

STRESS!
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Stress Management

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2nd year students



Objectives:

1. Define stress
2. Identify the stress by self assessment.
3. Identify the types of stress
4. Recognize the mechanisms of stress
5. Identify the relation of stress and our health
6. Discuss stress management strategies

Contents:

- 1- Stress definition.
- 2- Differentiate stress from other psychiatric disorder.
- 3- Stress and stressors
- 4- Stress management

What Is Stress?

Stress is a feeling that's created when we **react** to **particular events**. It's the **body's way** of rising to a **challenge** and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

Stress Definitions??

Stress is a condition or feeling experienced when a person perceives that **demands** exceed the personal and social **resources**.

(Richard S Lazarus)

Why we talk about stress

Health professionals face many stressors in their work environment:

- Sleep deprivation
- Disruptions in social support
- Clinical vs. educational conflicts
- Caring for critically ill or dying patients
- Certification or licensing examinations

(French et al., 1982; Peterlini et al., 2002)

Types of stress



- If person's capacities handle the demand and enjoy the stimulation involved, then stress is welcome and helpful.
- If the capacities cannot handle the demand, then stress is unwelcome and unhelpful.

Not All Stress is Bad...

Distress

- Is a continuous experience of feeling **overwhelmed**, oppressed, and behind in our responsibilities.
- It is the all encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.

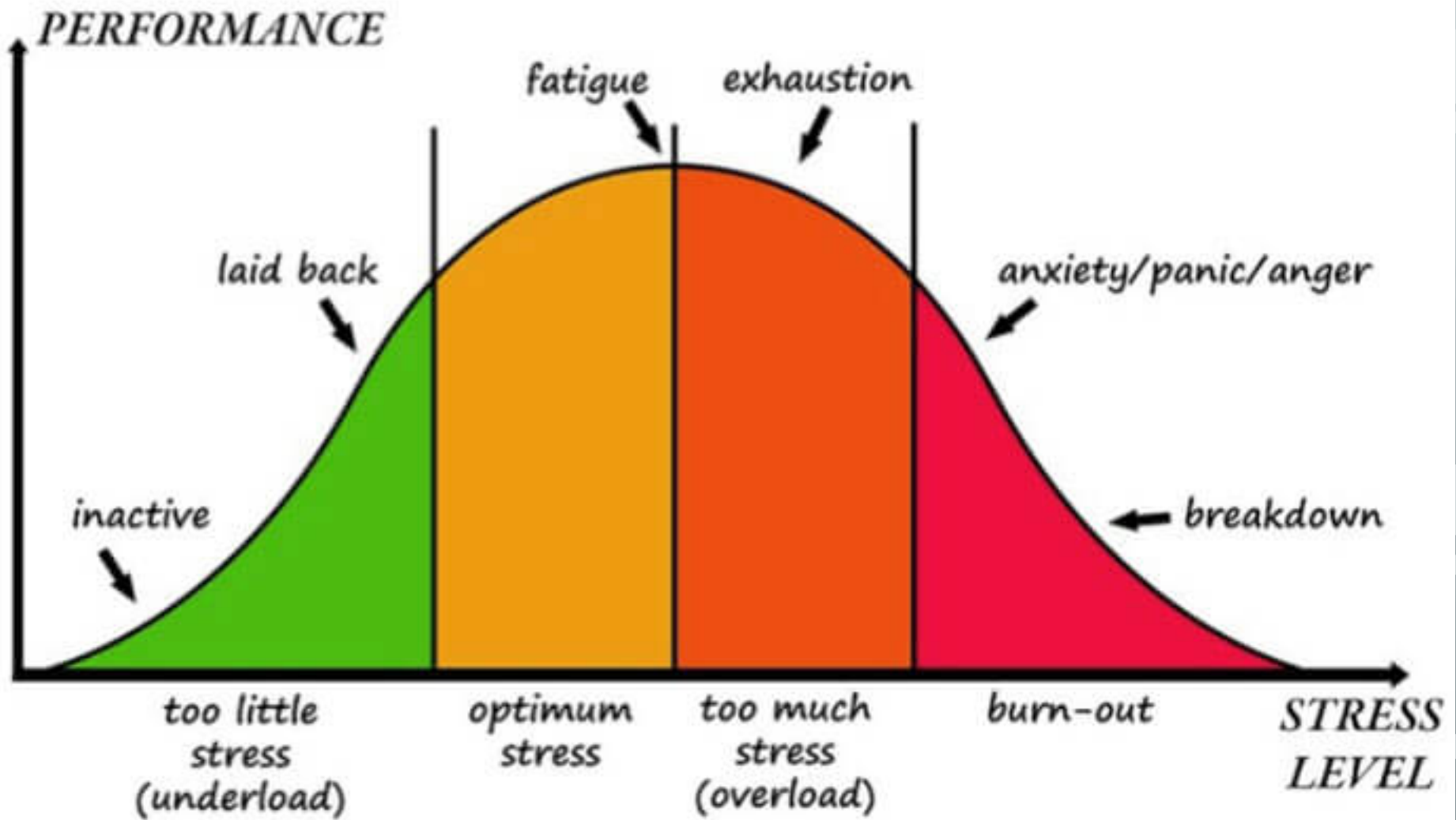
Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.

Not All Stress is Bad...

Eustress

- is the other form of stress that is **positive** and beneficial.
- We may feel challenged, but the sources of the stress are opportunities that are meaningful to us.
- Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.

Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.



Stressors:

Stressors are the events that provoke stress, and they cover a whole range of situations (Environmental, Physiological, Thoughts)

Environmental (noise, weather, traffic, time pressures, job performance standards)

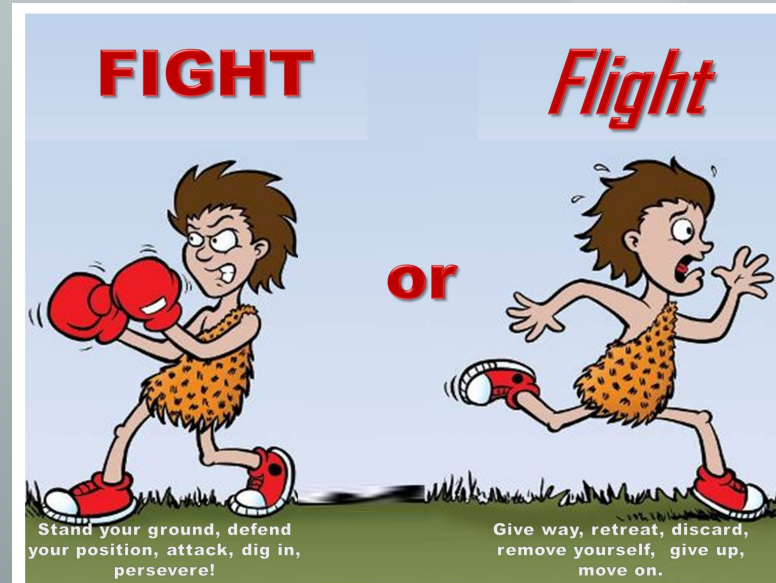
Physiological (illness, lack of sleep, poor diet, aging)

Thoughts (worry, negative self-talk, fear)

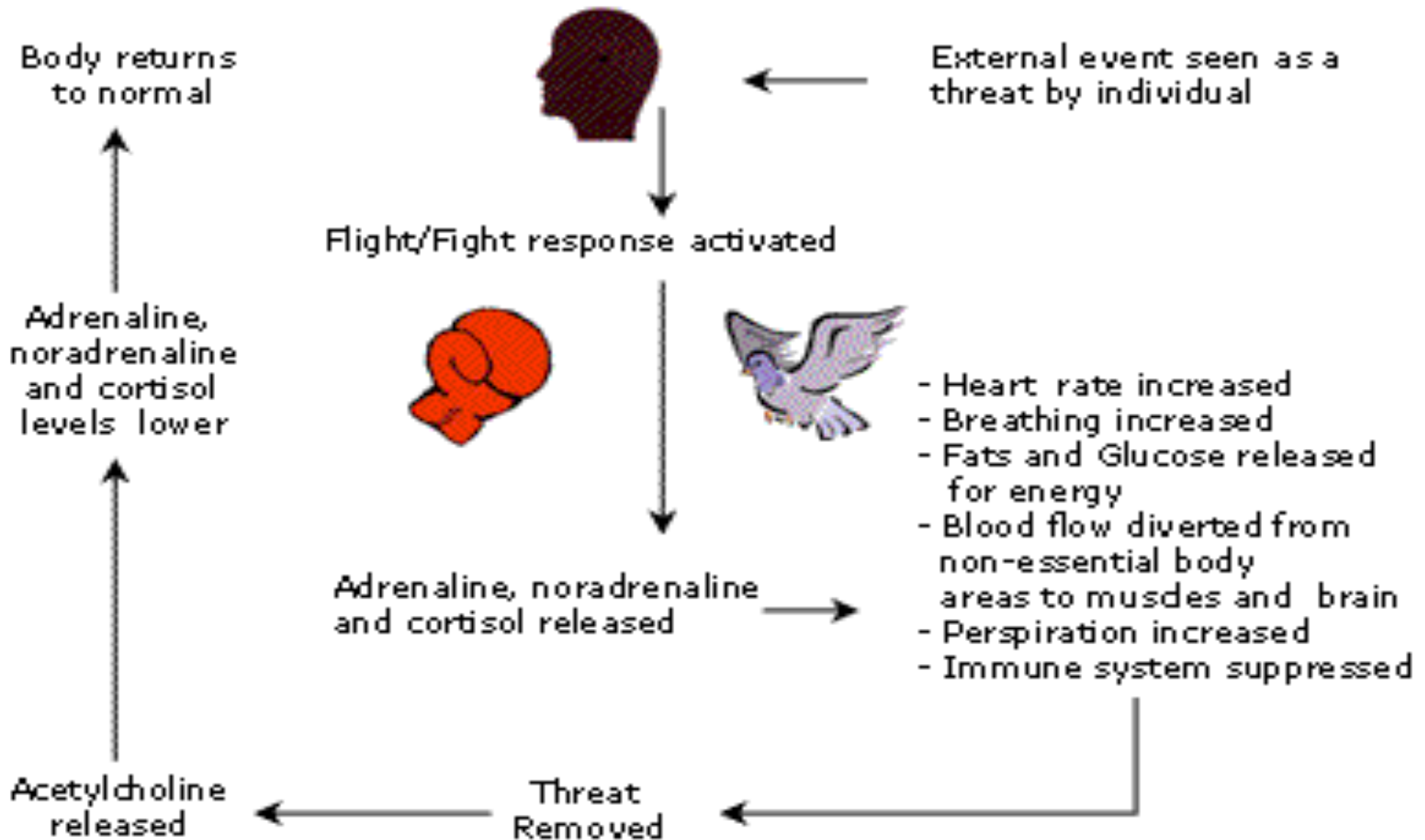
Stress

Mechanisms of stress :

1- Fight-or-Flight



2- The General Adaptation Syndrome and Burnout



The Stress Response

- It results in certain physiological changes:
 - gastrointestinal,
 - glandular and
 - cardiovascular disorders
- It affects the entire body, not just a single part.
- Differences in response within and between individuals.

Brain system

Thoughts
Emotions
Communication
Memories
Motor/senses

Cardio-vascular system

Heart/blood
Arteries/veins
Lungs

Muscle system

Muscles
Tendons
Ligaments

Skeletal system

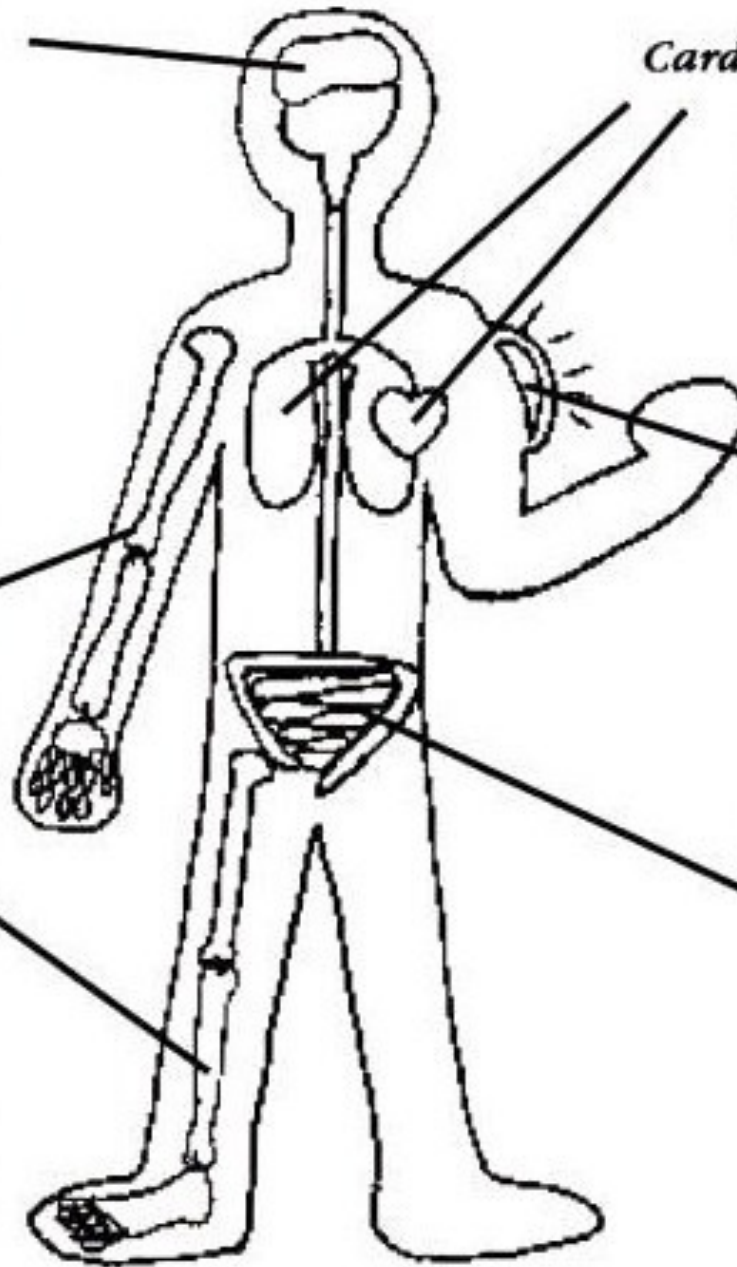
Bones
Joints

Digestive system

Stomach
Intestines
Gall Bladder
Pancreas
Liver, etc.

Immune system

Fights disease
Antibodies
Protects body





The General Adaptation Syndrome and Burnout

THREE STAGES OF ADAPTATION IN STRESS

1. Alarm reaction: when a person is exposed to an unadapted stimulus there is an initial shock (in which resistance is lowered) followed by a rebound reaction (counter shock phase) during which the organism's defense mechanisms become active.

2. Stage of resistance: during this stage the person's full adaptation may lead to successful return to equilibrium.

3. Stage of exhaustion: in case of failure of adaptability the organism becomes exhausted.

General Adaptation Syndrome

Stage 1
Alarm Reaction

Stage 2
Resistance

Stage 3
Exhaustion

Normal
Level of
Resistance



What are some symptoms of unmanaged stress?

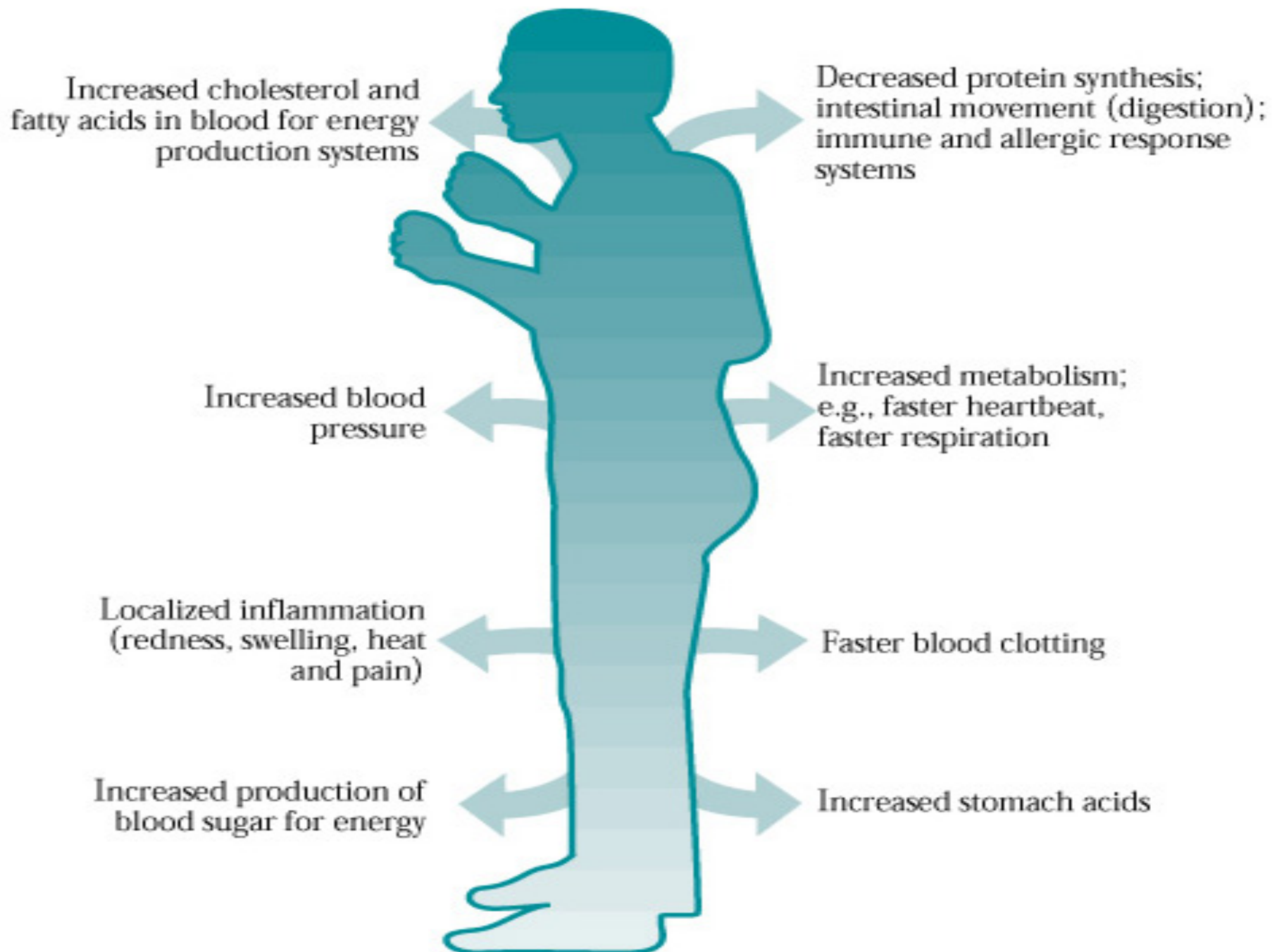
- **Increased** heart rate and blood pressure; feeling tense, irritable, fatigued, or depressed
- **Lack of interest** and ability to concentrate, apathy
- **Avoidance behaviors**: abuse of drugs, alcohol, tobacco

Possible signs of stress

- Anxiety
- Back pain
- Constipation or diarrhea
- Depression
- Fatigue
- Headaches
- High blood pressure
- Insomnia
- Problems with relationships
- Shortness of breath
- Stiff neck
- Upset stomach
- Weight gain or loss

They may complain of:

Physical	Emotional
Fatigue	Irritability
Tension headaches	Feeling helpless
Upset stomach	Loss of self-esteem
Difficulty sleeping	Frustration
Tense muscles	Loss of concentration
Shortness of breath	Withdrawal
Change in appetite	Anxiety



Consequences of Stress

Physiological	Cardiovascular disease, hypertension, headaches
Behavioral	Work performance, accidents, absenteeism, aggression, poor decisions
Psychological	Dissatisfaction, moodiness, depression, emotional fatigue

Methods for Reducing Stress





	NEVER 0	SELDOM 1	OFTEN 2	ALWAYS 3
1 Do you miss meals?				
2 Do you suffer from stomach complaints?				
3 Do you bite your nails?				
4 Are you restless when relaxing?				
5 Do you suffer from depression?				
6 Do you work late too often?				
7 Do you suffer road rage?				
8 Do you win at sports?				
9 Do you argue with your partner and family?				
10 Do you struggle for perfection?				



	NEVER 0	SELDOM 1	OFTEN 2	ALWAYS 3
11 Does your family complain that they don't see you enough?				
12 Do you have difficulty sleeping?				
13 Do you drink?				
14 Do you smoke?				
15 Do you feel trapped by life?				
16 Are you too busy to enjoy doing the things you like doing?				
17 Do you find it hard to make decisions?				
18 Does the future worry you?				
19 Do you find it hard to concentrate?				
20 Do you suffer from headaches?				
total				

If you scored more than 45

Your score is too high. You need to look at a Stress Management Programme and / or seek medical advice.

If you have scored between 35 and 44

You need to review your work / life balance.

If you scored between 25 and 34

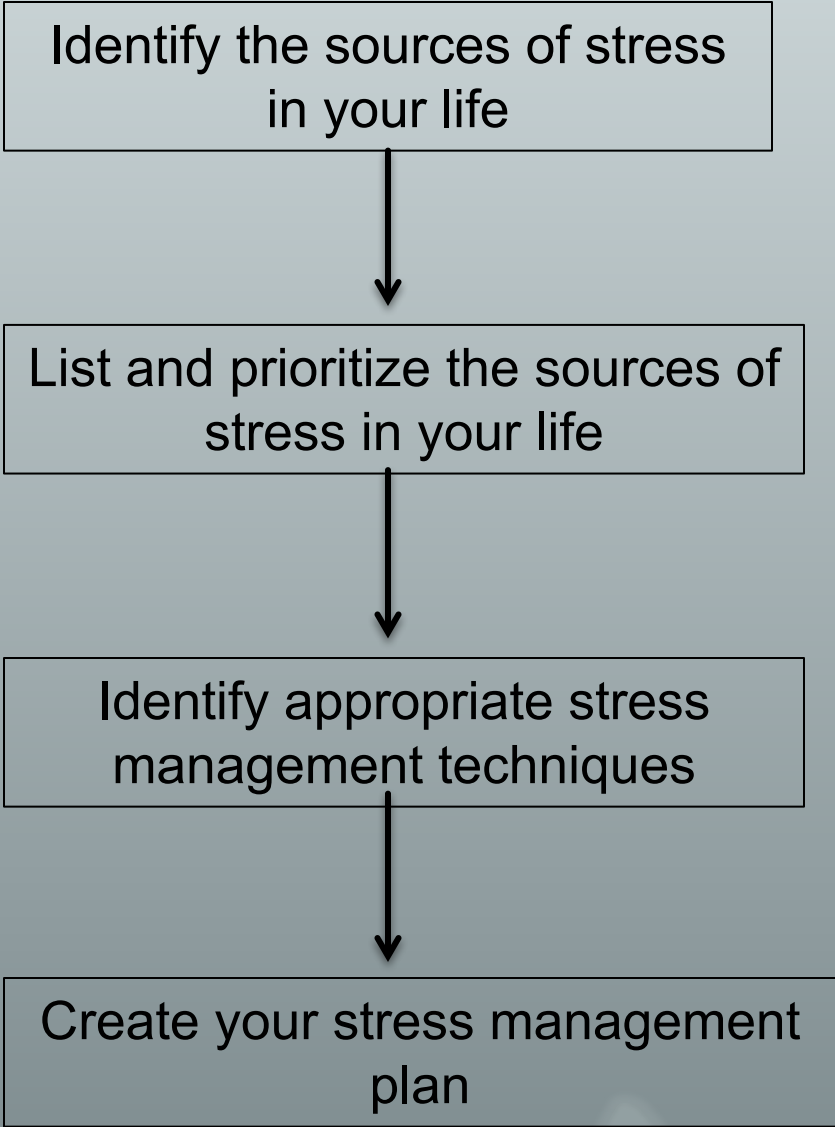
You are coping with your stress levels but could benefit from additional relaxation.

A score below 25

CONGRATULATIONS! You have the balance right. But don't become complacent.

Stress management





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graph TD; A[Identify the sources of stress in your life] --> B[List and prioritize the sources of stress in your life]; B --> C[Identify appropriate stress management techniques]; C --> D[Create your stress management plan];
```

Identify the sources of stress
in your life

List and prioritize the sources of
stress in your life

Identify appropriate stress
management techniques

Create your stress management
plan

Stress management plan process

**Intervention to
consider for stress
management**

```
graph TD; A[Intervention to consider for stress management] --> B[Time Management]; A --> C[Personal Management];
```

**Time
Management**

**Personal
Management**

What are the ways to manage stress effectively?

- Add balance to life; don't overdo studies or play.
- Know and accept what kind of person you are: strengths and weaknesses.
- Get a thorough physical exam.
- Take "time outs", especially during study.
- Expand your support network, reinforce friendships.
- Exercise regularly.

What are ways to manage stress effectively?

- Watch your breathing.
- Walk loosely and walk more.
- Learn and practice relaxation skills.
- Study each subject regularly for moderate periods of time.
- Discuss problems with friends, family, dean or counselor.

Methods for Reducing Stress

- Predict it with awareness
- Assertiveness
- Look at self-talk
- Emotional expression/Sharing
- Look at past experiences
- Diversion/Recreation
- Preparation/Organization
- Allow enough time
- Nutrition
- Rest or Sleep
- Physical activity
- Relax/Deep breathing
- Find support
- Humor
- Writing
- Counseling

Methods for Reducing Stress

- Mindfulness
- Anger management
- Set realistic goals
- Set healthy limits
- Correct thinking distortions
- Enjoy the beauty of nature
- Manage triggers: alter, avoid, accept
- Prioritize
- Hobbies
- Music
- Massage
- Nurturing
- Pet an animal
- Balance time alone, with others, work, rest, and fun

Interrupting Stress – A 4 Step Approach

- **Stop**

- ✦ Each time you encounter a stress...stop...before (automatic) thoughts escalate into worst possible scenarios.

- **Breathe**

- ✦ After you stop, breathe deeply to release physical tension...most time one tends to hold breath in the midst being stressed...even a momentary interruption can help.

Interrupting Stress – A 4 Step Approach

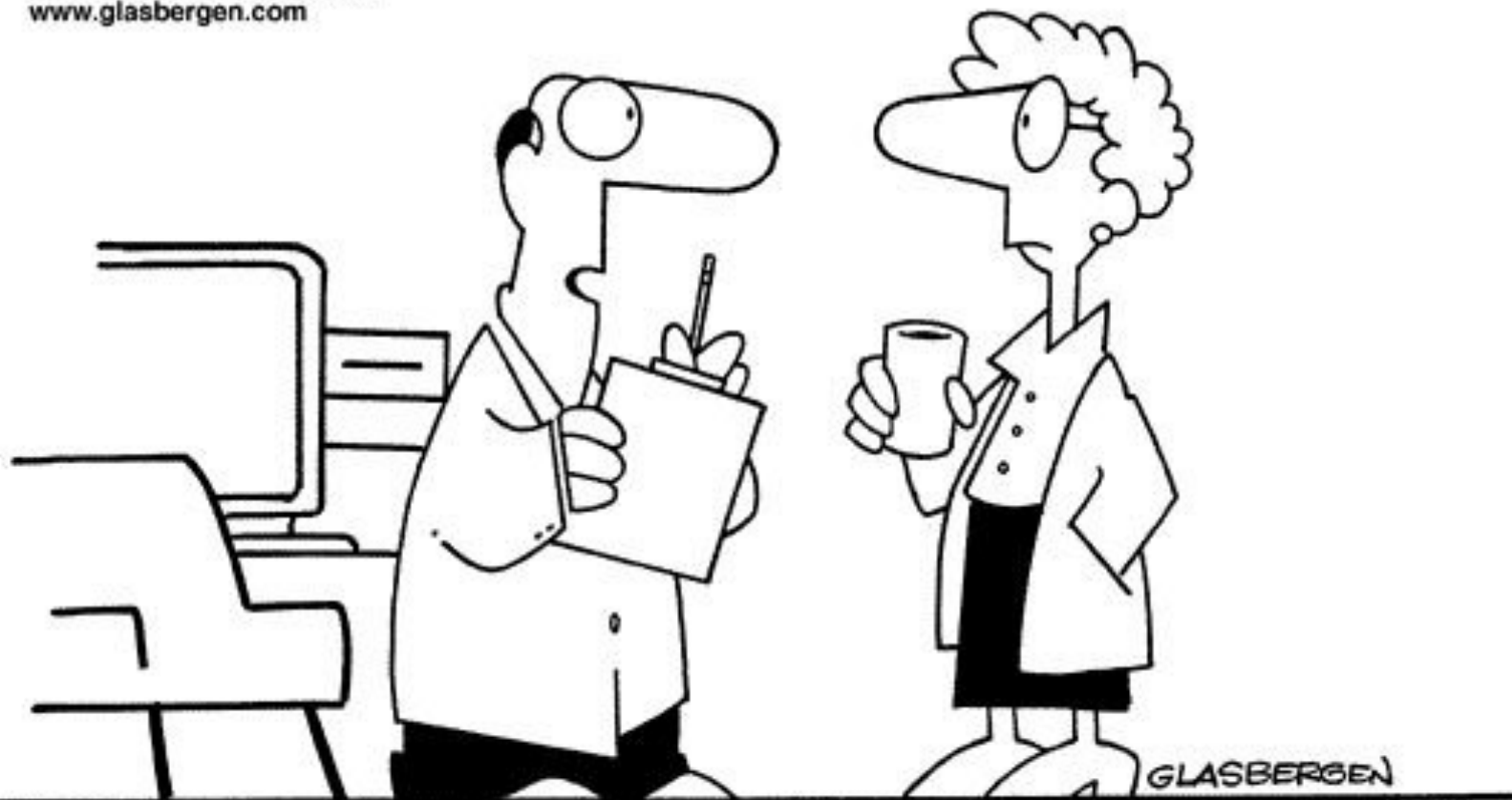
- **Reflect**

- ✦ Focus energy on problem & reflect on the cause of stress

- **Choose**

- ✦ Time to choose how to deal with stress

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“According to the latest research, the average human body is 20% water and 80% stress.”

Thank you

