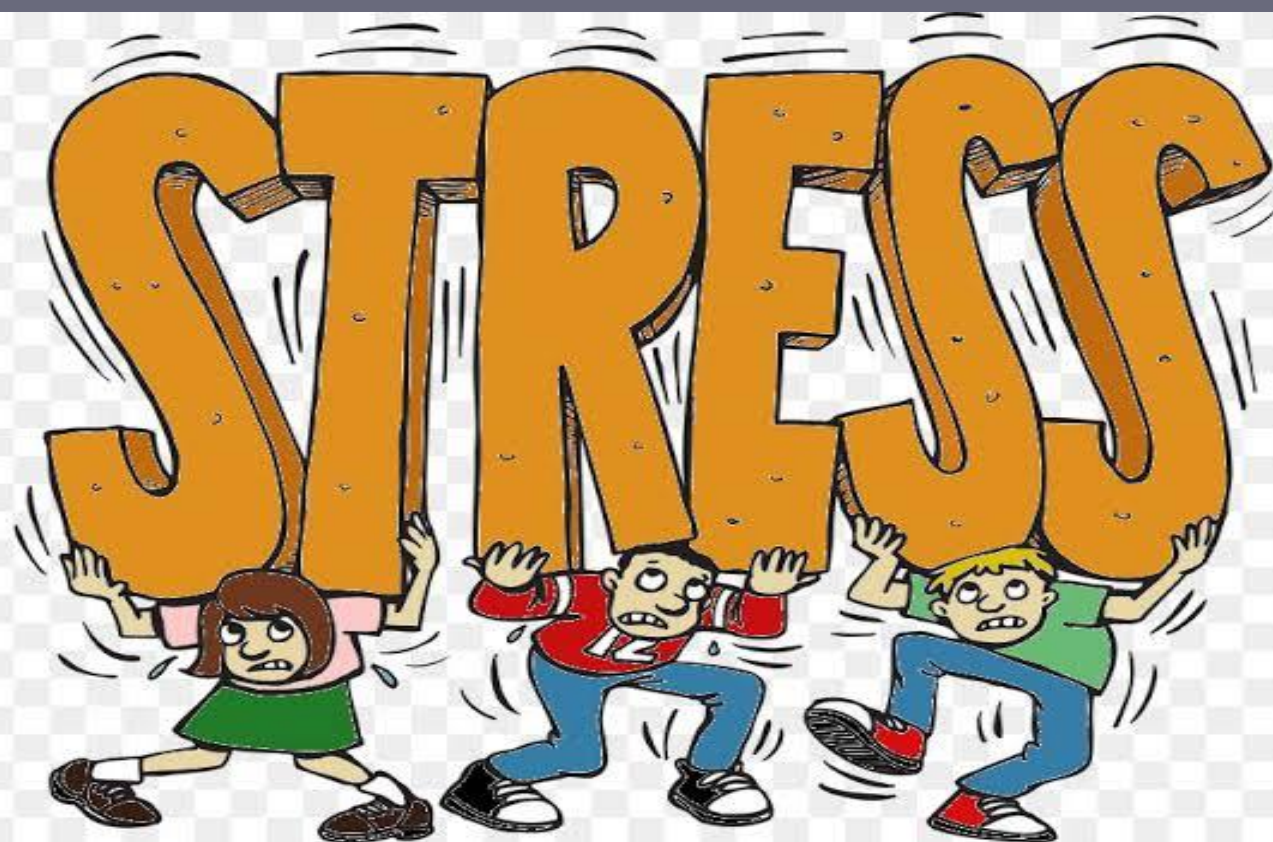


# STRESS



DEBTS CAREER CHRONIC BILL  
FINANCE PROBLEMS EXHAUSTED STRUGGLE  
HEAVY HEALTH MONEY  
EFFORT CHAOS WORKPLACE SAVING  
MONEY DEBTS PRESSURE  
WORRIED COPING PROBLEMS  
COPING FRUSTRATION DEADLINES  
BUSINESS DIVORCE OVERLOADED  
BILL CONFUSION DAMAGE  
OVERLOADED FAILURE CAREER



# *STRESS*

- Stress is a part of being alive.
- The only time there is a total absence of stress is **in death.**





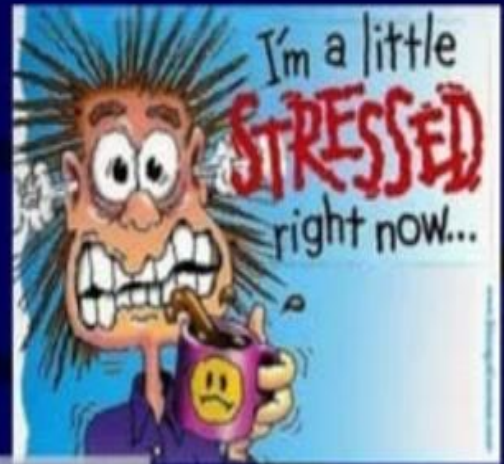
# WHAT IS STRESS?

- Stress is your mind and body's response or reaction to a real or imagined threat, event or change.



# ***STRESS***

- Stress becomes a problem, when we have too much stress and are unable to cope with it.



\*Image via Bing



## *DEFINITION*

$$S = P > R$$

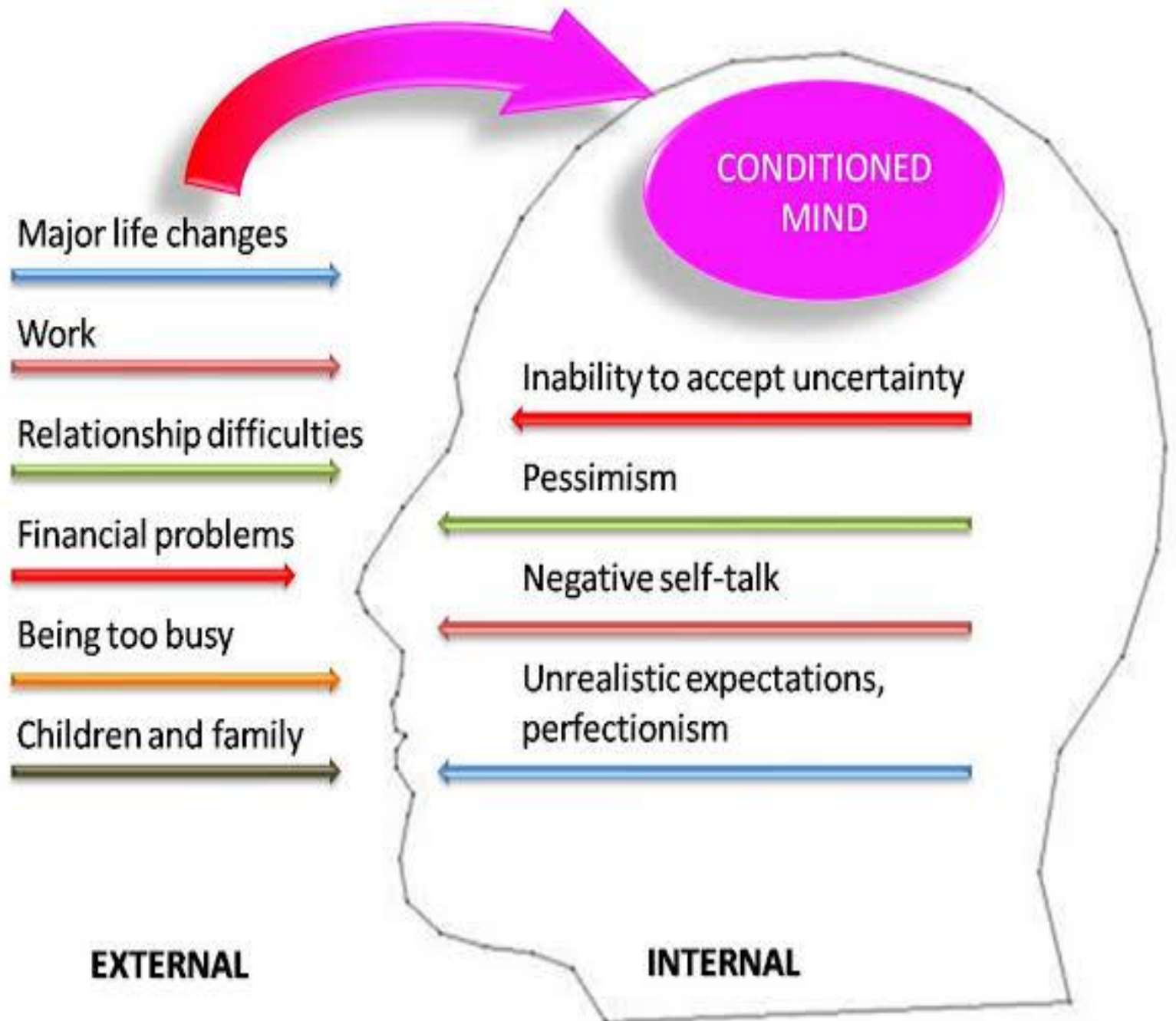
Stress occurs when the pressure is greater than  
the resource

# ***WHAT ARE STRESSORS ?***

**Stressors are events that threaten or challenge people.**



## CAUSES or TRIGGERS OF STRESS & ANXIETY





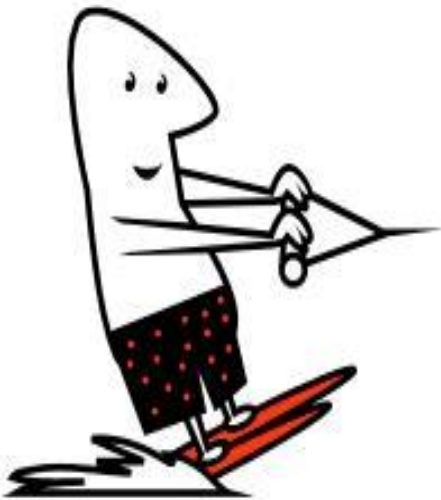
# ***TYPES OF STRESS***

- **Eustress – Positive**
- **Distress – Negative,**  
Commonly known  
as **STRESS**



# EUSTRESS

- IS GOOD STRESS
- EU – GREEK PREFIX WHICH MEANS GOOD



# Positive Stress

- Enables concentration
- Increases performance
- Energizes you into motion
- Examples:

Sports

Exams (for some)

Work

Accomplish a to- do list



# DISTRESS

- BAD STRESS





# Negative Stress

Lack of motivation

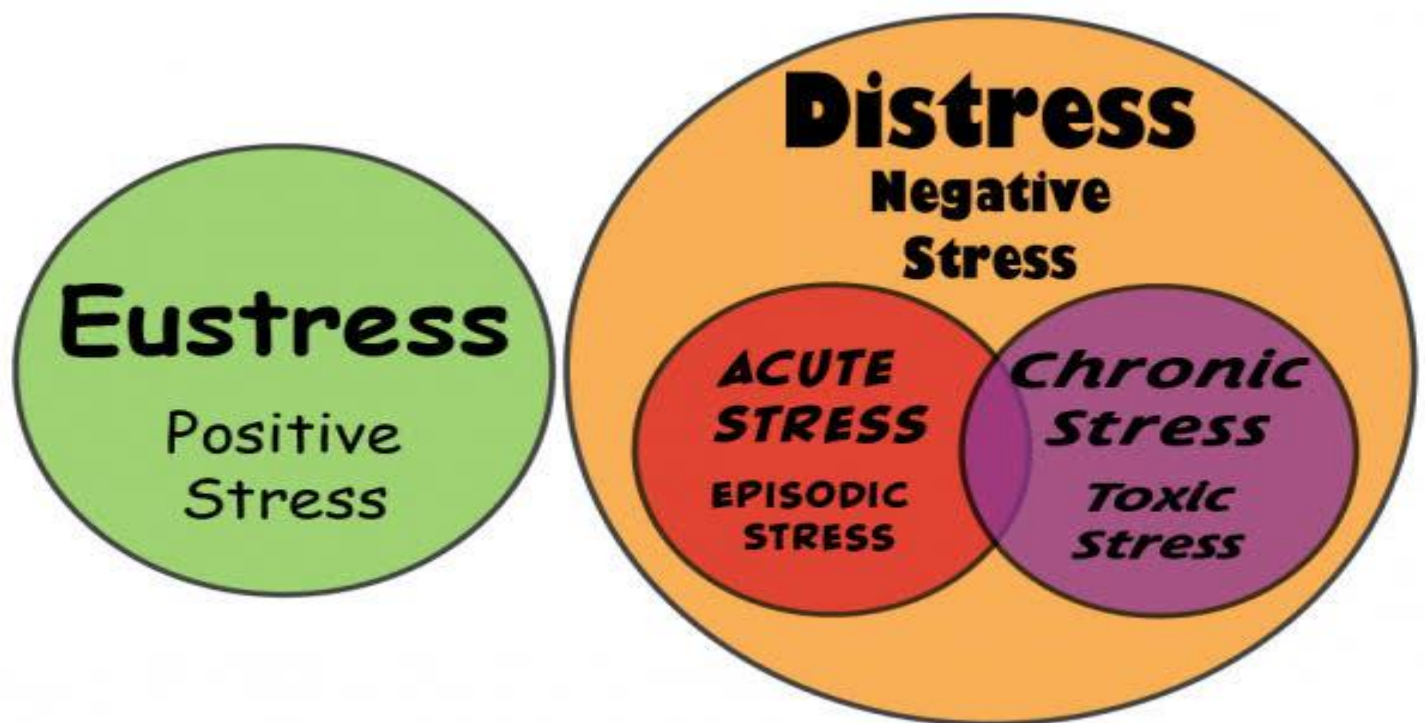
Reduced effectiveness

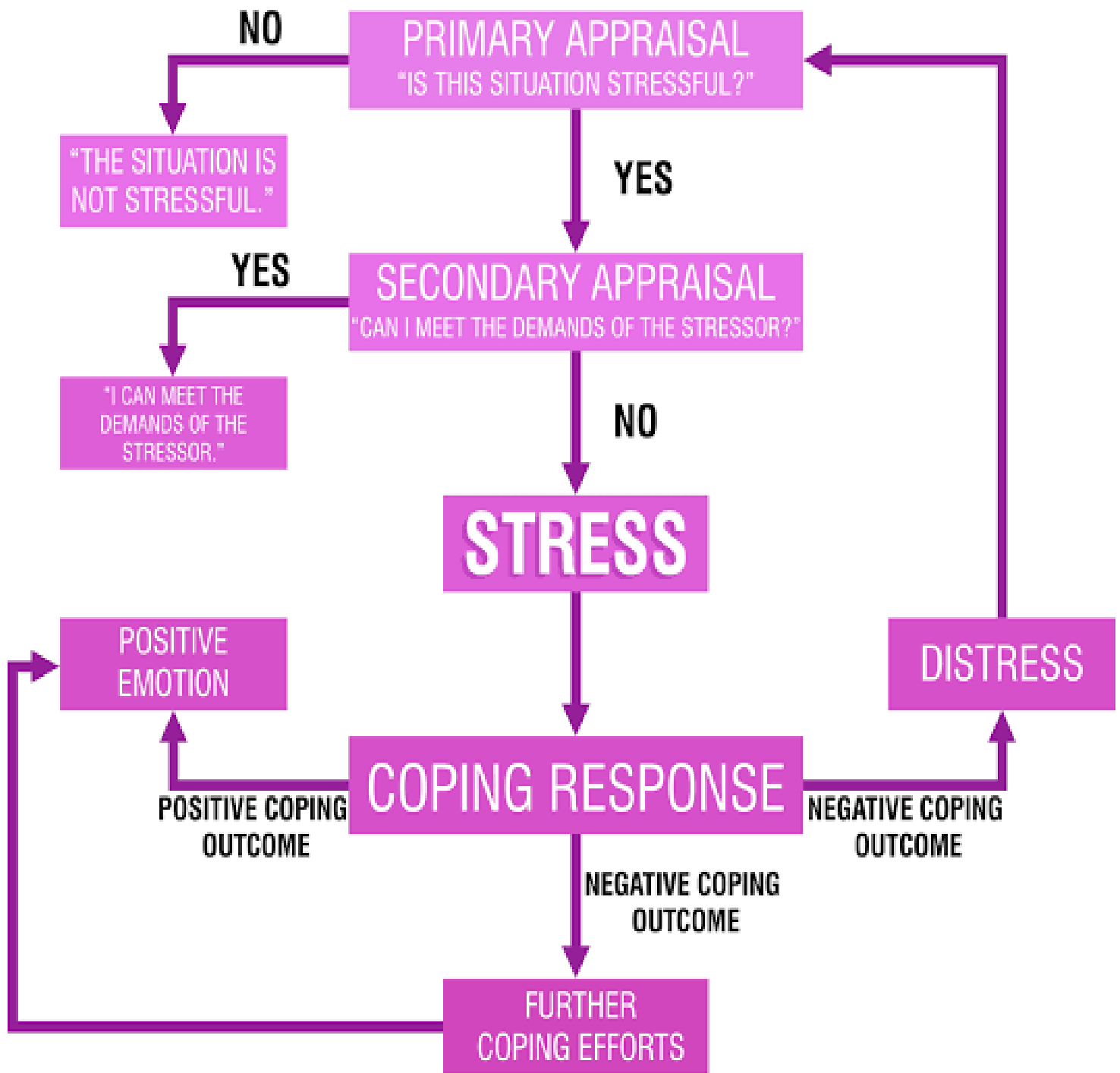
Physical, mental and behavioral problems

Examples:

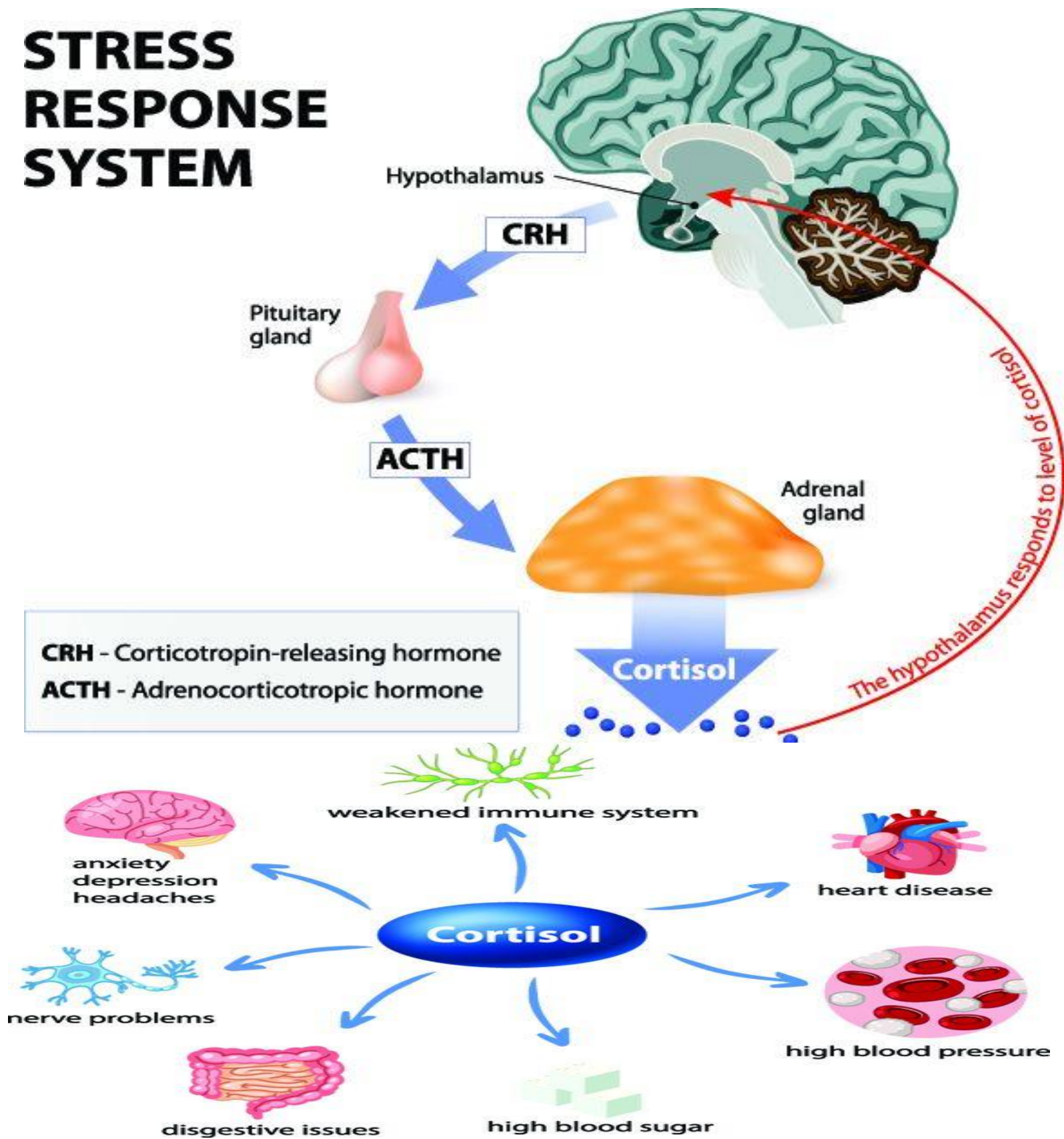
1. Socially disconnected (break up)
2. Death in family
3. Feelings of worthlessness
4. Illness/ disability
5. Losing something/someone
6. Overwhelming schedules





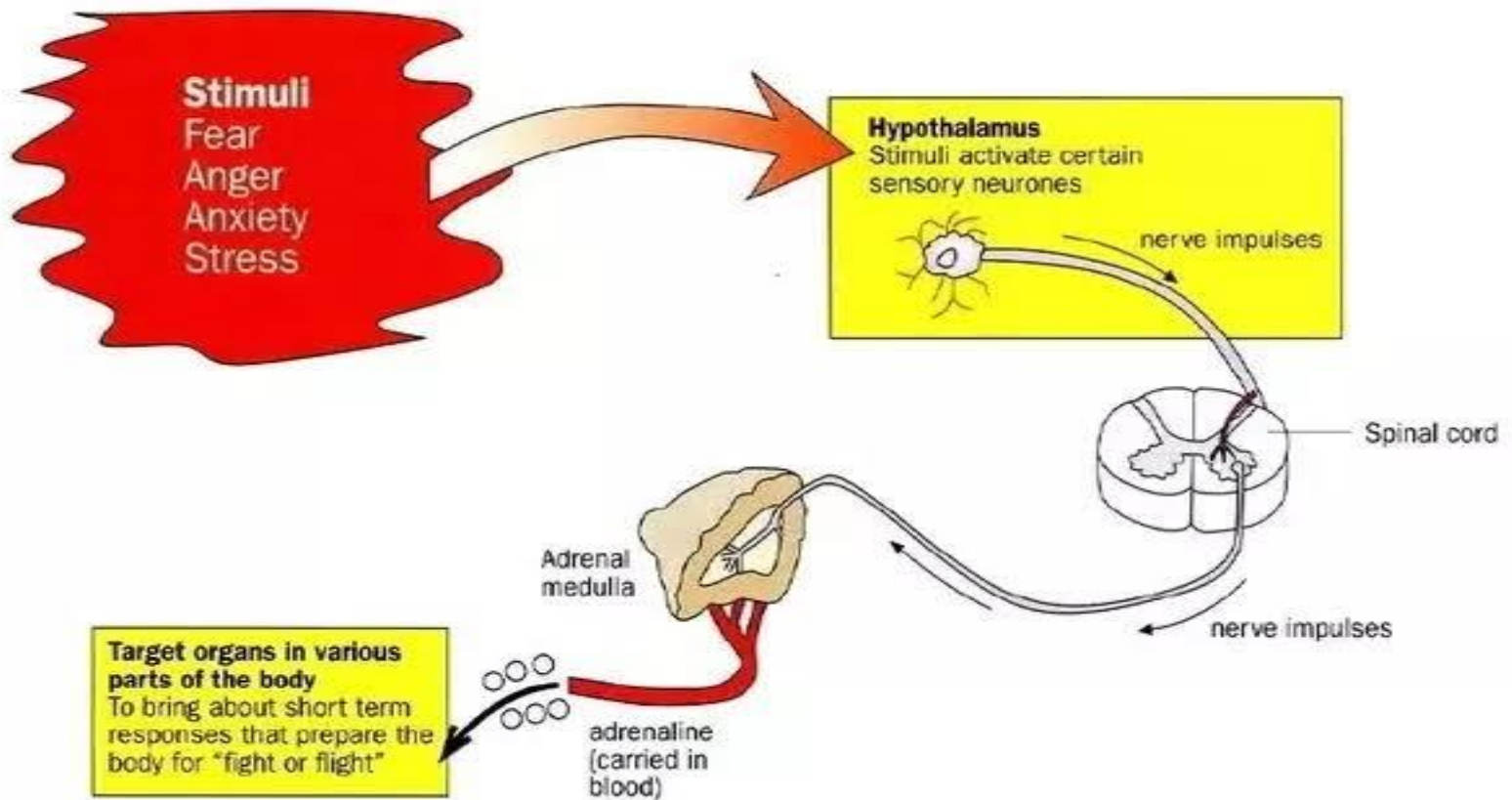


# STRESS RESPONSE SYSTEM





### How the adrenal medulla responds to stimuli



Adrenaline is released mainly through the activation of nerves connected to the adrenal glands, which trigger the secretion of adrenaline and thus increase the levels of adrenaline in the blood. This process happens relatively quickly, within minutes of the stressful event being encountered.

# Fight or Flight

## Hidden Effects



Brain Gets Body  
Ready For Action  
Which, in Turn,  
Prevents Sleep

Liver Releases  
Glucose for  
Muscle Fuel

Cortisol Released  
Increasing Blood  
Pressure and Blood  
Sugar While Depressing  
The Immune  
System

Digestion Slows or Stops

Urine Production  
Slows or Stops

Oxygen, Nutrients  
and Blood Flow  
Shunted to Muscles

Adrenaline Released  
to Increase Strength  
for Fight or Flight



# Stress Responses

## Behavioural

Sleep disturbance  
Use of alcohol/drugs  
Absenteeism  
Aggression

## Physiological

Higher blood pressure  
Rapid shallow breathing  
Increased heart rate  
Dilation of pupils  
Muscle tension  
Dry mouth

## STRESS

## Emotional

Depression/anxiety  
Irritability  
Crying  
Suicide  
Loss of humour

## Cognitive

Lack of concentration  
Negative thoughts  
Worrying  
Poor Memory

## Biochemical

Increased metabolic rate  
Altered hormone levels  
(adrenaline, cortisol, ACTH)  
Altered endorphin levels

# 12 SIMPLE HABITS TO RELIEVE STRESS

(backed by science)

## DO STUFF THAT FEELS GOOD



### GO ON DIGITAL + SMARTPHONE DETOX

Heavy internet users  
are 5x more likely to  
suffer from depression



### READ A BOOK INSTEAD

Stress declines by  
68% after reading for  
just 5 minutes



### OR ENGAGE IN A CREATIVE ACTIVITY

45 min of creative  
activity lessens  
stress in the body

## BUILD UP HEALTHY HABITS



### EAT FOODS THAT REDUCE STRESS

Avocado, lemon,  
dark chocolate,  
oatmeal,  
almonds



### BUT EXERCISE EVERY DAY

It takes 5 min of moderate  
exercise to get  
mood enhancement



### AND GET YOUR SLEEP BACK IN CONTROL

REM sleep (when you  
dream) decreases  
levels of stress  
hormones

## RESTORE MINDFULLY



### FOCUS ON YOUR SENSES A FEW MINS/DAY

There's a strong  
correlation between  
positive mood and breath  
counting



### OR SPEND TIME OUTSIDE

Studies on "Forest bathing"  
show it decreases  
levels of anxiety



### AND TAKE MORE BATHS

Being horizontal in  
water mimics the womb  
conditions & improves  
mood and optimism

## LET HORMONES GO CRAZY



### DANCE LIKE NO ONE'S WATCHING

Partner dance & musical  
accompaniment release  
endorphins & promote  
stress relief



### LAUGH YOUR HEAD OFF

Laughter releases  
hormones known to reduce  
stress, boost immunity &  
strengthen social relations



### PET YOUR PET

It increases levels of  
stress-reducing  
hormone oxytocin and  
decreases stress  
hormone cortisol

FOR REFERENCES: [WWW.CORALIESAWRUK.COM](http://WWW.CORALIESAWRUK.COM)







Thank You



