

# GOT STRESS?

Stress Management Online Workshop



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# What is Stress?



Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.



# What is Stress Management ?

Techniques and programs intended to help people deal more effectively with stress in their lives by analyzing the specific stressors and taking positive actions to minimize their effects.

# Signs You Are Stressed?

## Physical

- Headache
- Back Pain
- Fatigue
- Aches and Pains
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds

## Cognitive Symptoms

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

## Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- General unhappiness





# Common Stressors in College Life Include:

- ✓ Greater academic demands
- ✓ Being on one's own in a new environment - with new responsibilities
- ✓ Changes in family relationships and social life
- ✓ Financial responsibilities or difficulties
- ✓ Exposure to new people, ideas, and temptations
- ✓ Being away from home, often for the first time
- ✓ Making decisions, on a higher level than one is used to
- ✓ Substance abuse
- ✓ Awareness of one's sexual identity and orientation
- ✓ Preparing for life after graduation
- ✓ Psychological make-up can also play a role in vulnerability to depression. People who have low self-esteem, who consistently view themselves and the world with pessimism, or are readily overwhelmed by stress may be especially prone to depression



<https://www.uic.edu/depts/wellctr/docs/Stress%20and%20the%20College%20Student.pdf>



# Did You Know?

Stress also becomes harmful when people use alcohol, tobacco, or drugs to try to relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems.

## Consider the following:

- Forty-three percent of all adults suffer adverse health effects from stress.
  - Seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints.
  - Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
  - The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
  - The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.
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# Levels of Stress

- **Acute-** (arise fast) The most common form of stress. Usually immediate and intense reaction of body and mind to a significant threat, challenge, scare or other stressors. Fun and exciting in small doses. **Short term stress**
- **Chronic-**(long term). Stressor is present around for a longer time. **Chronic stress is most dangerous**, because people get used to it (ignore chronic stress). Persistent of chronic stress can lead to health problems. **Decreases proper cell function with contributes to emotional and physical disorders. Depression, anxiety, heart attacks, stroke, hypertension and immune system deficiency**



# Types of Stress

## EUSTRESS

Eustress or positive stress occurs when your level of stress is high enough to motivate you to into action!

This stress causes you to get things accomplished

- Motivates you to make changes
  - Feels exciting
- Perceived as within our coping abilities
  - Is short term



# Types of Stress

## DISTRESS

Distress or negative stress occurs when your level is either too high or too low and your body and/or mind begin to respond negatively to the stressors

- Can be short term or long term
- Is perceived as outside of our coping abilities
  - Feels unpleasant
  - Decreases performance
- Can lead to mental and physical ailments

# Different Stages Of Stress

- ◎ **Alarm stage:** As you begin to experience a stressful event or perceive something to be stressful psychological changes occur in your body. **Fight or Flight Stage**
- ◎ **Resistance Stage:** During this stage your body tries to cope or adapt to the stressors by beginning a process of repairing any damage the stressor has caused.
- ◎ **Exhaustion Stage:** During this stage the stressor is not being managed effectively and the body and mind are not able to repair the damage.



# Stress Management

1. *Get enough sleep:* at least 7 hours of sleep nightly
2. Eat healthy foods
3. *Get emotional support:* Visit your campus counselor for additional support or available resources.
4. *Avoid unnatural energy boosters:* Such as artificial stimulates like caffeine pills.
5. Stay organized and use a daily planner
6. Prepare ahead of time for exams and projects that are due.
7. Be positive and surround yourself around positivity.
8. Create a to-do of only 3-5 items at a time; list your most important items first.  
Follow to completion.
9. *Laugh often:* Research show a good laugh releases physical tension and stress and leaves the muscles relaxed for up to 45 minutes after laughing. Laughter also triggers endorphins, improves blood vessels and increases blood flow.
10. Practice forgiveness

# Stress Management Tips

- Making small changes: Remember small adjustments will result in major changes.
- Know your stress triggers: Identify your stressors and how they may influence you.
- Take a break: Moments to “regroup” are beneficial to your overall physical, mental and emotional health.
- Learn to say “No”: Set boundaries for yourself as well as boundaries with others. This will help minimize taking on additional task that may leave you with feelings of burn out.
- Prioritize: Determine the items/task that are most important and work accordingly.
- Delegate: Share the wealth of household chores and other responsibilities. Relinquish some control and allow others to help you.



# Some Foods That Will Help "BEAT" Stress!



- Almond
- Asparagus
- Avocados
- Bananas
- Blueberries
- Cashews
- Chamomile tea
- Fresh fruits
- Fresh vegetables
- Dark Chocolate
  - Garlic
- Green Tea
- Oatmeal
- Tuna
- Salmon
- Walnuts



# Coping With Stress

## To Do

- Exercise regular at least 20 mins. per day
- Go for a walk
- Talk with a friend
- Have a good support group
- Eat a healthy diet Omegas 3 and Omega 6, Vitamin C (nuts, dark chocolate, dark leafy veggies, salmon, citrus fruit, sweet potatoes/carrot)
- Manage your time
- Take mini-vacations throughout the day
- Practice relaxation techniques
- Be assertive
- Have fun and laugh often
- Determine priorities
- Get proper health care for existing or new health problems.

## To Avoid

- Dwelling on problems
- Not taking time off from work
  - Be pessimistic
- Yelling at your spouse, family, and friends
  - Being unorganized
  - Procrastination
  - Cramming for exams
- Excessive amounts of caffeine
  - Poor eating habits
  - Poor time management
- Not taking a break throughout the day
  - Being a couch potato
- Holding on to anger/forgiveness (Researchers found that mentally nursing a grudge puts your body through the same strains as a major stressful event)



# The Power Of A Thought



- Pay attention to what you say to yourself:
  - *What you say is what you will eventually believe and act out.*
  - Self-talk: the act or practice of talking to oneself, either aloud or silently and mentally.*
- Identify negative thinking and beliefs that are irrational and hinders growth.
- Negative thinking and negative affirmations can lead to stress and anxiety.
- Utilize thought-stopping techniques:
  - The basis of this technique is that you consciously issue the command, "Stop!" when you experience repeated negative, unnecessary or distorted thoughts. You then replace the negative thought with something more positive and realistic.*
- Condition yourself to say positive affirmations and to think positively.

<http://panicdisorder.about.com/od/livingwithpd/a/thoughtstopping.htm>

# Repeat this....

- Today has limitless possibilities
  - I can find balance in my life
- I choose happiness even in difficult circumstances
  - I will work towards and accomplish all of my dreams

Find positive affirmations to repeat daily. Make positivity a part of your lifestyle.

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## PSYCHOLOGICAL

### Belief System

Those with strong faith are more resilient.

B

### Relationships

A strong social support system adds to life.

R

### Education

Learn new skills; practice what you learn.

E

### Attitude

Be positive!  
Optimists live longer.

A

### Determination

Stay committed to your plan. Never give up.

D

### Serenity

Practice having internal peace and calmness of mind.

S

## PHYSIOLOGICAL

### Breath

Breathe calmly, with your diaphragm.

### Relaxation

Take regular breaks: hourly, daily, monthly, & yearly.

### Exercise often

(Strength, Flexibility, Aerobic, Exercises)  
Remember S.A.F.E.

### Activity

Walk, bend, stretch, play.  
Keep active everyday.

### Diet

We really are what we eat.  
Study nutrition; eat well.

### Sleep

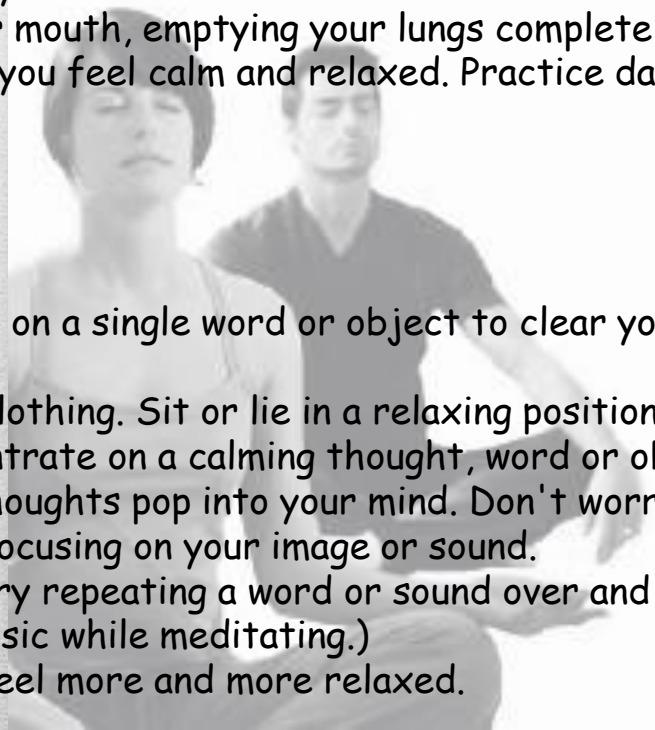
Adequate natural sleep is nature's #1 restorative power.



# Relaxation Tips

## DEEP BREATHING:

1. One of the easiest ways to relieve tension is deep breathing.
2. Lie on your back with a pillow under your head. Bend your knees (or put a pillow under them) to relax your stomach.
3. Put one hand on your stomach, just below your rib cage.
4. Slowly breathe in through your nose. Your stomach should feel like it's rising.
5. Exhale slowly through your mouth, emptying your lungs completely and letting your stomach fall.
6. Repeat several times until you feel calm and relaxed. Practice daily.



## MEDITATION:

This is the process of focusing on a single word or object to clear your mind. As a result, you feel calm and refreshed.

1. Wear loose, comfortable clothing. Sit or lie in a relaxing position.
2. Close your eyes and concentrate on a calming thought, word or object.
3. You may find that other thoughts pop into your mind. Don't worry, this is normal. Try not to dwell on them. Just keep focusing on your image or sound.
4. If you're having trouble, try repeating a word or sound over and over. (Some people find it helpful to play soothing music while meditating.)
5. Gradually, you'll begin to feel more and more relaxed.



# Ways To Relieve Stress...

- Keep a journal: keep track of your thoughts and feelings of what is bother to help discover better ways to cope.
- Let your feelings out: talk, laugh, cry and express frustration when you need to. Talk with friends, family, a counselor.
- Do things that you enjoy: Remember to stop for moments that will allow you to enjoy life.
- Focus on the present

For additional services or assistance:

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If you are experiencing, or someone you know seems to be experiencing, stress that markedly affects or impairs functioning on a daily basis, seek professional help.

Talk with a counselor.

Talk with a health care professional.