



Stress Management

**State Institute of Health and Family Welfare
Jaipur**



Stress

Stress is the mental, physical and emotional reactions you experience as a results of demands of your life.

Stress is not in our environment



It is **what we perceive** in our mind and body

Response to Stress



Fight



Flight

Other responses



Definition

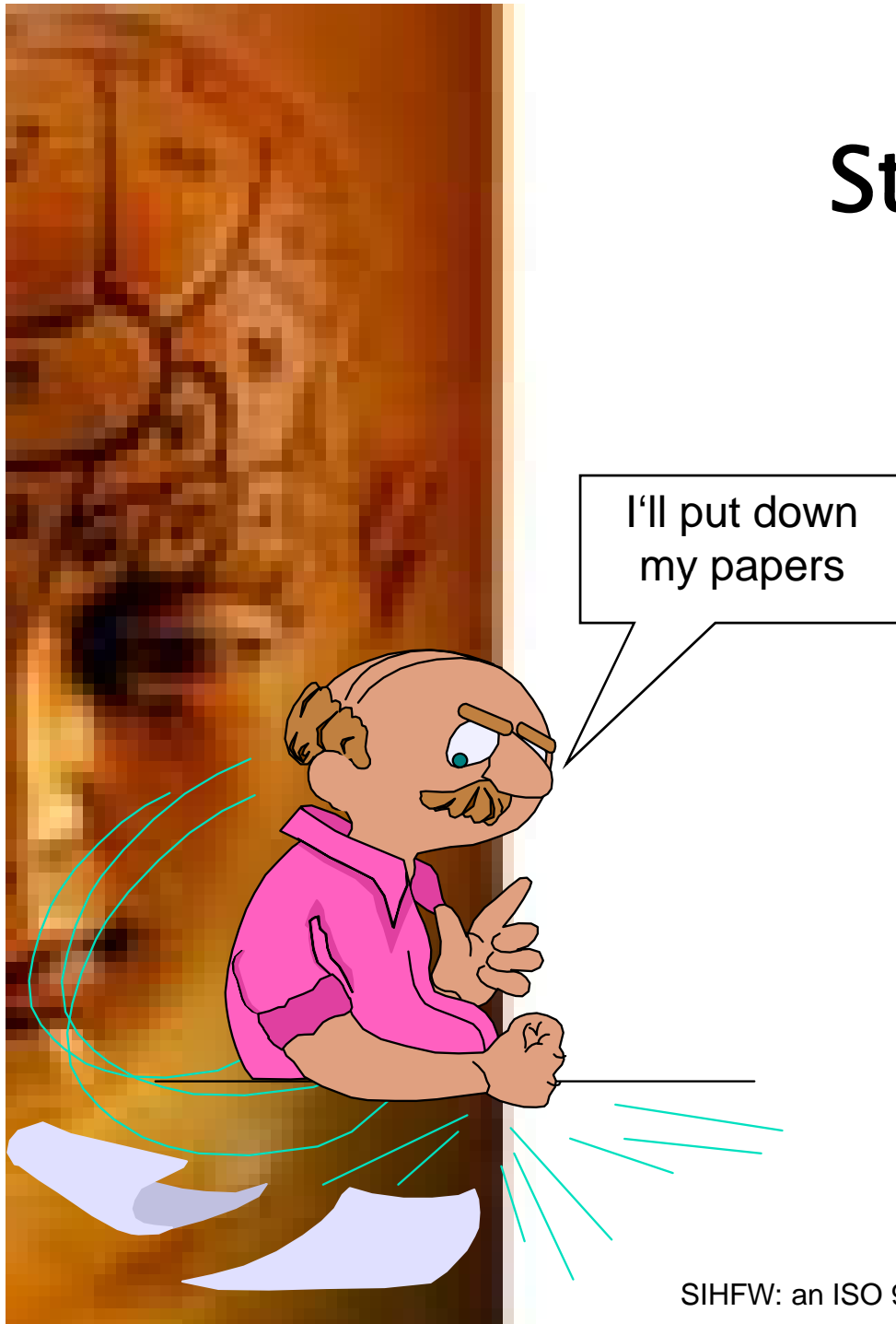
$$S = P > R$$

- Stress occurs when the pressure is greater than the resource



Stress feelings

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



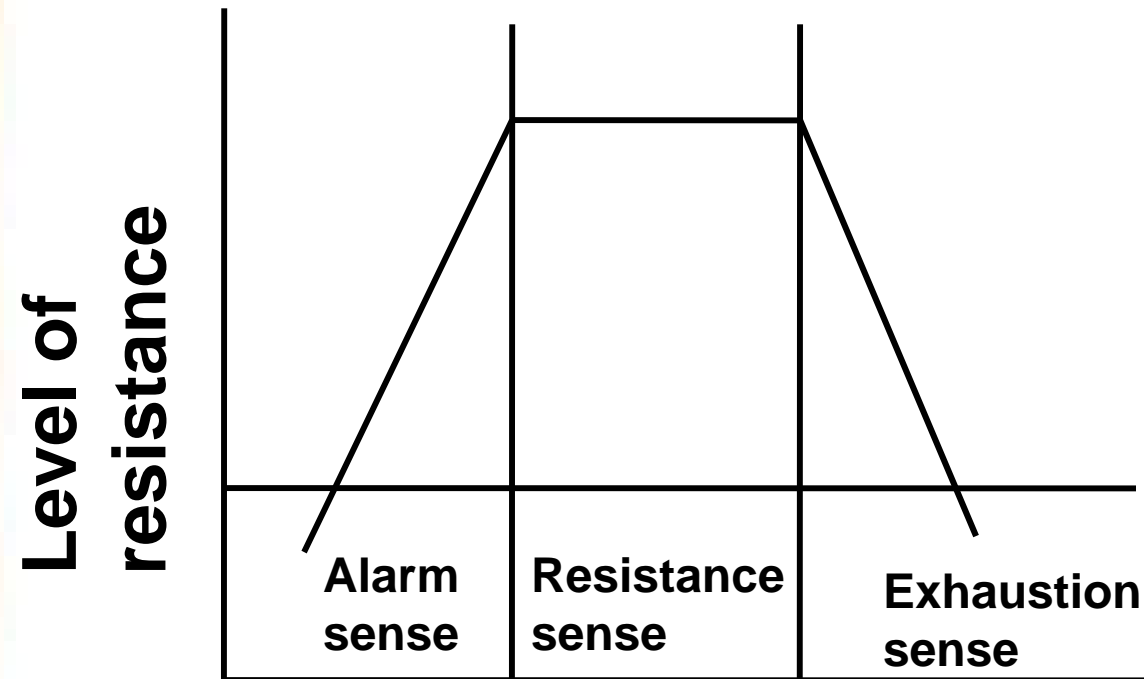
Bodily response



- Release of adrenaline and conversion of glycogen into glucose
- Raised pulse
- Raised blood pressure
- Rapid breathing
- Dilated pupil
- Digestion slowed-Diversion of blood supply from stomach to the extremities of the body



General physiological response



General adaptation syndrome

Alarm stage

- The body's initial physical reaction for "fight" & "flight"





Resistance stage

- The body tries to cope and adapt to the continue stress and begins the process of repairing damage caused by it.

Exhaustion stage





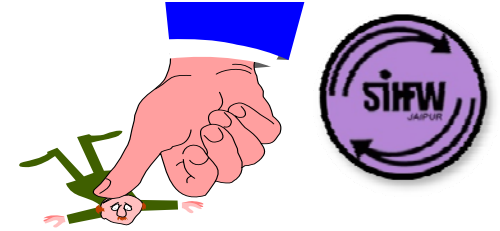
Stress

- Eustress
 - Winning lottery
 - Getting
 - Good job
 - Desired outcome
 - Engaged



- Distress
 - Work stress- Hyper & Hypo
 - Difficult work environment
 - Unrealistic deadlines
 - Threat to job

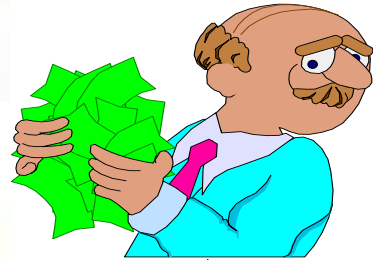
External stressors



- **Physical**
 - Noise
 - Bright Lights
 - Heat
 - Confined Spaces
- **Organisational**
 - Rules
 - Regulations
 - Deadlines
- **Social**
 - Rudeness
 - Bossiness
 - Aggressiveness
 - Bullying
- **Major Events**
 - Birth
 - Death
 - Lost job
 - Promotion
 - Marital status change



Internal stressors



I Can't do it.

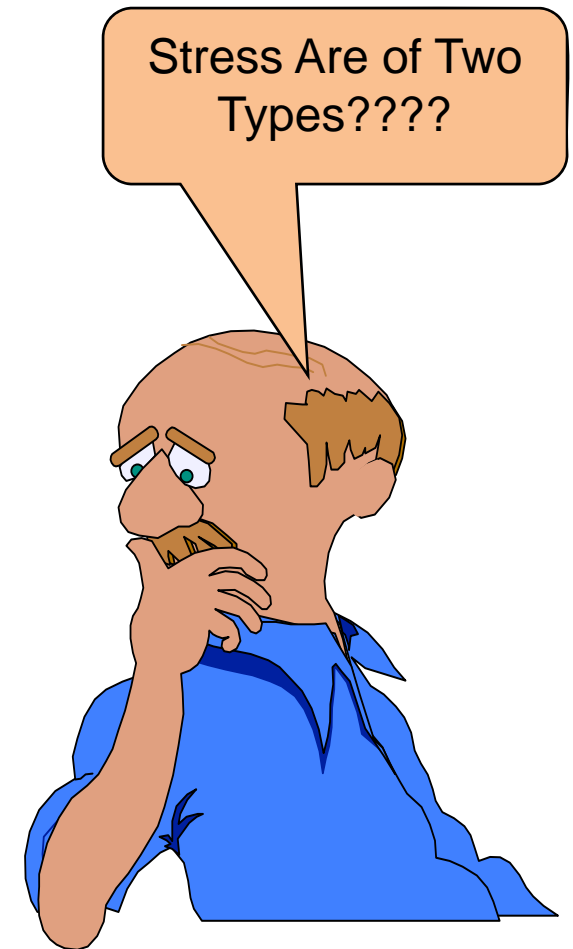


Give Me More work
Boss. I Can Do it

- Lifestyle choices
 - Caffeine/ smoking
 - Lack of sleep
 - Overloaded schedule
- Negative self – talk
 - Pessimistic thinking
 - Self criticism
 - Over analysing
- Mind traps
 - Overambitious
 - Taking things personally
 - Rigid thinking
- Personality traits
 - Perfectionists
 - Type A & B
 - Workaholics

Types of stress

- Negative stress
- Positive stress



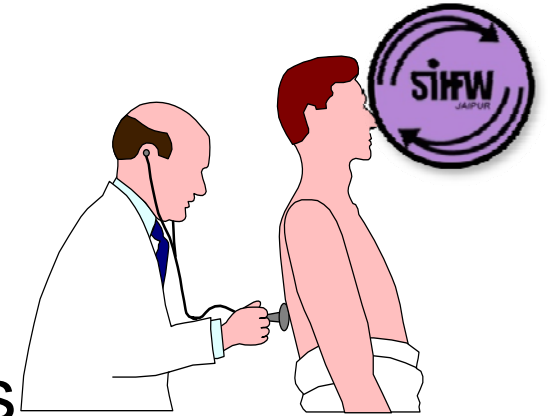


Positive & Negative Stress

- Stress is in and of itself positive and negative
- It is our perception of that stimulus which determines that situation is stressful.
- Events : Pleasurable for some and painful for another

Negative stress

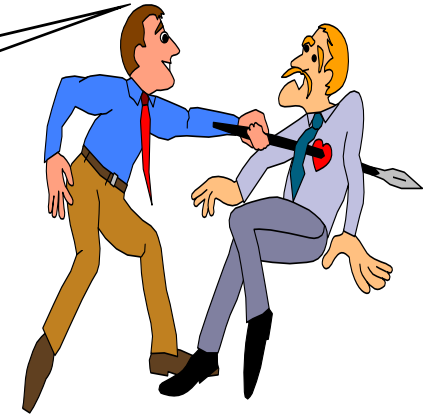
- Minor conditions
 - Headaches
 - Digestive problems
 - Skin complaints
 - Insomnia
 - Ulcers
- Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.



Positive stress

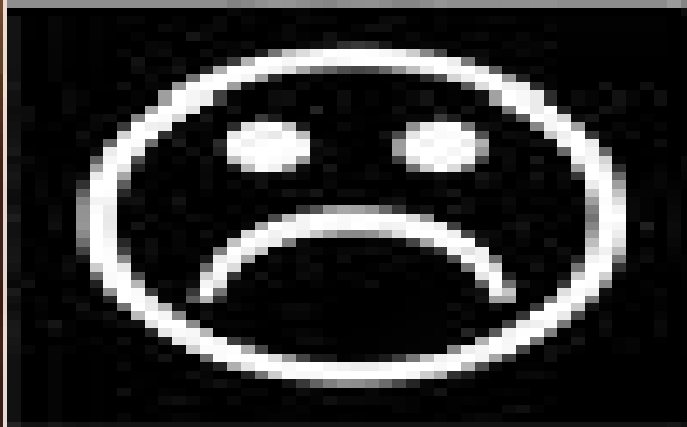
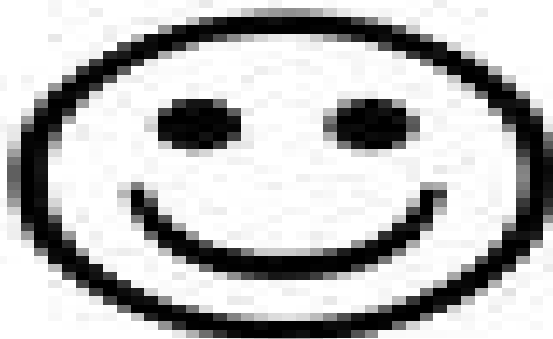


I have killed the stress



- Spurring motivation
- Awareness
- Providing stimulation to cope with challenging situations
- Provides the sense of urgency
- Alertness needed for survival

Adopting the right attitude can convert a negative STRESS into a positive one.



Top ten stressful life events



- Spouse's death
- Divorce
- Marriage separation
- Jail term
- Death of a close relative
- Injury or illness
- Marriage
- Fired from job
- Marriage reconciliation
- Retirement

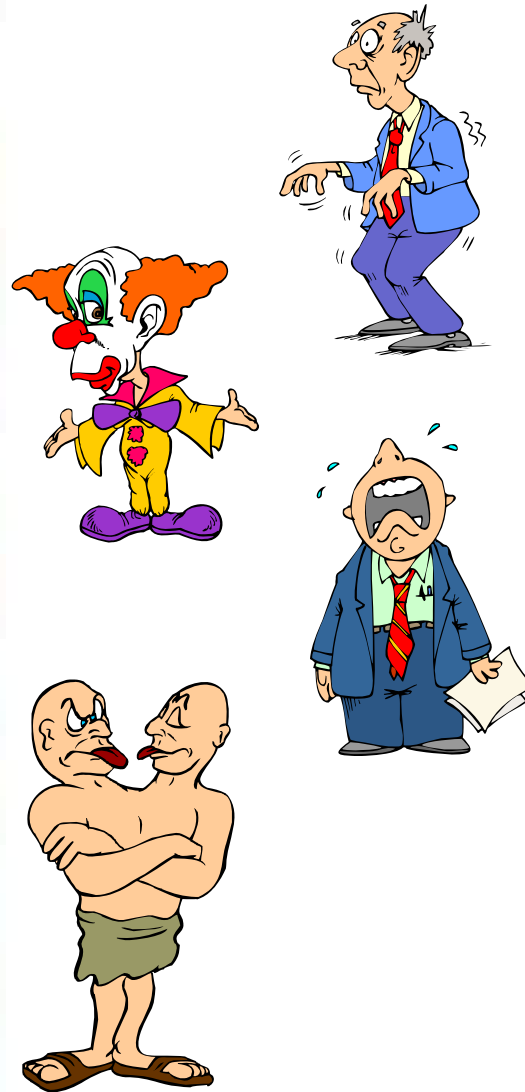


Signs and symptoms of stress overload

Symptoms of stress



- Physical
- Mental
- Behavioural
- Emotional
- Cognitive



Short term physical symptoms



- Dry mouth
- Cool skin
- Cold hands and feet
- Increased sweating
- Rapid breathing
- Faster heart rate
- Tense muscles
- Desire to urinate
- Diarrhea/constipation
- Nausea, dizziness

Long term physical symptoms



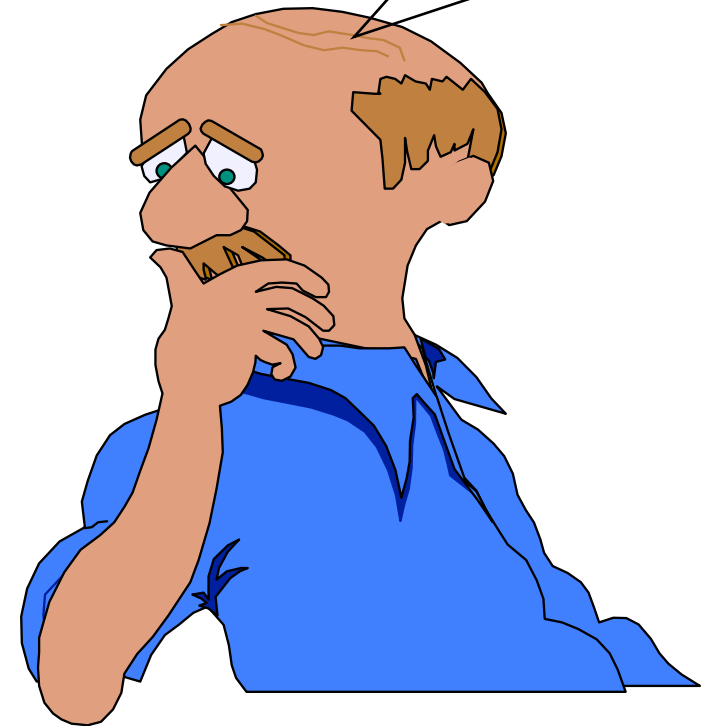
- Aches and pains
- Chest pain
- Loss of sex drive
- Frequent colds
- Insomnia
- High blood pressure
- Heart Disease
- Change in appetite
- Tiredness
- Prone to illness

Mental symptoms



- Concentration
- Memory
- Decisions
- Confusion
- Disorientation

I am
Confused



Behavioral symptoms



- Eating more or less
- Sleeping too much or too little
- Isolation
- neglecting responsibilities
- alcohol, cigarettes or drugs
- Nervous habits (e.g. nail biting, pacing)



Behavioral symptoms



- Inefficiency at work
- Absenteeism
- Talking too fast and/or loud
- Grinding teeth
- Over reacting
- Hostile and aggressive
- Irritable and irrational

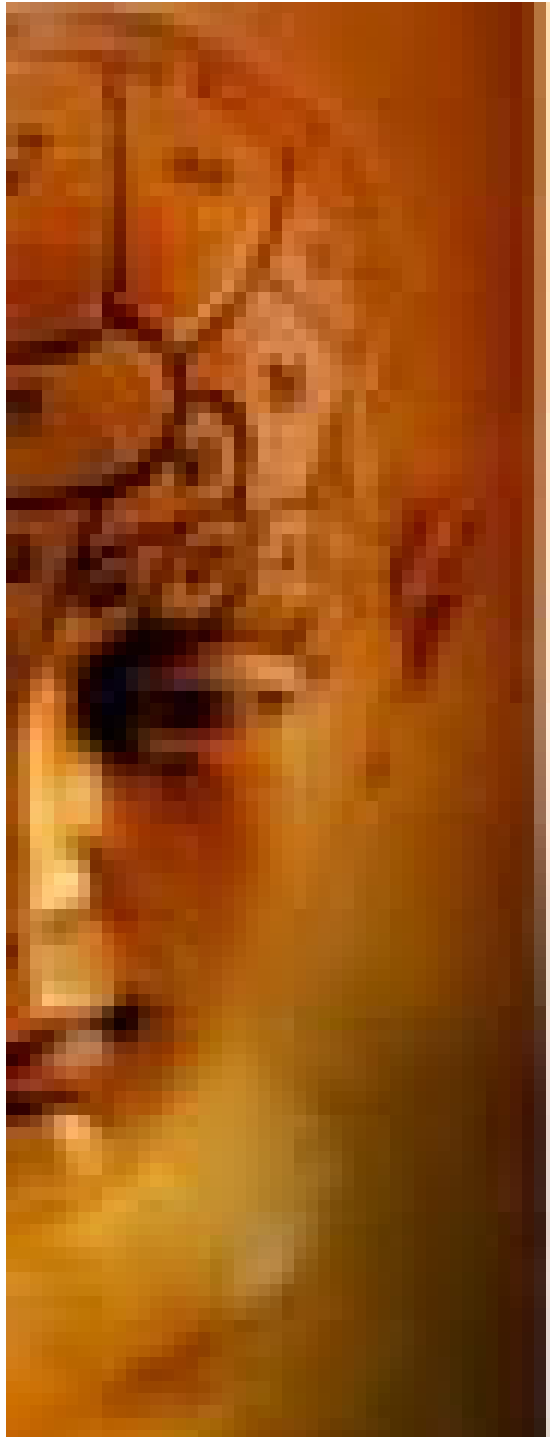


Emotional symptoms



- Moodiness
- Irritability
- Agitation
- Overwhelmed
- Loneliness
- Depression
- Outrage
- Crying
- Impatience





Cognitive symptoms



- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Decrease in job satisfaction



Stress Management Strategy



1. Avoid unnecessary stress



- Cut short your to-do list
- Take control of your environment
- Avoid hot-button topics
- Learn how to say “NO”



3. Adapt to the stressor



- Focus on the positive
- Adjust your standards
- Reframe problems
- Look at the big picture





4. Accept the things you can't change

- Don't try to control the uncontrollable
- Learn to forgive
- Share your feelings.
- Look for the upside

5. Make time for fun and relaxation



- Keep your sense of humor
- Do something you enjoy every day
- Connect with others
- Set aside relaxation time





6. Adopt a healthy lifestyle

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Get enough sleep
- Avoid alcohol, cigarettes, and drugs

Stress at work



Why do we work ?



Work provides an income and fulfils a variety of other needs: - mental and physical exercise, social contact, a feeling of self-worth and competence.



Factors influencing work stress



- The drive for success
- Changing work patterns
- Working conditions
- Overwork
- Under-work
- Uncertainty
- Conflict
- Responsibility
- Relationships at work
- Change at work

Overwork

- Long hours
- Unrealistic deadlines
- Frequent interruptions



Under work



- Not enough work
- Repetitive

ABC strategy for stress management



A = Awareness

What causes you stress?

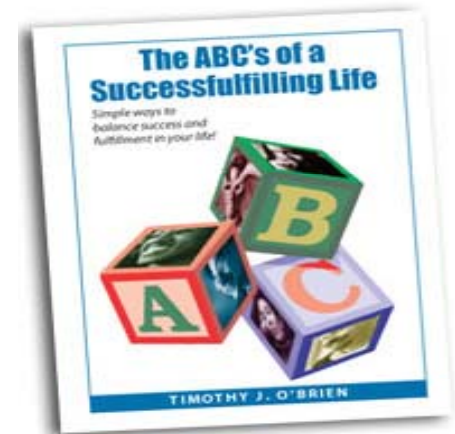
How do you react?

B = Balance

How much can you cope?

C = Control

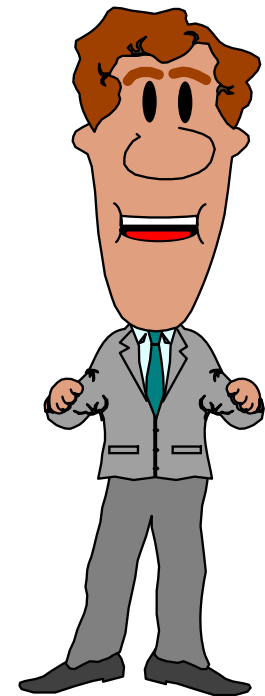
How can you help yourself?



Stress management techniques



- Change your thinking
 - Re-framing
 - Positive thinking
- Change your behaviour
- Change your lifestyle



Positive thinking

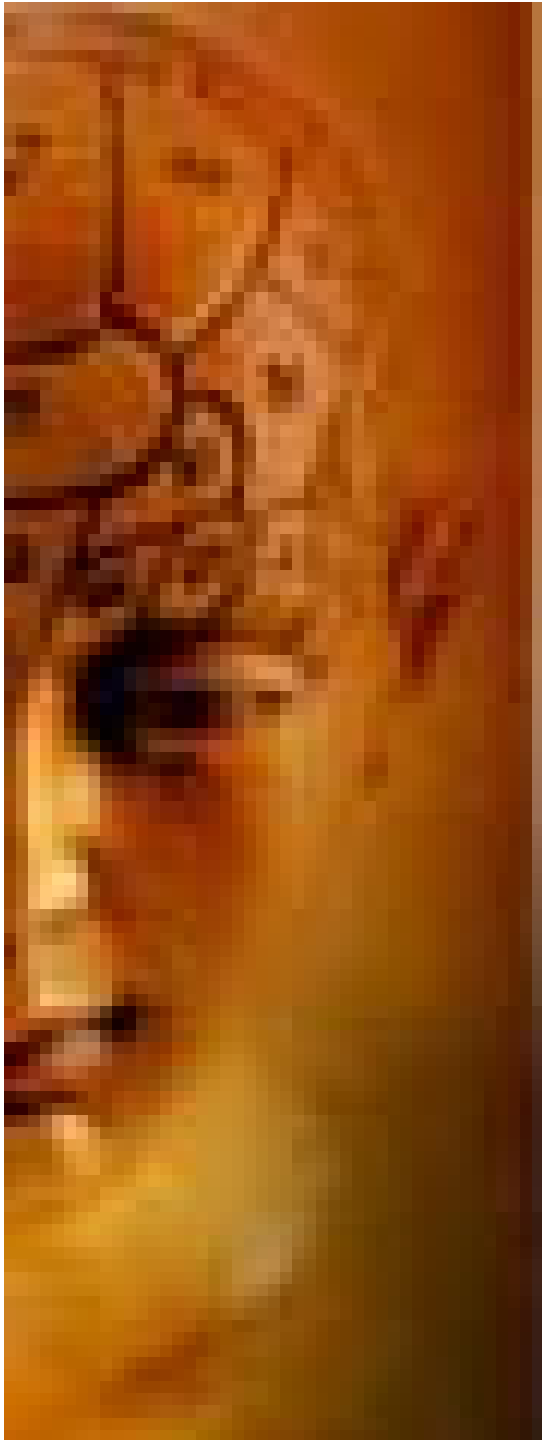
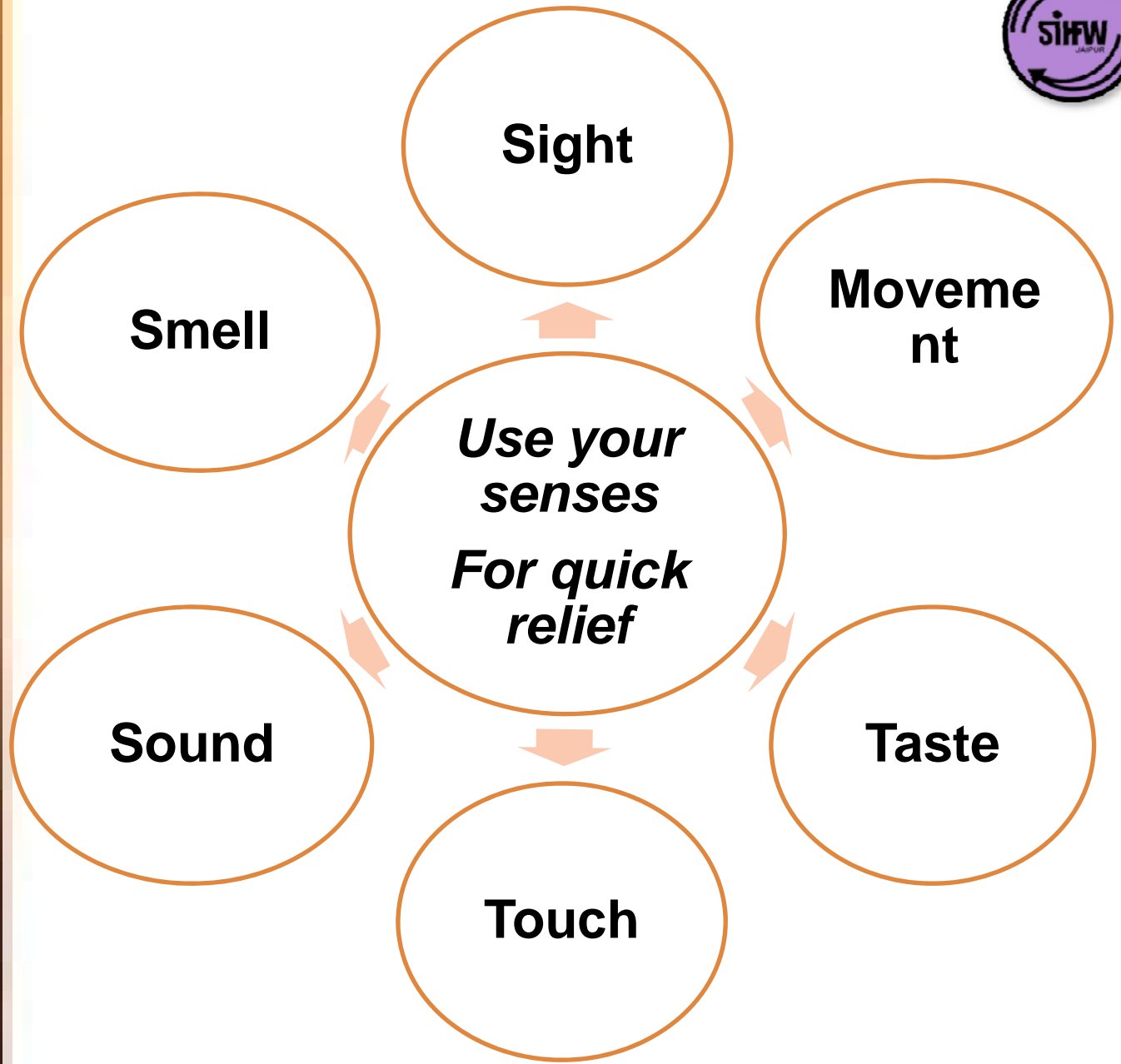


Forget:

- Powerlessness
- Dejection
- Despair
- Failure

Focus on: **POSITIVES**

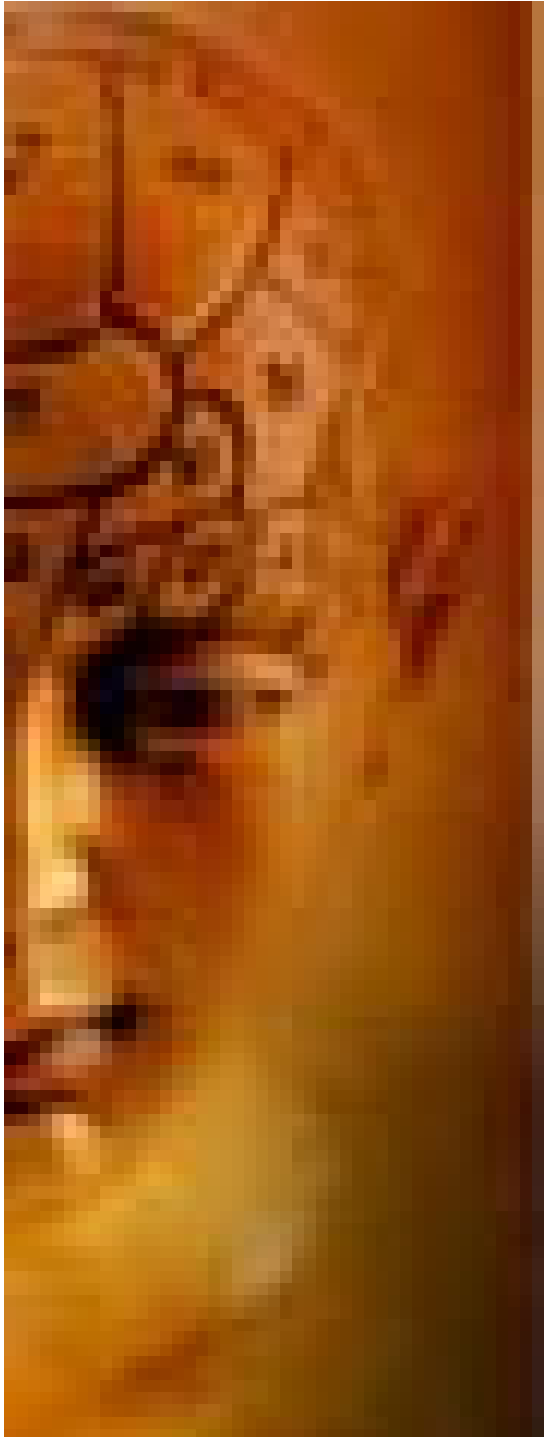
- Strengths
- Learn from stress
- Look for opportunities
- Seek out the positive



Adjusting your attitude



- Each time you think a negative thought about yourself, your body reacts as if it were in a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true.



Adjusting your attitude

- Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts



Case Study

A young woman sought medical and psychological services after her cardiologist referred her for stress management and treatment of heart attack symptoms. She was at a managerial level, adventurous, traveler and was socially active.



Over several months she had attacks of shortness of breath, heart palpitations, chest pains, dizziness, and tingling sensations in her fingers and toes. On two occasions, she rushed to a nearby hospital emergency room fearing she was having a heart attack.



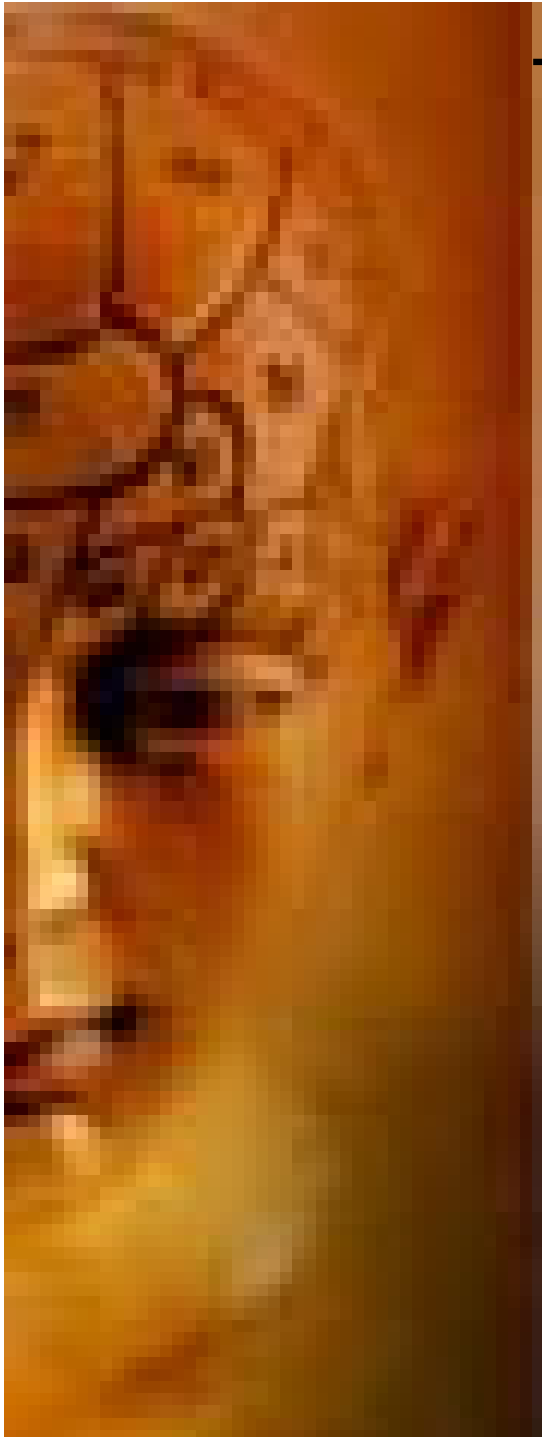
After studying her electrocardiogram, the emergency room doctor told her she was "just hyperventilating" and showed her how to breathe into a paper bag to handle the situation in the future..



She sought the advice of a cardiologist, who conducted tests, again with no physical findings. The doctor concluded that stress was the primary cause of the panic attacks and "heart attack" symptoms.



The doctor referred her to psychologist. She was explained how stress could cause her physical symptoms. She wasn't sleeping or eating well, didn't exercise, abused caffeine and alcohol, and lived on the edge financially.



The stress testing crystallized how susceptible she was to stress, what was causing her stress, and how stress was expressing itself in her "heart attack" and other symptoms. This newly found knowledge eliminated a lot of her confusion and separated her concerns into simpler, more manageable problems





Thank you

For more details log on to

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