

CRACKING CYBER STRESS: HOW TO STAY HEALTHY AT WORK

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For more info visit:
FemmeFataleSpyAdventures.com
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Security in
knowledge



— Going Postal - Origins

On August 20, 1986, a part-time letter carrier named
Patrick H.

Sherrill, facing possible dismissal after a troubled work
history,

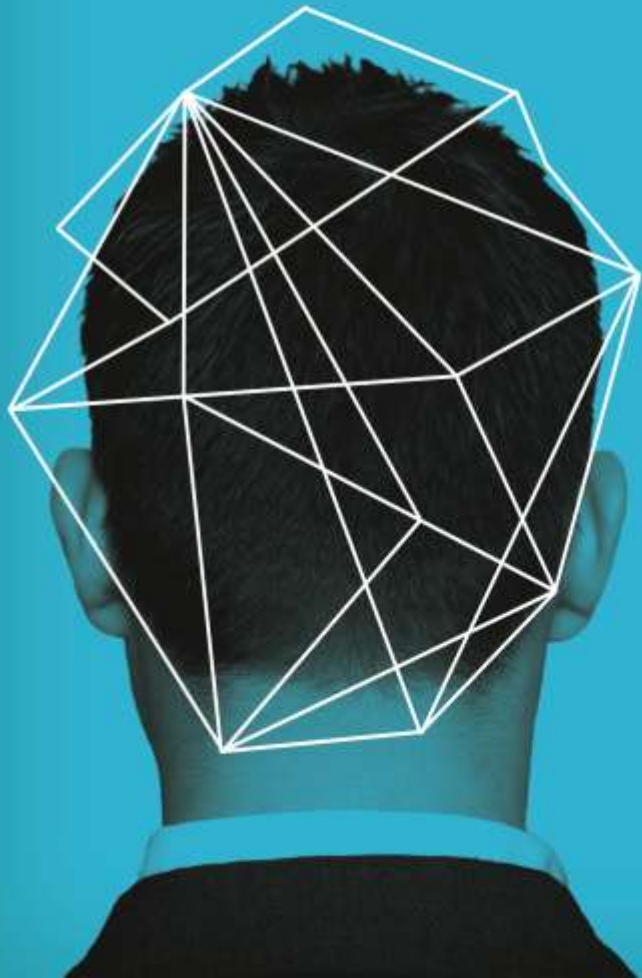
walked into the Edmond, Oklahoma, post office, where he
worked and shot 14 people to death before killing himself.

FBI Case Study

— Agenda

- ▶ Stress factors
- ▶ Stress indicators
- ▶ Mental health
- ▶ Emotional I health
- ▶ Physical health

STRESS FACTORS & INDICATORS



— Job Related Stress Factors

- ▶ Relationships
 - ▶ Value
 - ▶ Used to be personal
 - ▶ Email Communication
 - ▶ Impersonal
 - ▶ Conflict in written word
 - ▶ Left to interpretation
 - ▶ Unconscious brain – carries forward in everyday life
 - ▶ Introverted conversations vs. Extraverted conversations
 - ▶ Internal dialogue
 - ▶ Face to face conversations
- #1 Reason for job turn over is a Bad boss
- Gallup Poll
2006*

— Stress Related Suicide

- ▶ Kinesthetic nature of job
 - ▶ Looking down
 - ▶ Head over keyboard
 - ▶ Emotional quadrant
- ▶ Highest rate of suicide by occupation:



US Dept of Labor, 2008
2011

1. Management occupations
2. Sales occupations
3. Law enforcement & Protective services

Business Insider,

1. Engineers
2. Physicians
3. Dentist

— Real Life Matrix & Mind-Body Connection

- ▶ “ The body can’t live without the mind” – Morpheus
- ▶ Just like the movie *The Matrix* both are connected
 - ▶ Emotional Stress → affects the body
 - ▶ Mental Stress → affects the body
 - ▶ Physical stress → affects the body
- ▶ Muscle testing

DEMO

— Stress Indicators

- ▶ Sudden anger
- ▶ Constant worry or depression
- ▶ Constant colds
- ▶ Lack of concentration
- ▶ Letting yourself go
- ▶ Addictions
- ▶ Exhaustion



48% reported overeating /eating unhealthy foods to manage stress.

*Physical effects of stress from the 2008
APA Survey*

**MENTAL &
EMOTIONAL
HEALTH**



I Feel F.I.N.E.

- ▶ F – F'd Up
- ▶ I – Insecure
- ▶ N – Neurotic
- ▶ E – Emotional



Healthy Mind

- ▶ Adequate sleep
- ▶ Passion & purpose
- ▶ Connectedness
- ▶ Significance
- ▶ Contribution
- ▶ Appreciated
- ▶ Certainty
- ▶ Variety
- ▶ Growth
- ▶ CANI – stimulation of mind



— Emotional & Mental Health - Stress Relief Tips

- ▶ Socialize with friends
- ▶ Seek out triumphant & hero stories (Nick Vujicic)
- ▶ Keep vacation photos handy
- ▶ Contribution
- ▶ Re-center yourself
 - ▶ Take a deep breath
 - ▶ Get back into your body – do a scan
- ▶ Affirmation or mantra
 - ▶ Daily
 - ▶ Long Term



PHYSICAL HEALTH



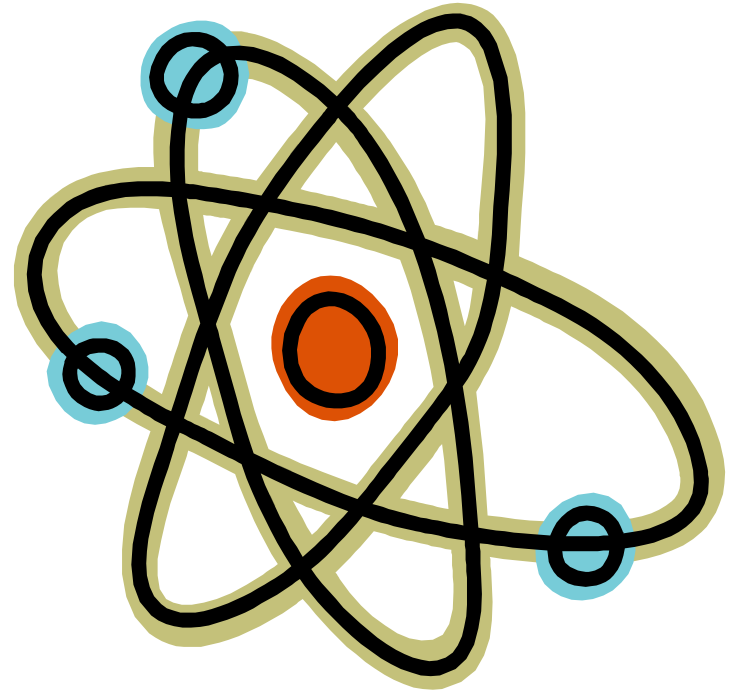
Physical Health

- ▶ Sitting at your desk is KILLING you
- ▶ Affects your mood & energy
- ▶ Diet
 - ▶ Coffee
 - ▶ Smoking
 - ▶ Food
 - ▶ Drugs (illegal & Rx)
- ▶ Affects your relationships
- ▶ Affects learning & creativity
- ▶ Computers+ F3 = Stress = Cortisol = Inflammation = Disease



Physical Health Indicators

- ▶ Lack of energy
 - ▶ Feel sluggish
 - ▶ Difficulty sleeping
- ▶ Unexpected health problems
 - ▶ Heart problems
 - ▶ Weight gain (gut and hips)
 - ▶ Weight loss (ribs)
 - ▶ Injuries
- ▶ Disease & aging
- ▶ Aches & pains
- ▶ Isolation or distraction



Physical Health - Stress Relief

Tips

- ▶ Avoid electronics after work
- ▶ Proper diet
- ▶ Look up
- ▶ Remember mantra
- ▶ Exercise
- ▶ Hobby Sports
- ▶ Mini vacations
- ▶ Get out of your comfort zone
- ▶ Supplements



— Bring It All Together & Call to Action

- ▶ Stress Factors
- ▶ Stress Indicators
- ▶ Physical health
- ▶ Mental health
- ▶ Emotional health
- ▶ Live life out loud
- ▶ Live large & have fun



HAVE FUN!



Mind + Body + Heart ÷ Balance = Reduced Stress

— Questions

Q & A

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