

Integral Stress Reduction

Bill Epperly, PhD
Integral Awakenings

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BillEpperly.com



Integral Stress Reduction

We Will Explore: A new approach to stress reduction and management

- Introduction
- Guided Meditation
- Stress Mapping Process
- Q & A
- An Invitation to Go Deeper

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What is Stress?

- A response to stimuli
“Tiger! Run!”
- A state of being
“I’m so stressed that I cannot relax!”
- A system with serious negative impacts
“My blood pressure has gone up since I took this job!”

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Background: Approaches to Stress Reduction

Meditation



Therapeutic Interventions



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Meditation and Stress Reduction

- Herbert Benson's Relaxation Response
- Jon Kabat-Zinn and MBSR
 - Medically measurable impacts
 - Over 2500 articles published
 - Applications for stress, PTSD, etc.

Meditation's positive effects are many and profound.
Regular practice catalyzes systemic, beneficial
changes at multiple levels.

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Guided Meditation



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Sharing and recording your meditation experience

Take a moment and scan your system, noting and recording any changes you may be aware of in your:

- Physical body
- Subtle emotional and mental bodies
- State of being, groundedness, centeredness, presence, etc.

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**Why add anything to the highly successful
meditative approach?**

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Integral builds on the strength of meditation, adding:

Personalized coaching based
on pain points



Strategic interventions based
on general trends



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Stress Mapping Across the Four Quadrants of Self

Subjective Self (interior)

Intentions, Values,
Commitments
Core Beliefs
Multiple Intelligences
Meaning Making

Self-in-Action (Objective)

Behaviors (what the self does)
Self-care (nutrition, exercise,
sleep)
Neurobiology & body

Intersubjective (interior "we")

Relational qualities
Group culture & worldview
Felt resonance with a group

Self engaged w/ Systems (Objective)

Function fit with system
Operational effectiveness
Giving our gift to the world via
"work"

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Stressors Effect Us Across the Quadrants

Ranging from the danger of death and injury to subtle fears and even very subtle fears, our exquisitely sensitive organism responds to:

- Danger, real or perceived
- Fear of failure
- Conflict with others (or within oneself)
- Hostile or unsafe environments

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Stressors Show Up in Quadrants

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Your Personalized Stress Management Plan

Subjective Self (interior)

My sense of self is changing, requiring re-examination of my beliefs about work

Self-in-Action (Objective)

Chronic lack of rest is impacting my health

Intersubjective (interior "we")

Work-place stress has taken a toll on my relationship with my spouse

Self engaged w/ Systems (Objective)

I'm looking for new work opportunities

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Your Personalized Stress Management Plan

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Comments and Questions?

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Two Upcoming Opportunities to Go Deeper

Integral Stress Reduction: Chicago Workshop

April 7 to May 19 (Seven Mondays)

6:30 – 8:30pm; 637 South Dearborn, Chicago

Online Integral Stress Reduction Workshop

April 23 to May 28 (Six Wednesdays)

7:30 – 9:00pm CT; on MaestroConference

For more information, go to BillEpperly.com/upcoming-events or email me at Bill@BillEpperly.com

Thank you!



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