



TIM GUMILAR

# OTRESI SE STRESA

Iz teorije v prakso.





dreamstime

AVAILABLE DAILY

# The Daily Times

FINAL

1.10€ FL. 1.00

# WARNING!

**A National Institutes of Health researcher with ties to pharmaceutical firms helped test their new medications. Some scientists questioned the results of the studies.**

By David Waksman  
The Nation

WASHINGTON, Nov. 11 — The drug giant pharmaceutical giant Merck & Co. said that it had paid a former NIH scientist to help test its new drugs. The move has drawn attention to a growing industry practice of hiring former government scientists to help test their products.

Dr. Robert M. Calais, a former NIH scientist, was hired by Merck & Co. to help test its new drug, a type of cancer treatment. Dr. Calais had worked at NIH for 15 years, where he had helped develop the drug. He had also worked for the pharmaceutical industry before joining Merck & Co. in 2005.

Merck & Co. said that Dr. Calais had worked for the company for 15 years before joining Merck & Co. in 2005. The company said that Dr. Calais had worked for the company for 15 years before joining Merck & Co. in 2005.

### RELATED STORY

Merck (Stock) paid \$100,000 to hire Dr. Robert M. Calais, NIH scientist.

**High fuel prices are pushing some drivers to the financial brink — and to the pavement for gas money. Low-wage earners are feeling the most pain.**

By Elizabeth Teitelbaum  
The Washington Post

Driving to work in a world of record-high fuel prices is a financial strain for many Americans. For some, it's a daily struggle to make ends meet. For others, it's a financial crisis. Low-wage earners are feeling the most pain.

The average driver spends about \$100 a month on gas. That's up from about \$70 a month just a year ago. For many people, that's a significant portion of their income.

Some people are being forced to drive to work in their cars, even though they don't have a license. Others are being forced to drive to work in their cars, even though they don't have a license.

### INSIDE

**A Youth League Against North Korea in U.S.**

The group is calling for a boycott of North Korean goods.

**Heart of a Champ**

A former Olympic athlete is now a coach.

**Weather**

Forecast for the week ahead.

The Youth League Against North Korea in the U.S. is calling for a boycott of North Korean goods. The group is calling for a boycott of North Korean goods.

The former Olympic athlete is now a coach. He has coached many young athletes and has helped them reach their goals.

**Iran helped the militant group launch its attack on a Saudi ship, says U.S. intelligence and the Arab League call on the U.S. to intervene.**

By David Waksman  
The Nation

Iran helped the militant group launch its attack on a Saudi ship, says U.S. intelligence. The Arab League call on the U.S. to intervene.

The Arab League call on the U.S. to intervene. The Arab League call on the U.S. to intervene.

The Arab League call on the U.S. to intervene. The Arab League call on the U.S. to intervene.



**STRES JE LAHKO**

**VZROK GLAVOBOLA.**



**KRONIČNI STRES  
LAHKO VODI V  
DEPRESIJO.**



**STRES POVZROČA  
NESPĚČNOST.**



DOLGOROČNO

POVEČAN SRČNI

UTRIP LAHKO VODI

DO INFARKTA.



**STRES VODI DO  
SLADKORNE  
BOLEZNI.**



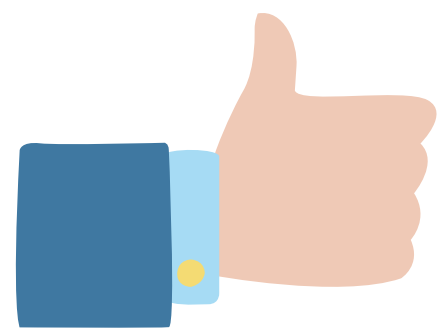
STRES POVZROČA

TEŽAVE S

PLODNOSTJO PRI

OBEH SPOLIH.

**S T R E S**



**S T R E S**





# CILJI DELAVNICE

**01**

KAJ JE STRES

**02**

UČINKI STRESA NA TELO

**03**

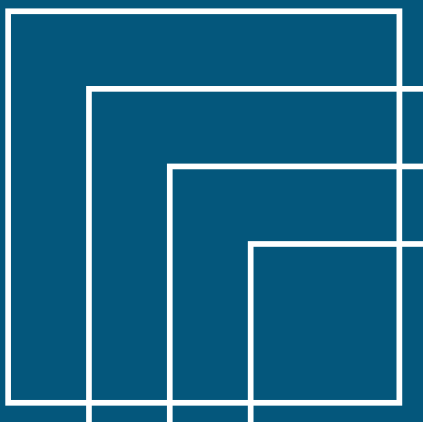
KAKO STRES UPORABITI SEBI V PRID

**04**

ORODJA ZA ZMANJŠANJE AKUTNEGA STRESA

**05**

VPLIV SPANJA, DIHANJA, GIBANJA IN MEDITACIJE





A hand holding a pen is positioned over a piece of paper that is almost entirely covered in dense, chaotic black scribbles. The hand is in the center, with the pen tip pointing towards the scribbles. The background is a light, textured surface, possibly a desk or table. The overall image conveys a sense of mental clutter or stress.

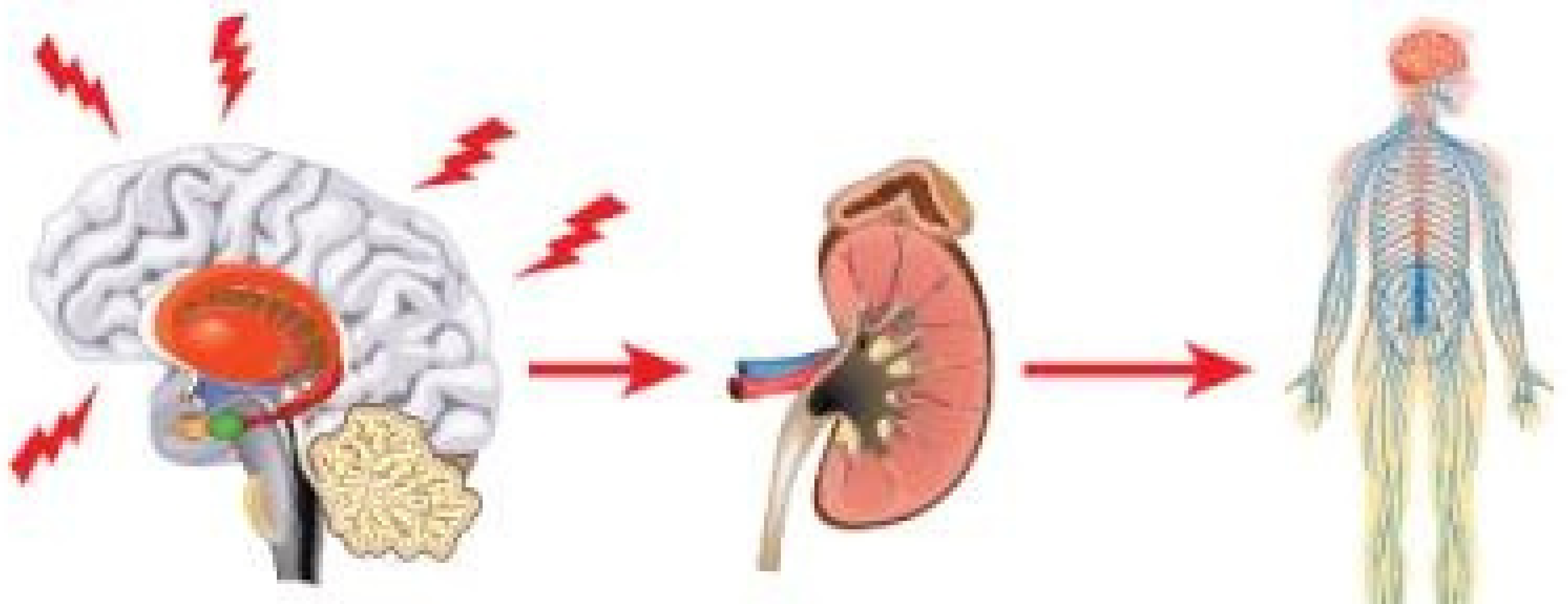
**KAJ  
JE  
STRES?**



**UM**



**TELO**

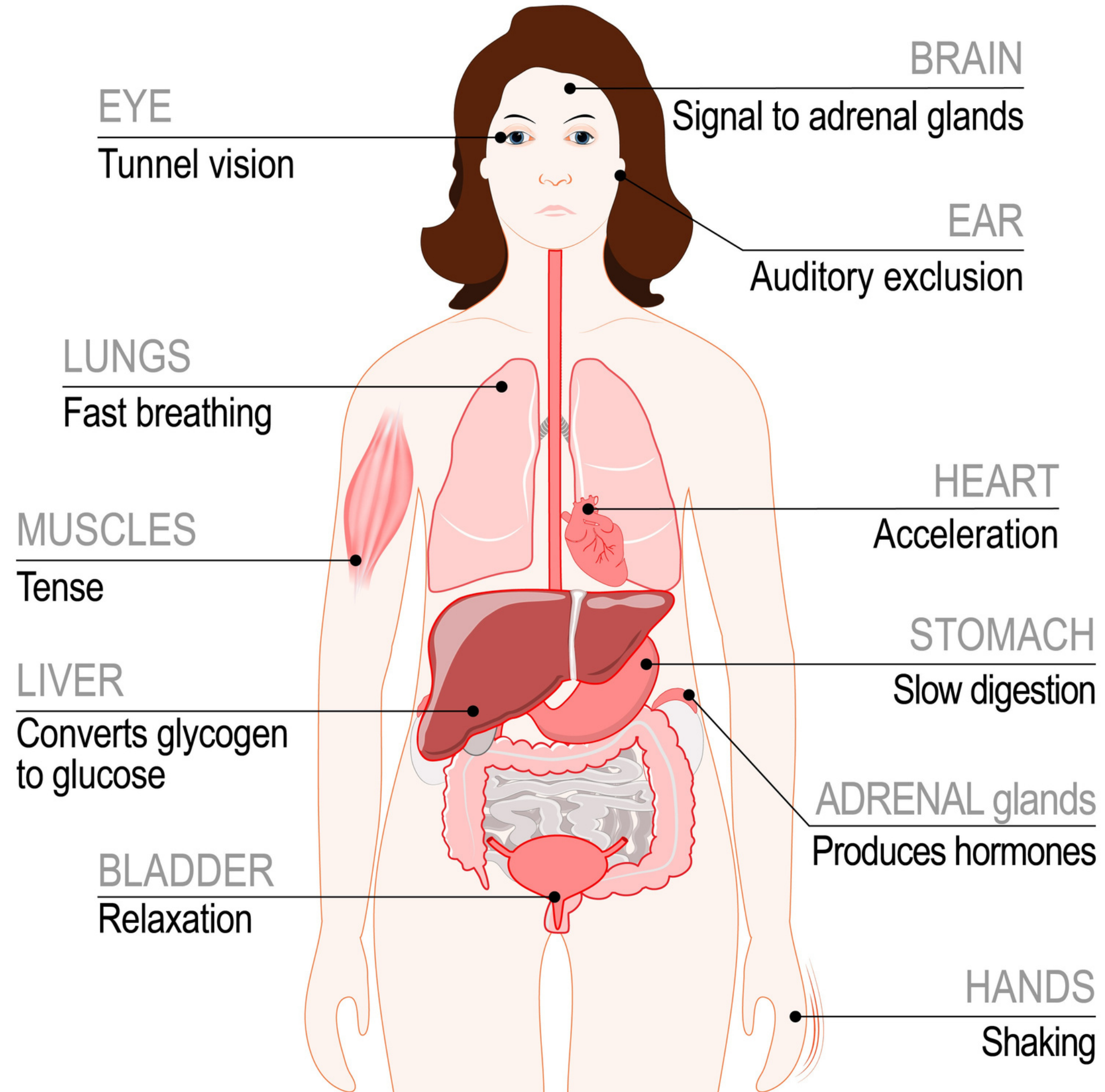


**Alarm!**

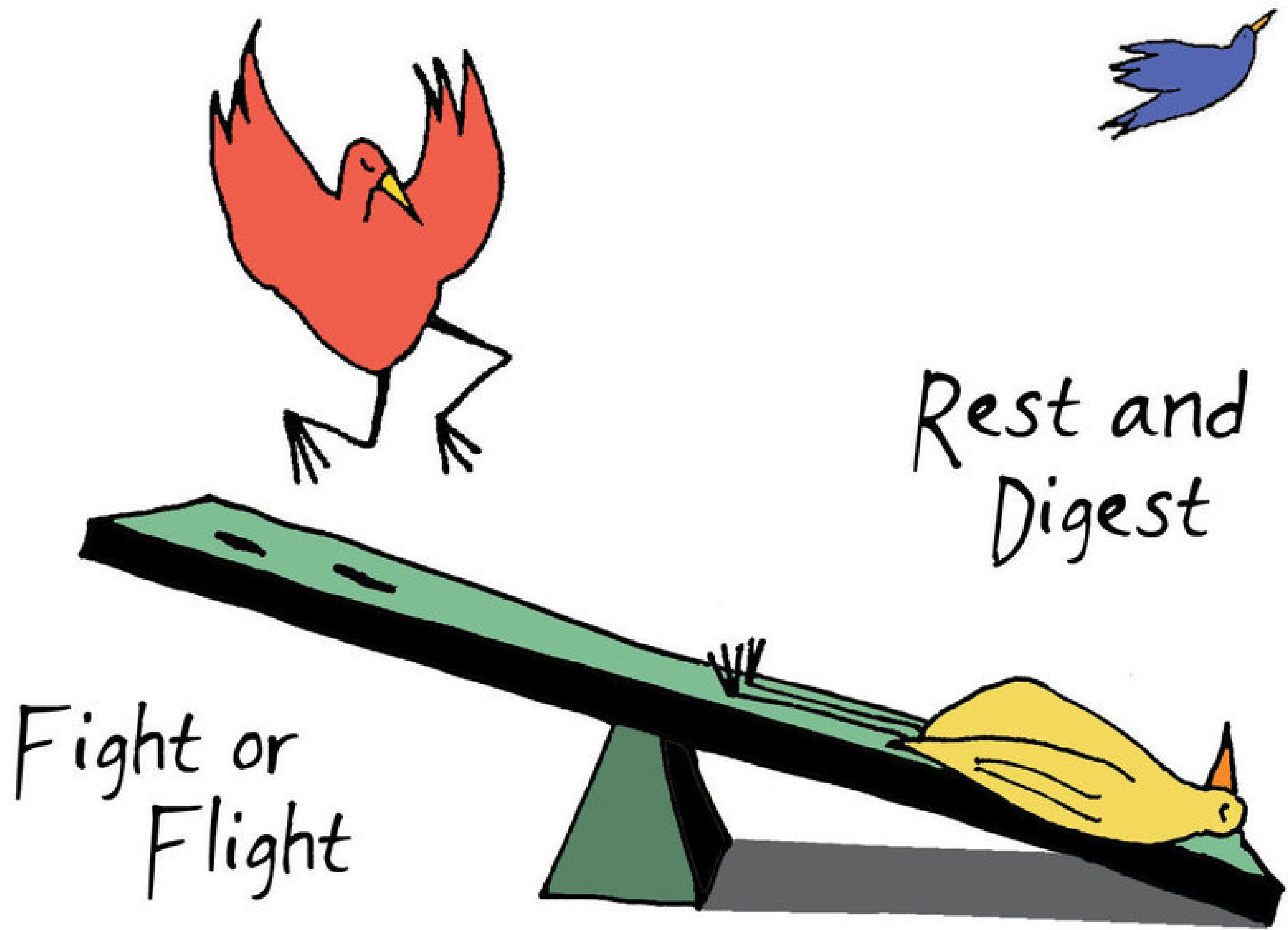
**Stress  
hormones**

**Body-wide  
changes**

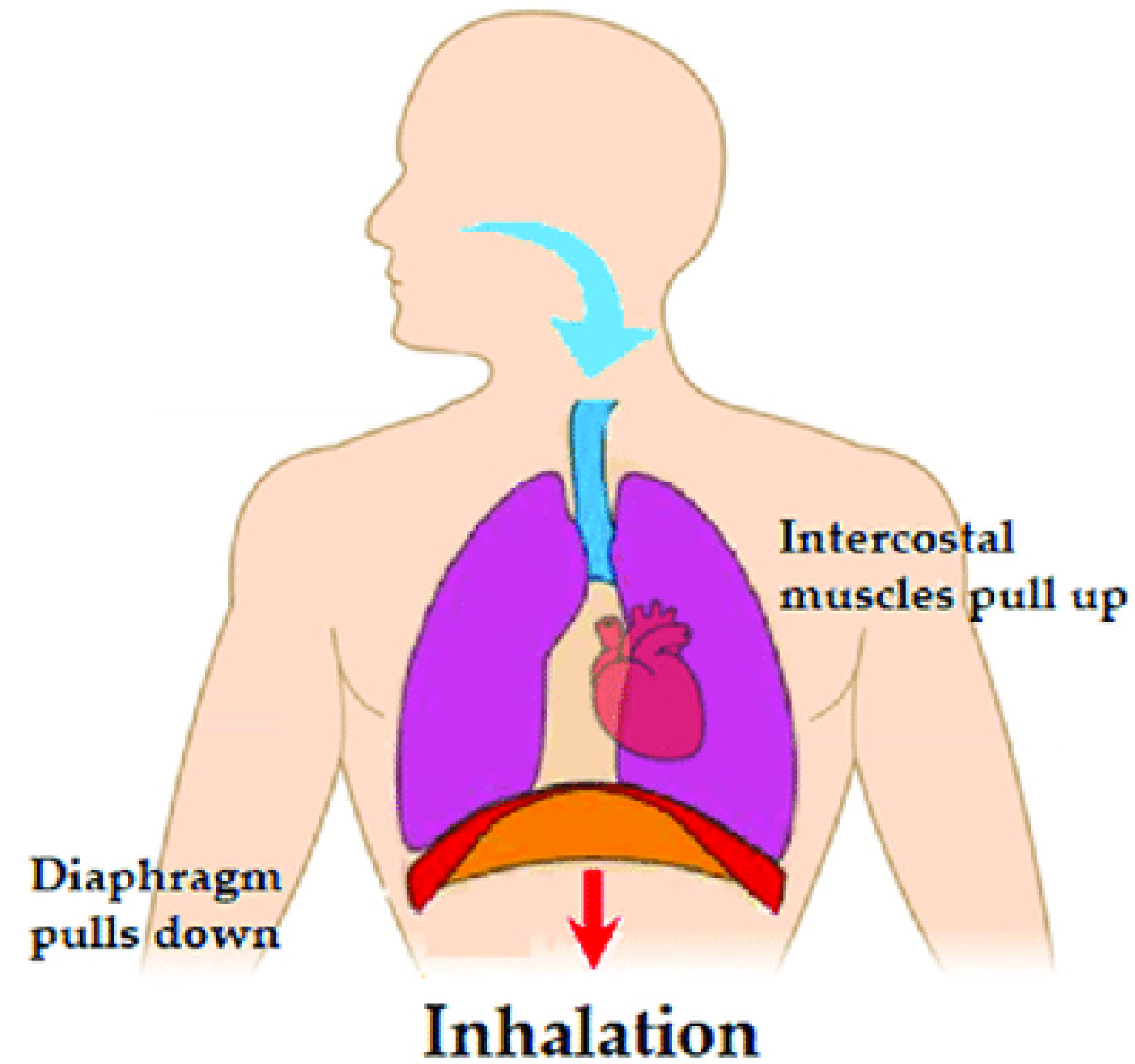
# FIGHT OR FLY



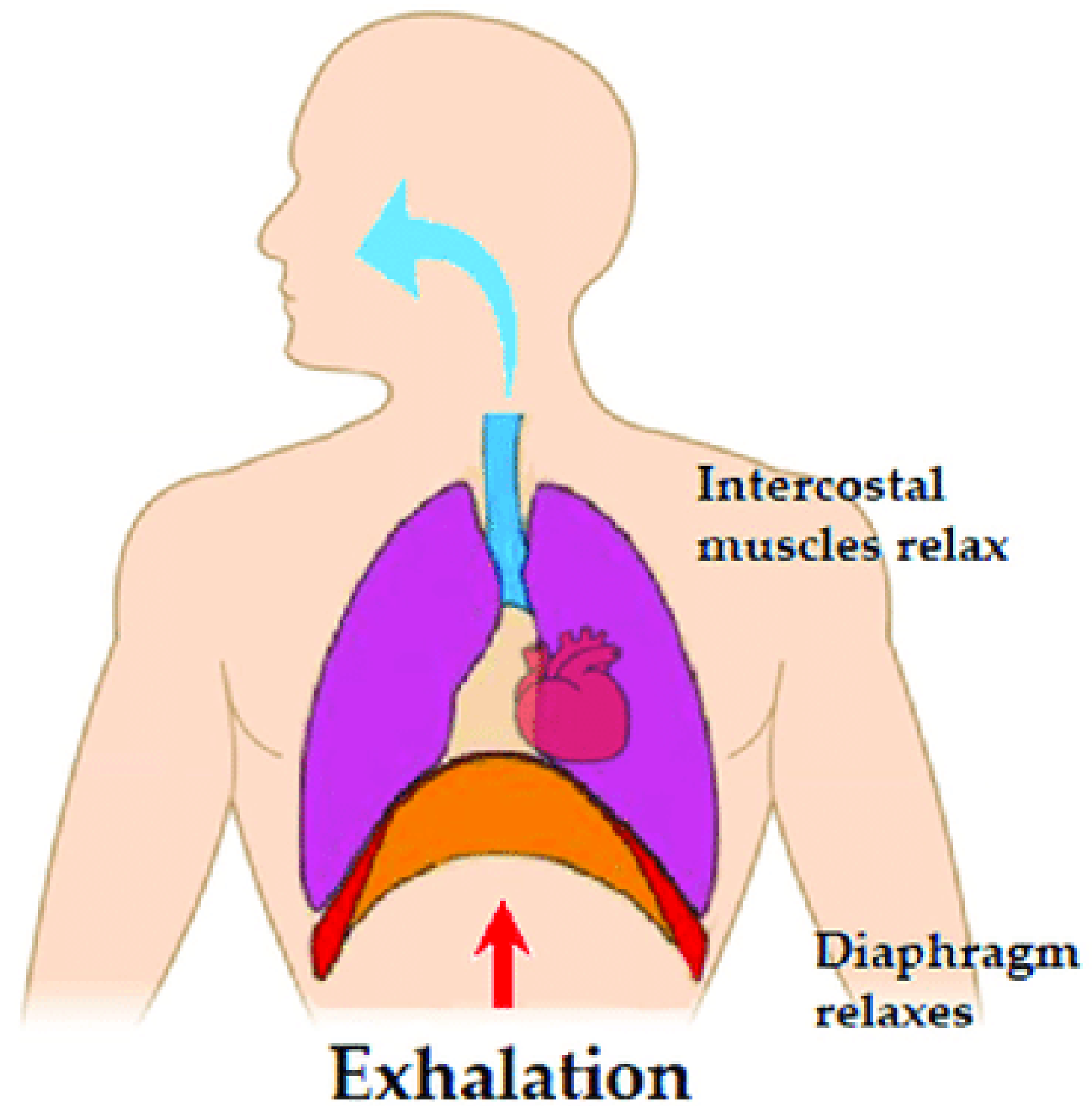




**KAKO NAJHIREJE**  
**ZAVREMO AKUTNI**  
**STRES?**

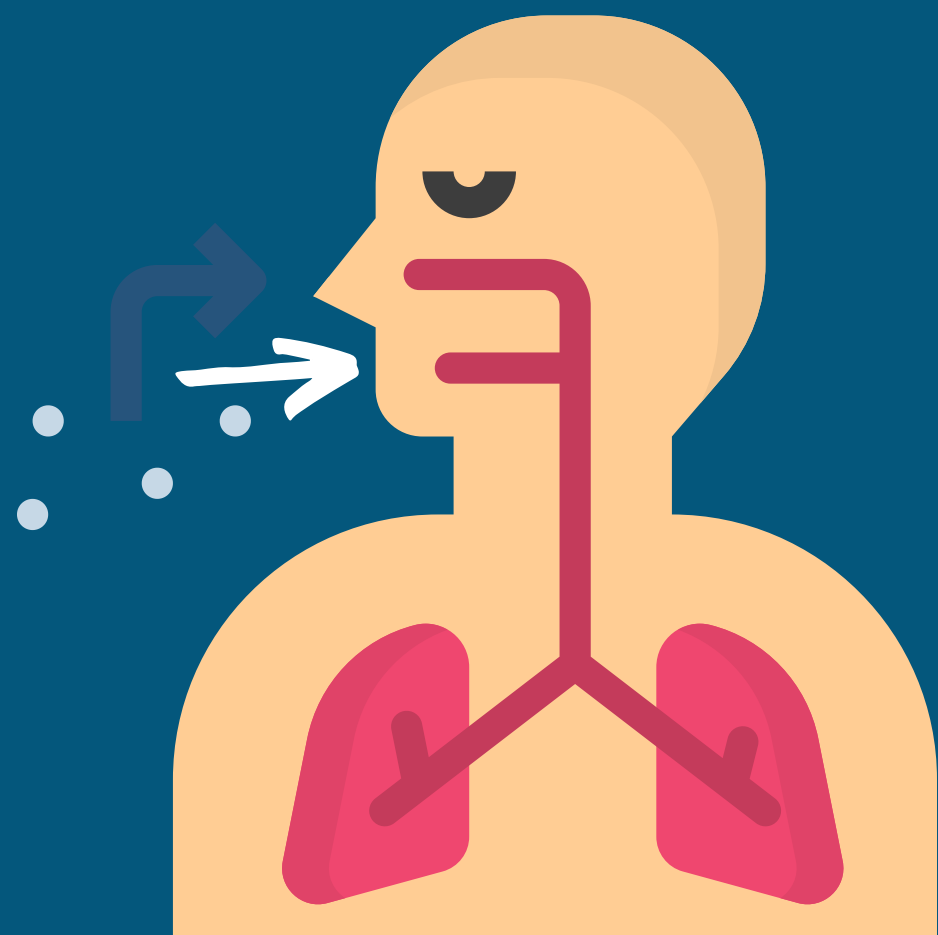


(a)



(b)





## FOKUS NA VDIHU

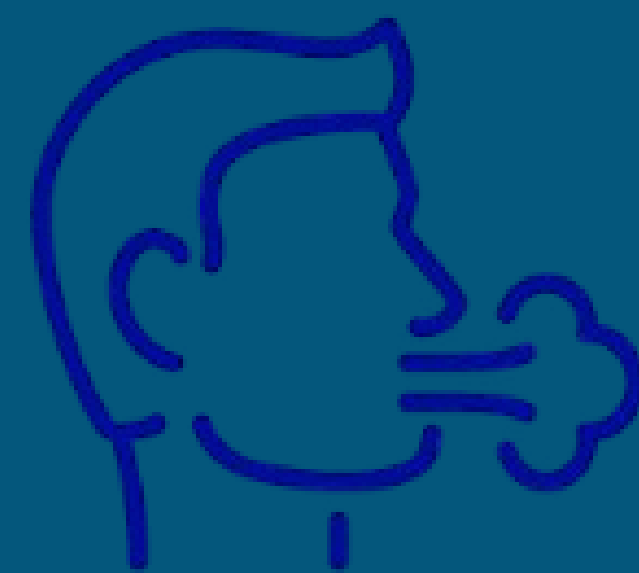
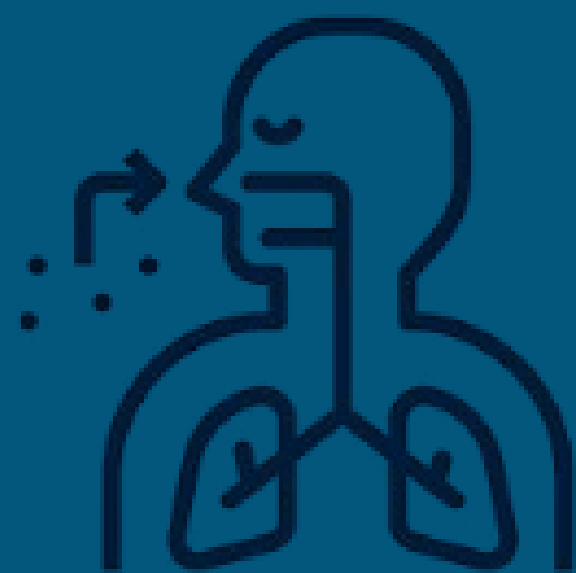
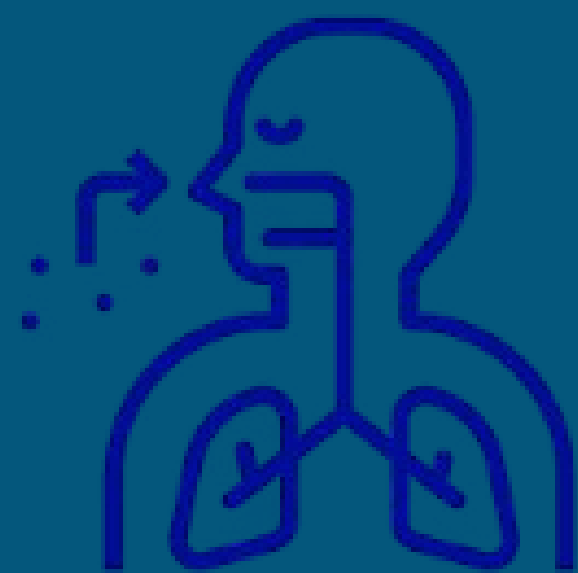
- POSPEŠI BITJE SRCA
- POVEČA FOKUS



## FOKUS NA IZDIHU

- UPOŠASNI BITJE SRCA
- ZMANJŠA AKUTNI STRES

# FIZIOLOŠKI VDIH



↑ VDIH

↑ VDIH

↓ IZDIH

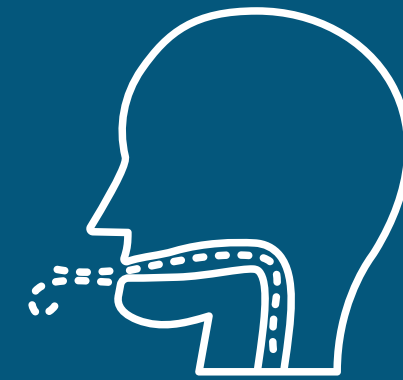
**DIHANJE SKOZI  
NOS ALI USTA?**

# DIHANJE ČEZ NOS



- boljša absorbcija kisika
- filtracija zraka
- manj nožnosti za okužbe
- **aktivacija parasimpatičnega sistema**

# DIHANJE ČEZ USTA

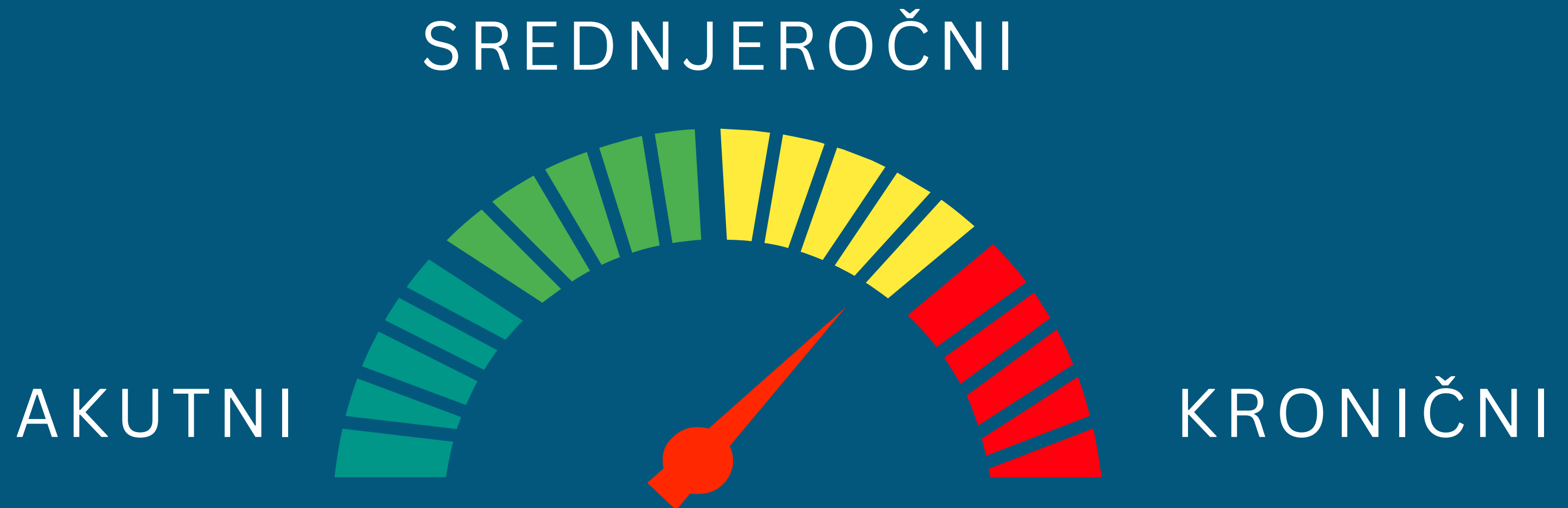


- večja obremenitev pljuč
- negativne vizualne spremembe
- paradontalne bolezni
- **aktivacija simpatičnega sistema**



**KDAJ JE STRES  
POZITIVEN IN KDAJ  
NEGATIVEN?**

# TRAJANJE STRESA BO DEFINIRALO KAKŠEN UČINEK IMA TA NA TELO



# AKUTEN STRES

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- ↑ KRVNI PRETOK
- ↑ IMUNSKI SISTEM
- ↑ FOKUS



**KAKO GA LAHKO  
UPORABIMO SEBI V  
PRID?**





**Z ZAVESTNIM  
IZPOSTAVLJANJEM  
STRESORJEM**



# WIM HOFF DIHANJE

## UČINKI NA TELO

---

↑ AKTIVACIJA SIMPATIČNEGA Ž. SISTEMA

↑ IMUNSKI SISTEM

↑ FOKUS, MOTIVACIJA



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## OPOZORILA

- NIKOLI V BLJIŽINI VODE
- TAKRAT KO STE PODVRŽENI AKUTNEMU STRESU
- NOSEČNICE
- POVIŠAN KRVNI TLAK
- TEŽAVE S SRCEM
- GLAVKOM



# WIM HOF BREATHING

**01**

VDIHNITE SKOZI NOS IN NAPOLNITE PLJUČA

**02**

IZDIHNITE ČEZ USTA

**03**

PONOVITE TA CIKEL 30X

**04**

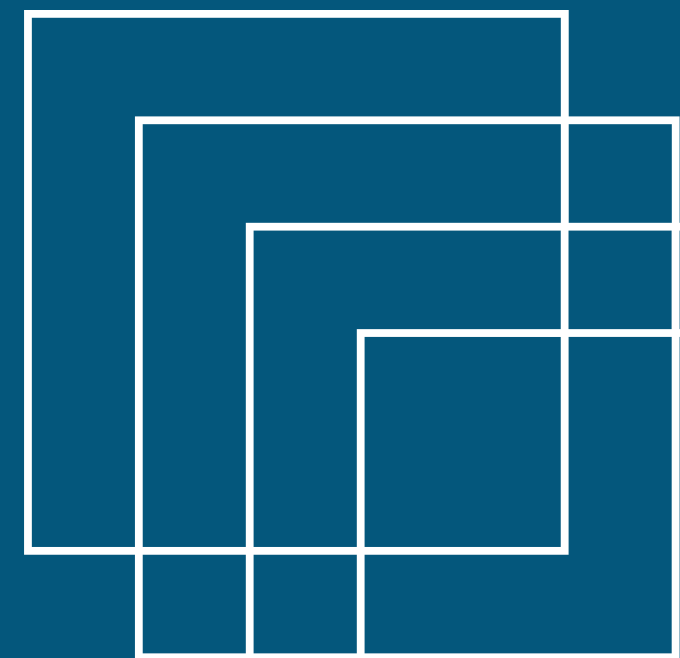
PO ZADNJEM IZDIHU ZADRŽITE SAPO KOLIKOR DOLGO LAHKO

**05**

ZAJAMITE GLOBOK VDIH IN ZADRŽITE ZA NASLEDNJIH 20-30S

**06**

PONOVITE ZGORNJE KORAKE 3X



# SREDNJEROČNI STRES

- OD NEKAJ DNI DO TEDNOV
- NISMO VEČ SPOSOBNI KONTROLIRATI

**KAKO IZBOLJŠAMO KONTROLO?**



DVIG KAPACITETE



# 1. KORAK

- IZPOSTAVITEV KRATKOROČNEMU STRESORJU

↑ DVIG SRČNEGA UTRIPA

HLADNE KOPELI, TUŠ,  
HITRO DIHANJE, JOGA



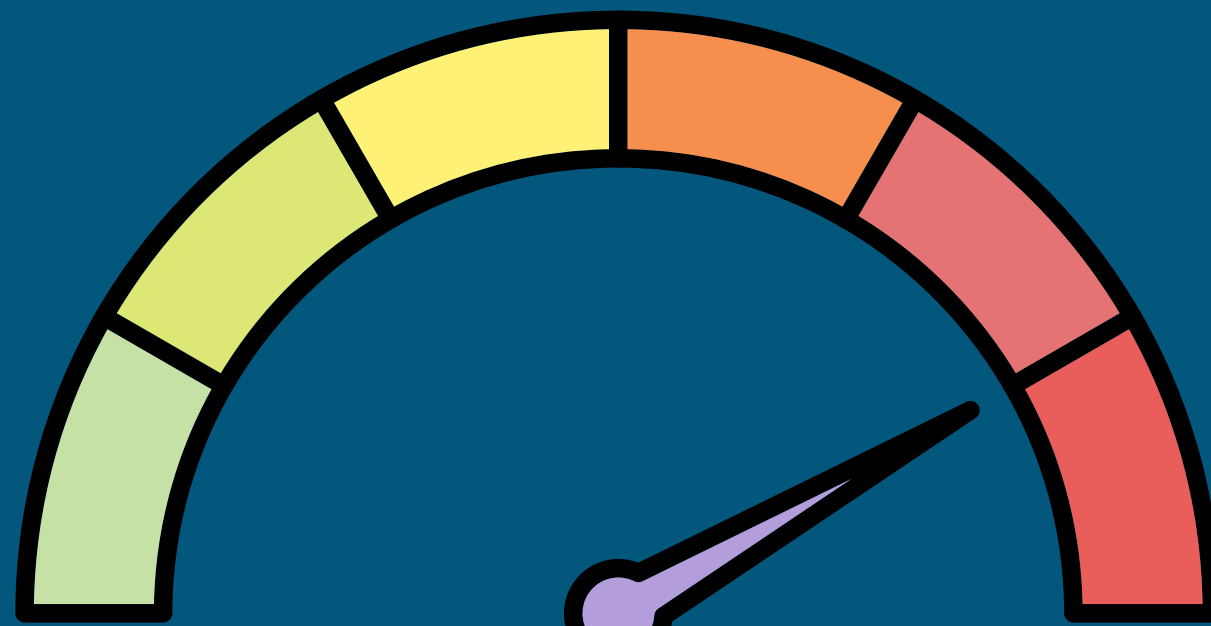
# 2. KORAK

OBLADOVANJE SITUACIJE  
Z NAŠIM UMOM





**KRONIČNI STRES  
JE SLAB ZA  
NAŠE ZDRAVJE**



# SPANJE *zzzz*

- NAJUČINKOVITEJŠI SISTEM ZA OBNOVO VSEH TKIV V TELESU
- REGULACIJA HORMONOV
- DOJEMANJE ČUSTEV



**KAKO GA LAHKO IZBOLJŠATE?**

- **KOLIČINA: 7-8H ZA 90% OSEB**
- **JUTRANJA RUTINA: DNEVNA SVETLOBA**
- **KONSISTENTEN URNIK SPANJA**
- **OPTIMALNO OKOLJE**
- **VEČERNA RUTINA**
- **IZOGIBANJE ALKOHOLU IN KOFEINU**



# GIBANJE



- GIBANJE ≠ VADBA
- UČINKI NA TELO IN DUHA
- OBČUTEK NADZORA
- MOBILIZACIJA ADRENALINA



**KAKŠNA OBLIKA  
GIBANJA JE  
NAJPRIMERNEJŠA?**



# ČUDEŽNO ZDRAVILO





**KAJ PA VADBA,  
TRENING?**



**SPROŠČUJOČA**

**ALI**

**INTENZIVNA**





# IZBERITE PRIMERNO ORODJE





# JOGA



- POVEZAVA NAŠEGA UMA, DUHA IN TELESA
- IZBOLJŠANJE NADZORA NAD MISLIMI
- SPROSTITEV TELESNIH IN
- MENTALNIH NAPETOSTI





**STRES SE  
SKRIVA  
V VAŠIH  
KOLKIH**





# KJE ZAČETI?



TIBETANSKE VAJE





**Fifth Rite**

# MEDITACIJA



- CILJ?
- TRENING ZAVEDANJE DANEGA TRENUTKA IN SPREJEMANJE VAS
- VAŠE MISLI SO KOT OBLAKI
- KAKO POMAGA PRI ZMANJŠANJU STRESA



# KJE ZAČETI?



- VODENE MEDITACIJE - HEADSPACE
- ZAVEDANJE DIHANJA







**UM**



**TELO**




# DIHALNE VAJE


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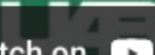

- KO ŽELITE VEČ ENERGIJE - WIM HOFF
- KO ŽELITE FOKUS, POMIRJEN UM - BOX BREATHING
- KO SE ŽELITE POMIRITI, ZASPATI - FIZIOLOŠKI IZDIH, TEHNIKA 4:7:8



# VAJA:BOX BREATHING

 Square Breathing Visual Share



 THE UNIVERSITY OF BIRMINGHAM  
Watch on  YouTube



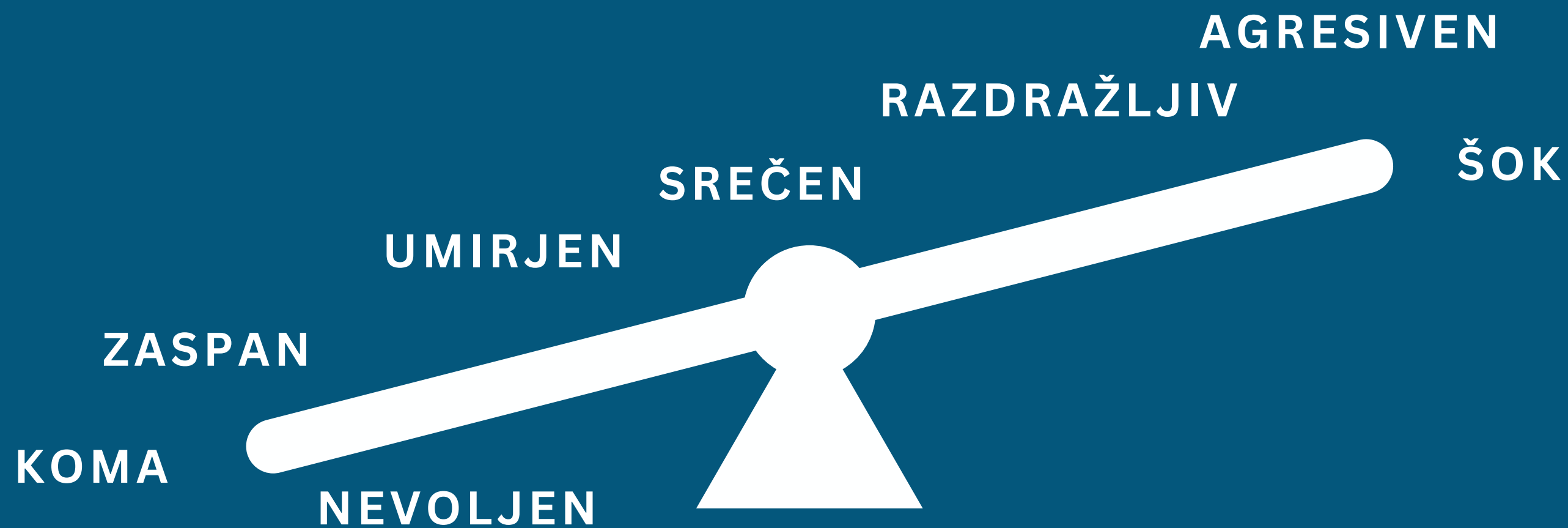
# SOCIALNE POVEZAVE



- OBČUTEK POVEZANOSTI ≠ BLJIŽINA
- IZLOČANJE SEROTONINA
- VREDNE ODREKANJA?



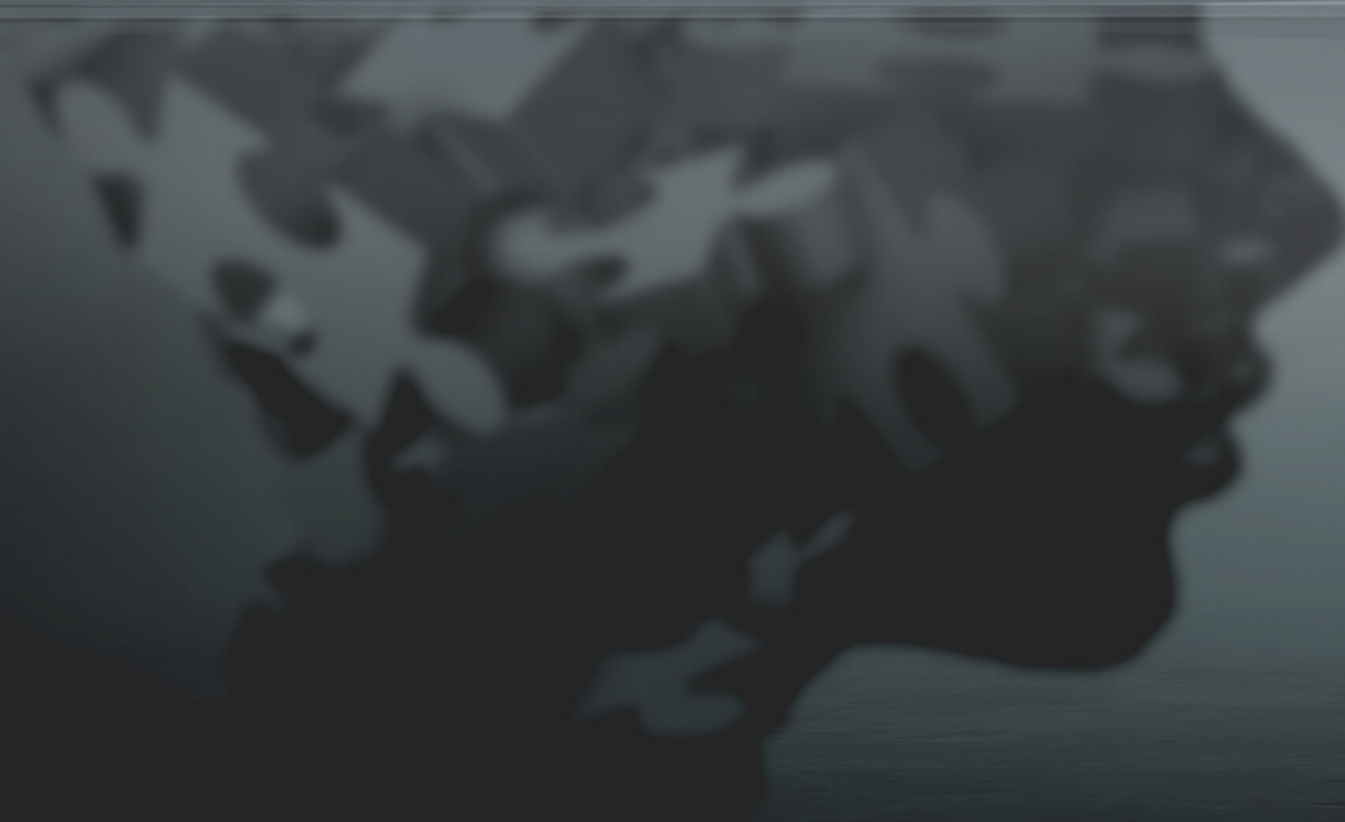
# ČUSTVA





**"BE RESPONSIVE NOT  
REACTIVE"**

**KAKO?**







# 5 SEKUNDNO OKNO ZA ODLOČITEV



# BODITE SEBIČNI





# ZA VPRAŠANJA IN SVETOVANJE SEM VAM NA VOLJO

TIM.GUMILAR@GMAIL.COM

INSTAGRAM: @SMARTPHIT\_

LINKEDIN: TIM GUMILAR