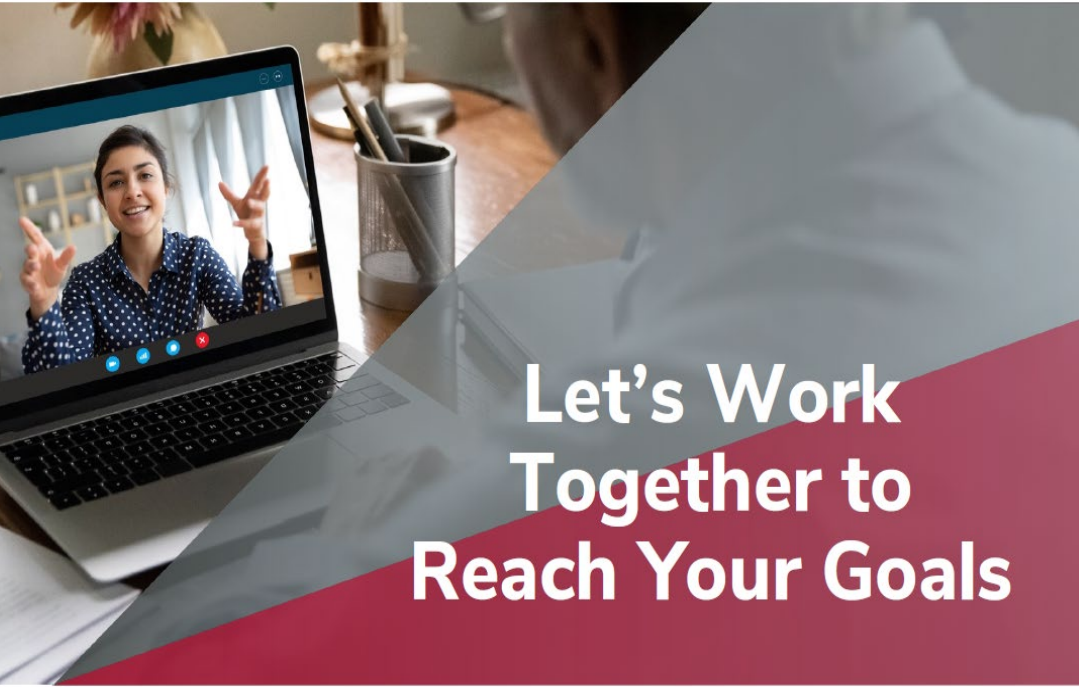
# Meditation



**Let's Talk...**

**What  
coping tactics  
do you use to close  
the stress cycle?**

# Life Coaching



**Let's Work  
Together to  
Reach Your Goals**

Reach out to your Assistance Program for **one-on-one coaching sessions** to address personal priorities:

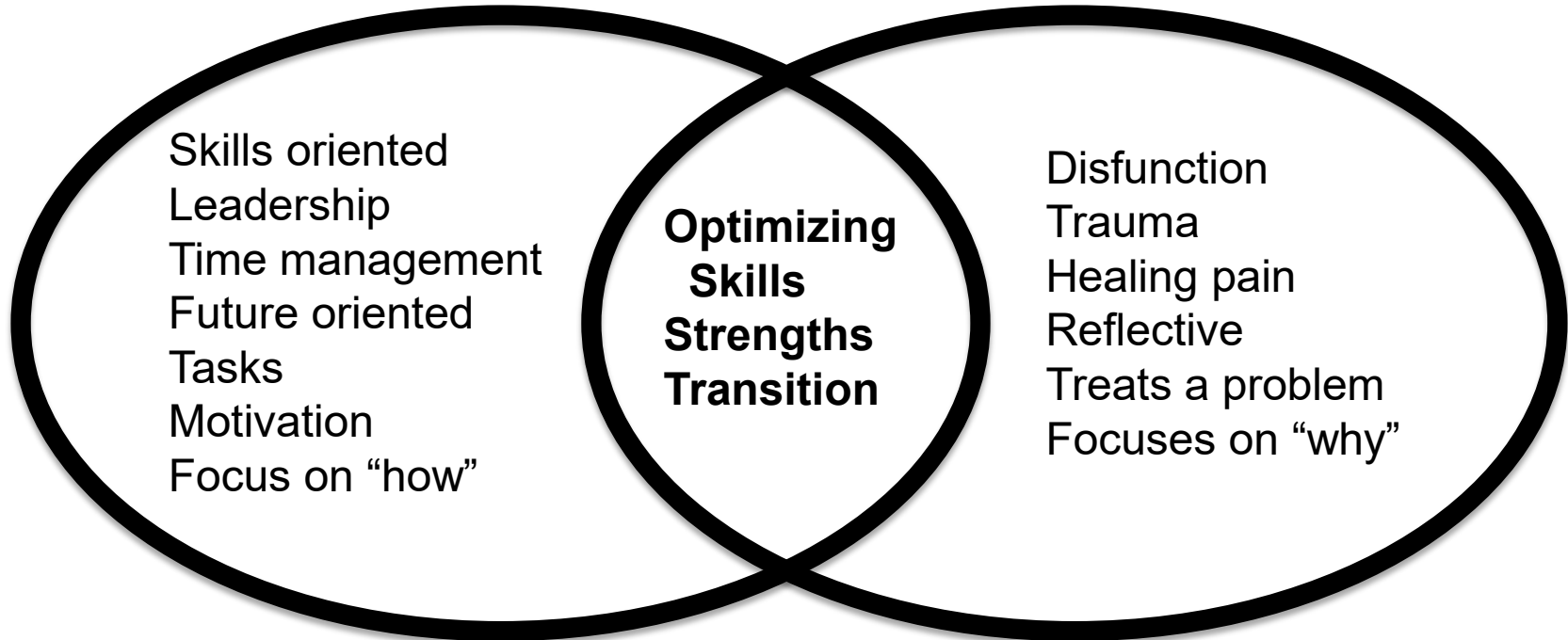
- Achieve personal and professional goals
- Manage life transitions
- Improve stress and time management
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands

Contact Ohio State EAP  
**Call: 800-678-6265**  
Visit: [osu.mylifeexpert.com](http://osu.mylifeexpert.com)  
Code: buckeyes

**ALLONE**  
HEALTH



# COACHING VS. COUNSELING





# Which option is right for you?

- Identify your goal
- Consider the approach
- Duration of Commitment
- Professional Qualifications.
- Insurance and Cost





# Identify Your Goals:

**Life Coaching:** If you're looking to achieve specific personal or professional goals, improve performance, or make significant life changes, life coaching might be the right choice. Coaches help you create actionable plans and provide accountability

**Clinical Counseling:** If you're dealing with emotional or mental health issues, such as anxiety, depression, trauma, or relationship problems, clinical counseling is more appropriate. Counselors are trained to diagnose and treat mental health conditions



# Consider the Approach

**Life Coaching:** Focuses on the present and future, emphasizing growth and potential. Coaches use techniques like goal setting, visualization, and action plans

**Clinical Counseling:** Often involves exploring past experiences to understand and resolve current issues. Counselors use therapeutic techniques like cognitive-behavioral therapy (CBT), talk therapy, and mindfulness



# Duration and Commitment:

**Life Coaching:** Typically involves a shorter-term commitment focused on achieving specific outcomes within a set timeframe. EAP covers 5 telephonic life coaching sessions.

**Clinical Counseling:** Can be a longer-term process, especially if addressing deep-seated emotional or psychological issues. EAP covers 5 in person or virtual counseling sessions with an internal EAP provider or a community provider.



# Professional Qualifications:

Life Coaches: May have certifications from coaching programs but are not required to have formal mental health training

Clinical Counselors: Are licensed professionals with advanced degrees in psychology, counseling, or social work, and are trained to handle mental health disorders



# Insurance and Cost:

Life Coaching: Covered under OSU EAP for up to five sessions, per issue per year\*


**-Generally not covered by insurance and can be more expensive out-of-pocket**

Clinical Counseling: Often covered by health insurance, making it more accessible for those with coverage<sup>1</sup>

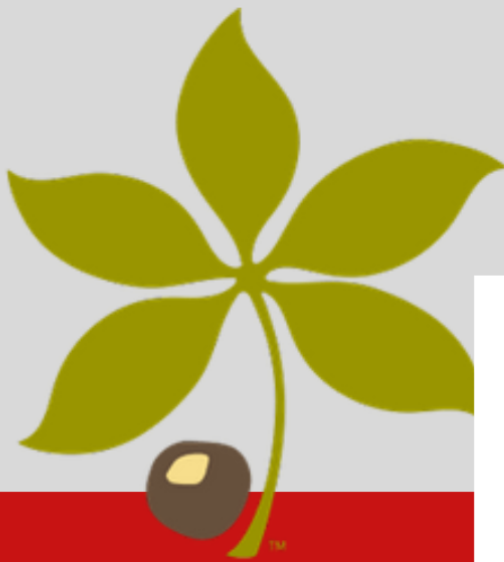
\*Life coaching not provided by OSU Internal team and may not be used concurrent to counseling benefit by the same household member.







# **Challenge your perceptions of Stress Cope & Close the Stress Cycle**



# OSU Employee Assistance Program Benefits & Services

Wellness  
Workshops &  
Programs

Managerial  
Support

**CONFIDENTIAL**

Critical Incident  
Support

**COUNSELING**

Work Life  
Resources

**FIVE  
COMPLIMENTARY  
SESSIONS**

Legal &  
Financial  
Consultations

Life Coaching



# How to access OSU EAP:



**800-678-6265**

The Ohio State University EAP (answered 24/7/365)



**Online service request – EAP Portal**

**Web Access** (My Life Expert – Company Code “buckeyes”) through <https://osuhealthplan.com/programs-and-services/eap>



**Email questions**

[eap@osumc.edu](mailto:eap@osumc.edu)



