



Stress Management

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



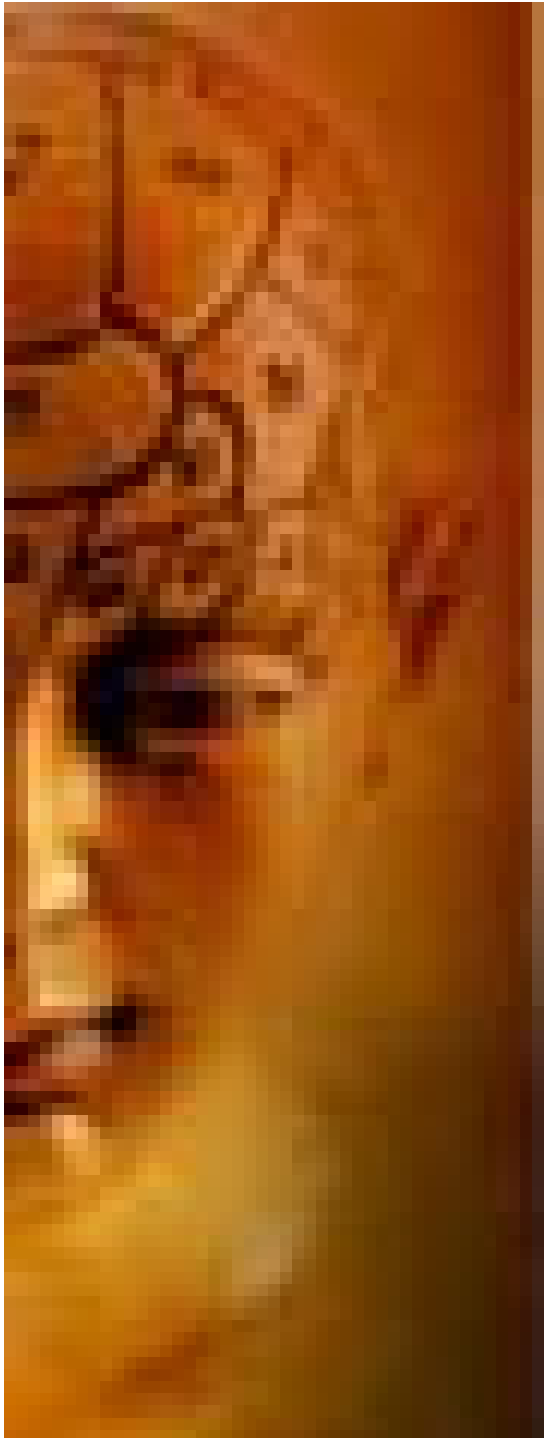
Stress

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



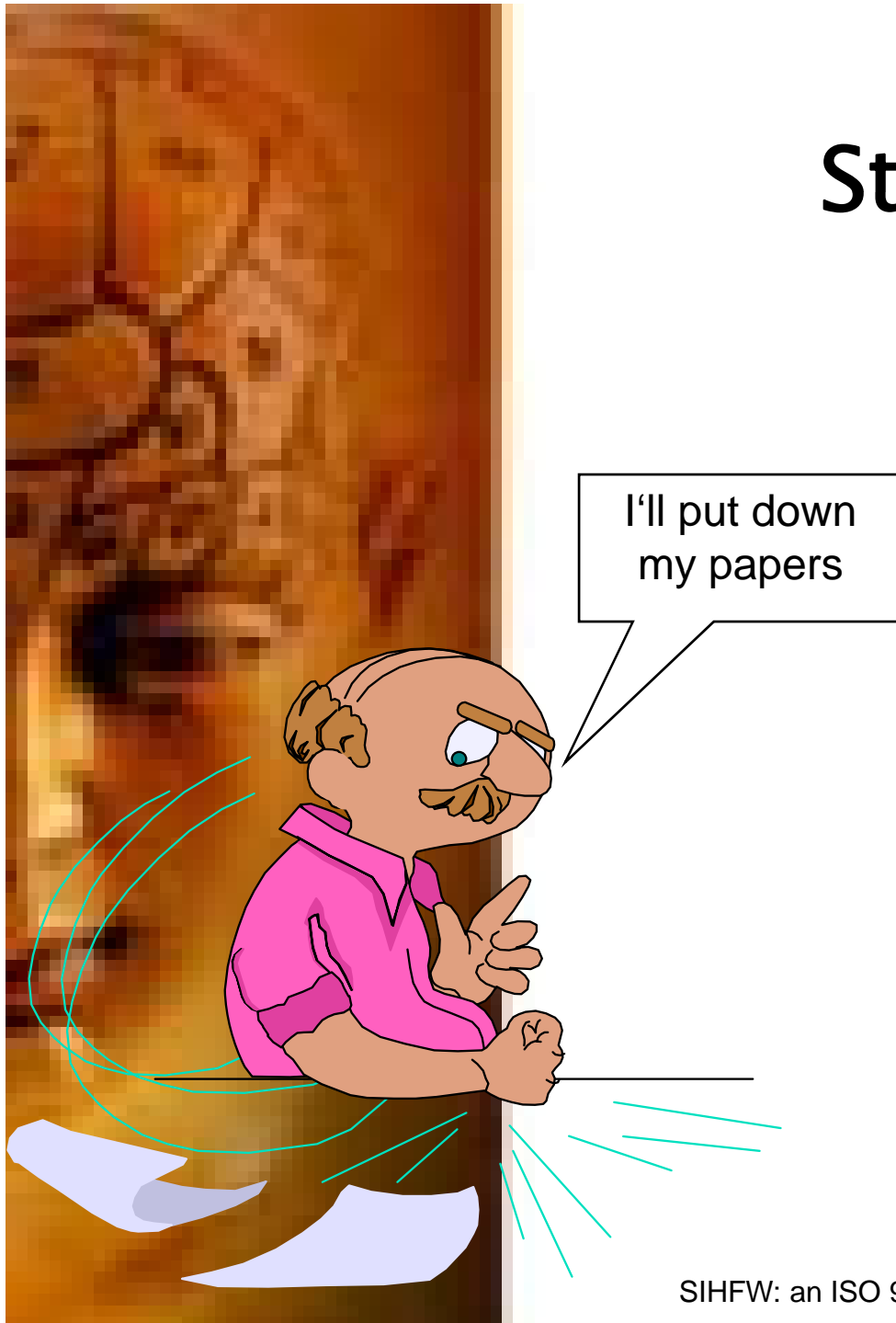
Definition

$$S = P > R$$

- Stress occurs when the pressure is greater than the resource



Stress Feelings



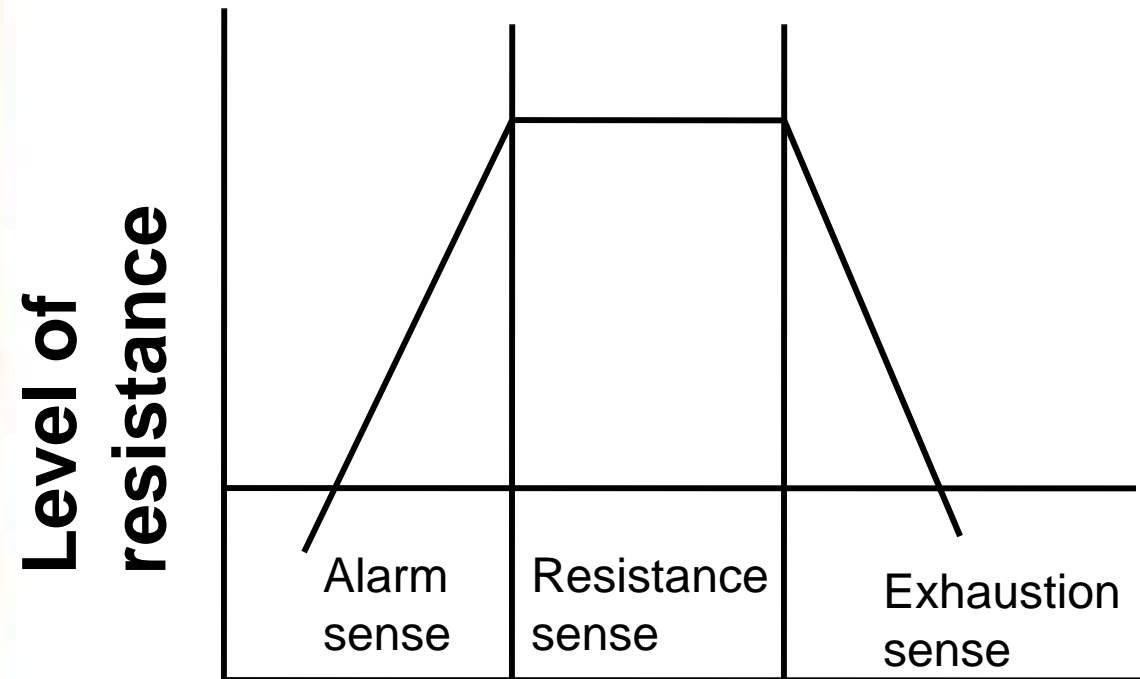
- Worry
- Tense
- Tired
- Frightened
- Elated
- Depressed
- Anxious
- Anger

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"

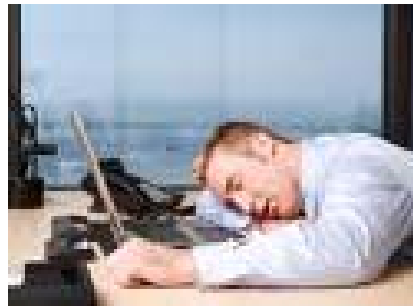




Resistance Stage

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

Exhaustion Stage



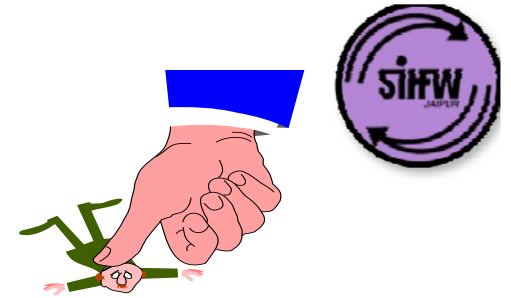


Stress

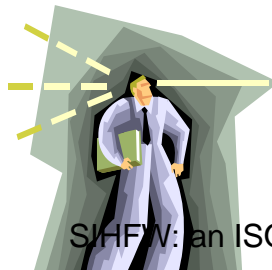
- Eustress
 - Winning lottery
 - Getting
 - Good job
 - Desired outcome
 - Engaged

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

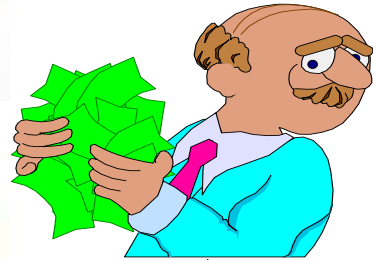
External Stressors



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



Internal Stressors



I Can't do it.

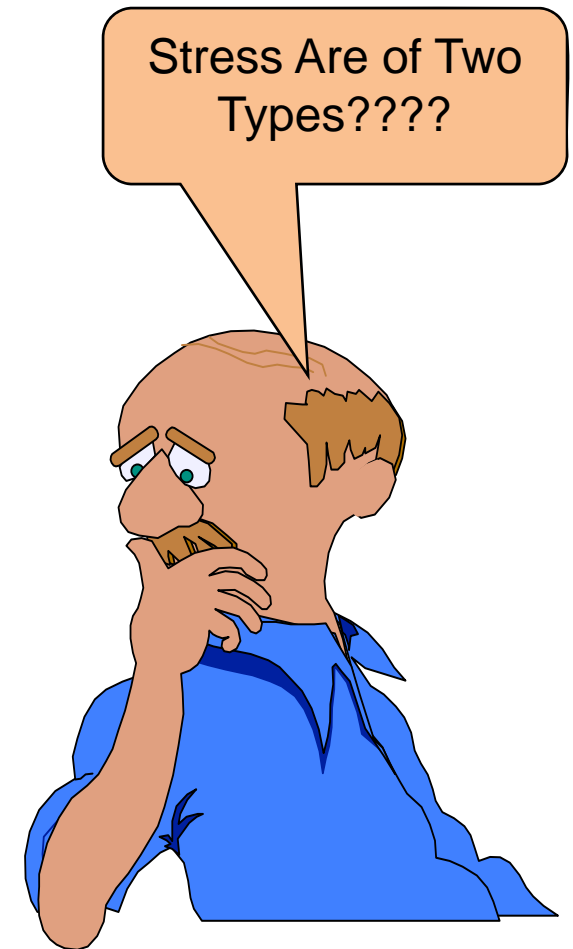


Give Me More work Boss. I Can Do it

- 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



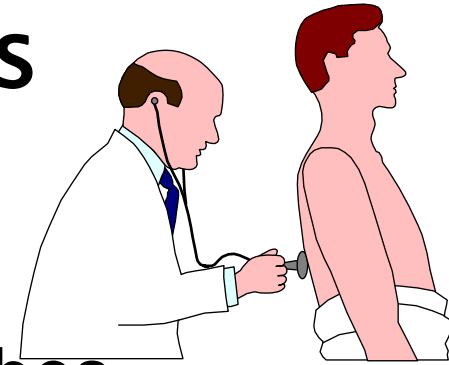


Positive & Negative Stress

- 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

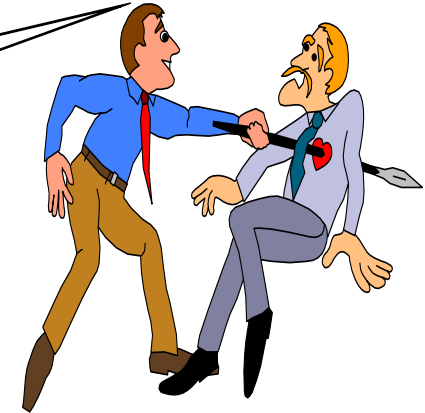
- Minor conditions
 - Headaches
 - Digestive problems
 - Skin complaints
 - Insomnia
 - Ulcers
- Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.



Positive Stress

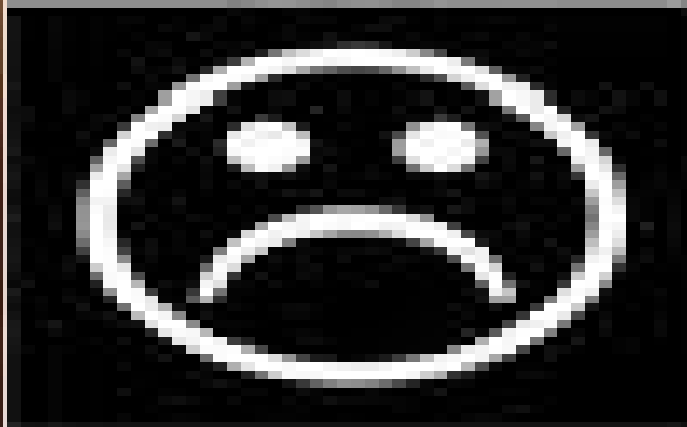


I have killed the stress



- 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

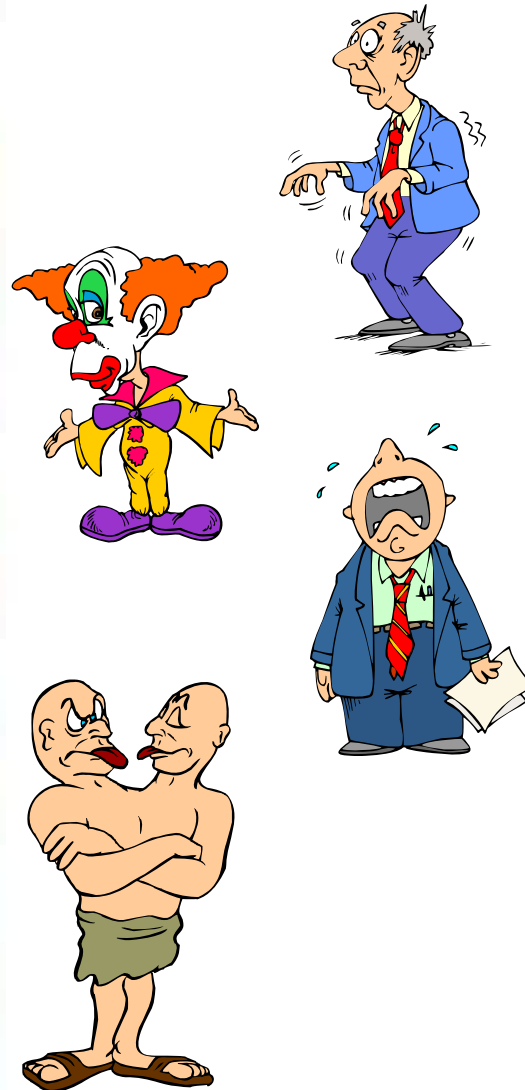


Signs and Symptoms of Stress Overload

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

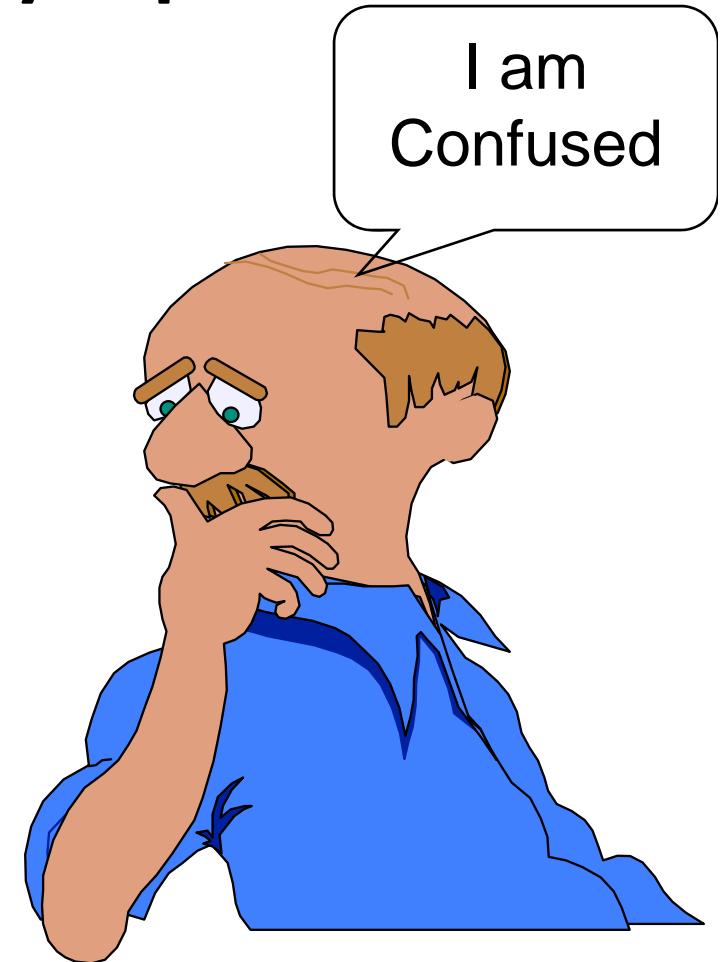
Long Term Physical Symptoms



- 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



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)
- 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



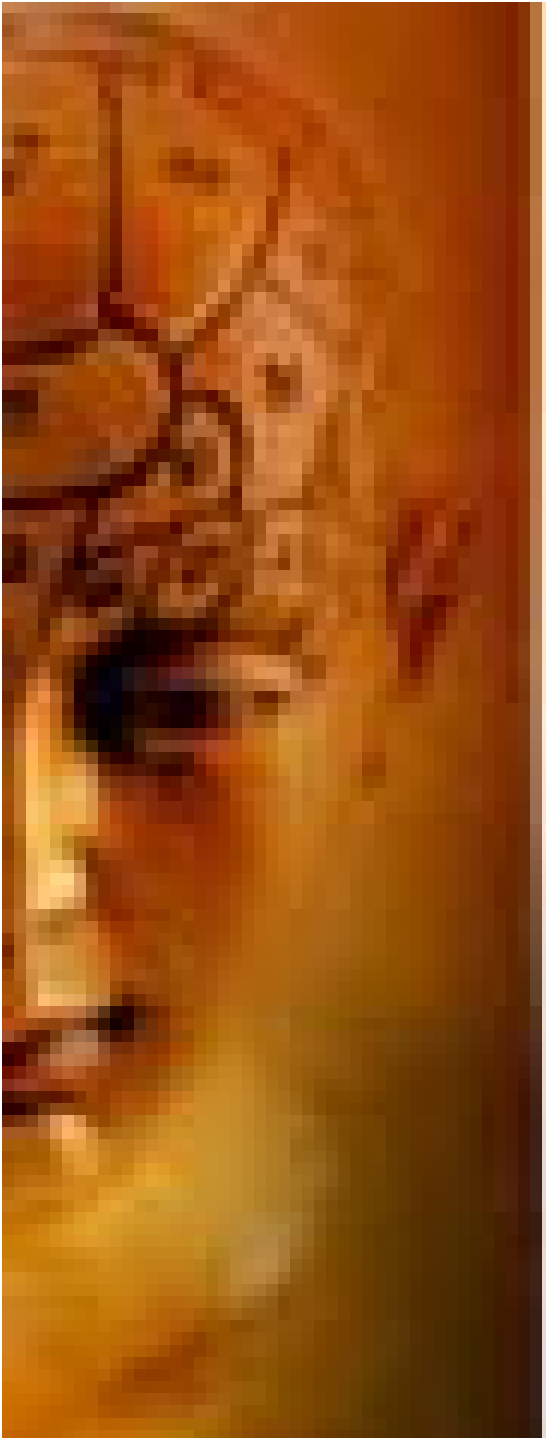
- Cut short your to-do list
- Take control of your environment
- Avoid hot-button topics
- Learn how to say “NO”



2. Alter the Situation

- Express your feelings instead of bottling them up
- Be more assertive
- Manage your time better
- Be willing to compromise





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

Costs of Stress



- 80% of all modern diseases have their origins in stress.
- In the UK, 40 million working days per year are lost directly from stress - related illness.
- Costs in absenteeism to British industry is estimated at £1.5 billion pounds per year.

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?

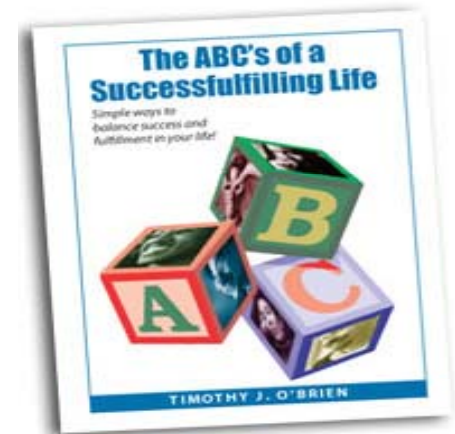
How do you react?

B = Balance

How much can you cope?

C = Control

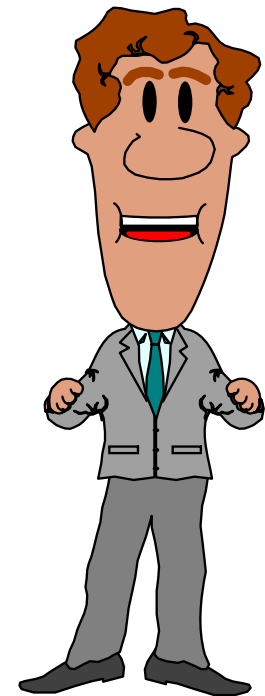
How can you help yourself?





Stress Management Techniques

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



Positive Thinking

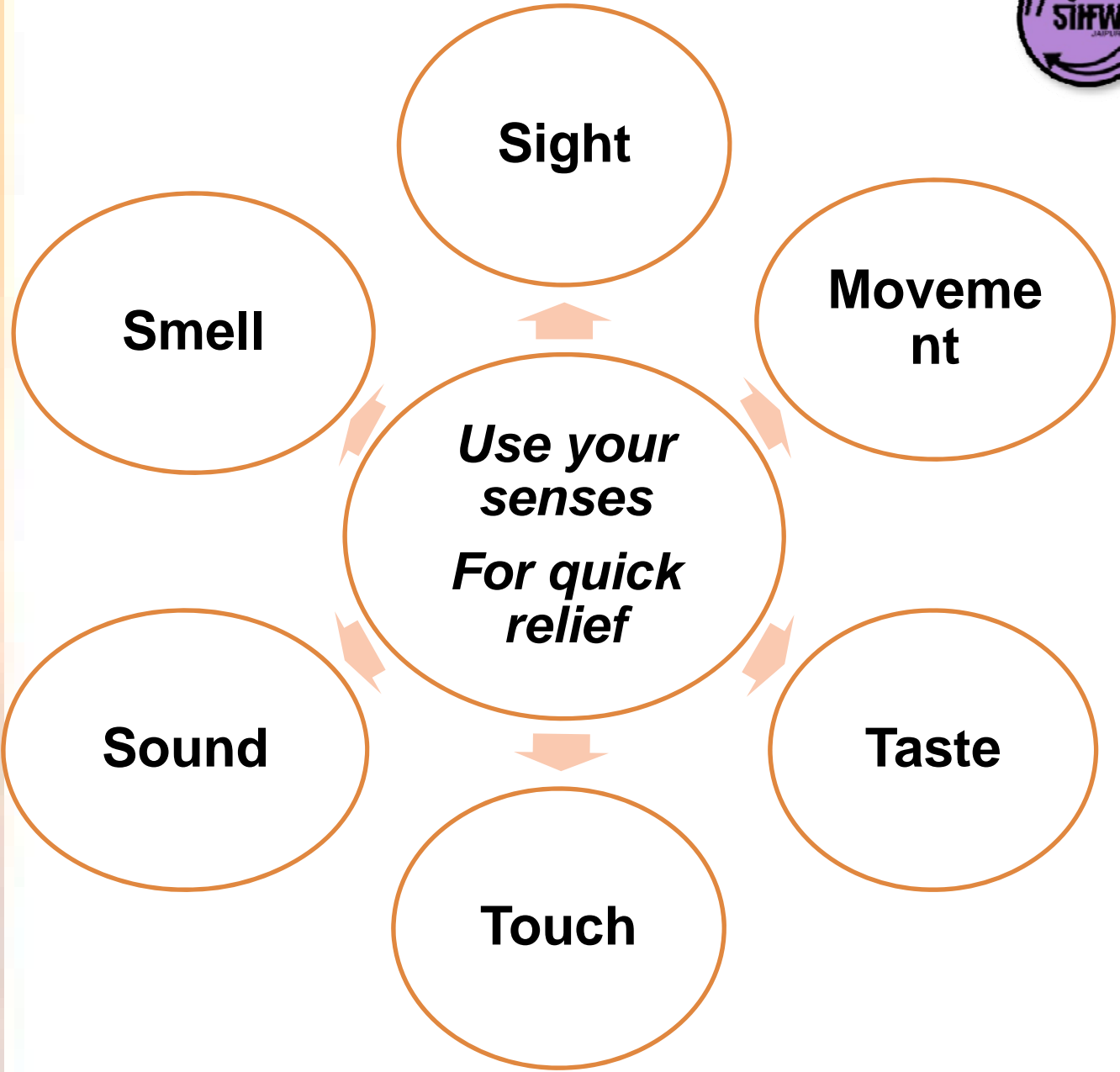


Forget:

- Powerlessness
- Dejection
- Despair
- Failure

Focus on: **POSITIVES**

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



Adjusting Your Attitude



- Each time a negative thought comes, body reacts as if it were in the throes of a tension-filled situation.
- If you see good things about yourself, you are more likely to feel good; the reverse is also true.
- Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts





Thank you

For more details log on to

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