STRESS MANAGEMENT

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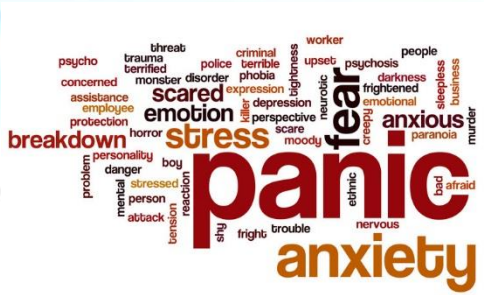
"The only person without stress is a dead person."

-Hans Selye

WHAT IS STRESS?

Stress is the body's response to any physical or emotional changes in life.....



Define The Source Of Stress

What is causing you the most stress in your everyday life?

Be able to define if you are stressed because of the amount of work you have to do or if it is due to your procrastination.

Keep a Stress Journal:

Write down what made you stress, how you felt, what you did in response, and how you could make yourself feel better.

COMMON CAUSES OF STRESS AT HOME

1. Stress at Home

*Death of spouse, family or friend

*Injury or illness of self or family member

*Marriage

*Separation or divorce

*Pregnancy

*Children

*Family

*Bills

COMMON CAUSES OF STRESS AT WORK

2. Stress at Work

*Meeting demands of the job

*Relationships with colleagues

*Staff that you are responsible for

*Deadlines

*Overtime

*Income

How Do YOU Cope?

Smoking

Drinking Excessively

Overeating/Under Eating

Using pills or drugs to relax

Sleeping excessively

Withdrawing from friends/family and activities you enjoy

Filling up every minute to avoid facing problems

Taking frustrations out on others

Healthier Option

Use the Four A's:

Change the situation:

Avoid the stressor

Alter the stressor

Change your reaction:

Adapt the stressor

Accept the stressor

Avoid Unnecessary Stress

Avoid People Who Cause Stress-
Limit the amount of time you spend around stressful people

Avoid Hot-Button Topics-
Don't discuss topics that upset you, excuse yourself when they come up

It's Okay To Say "No"-
Set your limits and stick with it

Control Your Environment-
Avoid TV shows that stress you, take a different route home to avoid traffic

Pace Down Your To-Do List-
Determine what you "should" do and what you "must" do, put "should" items at the bottom of your list

Alter the Situation

Compromise When Necessary-

If expecting someone else to change, you must be flexible as well

Be More Assertive-

Face problems head on and take charge of things that may stress you out

Express Feelings, Don't Bottle Them Up-

Communicate any concerns you have so resentment doesn't build up

Develop Better Time Management Skills-

Plan ahead and make sure you include time to complete tasks

Adapt To The Stressor

Focus on the positive-

When life is stressing you out think about the good things in your life

Look at the Big Picture-

How important is this stressor? Will it matter in a week? A month? Next year?

Adjust Standards-

Never demand perfection, set realistic expectations of yourself and others

Reframe Problems-

Try to think in a more positive light. Instead of being frustrated over traffic, take time to regroup and enjoy the radio

Link between Stress & Disease

*Appetite changes

*Eating Disorders

*Increased intake of alcohol or other drugs

*Increased Smoking

*Restlessness

*Fidgeting

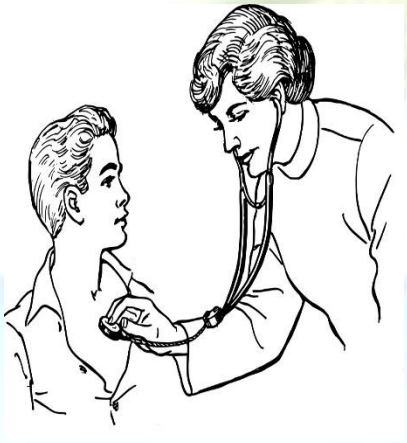
*Nail Biting

*Hair loss

*Deterioration of personal hygiene and appearance

Link between Stress & Disease

Stress has also been linked to such illnesses as:



***Cardiovascular disease**

***Asthma**

***Diabetes**

***Digestive disorders**

***Ulcers**

***Headaches/migraines**

***Depression**

What can we do to manage stress?

We can change our likelihood to be exposed to a stressor

OR

We can change what we think about the stressor

OR

We can change the way we think about how we cope with the stressor

Make Time For Fun & Relaxation

Make Time For Relaxation-

Schedule in relaxation time and stick by that

Connect With Others-

Find positive people who make your life happier, keep a healthy support system in your life

Keep Your Sense Of Humor-

Be able to laugh at yourself and find humor in things that would otherwise cause stress

Do What You Enjoy Every Day-

Each day include an activity that you enjoy

Adopt A Healthy Lifestyle

Exercise Regularly-

Try to fit in 30 minutes at least 3 days a week

Healthy Diet-

Always eat a healthy breakfast and be sure you snack throughout the day on nutritious items

Cut Back On Sugar and Caffeine-

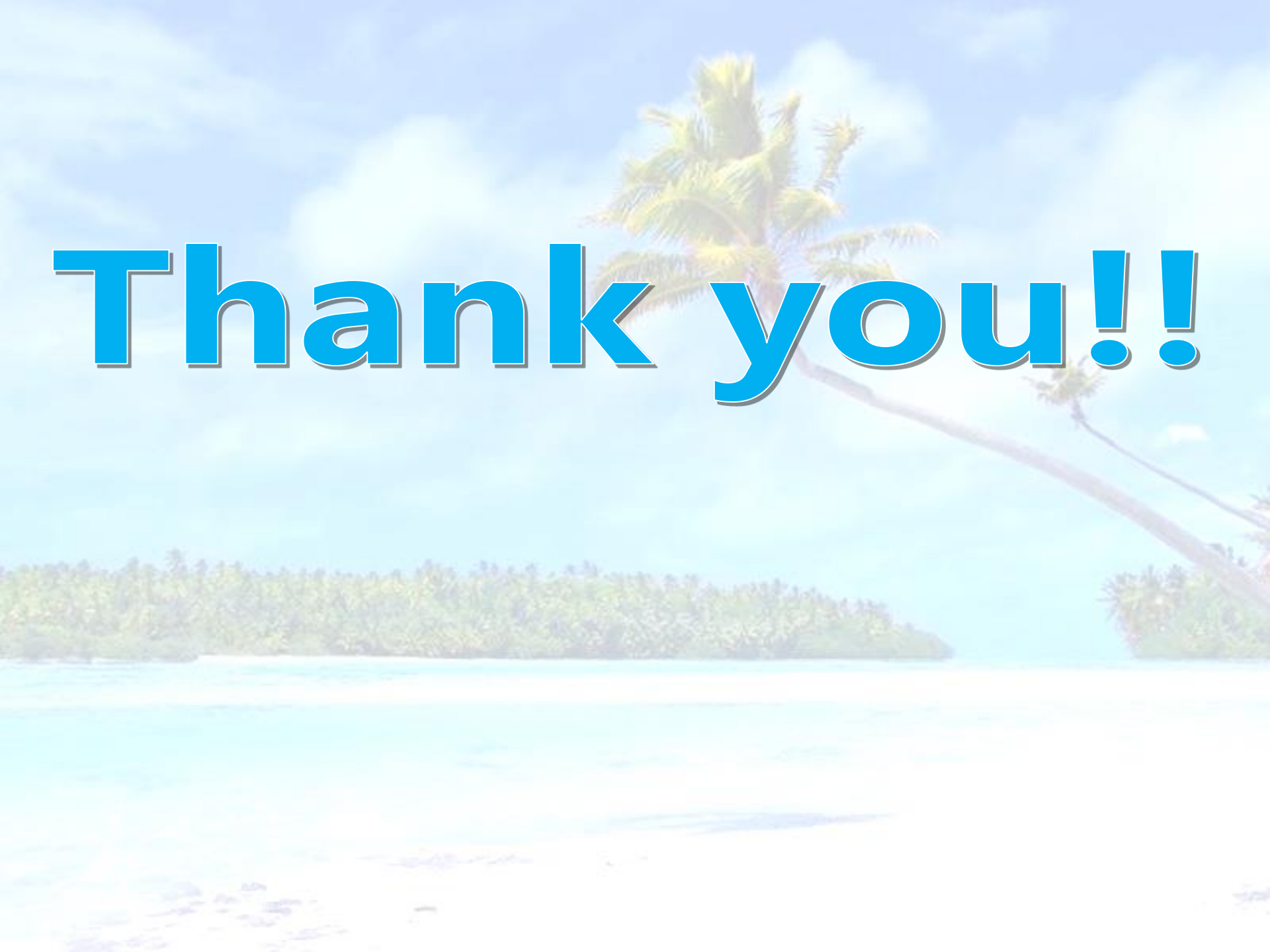
These often lead to a crash in your mood and can cause difficulty sleeping

Sleep Well-

Ensuring you have a full nights rest will help you feel more energized and less stressed throughout the day

Healthy Ways To Relax

- Watch A Comedy
- Read A Good Book
- Get A Massage
- Work In A Garden
- Play With A Pet
- Enjoy a Warm Cup of Coffee or Tea
- Listen To Music
- Take a Long Bath
- Go For a Walk
- Light Scented Candles
- Write In a Journal
- Call a Good Friend
- Spend Time Outdoors
- Work Out (Not Excessively!)


Thank you!!