

STRESS MANAGEMENT

Presentation Outline

- **Awareness**
- **Types of Stress**
- **Management Methods**

General Awareness

- What is Stress ?
- What are the types of Stress?
- Symptoms
- Cost of Stress

WHAT IS STRESS ?

Stress is the reaction people have to excessive pressures or other types of demand placed upon them. It arises when they worry that they can't cope.

Stress is the “wear and tear” our minds and bodies experience as we attempt to cope with our continually changing environment.

DEFINITION

$$S = P > R$$

Stress occurs when the pressure is greater than the resource

STRESS FEELINGS

- Worry
- Tense
- Tired
- Frightened
- Elated
- Depressed
- Anxious
- Angry

EXTERNAL STRESSORS

- Physical Environment
- Social Interaction
- Organizational Pressure
- Major Life Events
- Daily Hassles

MAJOR LIFE EVENTS

- Birth
- Death
- Lost job
- Promotion
- Marital status change

NEGATIVE STRESS

It is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaints, insomnia and ulcers.

Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.

POSITIVE STRESS

Stress can also have a positive effect, spurring motivation and awareness, providing the stimulation to cope with challenging situations.

Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations.

Self-Generated

Most of the stress we experience is self-generated.

How we perceive life - whether an event makes us feel threatened or stimulated, encouraged or discouraged, happy or sad - depends to a large extent on how we perceive ourselves.

GENERAL ADAPTATION SYNDROME

- Alarm response
- Adaptation
- Exhaustion

ALARM RESPONSE

This is the “Fight or Flight” response that prepares the body for immediate action.

EXHAUSTION

In chronic stress situations, sufferers enter the exhaustion phase: emotional, physical and mental resources suffer heavily, the body experiences adrenal exhaustion leading to decreased stress tolerance, progressive mental and physical exhaustion, illness and collapse.

SYMPTOMS OF STRESS

- Physical symptoms
- Mental symptoms
- Behavioural symptoms
- Emotional symptoms

PHYSICAL SYMPTOMS

- Sleep pattern changes
- Fatigue
- Digestion changes
- Headaches
- Aches and pains
- Infections
- Indigestion
- Dizziness
- Fainting
- Sweating & trembling
- Tingling hands & feet
- Breathlessness
- Palpitations
- Missed heartbeats

MENTAL SYMPTOMS

- Lack of concentration
- Memory lapses
- Difficulty in making decisions
- Confusion
- Disorientation
- Panic attacks

BEHAVIOURAL SYMPTOMS

- Appetite changes - too much or too little
- Eating disorders - anorexia, bulimia
- Increased intake of alcohol & other drugs
- Increased smoking
- Restlessness
- Fidgeting
- Nail biting
- Hypochondria

EMOTIONAL SYMPTOMS

- Bouts of depression
- Impatience
- Fits of rage
- Tearfulness
- Deterioration of personal hygiene and appearance

STRESS RELATED ILLNESSES

Stress is not the same as ill-health, but has been related to such illnesses as:

- Cardiovascular disease
- Immune system disease
- Asthma
- Diabetes
- Ulcers
- Depression

COSTS OF STRESS

80% of all modern diseases have their origins in stress.

In the US, 275 million working days per year are lost directly from stress - related illness.

The cost of lost productivity due to workplace stress in the US is estimated at 300 billion dollars per year.

FACTORS INFLUENCING WORK STRESS

- The drive for success
- Working conditions
- Overworked
- Under-worked
- Uncertainty
- Conflict
- Responsibility
- Changes at work

WORKING CONDITIONS

Physical and mental health is adversely affected by unpleasant working conditions, such as high noise levels, lighting, temperature and unsocial or excessive hours.

OVERWORK

Stress may occur through an inability to cope with the technical or intellectual demands of a particular task.

Circumstances such as long hours, unrealistic deadlines and frequent interruptions will compound this.

RESPONSIBILITY

The greater the level of responsibility, the greater the potential level of stress.

CHANGES AT WORK

Changes that alter psychological, physiological and behavioural routines such as promotion, retirement, and redundancy, are particularly stressful.

Self Help

- What are my causes of Stress?
- Identification and admission
- Coping strategies

Not all the stress we experience
is generated at work !!

RECOGNIZE THE PROBLEM

- The most important point is to recognize the source of the negative stress.
- This is not an admission of weakness or inability to cope!
- It is a way to identify the problem and plan measures to overcome it.

STRESS CONTROL

A B C STRATEGY

ABC STRATEGY

A = AWARENESS

What causes you stress?

How do you react?

ABC STRATEGY

B = BALANCE

There is a fine line between positive / negative
stress

How much can you cope with before it
becomes negative ?

ABC STRATEGY

C = CONTROL

What can you do to help yourself combat the negative effects of stress ?

Stress Management Techniques

- Change your thinking
- Change your behaviour
- Change your lifestyle

Change your Thinking

- Re-framing - change the way you look at things in order to feel better about them
- Positive thinking - Focus on your strengths, learn from the stress you are under, and look for opportunities

Change your Behaviour

- Be assertive
- Get organized
- Venting
- Humor
- Diversion and distraction

Being Assertive

Being assertive involves standing up for your personal rights and expressing your thoughts, feelings and beliefs directly, honestly and spontaneously in ways that don't infringe the rights of others.

Get Organized

Poor organization is one of the most common causes of stress. Structured approaches offer security against 'out of the blue' problems. Prioritizing objectives, duties and activities makes them manageable and achievable. Don't overload your mind. Organization will help avoid personal and professional chaos.

Time Management

- Make a list

What **MUST** be done

What **SHOULD** be done

What would you **LIKE** to do

- Cut out time wasting
- Learn to drop unimportant activities
 - Say no or delegate

Venting

‘A problem shared is a problem halved’

Develop a support network through friends or colleagues to talk with. It's not always events that are stressful but how we perceive them.

Humor

- Good stress-reducer
- Applies at home and work
- Relieves muscular tension
- Improves breathing
- Pumps endorphins into the bloodstream - the body's natural painkillers

Diversion and Distraction

- Take time out
- Get away from things that bother you
- Doesn't solve the problem
- Reduce stress level
- Calm down
- Think logically

Change Your Lifestyle

- Eat a healthy diet
- Eliminate smoking & alcohol
- Exercise more
- Adequate sleep
- Relaxation

Alternatives

- Conventional Medicine
- Counselling & psychotherapy
- Relaxation
- Meditation
- Massage
- Yoga
- Acupuncture
- Aromatherapy
- Floatation
- Herbalism
- Biofeedback
- Homeopathy
- Hypnotherapy
- Osteopathy
- Pet Therapy
- Reflexology

For More Information

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