

Recognizing **Stress**

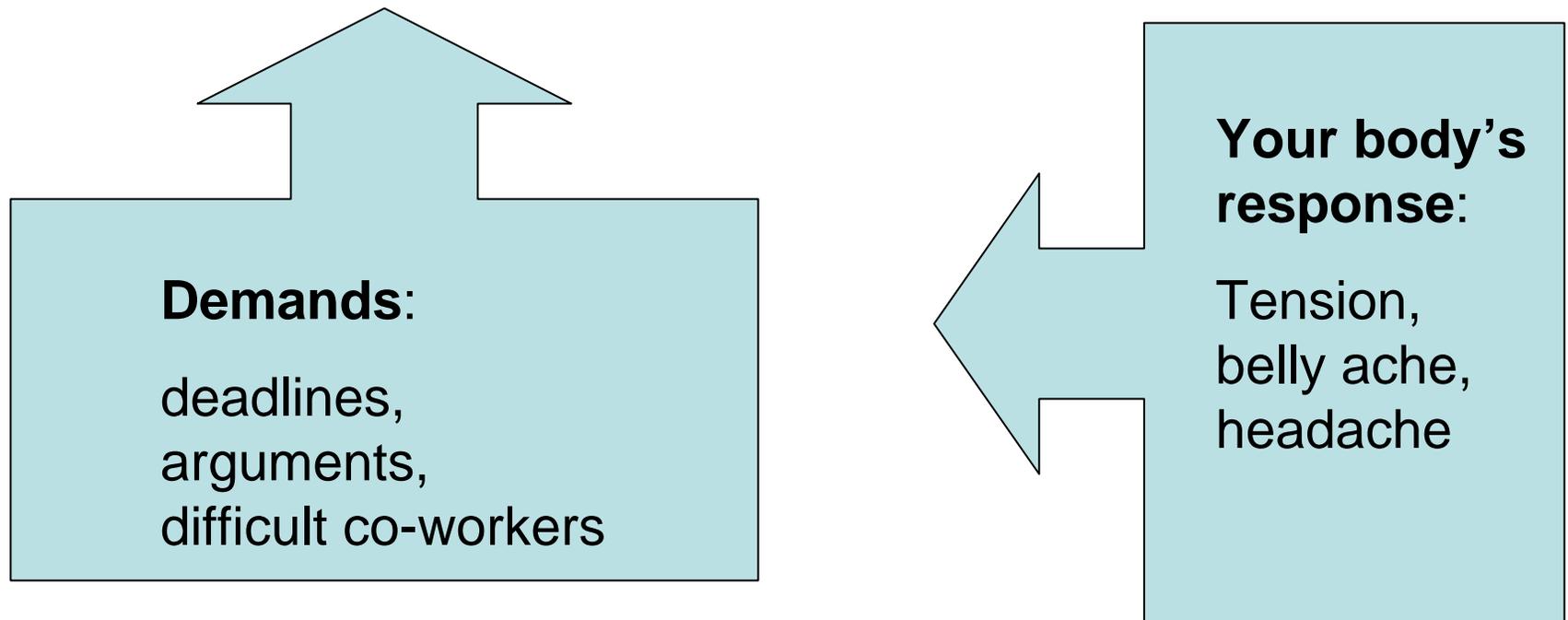
Why you need to manage Stress



What is stress?

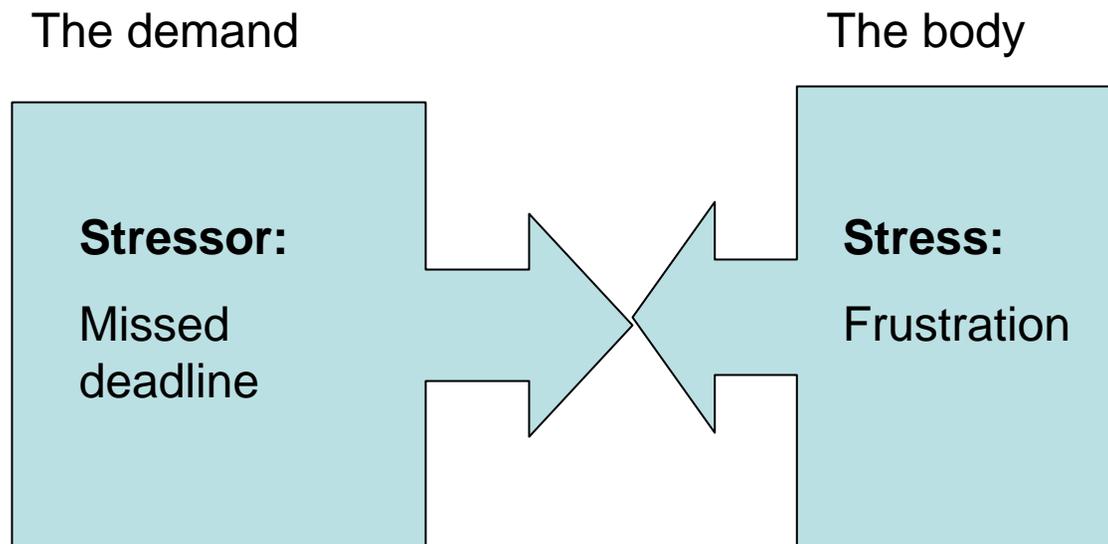
“Stress is your body’s response to demands placed on it.”

– Hans Selye



Difference Between **Stress** & Stressor

- Stressor is a source of stress.
- Stress is what happens to you after you've been exposed to a stressor.



Make a list of Stressors

- What's bugging you?



Stressors aren't automatic

- A stressor is only a POTENTIAL source of stress. Not all people agree on what causes them stress.
- Is there anything on this list you do NOT find stressful?

Recognizing Stress

- Show Video



Questions Comments

- General comments?
 - Was there one person you could relate to?
 - Does anyone do any counter-productive coping?
 - Were there any symptoms named that you've been suffering from?
 - Is anyone already practicing some form of stress management? How is it working?
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Difference between **Chronic** Stress and **Acute** Stress

- **Acute stress**

- Your company has three major seasonal deadlines every year. For each one you spend days prior to the deadline working long hours and feeling under the gun.

- **Chronic stress**

- Your company has numerous overlapping deadlines that occur year round. You're always working long hours and feeling under the gun.

Difference between Chronic and Acute **Stress**

Acute Stress

A flat tire

Argument with spouse

Credit card late fee

Bad work evaluation

Argument with boss

Something stolen

Occasional bad news

Chronic stress



Stress-related Disease

- Breakdown the word DISEASE

DIS EASE



Difference between **Daily Hassles** and **Major Life Events**

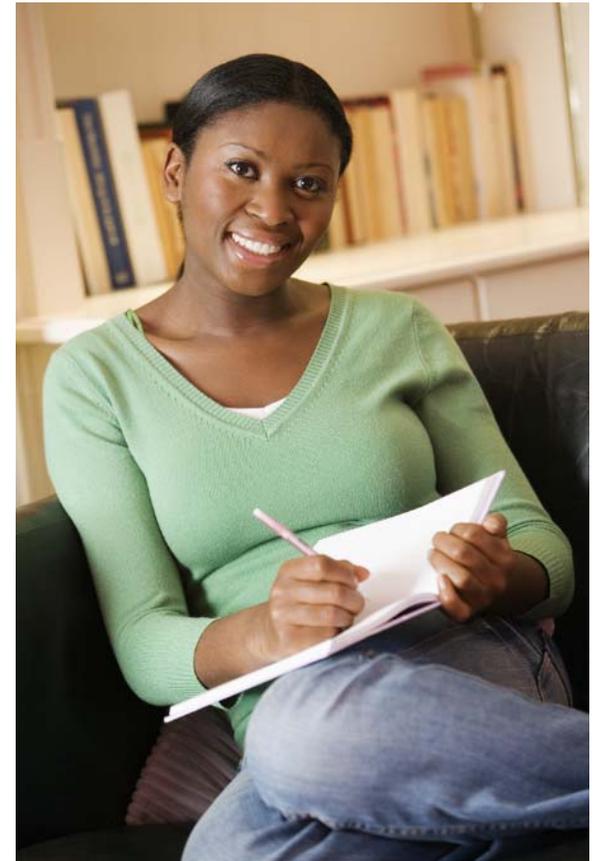
- **Major life events:** Divorce, death in family, new baby, new house, new mortgage, new boss, new job, etc.
- **Daily hassles:** Noise, interruptions, waiting in lines, misplacing things, traffic jams, car problems.

Counter-productive coping

- Over-eating
- Smoking
- Over-spending
- Drinking excessively
- Recreational drug use
- Avoiding problems altogether

Journaling

- Most people never take the time to write down the source of their stress.
- Make a list of your top five sources of stress

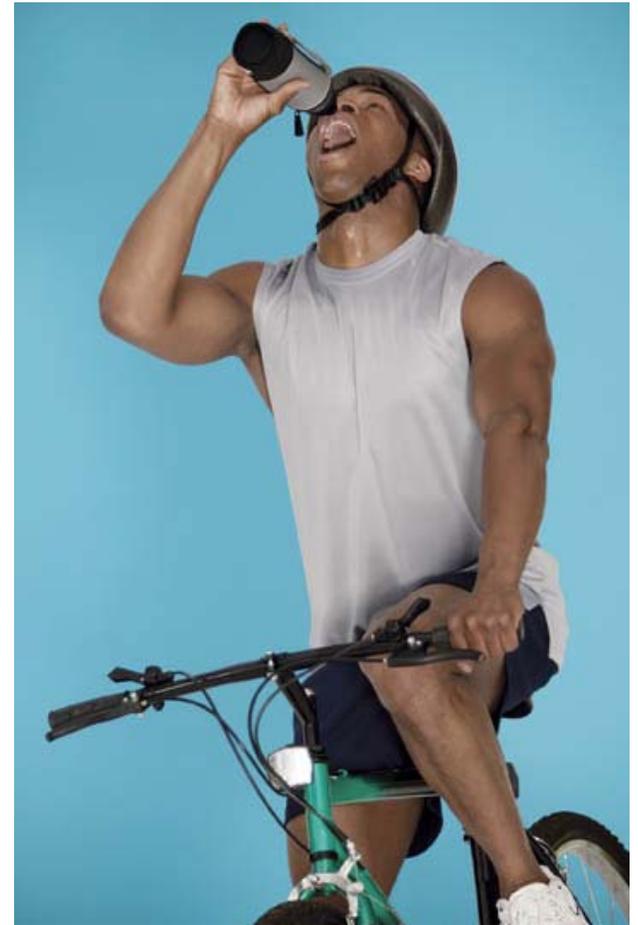


New definition of **stress**

- A problem you *believe* you can't solve.

Ways to Manage Stress

- Deep Breathing
- Meditation
- Yoga
- Exercise
- Listening to music



Prochaska's Stages of Change

1. Pre-contemplation

2. Contemplation

3. Preparation

4. Action

5. Maintenance

6. Termination

Contemplating **change**

- What would be some of the pros of reducing stress?
- Is there a specific stress-related condition you'd like to address?
- What would be some of the cons: What do you enjoy about the way things are now?
- What are the not so pleasant aspects?
- If you changed your behavior what would you miss about the old behavior?
- If you changed your behavior what positive results could you expect now and in the future?
- How ready are you to make the change?
- What would make you more ready?
- How confident are you?
- What would make you more confident?



Review

- Stressors are what happens to you and stress is how you take it.
- Acute stress is OK, chronic stress is not
- Avoid Counterproductive coping
- Eliminate daily hassles, cope and plan for major life events

Review

- Journaling helps you pinpoint the sources of your stress.
- Choose a coping method for managing stress
- Remember where you are in the stages of change



Assignment

- Think about the one big stressor in your life you'd most like to eliminate and why. (contemplation)
- Think about one little stressor that you could take steps TODAY to eliminate.
- Think carefully of how you would eliminate these two stressors. This week, make a list of 5 things you can do to eliminate the first stressor (preparation stage) and take all the necessary steps to eliminate the little stressor, too.