

Creating Well-Being / Managing Stress¹

Cortisol: A hormone secreted by the adrenal glands in response to any kind of physical, emotional or psychological stress.

Endorphins: A chemical substance that creates feelings of well-being and stimulates the immune system.

Opportunity & Challenge:

- Our attitudes, thoughts, feelings and behaviors can generate endorphins or cortisol.
- Endorphins and cortisol destroy each other.
- It is not enough just to lower cortisol or raise endorphins
- Both must be done simultaneously.

How we Generate Cortisol

Physically	Mentally
Nutritional imbalance	Negative thoughts
Smoking (directly or indirectly)	Repression of emotions
Excessive use of alcohol	Stubbornness or inflexibility
	Mockery and belittlement
Socially	Spiritually
Arguments	Spiritualization
Telling & hearing lies	Dependence
Negative recognition	Escapism
"Stuck" relationships	Excessive proselytism
Excessive competition	Ego Imbalance

How we Generate Endorphins

Physically	Mentally
Exercise	Smiling & laughing
Massage & touching	Positive thinking
Healthy sexual relations	Alpha- stimulating relaxation
Deep breathing	Using creativity
Balanced diet	Flexibility
Socially	Spiritually
Dialogue	Prayer & meditation
Family networks	Connecting with nature
Give & receive positive strokes	Singing & dancing
Participation & consensus	Samaritan syndrome
Good friends	Defined & lived values

¹ Adapted from The Global Facilitator Service Corps Participant Manual on Disaster & Crisis Intervention, *Facilitating Psychosocial Reconstruction*, Gilbert Brenson-Lazan, 2006.

