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BALANCING STRESS AND RECOVERY

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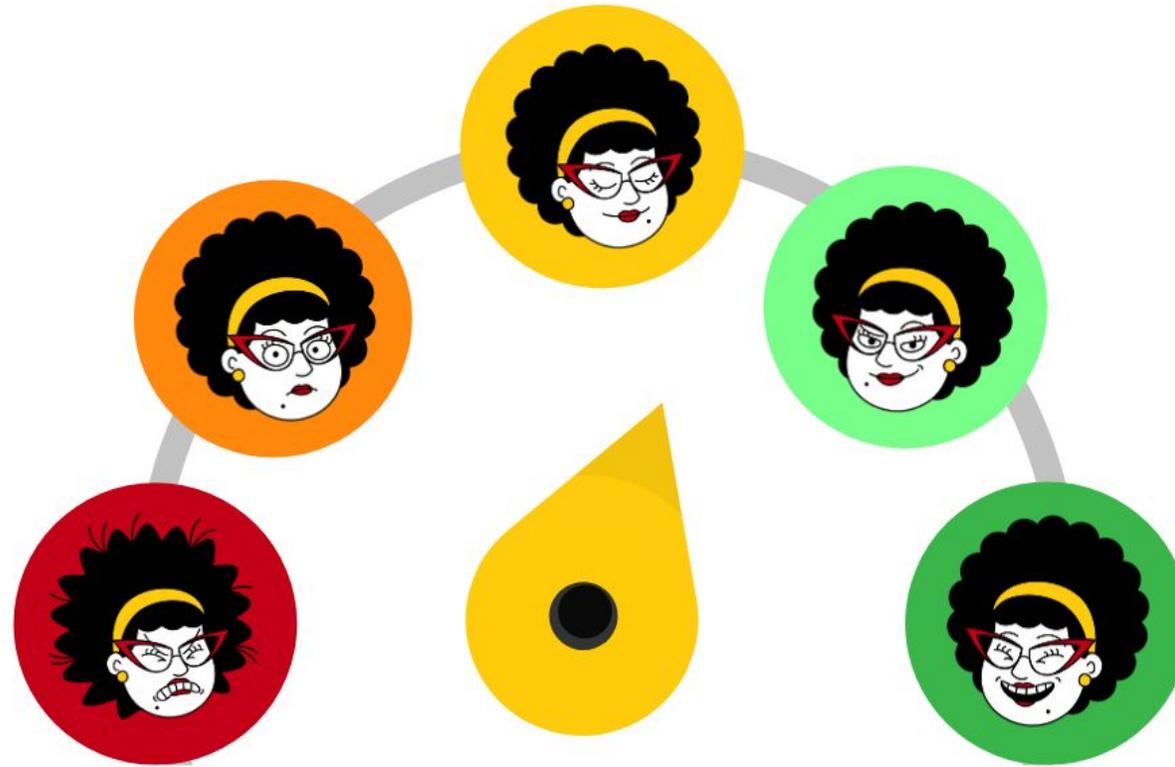


Today

- Physiology of stress and recovery
- Symptoms of acute and chronic stress
- How to better balance physiological stress and recovery?



How are you recovering?



Physiology of stress and recovery

Fight or flight - sympathetic nervous system

↑ Heart rate, blood pressure, breathing rate

↓ Heart rate variability (HRV)

Rest and digest - parasympathetic nervous system

↓ Breathing, blood pressure, heart rate

↑ Heart rate variability (HRV)



Acute and chronic stress

- Acute stress is normal and beneficial
 - Boosts performance and improves concentration
- Chronic stress deteriorates many important functions in the body
 - Body's arousal level is constantly high, trouble calming down or sleeping



Symptoms of overloading



- Behavioral symptoms
 - Procrastination, withdrawal from others, changes in eating habits, perfectionism
- Emotional symptoms
 - Irritability, lack of impulse control, memory issues, disturbances in emotional regulation
- Physical symptoms
 - Body aches, sleep problems, tense muscles, infections



Stress stop lights



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- Have difficulties sleeping and keep waking up at night
- People are irritating
- I autopilot. I have difficulties grasping new ideas or being creative
- I'm noticing I'm more pessimistic and defensive
- Rather than watch a movie, I prefer a sitcom
- I hit the snooze button in the mornings
- I forget my keys or my phone
- I notice I lack empathy towards others
- I have a headache pretty often
- I have the energy to watch a whole movie or read a book
- I sleep well and wake up refreshed
- I enjoy the company of my friends
- I feel excited about the things I do and get things done.



Do you give yourself enough time for recovery?



Saturday is the most stressful day for Finns

Sykeanalyysi paljastaa yllättäviä tuloksia – suomalaisten stressaavin päivä on lauantai

Monet ymppäävät viikonlopulle liikaa tekemistä, jolloin stressitasot nousevat, sanovat liikunnan asiantuntijat.

Stressi 27.6.2018 klo 19:56



Cherish sleep

- Enough sleeping hours
- **Sleep hygiene**
- Avoid alcohol or caffeine
- Regular circadian rhythm



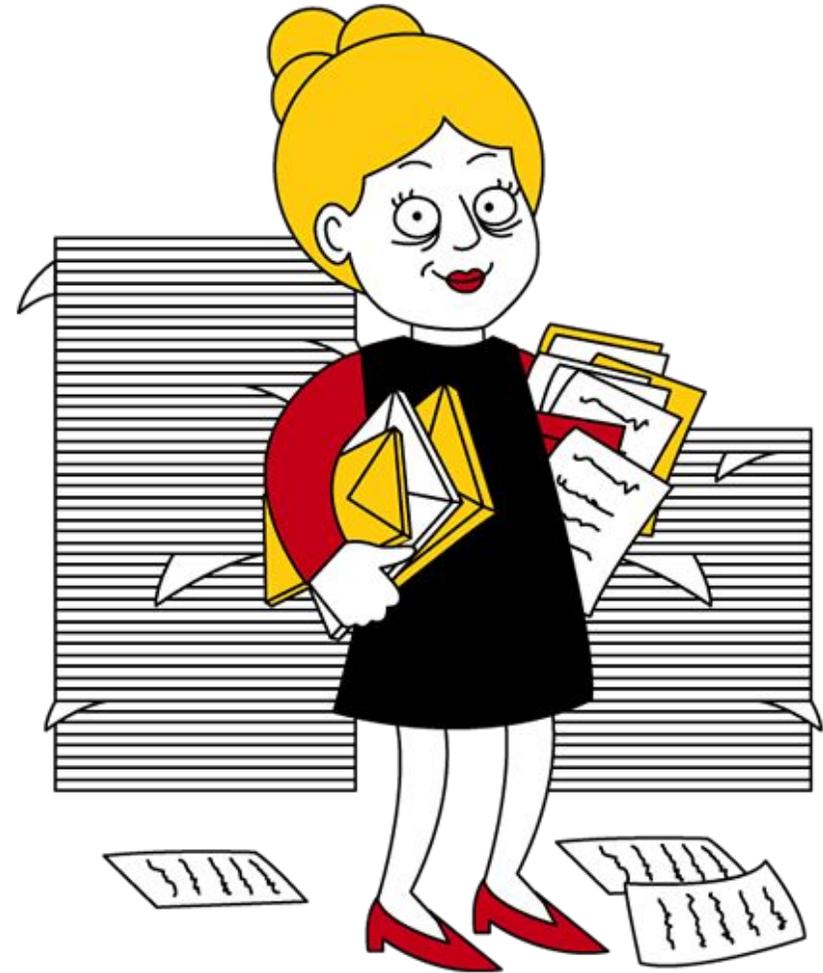
Personalize your physical activity

- A fit person recovers more easily and can resist stress better BUT exercise is also stress for the body
- What type of physical activity does your body need right now?



Take a break

- Lack of breaks deteriorates work efficiency but it also reflects negatively on **leisure time and sleep**
- Lunch breaks, mini and micro breaks



Take care of your vagus nerve

- We can have an effect on our nervous system by breathing, hugging, laughing and by calming movement



How do you relax?



Recipes for relaxation



- Nature and the forest
- Meaningful relationships
- Art and culture
- Sauna, massage, cold water swimming
- Yoga
- Meditation and breathing exercises
- Games, playing, humor



Better recovery checklist

- Life & work **periodisation**
- Prioritizing **sleep** time
- **Autonomy** outside of work
- Finding moments to **breath** deeply
- Doing **meaningful** things during free time
- **Connecting** with friends and loved ones
- **Disconnecting** from being available



What is your 1 take away?





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