

*“Mental health
and
Psychology!”*

STRESS MANAGEMENT



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Lecture 11

LEARNING OUTCOME

After studying this topic students will be able to:



- Understanding what is
- Identify stress triggers and implement de-escalation strategies
- Demonstrate the ability to manage stress

Interpretation of online test

Scores ranging from 0-13 would be considered low stress.

Scores ranging from 14-26 would be considered moderate stress.

Scores ranging from 27-40 would be considered high perceived stress

<https://www.bemindfulonline.com/test-your-stress>

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Why do we feel "Stress Out"?

❖ For two major reasons:

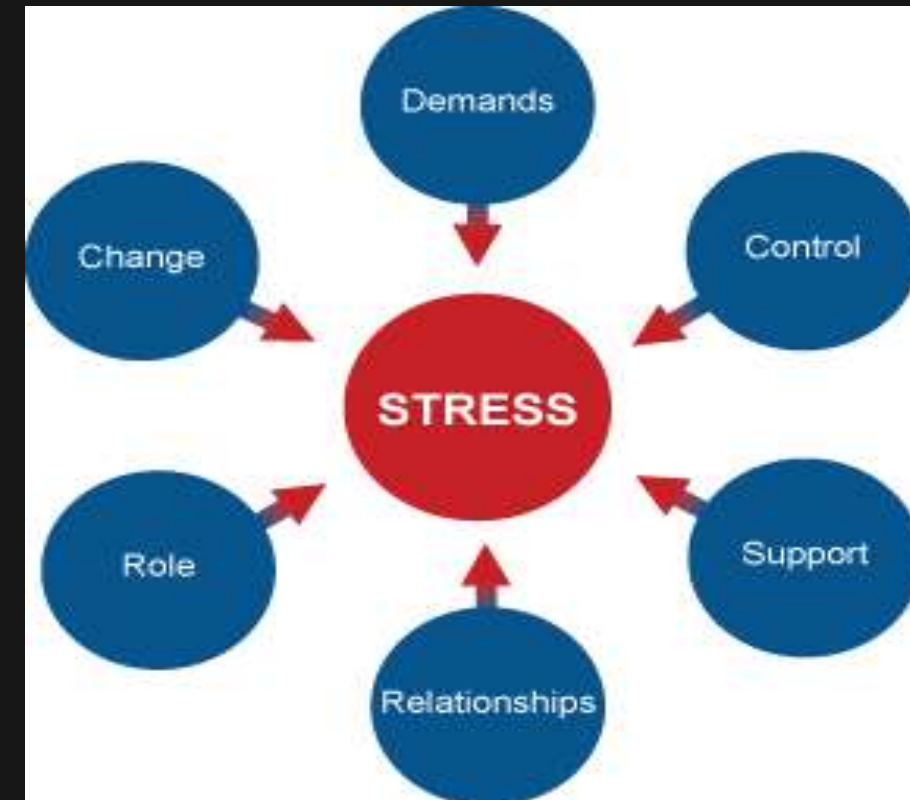
- ❖ We *perceive* a situation as threatening, difficult, or painful.
- ❖ We don't believe we have the *resources* to cope.

- ❖ 1. The unsettling effects of change
- ❖ 2. The feeling that an outside force is challenging or threatening you
- ❖ 3. The feeling that you have lost personal control.



Stressors

- There are many circumstances or events that can produce stress. The sources of stress are called stressors.
- We will consider 3 types of stressors
1- Frustration (Blocking of goal directed behavior) – light went off during paper.
Example: being stuck in a traffic jam can be very frustrating.



2-Conflict induced stress. When some goals can be satisfied on the expense of others.

Example: You can only buy one ice-cream out of two.

3- Life induced stress Life events that can be stressful

Example: Marriage, death of a loved one, divorced, change of schools, trouble with boss etc.

Stress for Teens

- **Question:** As a teen, you are more prone to stress than any other age. Why do you think that is? What causes this? Take a minute to answer this question using the lines below.



Causes of Stress in student life:

- The National Institute of Mental Health (NIMH) notes some of the more common stressors for college students:
- Increased academic demands
- Being on your own in a new environment
- Changes in family relations
- Financial responsibilities
- Changes in your social life
- Exposure to new people, ideas, and temptations
- Preparing for life after graduation.
- Not getting enough sleep
- Being lonely
- Too many things to do



Stress as a physiological Reaction: Han Selye's GAS (General adaptation syndrome)

Stressors produce a series of physiological reactions within us.

The reaction to stressors occur in three stages

1. **Alarm** (Any noticeable or rapid changes in the sympathetic system- Increased heart beat, increase blood pressure).

Your body goes into the “Fight or Flight Responses.” Your body prepares you to either fight the stressor or take flight and escape the stressor.

2. **Resistance** (the cause of ones stress remains present due to which a person becomes sensitive to new stressors, resulting in becoming vulnerable to physical illnesses and exhaustion).

Body cannot restore homeostasis, and the body functions at a higher than normal level.

You may become weaker, tired and unable to handle more stress

3. Exhaustion: When no useful way to deal with the stress is present, this results in exhaustion.

At this stage all bodily energy is used which results in breaking down physically or psychologically or both.

With your body off balance, you are now more prone to illness, as your immune system is not able to fight.

This stage only happens if your body is continually fighting a stressor (usually months or years).

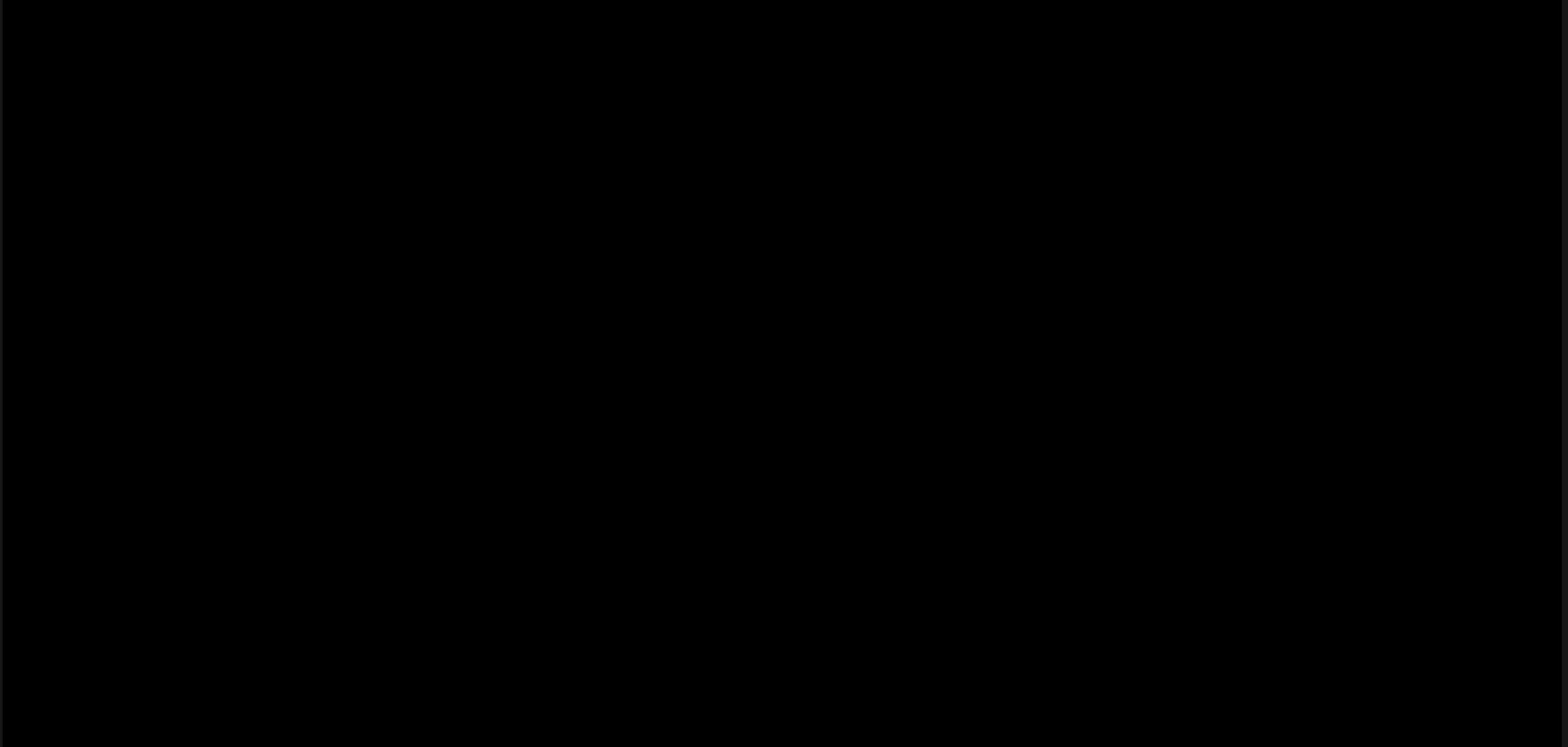
Example

- Zehra is a college student in the middle of her semester , she is strongly motivated to do well in her semester. One day she receives a call from her home that her friend is admitted in hospital
- She leaves college and drives for 16 hour to hospital. Her friend is admitted ,the shock and disbelief is very overwhelming for zehra's **initial alarm stage reaction**.
- **Resistance stage**: As her friend shows signs of recovery, but still will be admitted in the hospital for 3 days. There is little help zehra can do about it and she feels she cant leave the situation and go back to college now. Every day she stays at hospital, she gets further behind in her classes.

Example

- Zahra becomes more sensitive to her problems as she feels stuck. With time, as She becomes vulnerable to physical disease or infections like respiratory difficulties, skin rashes high BP.
- If Zehra can not find any useful way to deal with the stress she is experiencing, her physical reaction on the still-present stressors may be **exhaustion**. At this stage, her bodily resources are nearly depleted. She is running out of time and energy. She may break down psychologically-example depression or physically or both. In extreme situations if the exhaustion stage remains for a long time like years , can lead to death

How stress affects your brain.

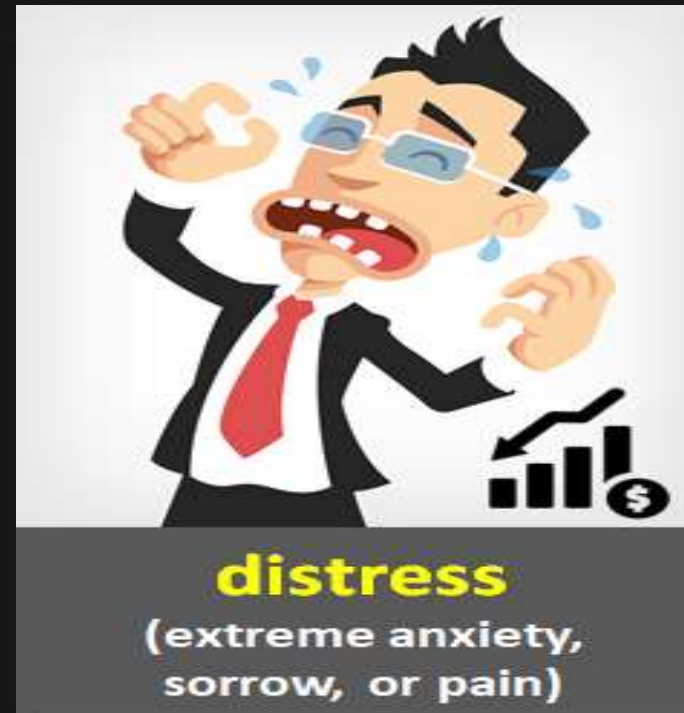


TYPES OF STRESS

EUSTRESS: Stress that is deemed healthful or giving one the feeling of fulfillment. when it helps to produce personal growth or accomplishment.

“Research has shown that moderate levels of stress can actually improve your ability to concentrate and perform at your best.”

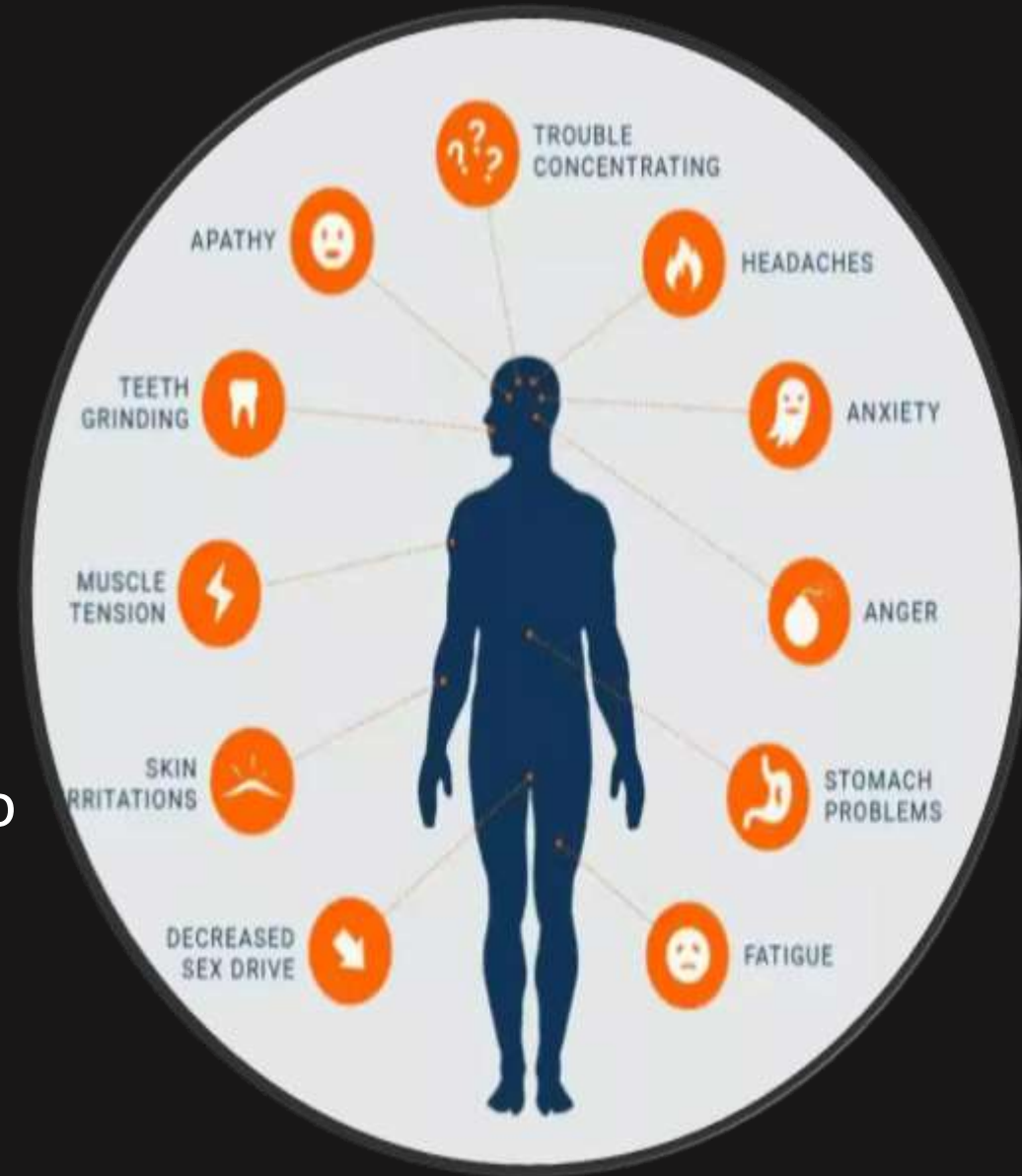
DISTRESS: Stress that causes pain, suffering, trouble, danger, etc.



	DISTRESS	EUSTRESS
IMPACT ON PERCEPTION	Negative threat	Positive challenge
IMPACT ON EMOTIONS	Anxiety	Excitement
IMPACT ON PRODUCTIVITY	Procrastination	Motivation
IMPACT ON PERFORMANCE	Diminution	Enhancement

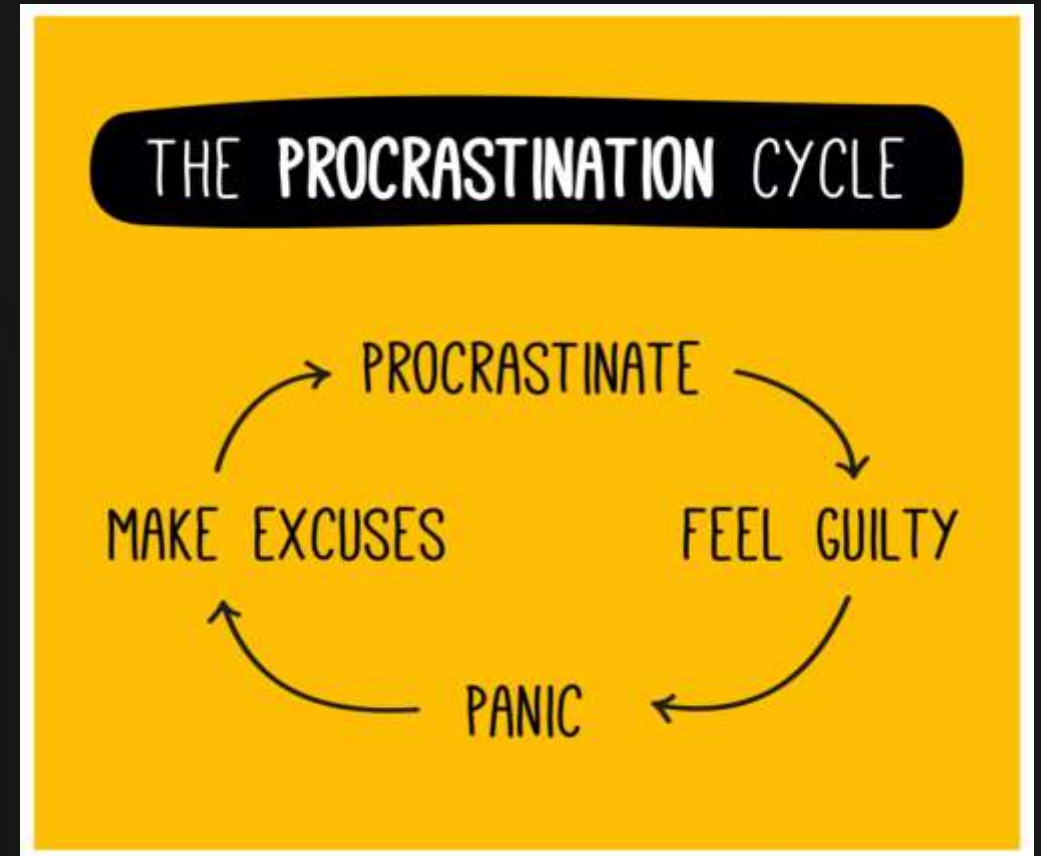
Symptoms of Distress

- Headaches
- Fatigue
- Gastrointestinal problems
- Hypertension (high blood pressure)
- Heart problems, such as palpitations
- Inability to focus/lack of concentration
- Sleep disturbances, whether it's sleeping too much or an inability to sleep
- Sweating palms/shaking hands
- Anxiety



Ineffective strategies to deal with stressors

- Procrastination
- Aggressive behavior



1 BE AWARE,
KIND & NON-
JUDGEMENTAL



2 CHALLENGE
UNHELPFUL
BELIEFS



3 TOLERATE
DISCOMFORT



7 STEPS TO BUSTING YOUR PROCRASTINATION HABIT!

7 REFLECT &
REVISE



6 MOTIVATE &
ENCOURAGE YOURSELF



5 TAKE
PRACTICAL
ACTION



4 REFRAME YOUR
EXCUSES

I can!

Effective strategies for coping with stressors

- Identify the stressor
- Remove the stressor
- Reappraise the situation
- Learn techniques of relaxation
- Engage in physical exercise
- Seek social support



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga



Visualization



Slow, deep breaths



Anger Management

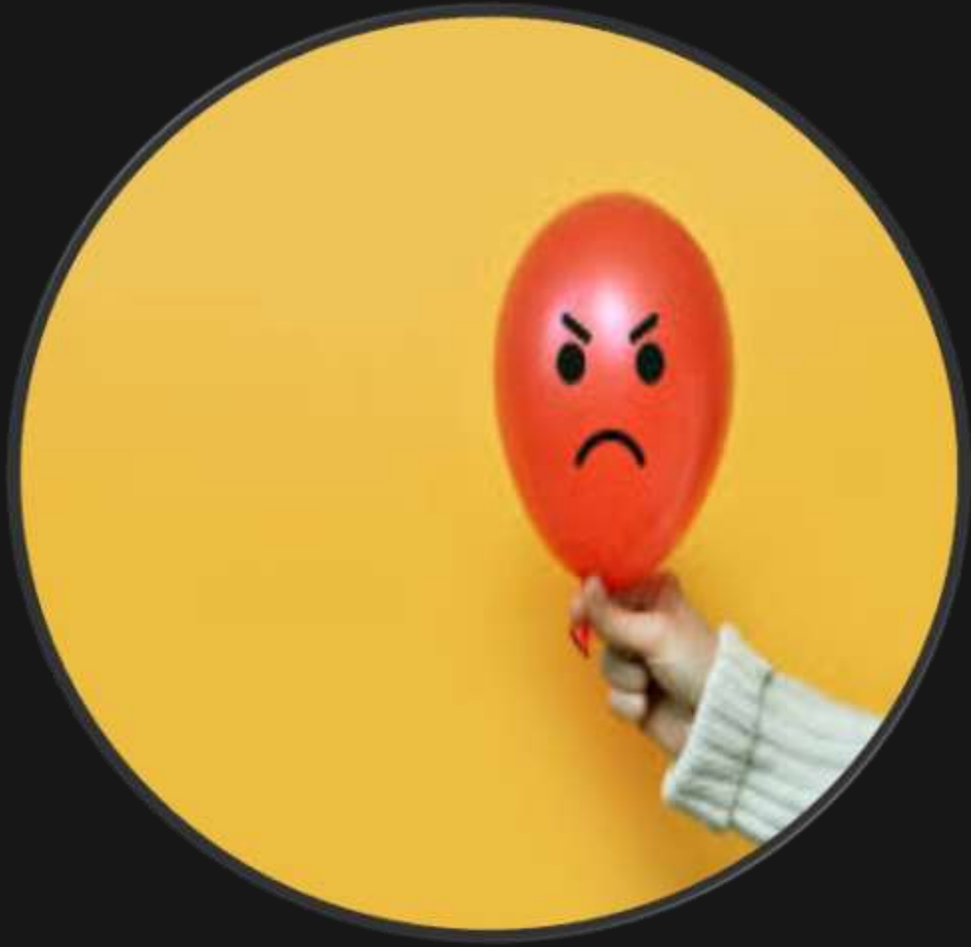


Learning outcomes

1. Define anger
2. What causes anger?
3. Anger vs. Aggression.
4. Learning about physical symptoms of anger
5. Anger triggers
6. Dealing with anger effectively



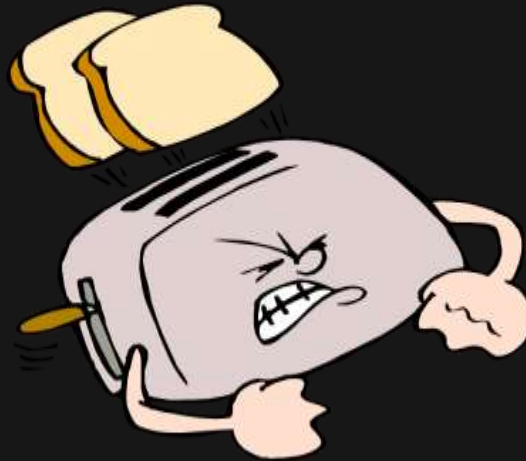
What is Anger?



**Anger is a
basic human emotional
response experienced
by ALL PEOPLE!**



**Anger is typically
triggered by a threat,
perceived threat (real or
imaginary), an
injustice, hurt, or
frustration when faced
with an obstacle.**



**Anger vary
from person to
person and
from situation to
situation**

**Anger is a strong feeling of displeasure with
someone or something, combined with an urge
to fight back!**

Anger is a normal feeling that we all experience!

BEHIND
THIS



ANGER

MIGHT
BE



Anger (Feeling) vs. Aggression (Action)

**Know the difference
between anger and
aggression.**

**Aggression is one negative
way in which individuals
express anger**

**Aggression cause damage
with words, fists, or
weapons, but it is virtually
always designed to punish.**

**Aggression is intended to
threaten or injure the
victim's security or self-
esteem**

"You can express your anger without being verbally or physically abusive."

TRIGGERS

What bugs you?

- Different things can make different people angry, but everyone feels angry sometimes.



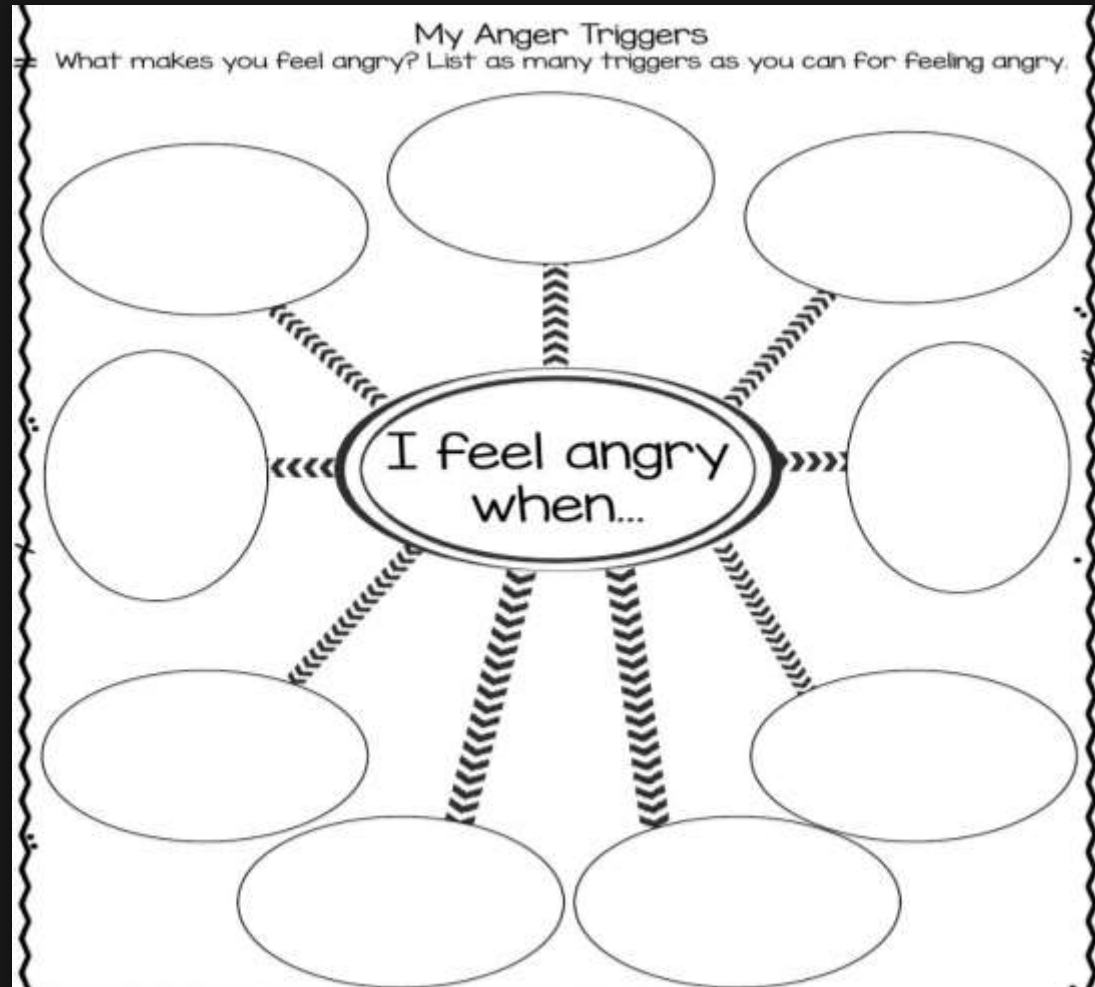
ACTIVITY

What are the things which make you angry?

My Anger Triggers

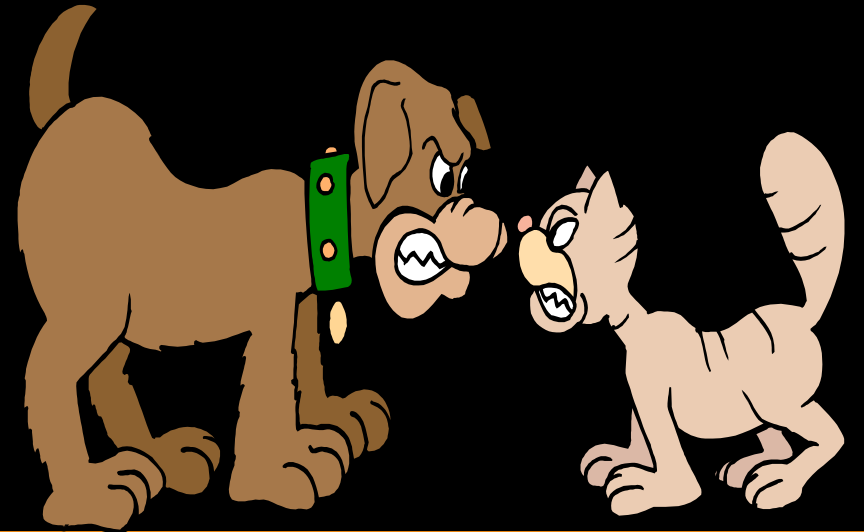
What makes you feel angry? List as many triggers as you can for feeling angry.

I feel angry when...



Anger – Producing Situations

- Specific person (s) or Event
- Insults
- Stress and Worries
- Disappointment / Annoyance
- Fears, Resentment, Frustration
- Rejection / Hurt / Embarrassment
- Having possessions taken or broken
- Jealousy
- Being teased or talked about
- Low-Self Esteem
- Grief
- Home Life



Anger is a problem

- When it harms you
- When it leads to aggression
- When it harms People around you
- When it disrupts school or relationships
- When it is too frequent, intense and lasts long
- When it harms effects your overall quality of life
- When chronic, explosive anger spirals out of control



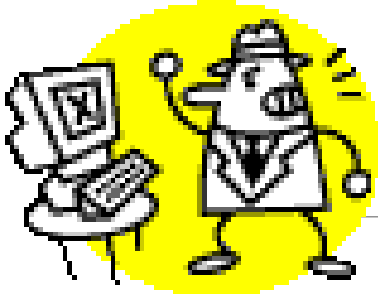
Uncontrolled Anger can trigger a large number of anti-social behaviors and negative consequences””

Consequences of ACTING OUT

- Can lead to legal troubles
- Can lead to problems at school / home / community
- Relationships Problems
- Substance Abuse
- Physical Problems
- Emotional Problems
- Low Self Esteem
- Others

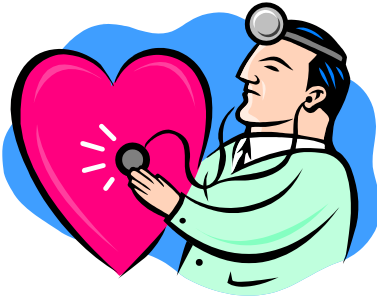


ANGER CUES



Clenched fist

Racing &
pounding
heartbeat



Sweat

Your body
sends you
signals, when
you're getting
angry.

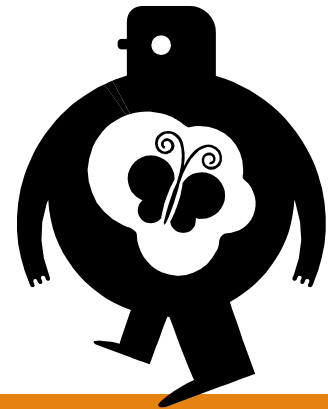


Loud voice



Red face

Upset
stomach

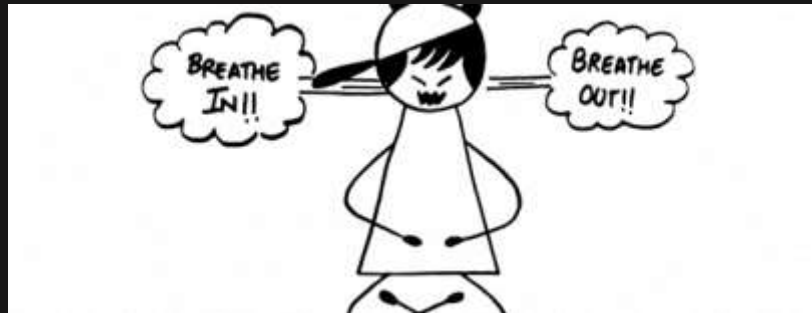


Dealing With Anger

Cool off, stay calm.

- Walk away
- Count to 10
- Take deep breaths
- Use calming self-talk: “I can handle this. Chill. It’s not as bad as it seems.”
- Imagine you are in a peaceful place.

- 2. Give yourself some time to sort things out.
 - Write the problem down on paper.
- Think it through. Ask yourself: what really happened? How was I triggered? What were my cues?
 - Talk it over with a friend or adult you trust.
- Look at the situation from a different viewpoint.



Turn your angry energy into a change for the better

- Channel your angry energy into a physical activity.
- Try to solve the problem.
- Try to accept situations you can't change.
- Changing our view of a situation can change our reaction to it.



*“Don’t let anger control you,
take control over it”*



Exercise Self-Control



Self-Control is the ability to resist
inappropriate behavior, dealing effectively
with emotions, such as anger and developing patience.

Maintaining Self-Control is key to Managing Anger



How can I control my anger long term?

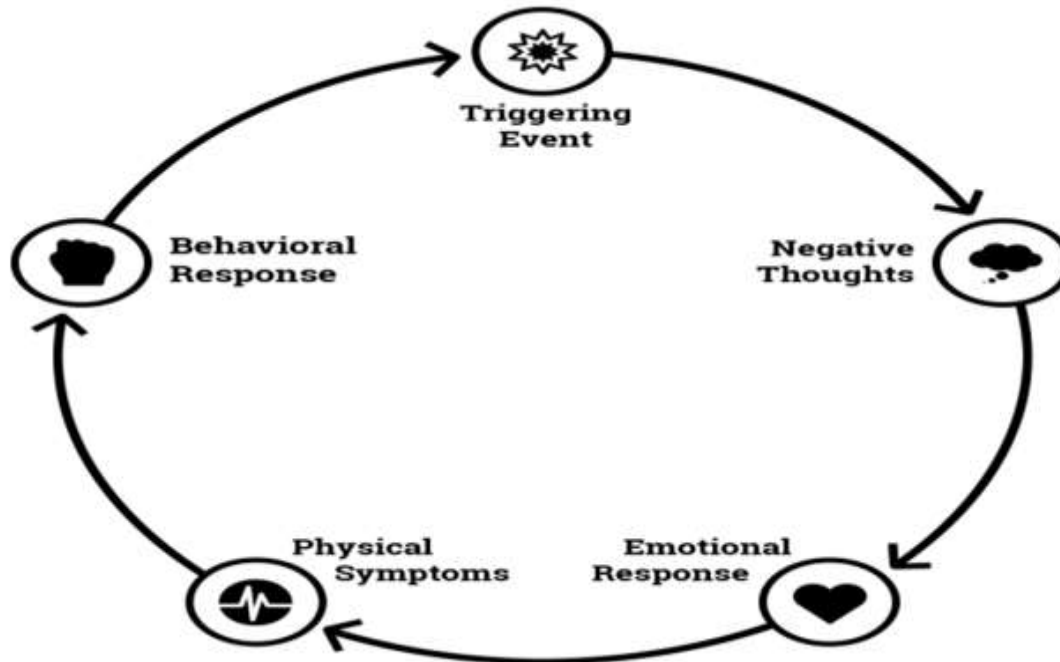
If you think about how to manage your anger when you're feeling calmer, you can avoid feeling overwhelmed by it in the heat of the moment.

In particular, you can:

- learn your cues, practice and practice the skills
- examine your thought patterns
- develop your communication skills
- look at your lifestyle

Anger Cycle:

This anger worksheet uses the CBT model to explain how anger grows from irrational thoughts, and leads to a difficult-to-break cycle of growing frustration.



Triggering Event

An event or situation “triggers” a person’s anger. Examples:

- Getting cut off while driving.
- Having a bad day at work.
- Feeling disrespected.

Negative Thoughts

Irrational and negative thoughts occur as a result of the triggering event. Examples:

- “I’m the worst parent ever.”
- “The jerk who cut me off doesn’t care about anyone but themselves.”

Emotional Response

Negative thoughts lead to negative emotions, even if the thoughts are irrational. Examples:

- Feelings of shame and guilt due to being the “worst parent ever”.
- Rage directed toward a bad driver.

Physical Symptoms

The body automatically responds to anger with several symptoms. Examples:

- Racing Heart
- Sweating
- Clenched Fists
- Shaking

Behavioral Response

The person reacts based upon thoughts, feelings, and physical symptoms. Examples:

- Fighting
- Arguing
- Yelling
- Criticizing



**THANK
YOU!**