
Stress Management

Source

- A Harvard Medical School Special Health Report: Benson, H. and Casey, A., 2013. A Harvard Medical School Special Health Report.
 - WHO
 - NHS.uk:
<https://www.nhs.uk/mental-health/self-help/>
 - TK:
<https://www.tk.de/techniker/magazin/ife-balance/aktiv-entspannen/meditieren-lernen-2007098>
 - Exercise:
 - Dr. Patrick Karamkhodian, D.C.
 - Wudang Tonghe Martial Arts Hall
 - Yoga with Adriene:
<https://yogawithadriene.com/>
-

What is stress?

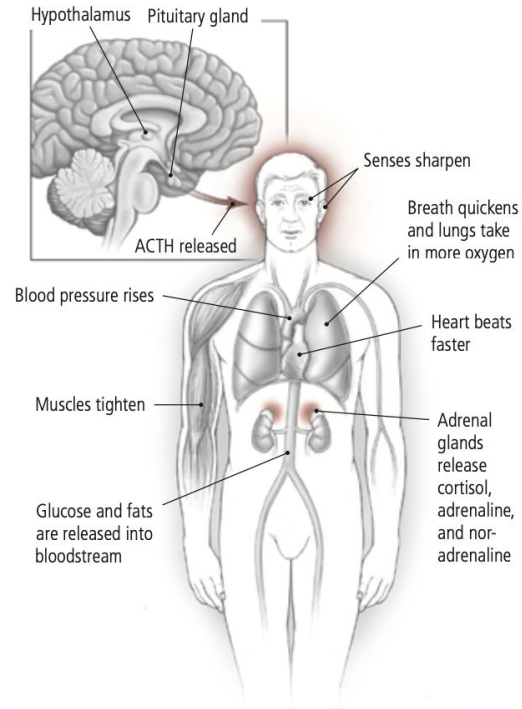
> Harvard Special Health Report: “an automatic physical **response** to any stimulus that requires you to adjust to **change**.”

Each real or perceived threat to your body triggers a cascade of **stress hormones** that **produce well-orchestrated physiological changes**.

> WHO: a **state** of worry or mental tension caused by a difficult situation; a natural human **response** that prompts us to address **challenges and threats** in our lives.

Figure 1 The HPA axis and the stress response

Response starts
from here



up to two to three
times as quickly
as normal

> Body systems not needed for the immediate emergency are **suppressed**. The stomach and intestines cease operations.

The hypothalamus, pituitary gland, and adrenal glands make up the HPA axis, which plays a pivotal role in triggering the stress response. By releasing certain chemicals, such as adreno-corticotrophic hormone (ACTH) and cortisol, the HPA axis rouses the body for action when it's faced with a stressor. As the illustration reveals, the effect of this release of hormones is widespread. Senses become sharper, muscles tighten, the heart beats faster, blood pressure rises, and breathing quickens. All of this prepares you to fight or flee in the face of danger.

The common misconception is that all stress is bad stress.

> Good Stress vs. Bad Stress

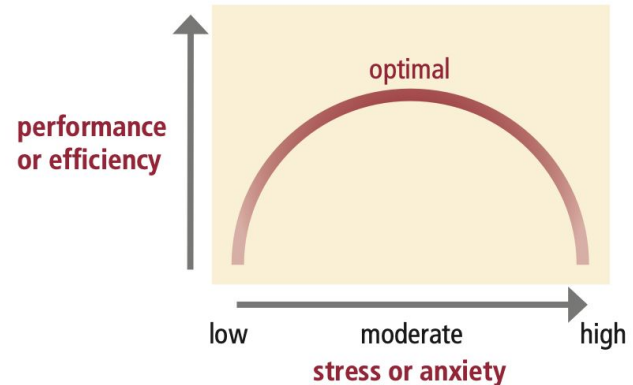
Physiologist Hans Selye:

the line between

>>**short-term stress** that stimulates people to summon the resources to hurdle obstacles (“good” stress)

>>**ongoing or overabundant stress**, which wears down the ability to adapt and cope (“bad” stress, or distress).

Figure 2 Yerkes-Dodson law



As stress increases, performance rises to an optimal point, but if stress continues to increase, eventually performance and efficiency decline.

The turning point differs from person to person.

> No need to feel bad if you are stressed while others don't.



Everyone experiences stress at times.
A little bit of stress is not a problem.

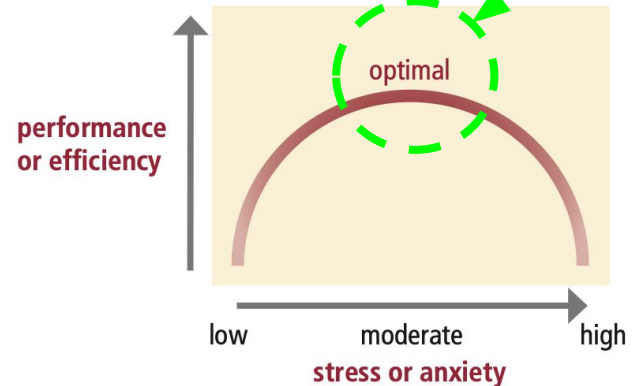
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>> Stress-hardy people: the people appear less vulnerable to stress or even seem to thrive on regular doses of it

>> sense of control or the ability to influence events, embrace the challenge in situations others might find stressful, and describe themselves as committed to something meaningful

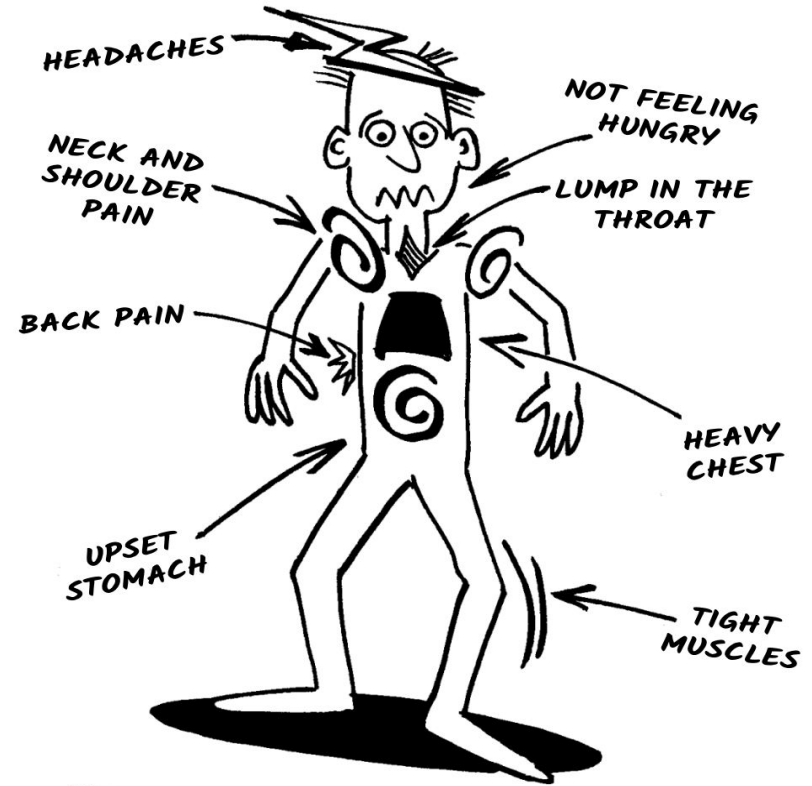
Figure 2 Yerkes-Dodson law



As stress increases, performance rises to an optimal point, but if stress continues to increase, eventually performance and efficiency decline.

What could go wrong?

- > Any situation you perceive as threatening or which requires you to adjust to a change may elicit the stress response.
- > Your body does a poor job of distinguishing between life-threatening events and day-to-day stressful situations.
- > **Your body repeatedly experiences the stress response.**



Other people find their body gets sick – skin rashes, infections, illnesses or bowel problems.

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Stress linked to health problems

- allergic skin reactions
- anxiety
- cough
- depression
- diabetes
- dizziness
- headaches
- heart problems
- hypertension
- nervousness
- pain of any sort, including backaches, headaches, abdominal pain, muscle pain, joint aches, postoperative pain, and chronic
- ...

When they are stressed, many people ...

Being able to recognize these signs is the first step is to look for them.

● Behavioral

- Inability to concentrate
- Overreacting
- Overeating or undereating

.....

● Physical

- Back pain
- Sleep problems
- Stomach problems

.....

...cannot focus



...get angry easily



...cannot sit still



...have difficulty sleeping



...feel sad or guilty



...worry



...cry



...feel very tired



...have changes in appetite.



is a stress response. A good

signs and symptoms:

emotional
symptoms

My stress warning signs?

- **Behavioral symptoms:**

- Inability to complete tasks
- Overly critical attitude
- Overuse of alcohol
- Grinding of teeth
- Bossiness
- Fidgeting
- Emotional eating or overeating
- Fist clenching
- Changes in the amount of alcohol or food you consume
- Taking up smoking or smoking more than usual
- Increased desire to be with or withdraw from others
- Rumination (frequent talking or brooding about stressful situations)
- Crying
- Irritability, Edginess, Anger, Feeling anxious
- Feeling powerless to change things
- Nervousness
- Quick temper
- Lack of meaning in life and pursuits
- Boredom, Loneliness
- Unhappiness with no clear cause/Depression

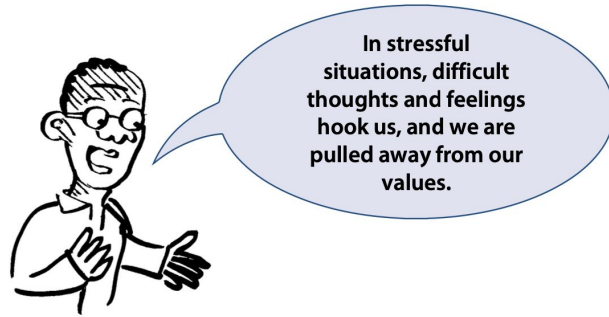
My stress warning signs?

- **Cognitive symptoms**
 - Continual worry
 - Poor concentration
 - Trouble remembering things
 - Loss of sense of humor
 - Indecisiveness
 - Lack of creativity
 - Trouble thinking clearly

My stress warning signs?

- **Physical symptoms**

- Tight neck and shoulders
- Back pain
- Sleep difficulties
- Tiredness or fatigue
- Racing heartbeat or palpitations
- Shakiness or tremors
- Sweating
- Ringing in ears
- Dizziness or fainting
- Choking sensation
- Difficulty swallowing
- Stomachache
- Indigestion
- Diarrhea or constipation
- Frequent, urgent need to urinate
- Loss of interest in sex
- Restlessness



Harsh judgements about ourselves...



There are many kinds of difficult thoughts and feelings that can hook us. Thoughts about giving up...



Memories, especially about difficult events...



Thoughts about the future, especially about what we fear...



Thoughts that blame others...



> Your stress level: What's Your Stress Index?

→ Quick self-test

> Triggers of workplace stress

→ A quick poll

www.menti.com : 8815 8628

How to cope with stress?

> Unhealthy responses to stress



- watching endless hours of TV
- withdrawing from friends or partners or, conversely, jumping into a frenzied social life to avoid facing problems
- overeating or weight gain
- undereating or weight loss
- sleeping too much
- drinking too much alcohol
- lashing out at others in emotionally or physically violent outbursts
- taking up smoking or smoking more than usual
- taking prescription or over-the-counter drugs that promise some form of relief, such as sleeping pills, muscle relaxants, or anti-anxiety pills
- taking illegal or unsafe drugs

How to cope with stress?

● Proper nutrition

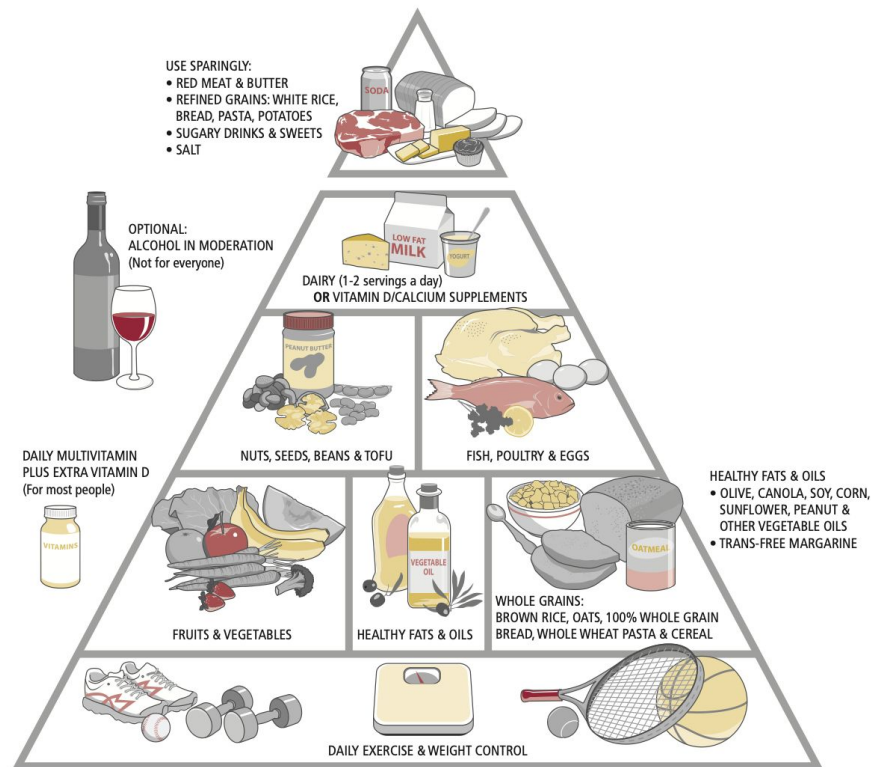
○ Supplements

■ Vitamin-D:

- 1) Attention deficit
hyperactivity disorder
(ADHD)
- 2) Depression

■ Small healthy snacks: nuts...

Figure 4 The Healthy Eating Pyramid



Adapted from Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating, Walter Willett, M.D.

How to cope with stress? From NHS

- **Be active:** Exercise !!!!
- **Take control:** If you think you cannot do anything about your problem, your stress can get worse.
- **Have some "me time":** try setting aside a couple of nights a week for some quality "me time" away from work.
- **Avoid unhealthy habits:** Don't rely on alcohol, smoking and caffeine.
- **Help other people:**
- **Work smarter, not harder:** Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference. Leave the least important tasks to last. Accept that you will not have time for everything.

→ better time management
- **Try to be positive:** Try writing down 3 things that went well, or for which you're grateful, at the end of every day.

How to cope with stress? Small things we can do daily!

- Mental
 - Meditation
- Physical relaxation (during the work)
 - Breathing
 - Eyes
 - Acupressure
 - Shoulders-neck
 - Body movement

Exercise:

- Breathing 10 times
 - Try taking a slow, deep breath.
 - The air coming in through your nose should move downward into your lower belly.
 - Let your abdomen expand fully.
 - Now breathe out through your mouth (or your nose, if that feels more natural)



Exercise:

- Meditation: 5 mins
 - Sit comfortably and quietly
 - Close your eyes and do nothing for a minute or so
 - Thoughts may come during that time, and that is okay
 - Do not TRY to meditate: avoid looking for particular experiences or signs of progress or failure with your meditation because that will block you from getting the benefits of meditation
- Each time you hear the mantra, say it quietly inside without moving your tongue or lips.
- After one minute the audio will fade to silence.
- Then continue saying your mantra quietly inside for four more minutes.

Exercise:

- Eyes relaxation



第一节揉天应穴



第二节挤按睛明穴



第三节按揉四白穴



第四节按太阳穴、轮刮眼眶

Exercise:

- Acupressure



ACUPRESSURE



Exercise:

- Acupressure

Hand Pressure Points in Your Hands

