

4 Helpful Ways To Solve Your Problem And Relieve Stress

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SPEAKERS

Diane Laffoon



Diane Laffoon 00:01

Hi there, are you feeling stressed? It could be that you are feeling some stress because most of us do at one point or another, most of us feel some level of stress probably most of the time. And so today we're going to talk about how we can figure out what the problem is, which might be causing the stress. And then we're going to talk about four ways for G's to get rid of that problem. So you can experience less stress.



Diane Laffoon 00:30

My name is Diane Laffoon. And I'm here with your joy Tip of the Week, I sure would love to know where you're tuning in from. And tell us you know what the weather is like where you are today, we had a surprise spring snow last night here in Michigan, but it looks like it's melting quite quickly, which we like because the Robins are here. And it's time to start enjoying springtime in Michigan.



Diane Laffoon 00:53

So when you're stressed out, it's definitely harder to think clearly. emotional stress, stress actually inhibits our problem solving skills. And most of the time, we're feeling stressed

because we have a problem that we're trying to solve, right? Whether it be a problem at work that you're trying to noodle and get through or it could be a problem within your family relationships that you really would like to help deal with and and get through so that you can move on to the next level of your relationship with your member family members. It could be a friendship that has an issue, it could be a problem in your home, it could just be simply, you know, a structural problem.



Diane Laffoon 01:32

Just anything can cause a stress because we tend to sort of obsess on that problem. until it gets solved, and obsessing on the problem helps us makes us to lose more sleep, we we are totally thinking about it all the time. So it in turn causes stress and other areas of our life that don't have anything to do with the problem. And so today, I'm going to talk to you about how we can solve the problem so that we can experience less stress.



Diane Laffoon 01:58

Now, Stephen Fabick. He's a clinical psychologist that's in Southeast Michigan here, he says, when we're under a great deal of stress, we're not in a good position to think most clearly and creatively and come up with our best problem solving skills. So in fact, people who are really stressed out about a problem, like I said, they obsess over it, they become so overly focused on the problem, that instead of behavior, being able to solve that problem, it leads to anxiety and no solution. And that's just not a great pattern. It's a self destructive cycle.



Diane Laffoon 02:31

And, you know, one, one that can not only have immediately but long term effects, not only on your stress levels, your emotional experiences, but also on your physical health. Stress is not good for your physical health. We all know this. And this can lead to chronic health problems.



Diane Laffoon 02:47

And so it was interesting to see that in studies, people who rate themselves as less effective problem solvers. People who have good stress, who don't have good stress coping skills are more likely to be in poor health.



Diane Laffoon 03:04

So you want to, you know, rev up those stress coping skills, you want to learn how to problem solve, so that you can get through those problems that cause those stress, you're less likely to have health problems as a result, which is a great thing, right?



Diane Laffoon 03:19

So instead of dwelling on a problem that you can't solve, I have four G's to stress relief that we're going to talk about today. And it can be done to shift your focus off of that problem. Because when you're obsessing with that problem, you're not going to solve it, the only way to solve that problem is to take a break from it to go and shift your focus so that you can come back with it, do it with a fresh mind. And generally, they usually get solved pretty quickly that way.



Diane Laffoon 03:46

So the first G to solving your problem is to get it off your mind. Yeah, we're obsessed with that problem that's causing stress, but we've got to get it off our mind.



Diane Laffoon 03:59

So how do you do that? You do that by doing something mindless, you play a game, you watch a funny video, you listen to music, or listen to an audio book. One of the things I love to do that really kind of relieves my stress on the weekends is to cook or to bake or to try new recipes. A lot of people like to dabble in either creative activities like drawing or painting. My niece loves to crochet she crochets blankets, you know, for her family members. And so that's a kind of a stress reliever, get creative.



Diane Laffoon 04:31

Get your mind off of it, get your mind on something else that's mindless, and just have some fun. You know, one of the things that I found recently, is watching old comedies is actually quite mindless and fun and makes you laugh. You know, some of the newer comedies I don't know I just don't get. They just don't ring and make me laugh as much as some of the older ones do it. Like for example, Dharma and Greg, I just started watching it on Hulu and I remember watching it back in the 90s It's an old old show, but it's just an absolute hoot, this business man and this kind of hippie woman get together and get married the first day they meet, and it's just makes me laugh every time. So find

something that can make you laugh, make you just enjoy yourself, take your mind off your problem, get it off your mind.



Diane Laffoon 05:19

The next one is to get your mind on someone else. The next G is to get your mind on someone else.



Diane Laffoon 05:28

You know, caring about others is fundamental to our happiness and to our ability to experience joy, and helping other people is not only good for them, it's a great thing to do, it makes us healthier and more satisfied. And it gets our mind off of our problem, which is what we're trying to do today.



Diane Laffoon 05:46

So you know, it creates these strong connections with other people, when you do help them. And I'm not just talking about helping people financially, you can give of your time you can give it your ideas of your energy.



Diane Laffoon 05:57

My dad always talked about how we have time, treasure and talent that we can give of. And to think of all of those different areas of our lives, and how we can give to our neighbors. You know, that's something that's lacking in our culture today, I absolutely love my neighbors. I live in a great neighborhood. And we all communicate regularly and help each other out when need be. And I just love my neighborhood. But there are people that don't live in a neighborhood like that.



Diane Laffoon 06:23

So what do you do, you find an organization to volunteer for so you can help others there. You find someone in need, who you can help, not necessarily financially, but like I said, with a task or an idea, or some you know, energy and doing some work for them in some way.



Diane Laffoon 06:40

Another thing to do, and that I do regularly, and I encourage you to do this, as well pray, say to God, how can I be a blessing to someone today, Lord helped me to be a blessing to someone today and lead me on that path. And you will find somebody in your way that you can be a blessing for and a blessing to so get someone else on your mind, get your mind off your problem. That's the second g the first g was get it off your mind with mindless activities.



Diane Laffoon 07:06

The third g get physical. So yeah, go for a walk, you know, take a dance break, I've got a playlist on Spotify, I'll put it in the comments here. That's just a great dance break. Because when you get physical, it reinvigorates your body, it energizes you It sends oxygen throughout your your brain and to all areas of your body.



Diane Laffoon 07:27

And you know, research suggests that exercise might even trigger the growth of new brain cells. So we got new brain cells going on, that's going to help us solve our problems, right.



Diane Laffoon 07:37

So you'll feel better after the physical activity. And the original problem may seem more manageable when you come back to it, getting your blood moving by going for a walk or taking that dance break or whatever helps release endorphins to and it can improve your mood. And when you're in a better mood, you're going to be better able to solve that problem.



Diane Laffoon 07:56

Our mind and body are definitely connected and being active makes us happier. And it's so good for us. So it instantly improves your mood, and helps you to get out of that depression, that stress that you're feeling so that you can come back to your your problem and maybe have a healthier, better way to solve that problem.



Diane Laffoon 08:14

Now, I'm not talking about running marathons, I'm not talking about you know, just straining yourself with exercise, just doing something fun, simple to get physical. And again, get away from that problem. So you're less stressed.



Diane Laffoon 08:26

You know, one of the things I like to do this time of year in Michigan is just take a walk around around the yard and pick up sticks. We had a lot of wind lately, and all these trees are blowing around the sticks in the Deadwood from from over the winter. And so just taking a walk outside somehow and getting some physical exertion, I really encourage you to do that to get physical.



Diane Laffoon 08:48

So we get it off our mind, we get our mind onto somebody else, we get physical. And finally, the fourth G is to get more oxygen.



Diane Laffoon 08:57

Now when we're going to exercise and get physical, that's going to increase our oxygen intake as well. But I think we need to be very deliberate and getting more oxygen by taking a deep breath.



Diane Laffoon 09:08

You know, it's funny, when when you have a little child and they're stressed out and they're having a meltdown for some reason or other. A lot of times as a parent or as a caregiver, you'll say to that child that just take a deep breath and you'll breathe with them. And you'll help them breathe in and out. And that meltdown seems to subside. And they move on and they're everything's a little more clear. They're not quite as stressed. They're not having that meltdown anymore, and it brings their bodies back into balance.



Diane Laffoon 09:37

And the same way, you know, in the military, did you know that the military actually is trained and controlled and deep breathing in order to regulate their fear response. That you know, military men and women are in very fearful situations. So they're trained in that stressful situation, to use controlled and deep breathing in order to minimize that fear

response.



Diane Laffoon 09:59

So if it works in warfare, and to calm a person, and it helps them think that the, what's in front of them the problem through them, why can't I help in everyday situations as well, I believe it does, I believe it does.



Diane Laffoon 10:12

And what I like to do is called the 478 breathing technique, it's known as a relaxing breath. So if you're stressed, you know, I do this, even when I'm not stressed, when I just need to get some more oxygen into my system, you empty your lungs, you breathe in through your nose for four seconds, you hold the breath for seven seconds, and then you exhale for eight seconds. So it's hold out through the mouth.



Diane Laffoon 10:48

Just simply doing that a few times, will really help you kind of get centered and balanced and remove that stressful feeling that you have. It'll oxygenate you, it'll help you feel better, so that you can go back to your problem, and maybe be better able to solve it.



Diane Laffoon 11:06

Now, of course, when I talk about deep breathing, I love to add my essential oils into the mix, because they just make it more enhanced. They oxygenate your blood in and of themselves. And then they also have other benefits.



Diane Laffoon 11:23

Now one of the my favorite de stressing or problem solving oil is called stress away. It is a wonderful aroma. It's a combination of lime and vanilla, it's got some other oils like cedar wood and copaiba. When I smell stress away, it's like a tropical day at the beach, all I have to do is open the bottle and smell it. And I'm just immediately relaxed.



Diane Laffoon 11:47

Now I also like to put it in my hands and smell it, you know, put my hands over my nose and smell it that way. I actually like to apply stress away topically, I feel like I get the benefit. When I wear like a perfume. I apply it topically here I apply it just to drop to my pulse points here, over my heart sometimes. And when I do that, I feel this calming sensation. I can't explain it, I just know that it helps everything just kind of calm down. And I'm better able to tackle my problem that's in front of me and feel less stress.



Diane Laffoon 12:22

So you know, I'd love to bless you, I would really love to just give you a sample of this stress away essential oil blend. And so if you would like to experience the stress away blend and you haven't before, reach out to me, let me know that you'd like a sample. And we'll connect on that so that I can get you a sample of the stress away because like I said, it's like a day at the beach just breathing it in.



Diane Laffoon 12:48

So thank you for watching. I do hope that you'll find that these four G's again, let's go for them. It is getting off of your mind by doing something mindless, getting your mind on someone else by doing something for someone getting physical, and then also getting more oxygen. Take those four G's the next time you're faced with a problem and just see if they can't help you reset and get more calm so that you can come back to the problem and solve it more easily. Again, thanks for watching. We'll see you next week for your joy Tip of the Week.