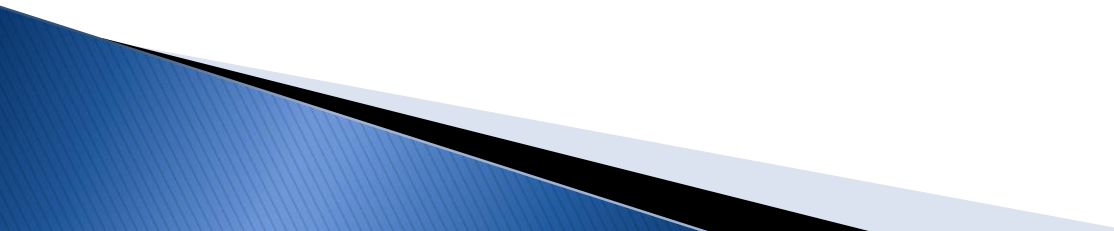


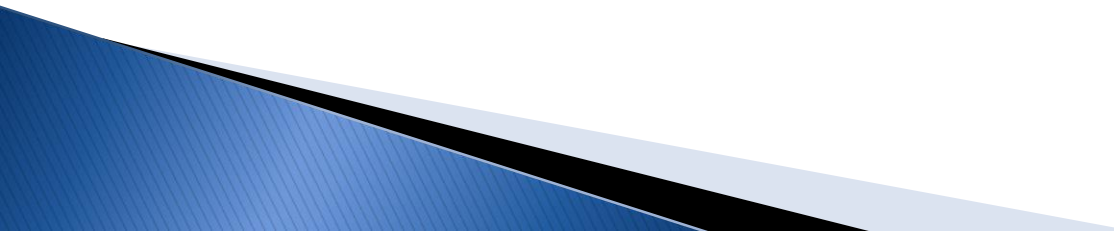
Stress Management



What Is Stress

- ▶ Stress is an involuntary response of the body to any physical or mental demand subjected to by it.
 - ▶ Adrenaline is a hormone released by adrenal gland in our body as a response to stress .
 - ▶ Fight or Flight response.
- 

Is All Stress Bad?

- ▶ Moderate levels of stress improves performance and efficiency
 - ▶ Very little stress will lead to boredom
 - ▶ Too much stress will cause an unproductive anxiety level
- 

Identifying Stressors

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

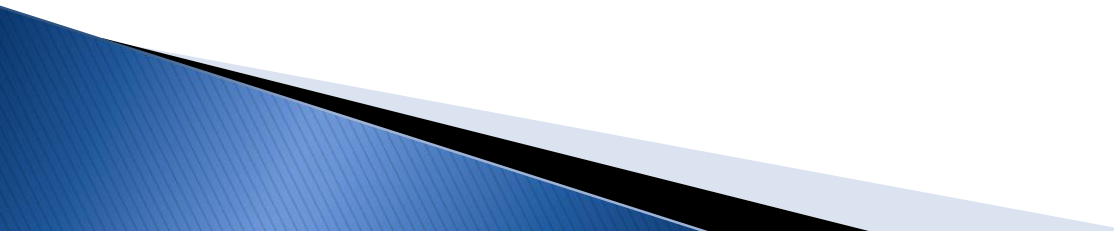
Stressors

- ▶ Studies
- ▶ Work
- ▶ Family
- ▶ Relationships
- ▶ Legal
- ▶ Finances
- ▶ Health/illness
- ▶ Environment
- ▶ Living Conditions



Signs of Stress

PROBABLE SYMPTOMS

- ▶ Insomnia
 - ▶ Lack of concentration
 - ▶ Absenteeism
 - ▶ Depression
 - ▶ Anger and frustration
 - ▶ Family conflict
 - ▶ Musculo skeletal problems
- 

Recognizing the Signs of Stress

- Stress is both a psychological and physiological response to change.
- It does not manifest itself the same way in everyone.
 - Some people do not eat enough when they are stressed, while others eat more and often.
 - Some develop insomnia during times of stress, while others sleep excessively.
- When your day to day normal behaviors and responses change significantly it may be an indication of your experiencing stress due to life circumstances.

Eustress

Eustress, or positive stress..

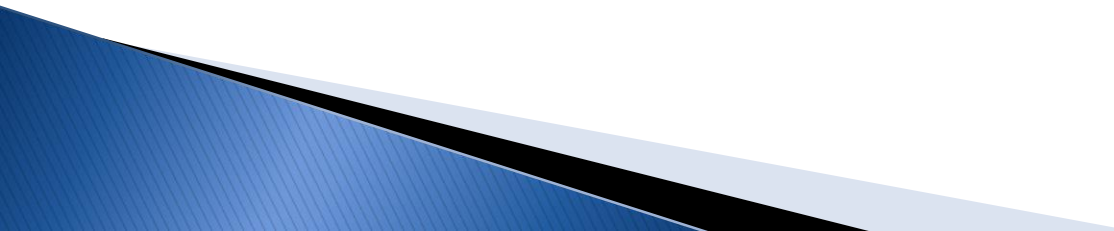
- Motivates & focus of energy
- Concentration levels are increased
- It lasts as long as one is positive
- It is within our coping abilities
- Gives a feeling of excitement
- Performance levels are boosted

Distress

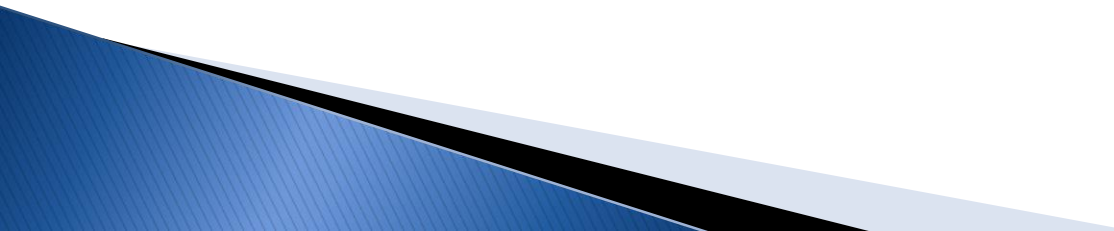
Distress, or negative stress ...


- Loss of motivation
- Causes anxiety or concern
- May be short-or long-term
- Usually beyond one's coping abilities
- Feels unpleasant
- Reduces effectiveness
- Decreases performance
- May lead to physical, mental & behavioral problems

Causes of Stress

- ▶ Job Insecurity
 - ▶ High performance Demand
 - ▶ Bad Boss
 - ▶ Workplace culture
 - ▶ Personal or family problems
 - ▶ Technology
- 

Common Signs of Stress

- Pounding heart rate
 - Shaking
 - Inability to make decisions
 - Inability to act
 - Lack of focus
 - Hyperactivity
 - Appetite changes
 - Sleep pattern changes
 - Many other possible signs
- 

- ▶ Be prepared for changes
 - ▶ Find and protect time to refresh, re-energize and re-motivate
 - ▶ Avoid giving into alcohol, smoking and other substance abuses.
 - ▶ Positive attitudes towards stressful situations in life.
 - ▶ Don't be complacent.
 - ▶ Sit straight and comfortably on your seat, and try breathing exercises
 - ▶ Try creative visualization
- 

Stress Busters

- ▶ Relief from stress
 - Stop shallow breathing
- ▶ Create the habit of deep breathes
- ▶ Visualize and communicate your vision
- ▶ Laugh
 - Crack some jokes
 - Do your goofiest impression
 - Tickle a child that you love
- ▶ Be aware of your choices; you always have a choice
- ▶ Learn to say No; you cannot do everything you are asked
- ▶ Be thankful
- ▶ Do nothing. That's right, folks, do nothing at all. Close, the door, open the window, have a seat, and take a little break from life. If your mind is racing, learn to meditate and just let that stress go.
- ▶ Listen to music

Types of Stress Management

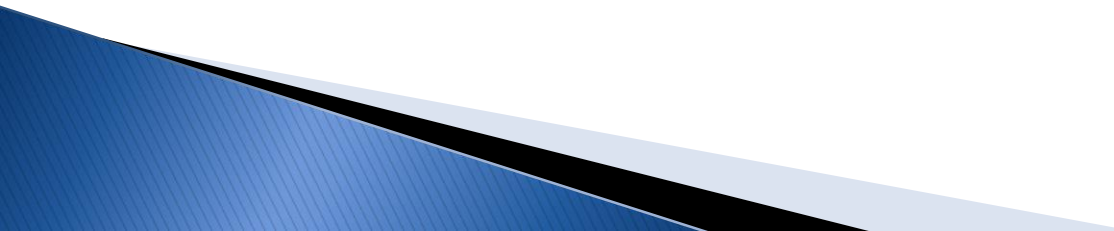
▶ (A) Acute Stress

Acute stress is usually for short time and may be due to work pressure, meeting deadlines pressure or minor accident, over exertion, increased physical activity, searching something but you misplaced it, or similar things. Symptoms of this type of tension are head aches, back pain, stomach problems, rapid heartbeat, muscle aches or body pain.

▶ (B) Chronic Stress

This type of stress is the most serious of all the 3 stress types. Chronic stress is a prolonged stress that exists for weeks, months or even years. This stress is due to poverty, broken or stressed families and marriages, chronic illness and successive failures in life. People suffering from this type of stress get used to it and may even not realize that they under chronic stress. It is very harmful to their health.

Causes of Stress Management

- ▶ Whenever our body feels something not favorable, then it tries to defend itself. If this situation continues for a long time, then our body is working overtime.
 - ▶ There are several causes of stress. For example, you are under stress when you are worried about something, worried about your children, worried about the illness of your father, worried about your job security or worried about your loans and similar things.
- 

Advantages of Stress Management

Business advantages of stress management :

- Less absenteeism due to stress-related disorders.
- Less worker's compensation loss due to stress related illness or accidents
- Improved job performance
- Less stressful, more efficient workplace
- Improved employee attitude
- Improved employee overall health

Disadvantages of stress management

- ▶ Stress is a disadvantage because it can potentially raise your heart rate and weaken your immune system. Also, it can be a factor in poor decision making because under stress we may not think logically or consider the consequences of the choices we make.

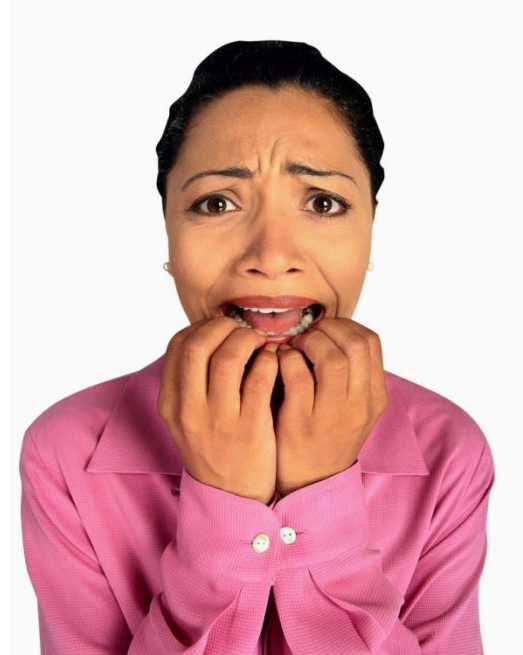
Negative Effects of Stress

1. Physical

- Weight gain/loss
- Unexpected hair loss
- Heart palpitations
- High blood pressure

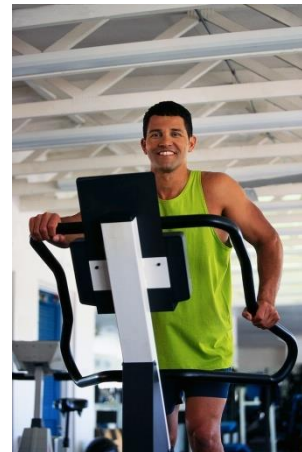
2. Emotional

- Mood swings
- Anxiety
- Can lead to depression
- Can also lead to unhealthy coping strategies (i.e. alcohol, drugs, etc)

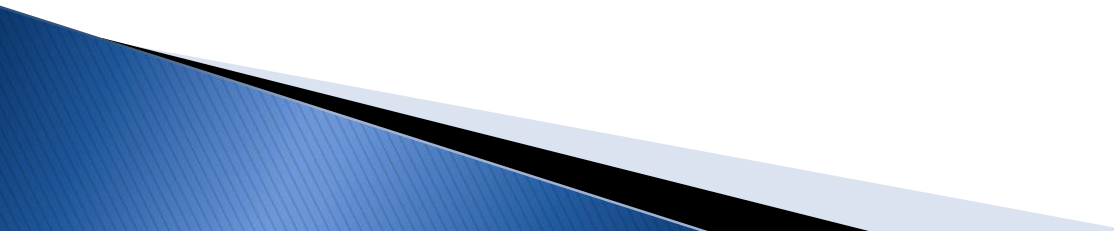


Managing Stress

- ▶ Stress Relief Strategies
 1. Body relaxation exercises
 - breathing techniques
 - guided imagery
 2. Physical exercise
 - yoga
 - work out routine
 3. Meditation
 4. Counseling
 - talk therapy
 - life coaching



Other Helpful tips

- ▶ Changing perceptions and expectations
 - ▶ Break jobs/tasks into manageable parts
 - ▶ Set reasonable/realistic goals
 - ▶ Avoid procrastination
 - ▶ Set boundaries
 - ▶ Don't compromise your values/beliefs
 - ▶ Schedule "me" time
- 

Benefits of Stress Management

- ▶ Physical health gets better
 - more energy and stamina
- ▶ Emotions stabilized
 - positive attitude
 - hopeful/happier
- ▶ Ability to focus improved
 - able to learn and achieve

Relax

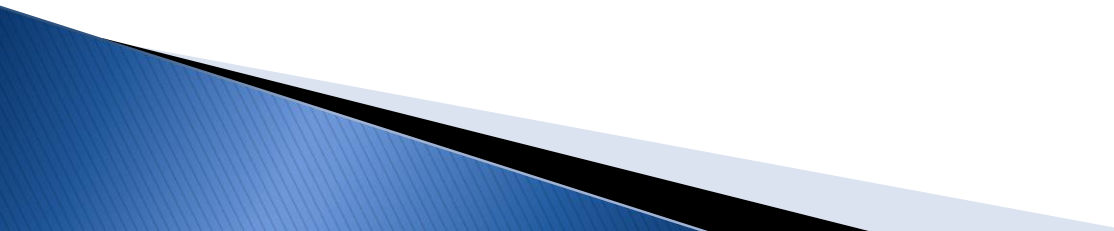
- ▶ Our brain fires electrical waves at 14 or more cycles a second.
- ▶ These are *beta* waves and are great for getting tasks done, but not for learning new things.
- ▶ Taking a few minutes to relax deeply slows your brain waves down.
- ▶ These slower waves are *alpha* waves.
- ▶ They occur at between 7 and 14 cycles a second
- ▶ Studies show *alpha* waves improve learning.

The Key Word Is....

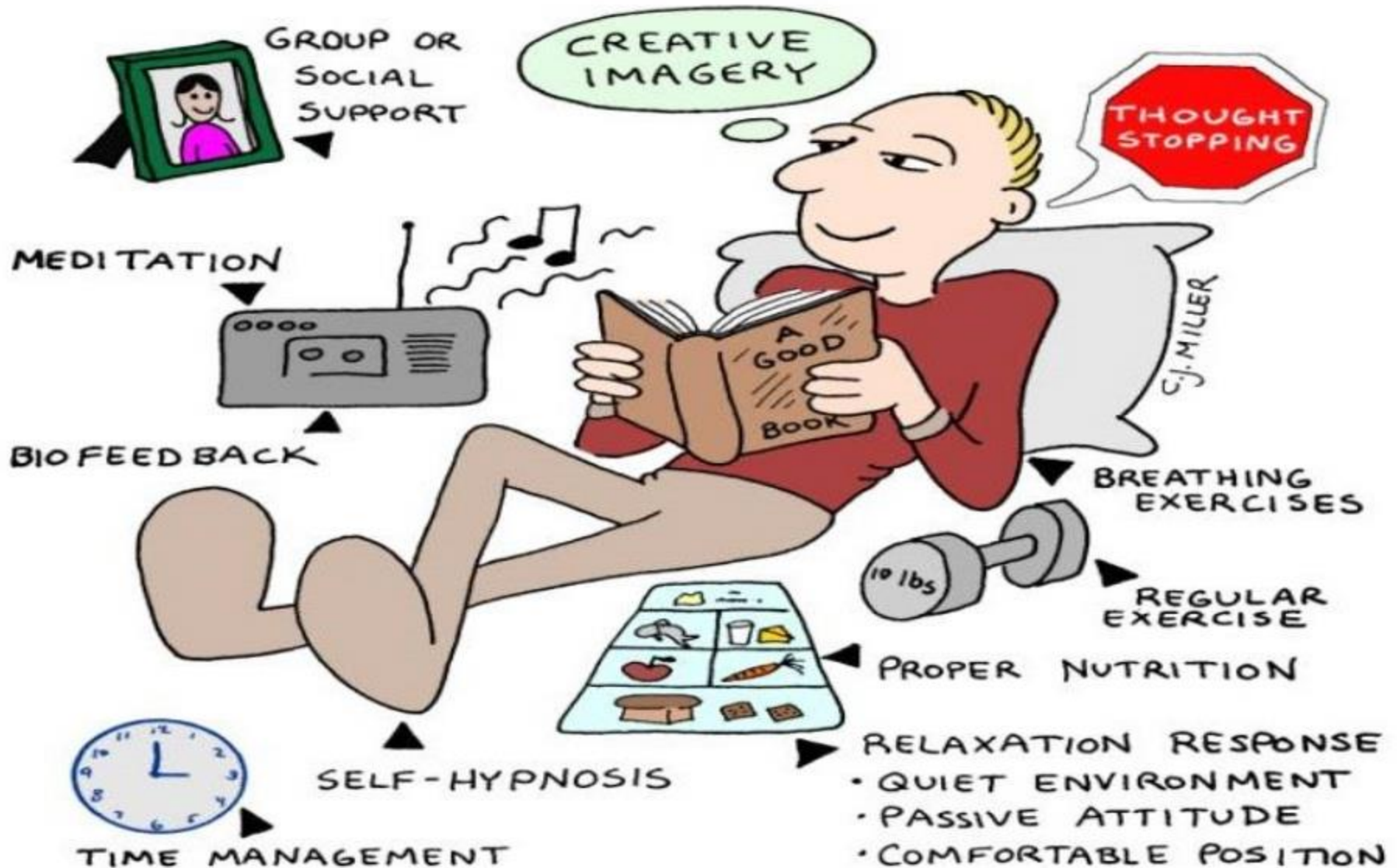
Balance



Content

- ▶ Introduction of Stress
 - ▶ Types of Stress
 - ▶ Introduction of Stress Management
 - ▶ Advantages
 - ▶ Disadvantages
 - ▶ Types of Stressors
 - ▶ Case Study
 - ▶ Conclusion
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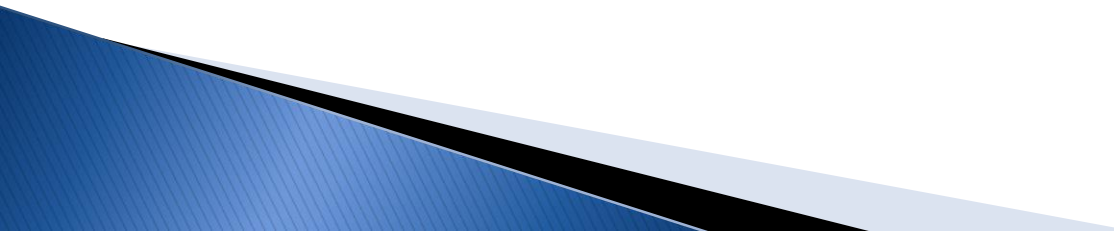
STRESS REDUCTION METHODS



So enjoy your life as it comes
and always be happy

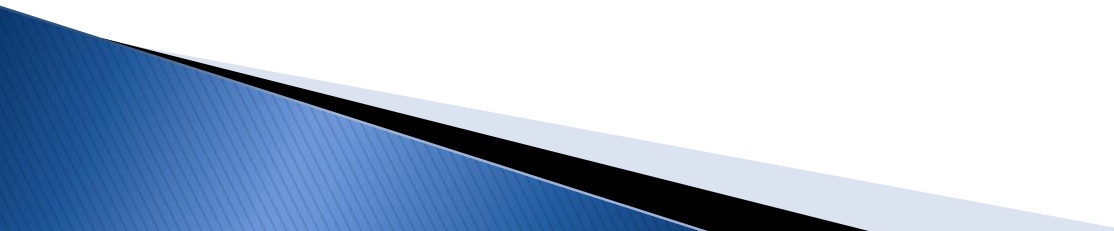


Importance of Stress Management

- Stress is something that everyone experiences, so learning how to cope with its effects is something that everyone needs to master for their own physical and psychological well-being.
 - Those who don't learn and use appropriate stress-management techniques can experience a variety of negative effects, including physical illness, psychological illness, damaged personal relationships, poor productivity and more.
- 


Learning to Manage Stress

Effective stress management involves the following:

- Learning to recognize the signs that you are experiencing stress
 - Recognizing the circumstances that trigger stress reactions in you
 - Applying stress management techniques to help you cope
- 

Potential Stress Triggers

There are many potential triggers for stress, including the following:

- Increased responsibility
 - Major life changes (marriage, divorce, relationship troubles, childbirth, death of loved ones, etc.)
 - Relocation
 - Financial pressures
 - Job changes
 - Natural and man-made disasters
 - Many other factors
- 

10 Stress Management Techniques

1. Relaxation Techniques

- Meditation
- Deep Breathing
- Visualization Activities
- Aromatherapy
- Massage Therapy

2. Exercise

- Aerobic activities
 - Running
 - Swimming
 - Zumba
- Anaerobic activities
 - Walking
 - Stretching
 - Yoga

10 Stress Management Techniques

3. Nutrition

- Eat a balanced diet.
- Stay hydrated with plenty of water.
- Avoid processed foods.
- Reduce caffeine consumption.
- Avoid alcohol.
- Take appropriate nutritional supplements.

4. Sufficient Rest

- Get plenty of sleep.
- Take a few short breaks throughout the day.
- Allow your mind to rest periodically.

10 Stress Management Techniques

5. Goal Setting

- Break major projects/tasks down into achievable goals.
- Set milestones for goal achievement.
- Track progress toward goal accomplishment.
- Reward yourself for progress.

6. Journaling

- Keeping a journal is a good way to keep stressors from building up inside yourself.
- Journaling also provides a way to make it easier to recognize circumstances and patterns that lead to stress reactions.
- Writing down stressors can be a great step toward learning how to manage them effectively.

10 Stress Management Techniques

7. Proactive Communication

- Express your feelings to those who are involved in the stressful circumstances in your life.
- Discuss the circumstances you are facing with trusted friends and confidantes.

8. Seek Counseling or Therapy

- Seeking professional assistance when needed is a sign of strength.
- Working with a qualified therapist, counselor or other qualified mental health professional can be one of the best ways to learn how to deal with stress.

10 Stress Management Techniques

9. Deal with Circumstances

- Engaging in avoidance behavior is not an effective technique for stress management.
- Ignoring problems or pretending that things are fine when they are not only leads to greater stress in the long run.
- Managing stress effectively requires actually dealing with it and working through it.

10. Apply Effective Time Management Skills

- Take the time to get organized.
- Prioritize your to-do list.
- Learn to delegate.
- Leave time for yourself in your schedule.
- Learn how to say “no” to stress-inducing requests that are not essential.

Stress Management That Works for You

- Finding the stress management techniques that work effectively for you in the stressful situations that arise throughout your life can be a powerful resource for health promotion.
- Be mindful of when you experience stress, how it affects you and what actions best allow you to cope with its effects.

CONCLUSION

Stress problems are very common. The American Psychological Association's "Stress in America" poll found that one-third of people in the United States report experiencing extreme levels of negative stress. In addition, nearly one out of five people report that they are experiencing high levels of negative stress 15 or more days per month.



What Questions Do you have?

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