

STRESS MANAGEMENT

Introduction

- Stress is an unavoidable part of modern living
- Can come from a simple event such as crossing a busy street
- Also can come from an exciting event such as a college graduation
- Not always bad if a person is prepared for stress

Contd.....

- A person experiences stress when an event presents a constraint, an opportunity, or excessive physical and psychological demand
 - ***Constraint***
 - Something blocks a person from reaching a desired goal
 - ***Opportunity***
 - A chance event that lets us reach a desired goal
 - ***Excessive physical demand***
 - Asking a person to do something beyond their physical abilities
 - ***Excessive psychological demand***
 - A stressor pushes a person beyond what they can psychologically handle

What is Stress????

- An adaptive response to a situation that is perceived as challenging or threatening to the person's well-being
- Stressors- an environmental condition or stimuli that places physical or emotional demand on a person

- Stress is the body's automatic response to any physical or mental demand placed on it.
- Adrenaline is a chemical naturally produced in our body as a response to stress .
- Fight or Flight response is illicited.

Is all stress bad????

- Moderate levels of stress may actually improve performance and efficiency
- Too little stress may result in boredom
- Too much stress may cause an unproductive anxiety level

Nature of Stress

- Stress is a neutral word
 - Distress – Negative aspect of stress
 - Eustress – Positive aspect of stress
- Stress is associated with constraints & Demand
- Stress is not simply anxiety
- Stress should be differentiated from nervous tension
- Term Burnout is closely associated with stress

Definition

- Situations, activities, and relationships that cause 'trauma' to one's physical, emotional, or psychological self

Linkage Between Stress & Time

| | URGENT | NOT URGENT |
|---------------|--|--|
| IMPORTANT | <p>Quadrant #1 "NECESSITY"</p> <hr/> <p>Your Key Action: "MANAGE"</p> <hr/> <p>Common Activities</p> <ul style="list-style-type: none"> - Crises - Deadline-driven activities - Medical emergencies - Other "true" emergencies - Pressing problems. - Last minute preparations | <p>Quadrant #2 "QUALITY & PERSONAL LEADERSHIP"</p> <hr/> <p>Your Key Action: "FOCUS"</p> <hr/> <p>Common Activities</p> <ul style="list-style-type: none"> - Preparation and planning - Values clarification - Empowerment - Relationship-building - True recreation |
| NOT IMPORTANT | <p>Quadrant #3 "DECEPTION"</p> <hr/> <p>Your Key Action: "USE CAUTION or AVOID"</p> <hr/> <p>Common Activities</p> <ul style="list-style-type: none"> - Meeting other people's priorities and expectations - Frequent interruptions: - Most emails, some calls - Urgency masquerading as importance | <p>Quadrant #4 "WASTE"</p> <hr/> <p>Your Key Action: "AVOID"</p> <hr/> <p>Common Activities</p> <ul style="list-style-type: none"> - Escapist activities - Mindless tv-watching - Busywork - Junk mail - Some emails - Some calls |

Linkage Between Stress & Time Management

Sources of Stress

environmental stress

social stress

organizational stress

physiological stress

psychological stress

significant events stress

Distress syndrome

- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

Emotional & Behavioral distress

- Poor memory
- Poor concentration
- Pessimistic attitude
- Anxiety
- Mood swings
- Short temper
- Altered eating habits

Cognitive distress

Physical distress symptoms

- Headaches
- Problems with digestion
- Increase blood pressure
- Constantly feeling tired or worn out

Managing Stress

- Exercise
- Nutrition
- Sleep
- Healthy pleasures
- Self talk

Stress relaxation methods

- Breathing
- Meditation
- Visualization techniques
- Self hypnosis
- Muscle techniques

Using social support groups

- There is increasing evidence that social support — that is, collegial relationships with co-workers or supervisors — can buffer the impact of stress.
- Having friends, family, or work colleagues to talk to provides an outlet when stress levels become excessive.
- Expanding your social support network, therefore, can be a means for tension reduction.