

STRESS MANAGEMENT

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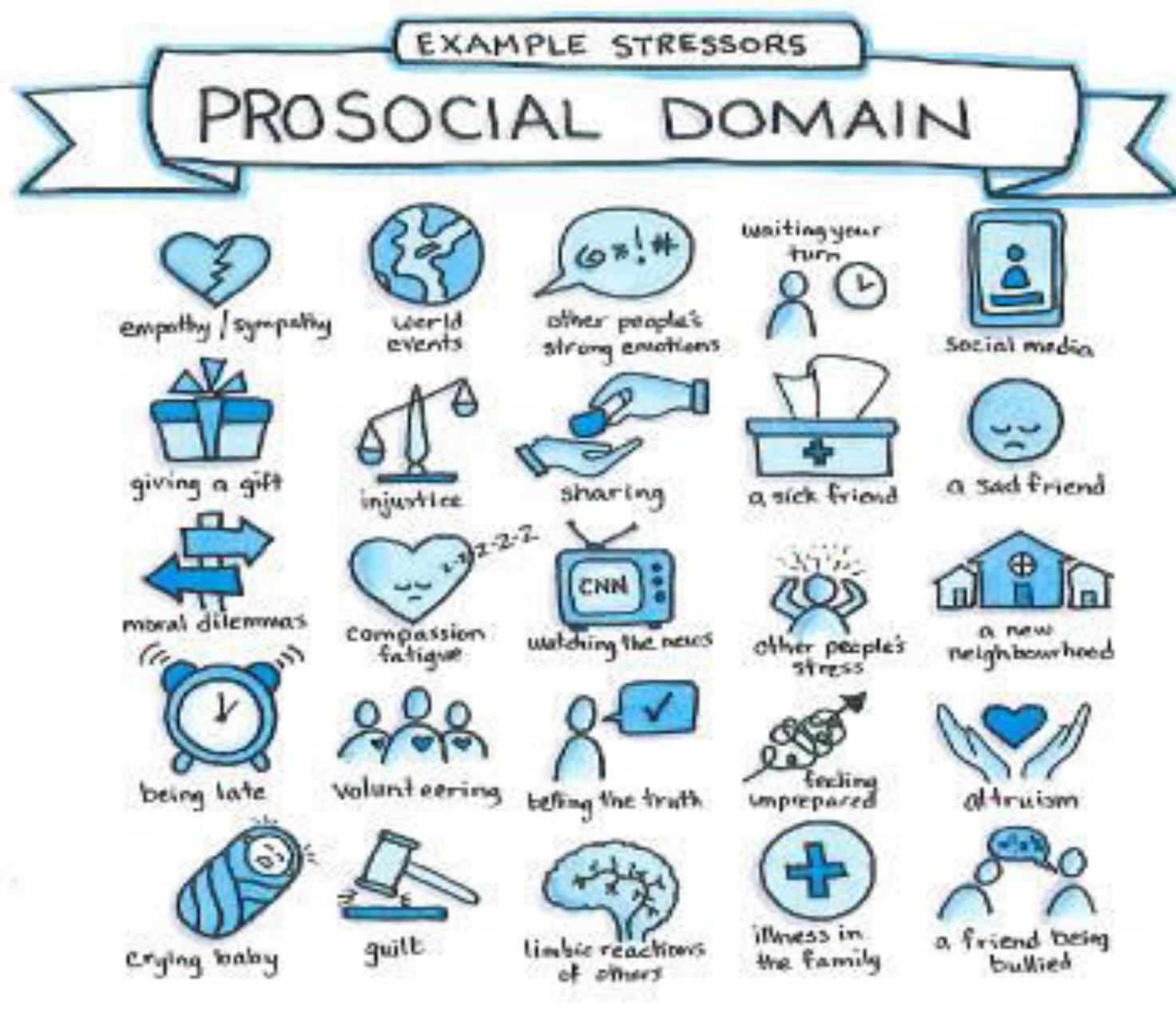
WHAT IS STRESS?

- Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action.
- Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being.



What are stressors?

A stressor is a situation or event that causes us to feel stressed. They can be internal or external factors, like our memories, environment, or the people around us.



ORIGINS OF STRESS

- Walter Cannon described about Fight or flight response.
- He proposed that when an organism perceive a threat, the body rapidly aroused and motivated via the sympathetic nervous system and the endocrine system.
- This concerted physiological response mobilizes the organism to attack the threat or flee; hence it is called the fight or flight response.

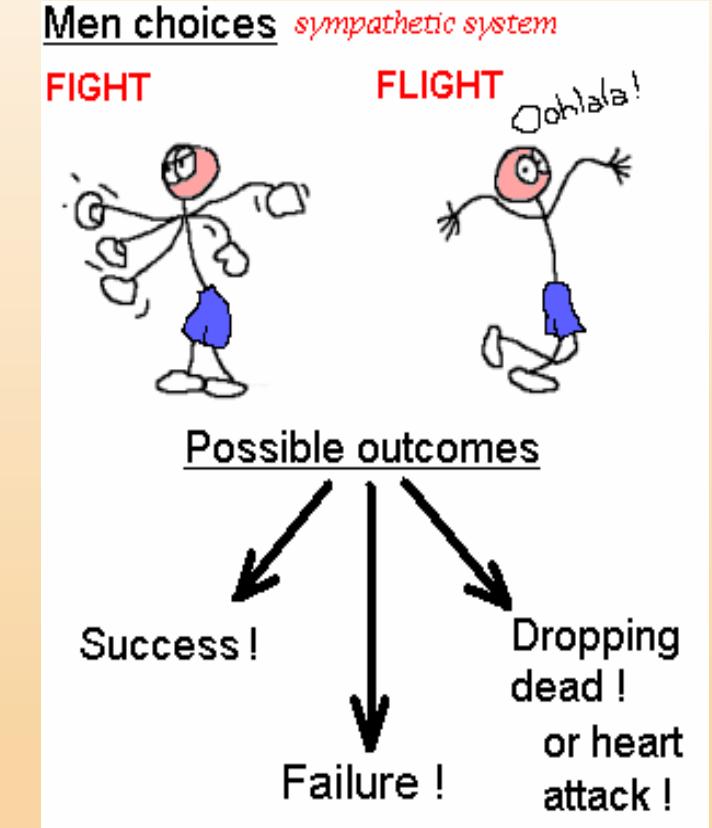


At one time, fight or flight literally refer to fighting or fleeing in response to stressful event such attack by a predator.

Now, more commonly, fight refers to aggressive responses to stress, such as getting angry or taking action, whereas flight is reflected in social withdrawal.

On the one hand, the fight or flight response is adaptive because it enables the organism to respond quickly to threat.

On the other hand it can be harmful because disrupts emotional and physiological functioning, and when stress continues unabated, it lays the groundwork for health problems.

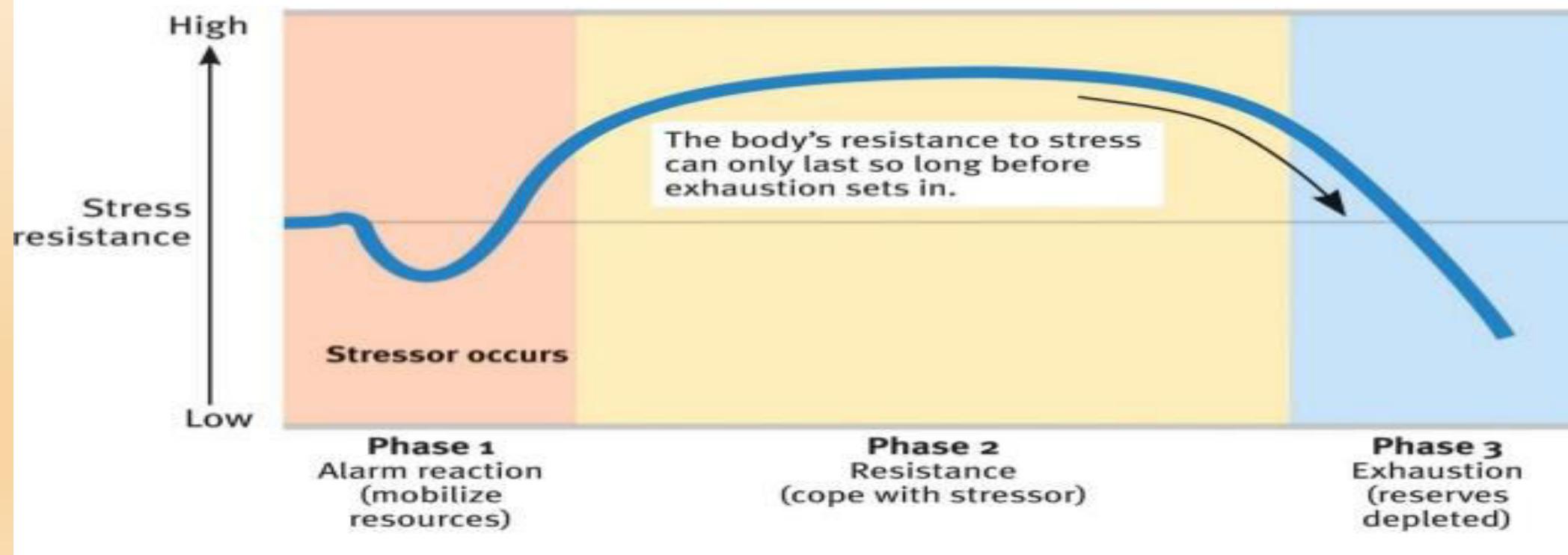


- The three stages of fight-or-flight are:
- The **alarm stage**: During this stage, the central nervous system is ramped up, preparing your body to fight or flee.
- The **resistance stage**: This is the stage in which the body attempts to normalize and recover from the initial elevated fight-or-flight response.
- The **exhaustion stage**: If the first two stages occur repeatedly over time, such as when under chronic stress, this can cause the body to feel exhausted and begin to break down.

General Adaptation Syndrome [GAS]

(Identified by Hans Selye):

Our stress response system defends, then fatigues.



General Adaptation Syndrome

1

Alarm Reaction

The initial response to a stressor that typically involves the secretion of epinephrine, norepinephrine, and cortisol among other hormones.

2

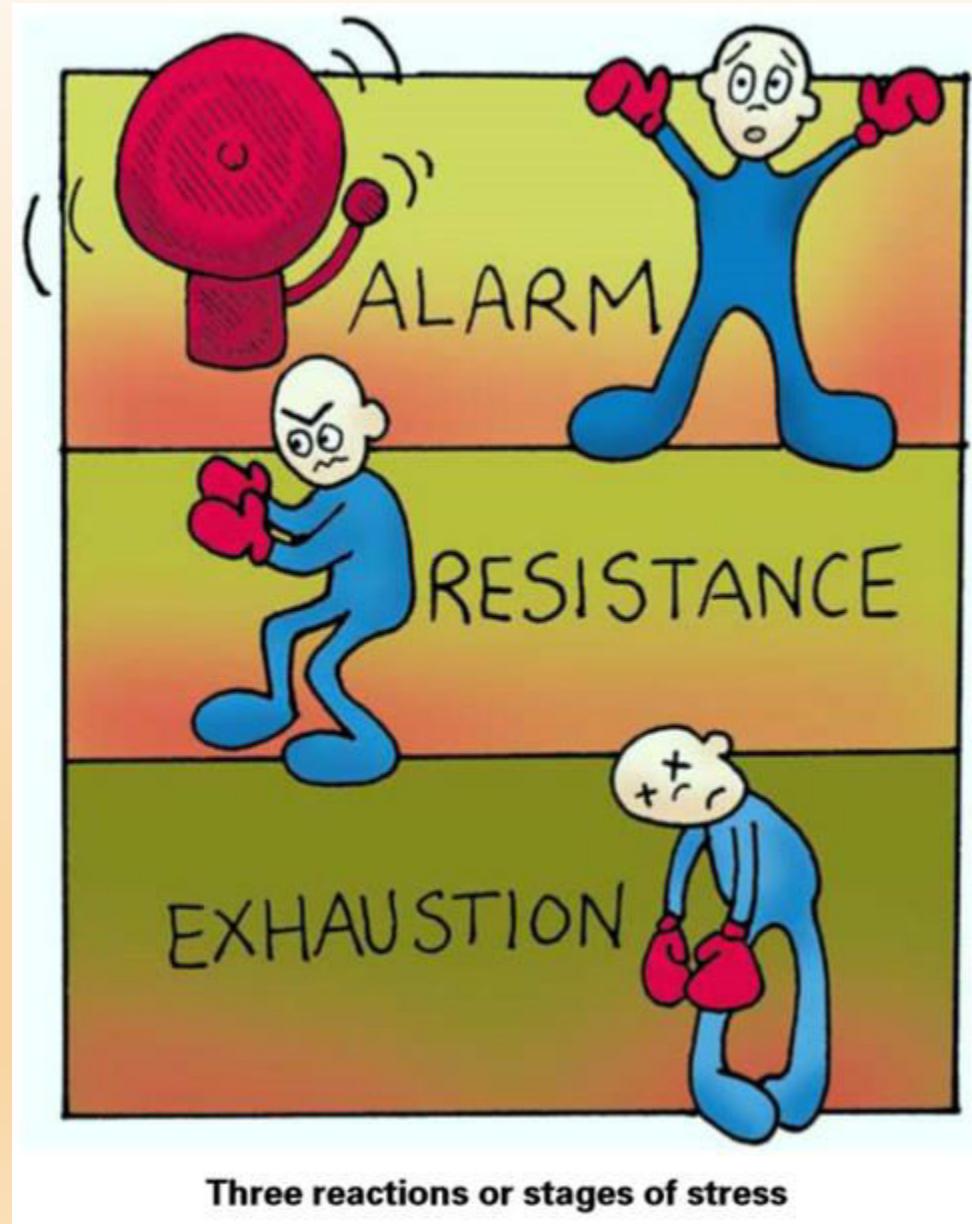
Resistance Development

The body's attempt to repair itself following cessation of the stressor, or the continued rise of hormones in response to threat persistence.

3

Recovery and Exhaustion

If the threat subsides, the body will begin repairing and adapting to the prior stressors. If the threat does not subside, the body will reach exhaustion when it can no longer continue managing the stressor and is unable to return to normal functioning.





Distress

has the following characteristics:

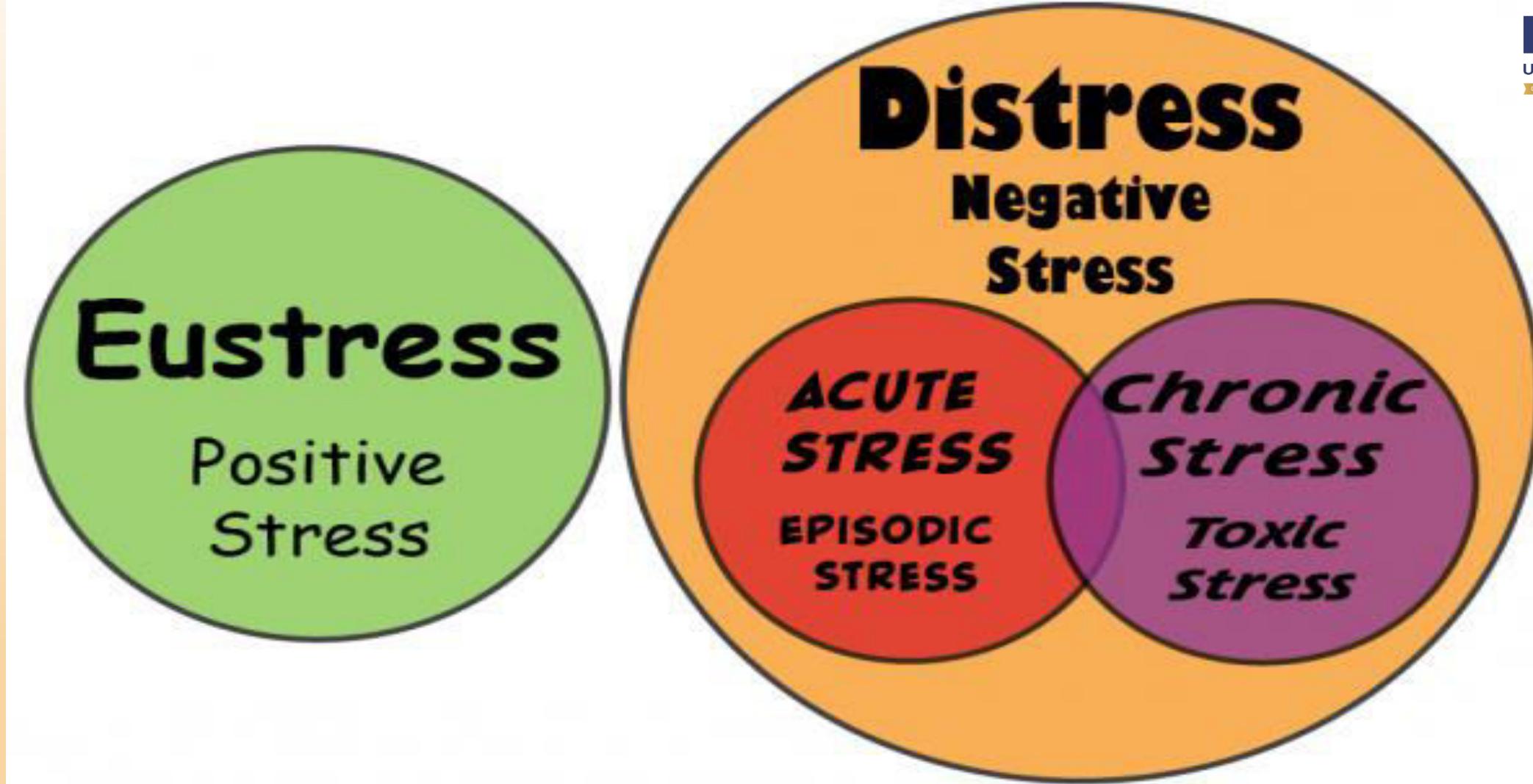
- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance



Eustress

has the following characteristics:

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance





“Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

It is included in International Classification of Diseases 11th Revision (ICD-11) as an occupational phenomenon. It is not classified as a medical condition.



The 3 defining characteristics of burnout



Feelings of
energy depletion
or exhaustion.



Increased mental
distancing or
feelings of
negativism related
to one's job/
responsibilities.



A sense of
ineffectiveness
and lack of
accomplishment.



SIGNS OF BURNOUT

1% 



Headaches + muscle tension



Feeling helpless and drained



Neglecting self care



Endless anxiety + feeling overwhelmed



Negativity, Irritability and unexplained tension



Overly tired, inconsistent sleeping patterns, Insomnia



isolation, blunted/distant emotions



Feeling numb or apathetic about life

SYMPTOMS OF BURNOUT SYNDROME



1.

EXHAUSTED THROUGHOUT
THE DAY



2.

FALLING FREQUENTLY
SICK



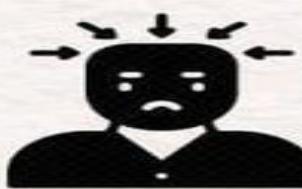
3.

LOW MOOD



4.

WEIGHT LOSS OR WEIGHT
GAIN



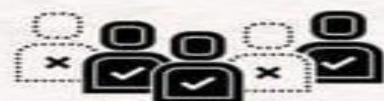
5.

HYPERTENSION



6.

LOW SELF-ESTEEM



7.

ABSENTEEISM



8.

ANXIETY



9.

LOW COMMITMENT TO
WORK



10.

REDUCED PERFORMANCE AND PRODUCTIVITY

WORK FROM HOME BURNOUT SYMPTOMS



Lack of
motivation

Feeling
lethargic and
uninspired

Reduced
professional
efficacy

Loss of sleep
due to work
stress

Negative or
cynical
feelings
about work,
colleagues or
employers

Feeling
anxious
about work or
performance

Irritability
with any
work-related
task

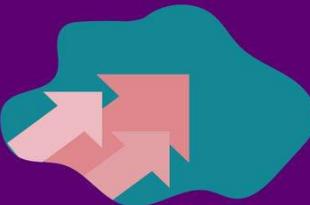
Increased
mental distance,
or the feeling
of mentally
'checking out'

The 5 Stages of Burnout



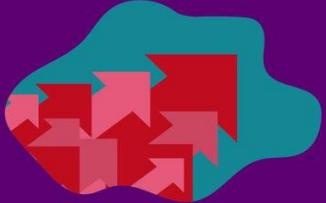
1. Honeymoon Phase

High job satisfaction, commitment, energy, and creativity...



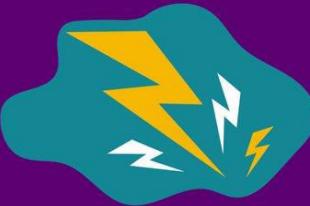
2. Onset of Stress

Optimism waning, common stress symptoms affecting you...



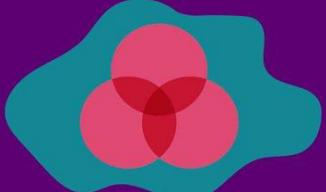
3. Chronic Stress

A marked change in your stress levels, more intense symptoms...



4. Burnout

Symptoms become critical, increasingly difficult to cope...



5. Habitual Burnout

Significant ongoing mental, physical or emotional problems...

CALMER[®]

Summary
of an article of
the same name,
authored by:

ALEXANDRA
MICHEL

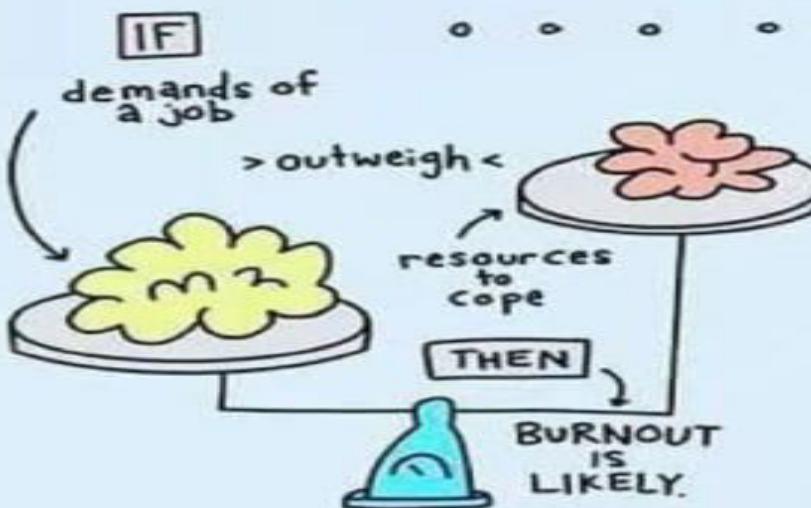
BURNOUT AND THE BRAIN

visually translated by
@LINDSAYBRAMAN

WHAT IS BURNOUT?

chronic psycho-
social stress.

in
1974 HERBERT
FREUDENBERGER
coined the
term
'BURNOUT'



BURNOUT
can cause a
CRISIS
in a person's
sense of
PROFESSIONAL
COMPETENCY

OFTEN
Burnout
gets mis-
diagnosed
as depression.

2 say it with me...
**STRESS DOESN'T
CAUSE BURNOUT!**
Stress + inadequate
support resources
causes burnout.

burnout affects
the
BODY
& the
BRAIN

SYMPTOMS

- loss of motivation
- growing emotional depletion
- cynicism & depletion
- fatigue

STRESS
is a workplace
safety issue..

BURNOUT CAN DESTROY:

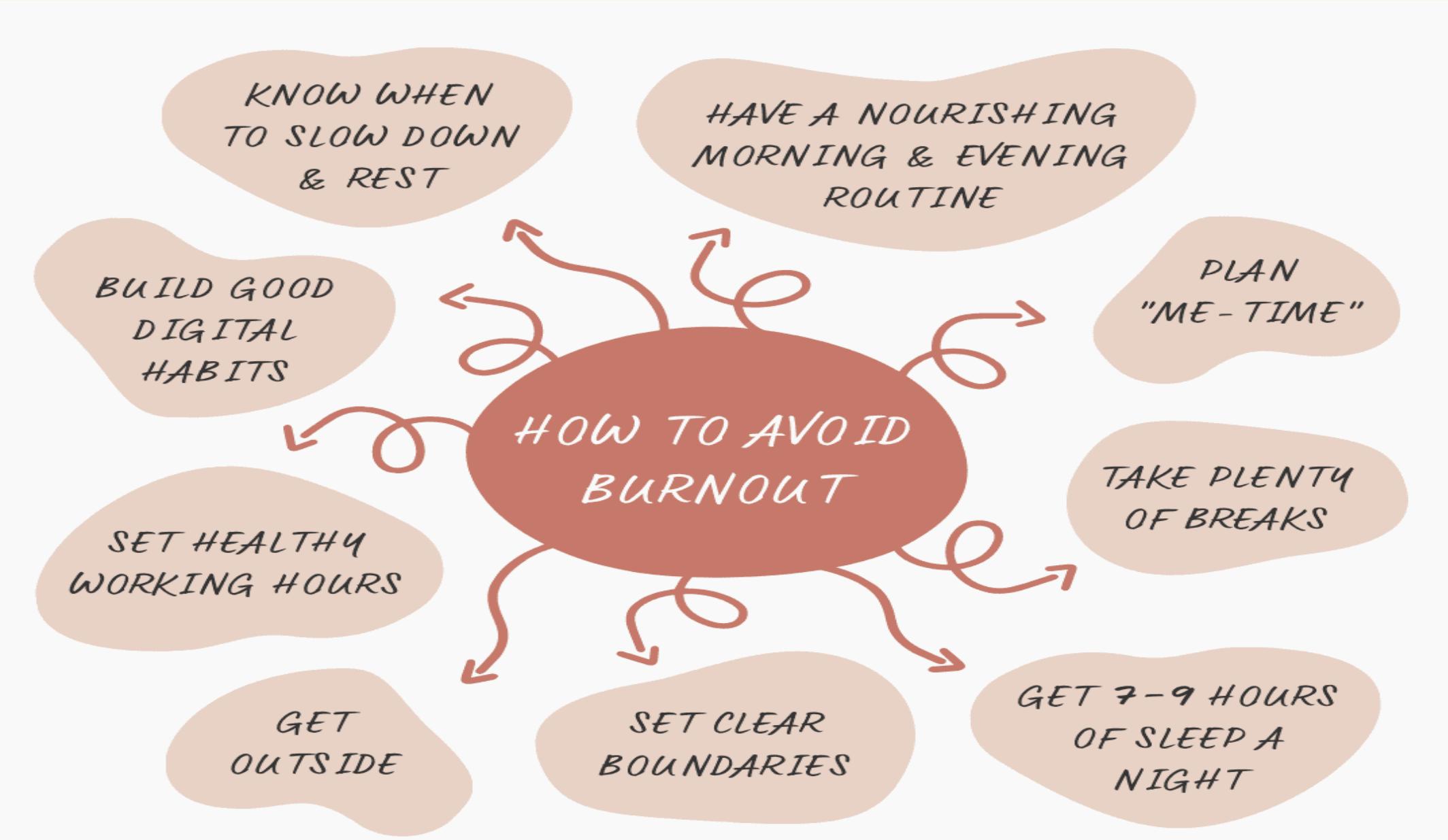
AMBITION **IDEALISM**
SENSE OF WORTH

TAKEAWAYS:

1 burnout won't look like what we expect.
burnout will tell us:
I'm bad at this

& I don't even like it or care

this can cause people to abandon a career instead of seeking rest & SUPPORT.



Stress	Burnout
Characterised by over-engagement.	Characterised by disengagement.
Emotions are over-reactive.	Emotions are blunted.
Produces urgency and hyperactivity.	Produces helplessness and hopelessness.
Loss of energy.	Loss of motivation, ideals, and hope.
Leads to anxiety disorders.	Leads to detachment and depression.
Primary damage is physical.	Primary damage is emotional.
May kill you prematurely.	May make life seem not worth living.

Effects of Stress



Mental Effects

- Anxiety
- Restlessness
- Lack of Motivation
- Lack of Focus
- Anger
- Depression

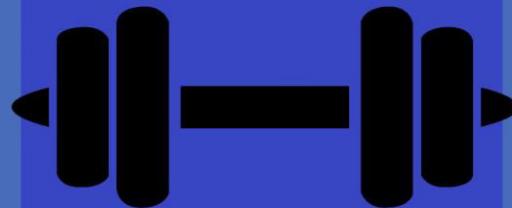
Physical Effects

- Headaches
- Muscle Tension
- Chest Pain
- Fatigue
- Upset Stomach
- Sleep Issues

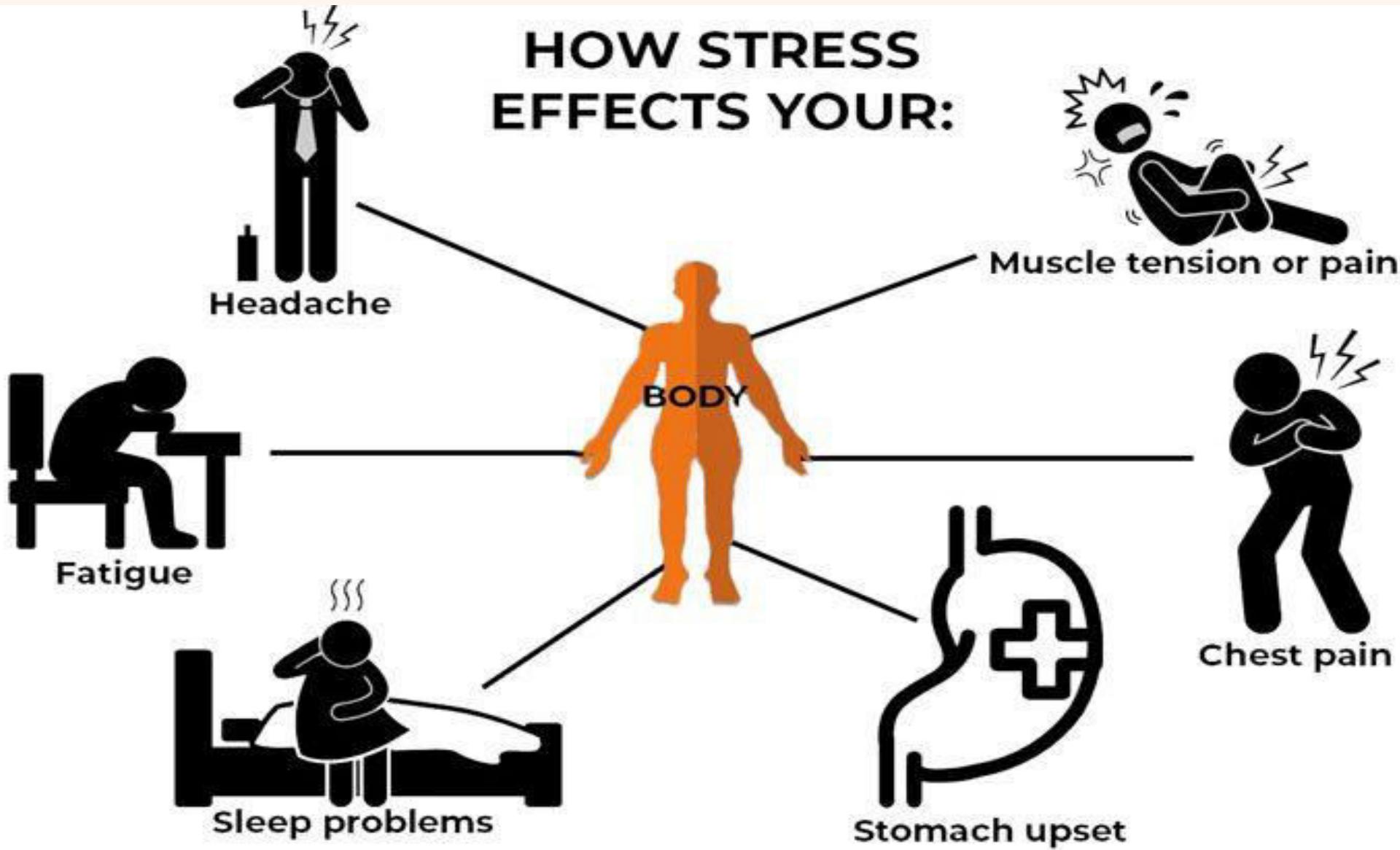


Behavior Effects

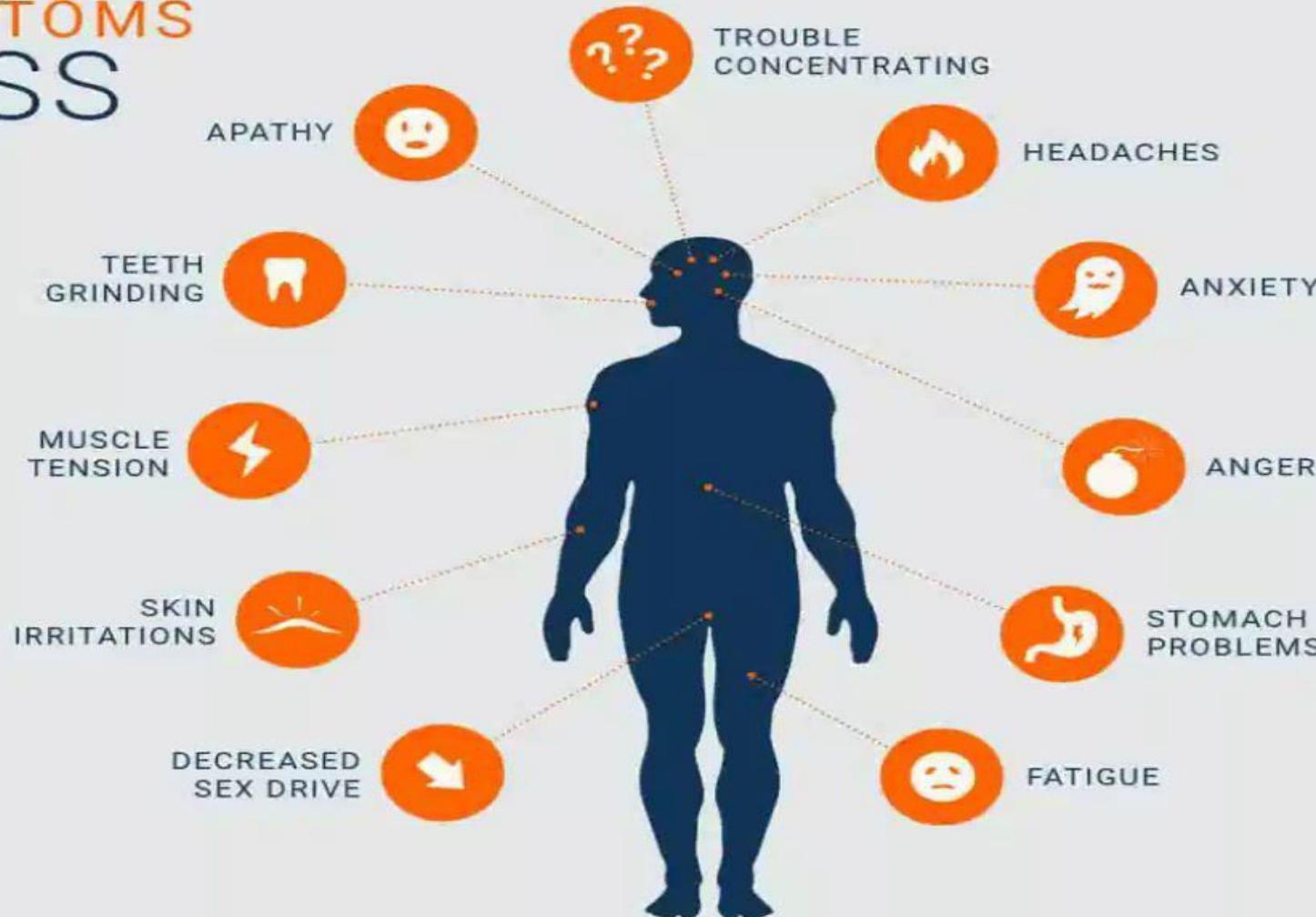
- Tobacco Use
- Overeating
- Drug Use
- Social Withdrawal
- Physical Outbursts
- Less Exercise



HOW STRESS EFFECTS YOUR:



Recognizing **THE SYMPTOMS** of STRESS



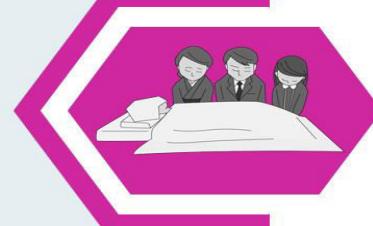
In Adults

Major cause of stress

In Children



Work pressure
or Job Loss



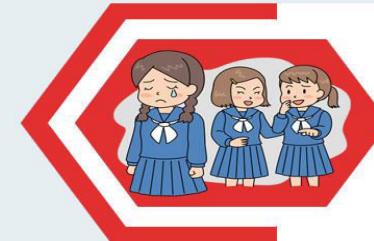
Bereavement
(death of
close people)



Relationship
Challenges



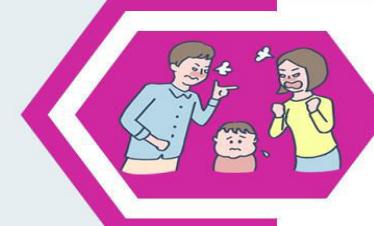
Money
worries



Social
pressure:
(Bullying)



Studying for
Exams



Parental
Divorce

Common sources of stress include

- Personal
- Illness or injury
- Pregnancy or parenthood
- Bereavement
- Organizing a complicated event
- Everyday tasks becoming overwhelming (e.g. travel, chores)



Loved Ones

- Getting married or civil partnered
- Going through a break-up or divorce
- Strained relationships with parents, children or other family members
- Working as a carer for loved ones



Employment

- Losing your job
- Long-term unemployment
- Retirement
- Deadlines
- Starting a new job



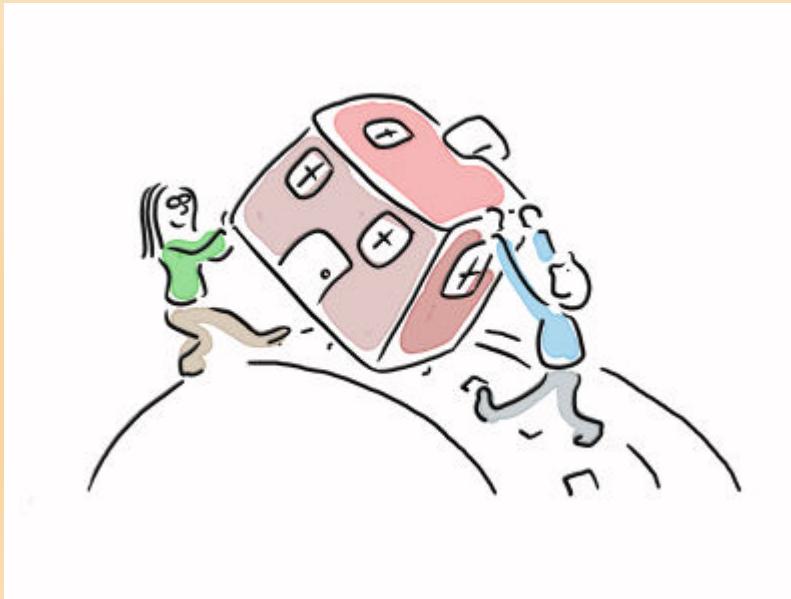
Study

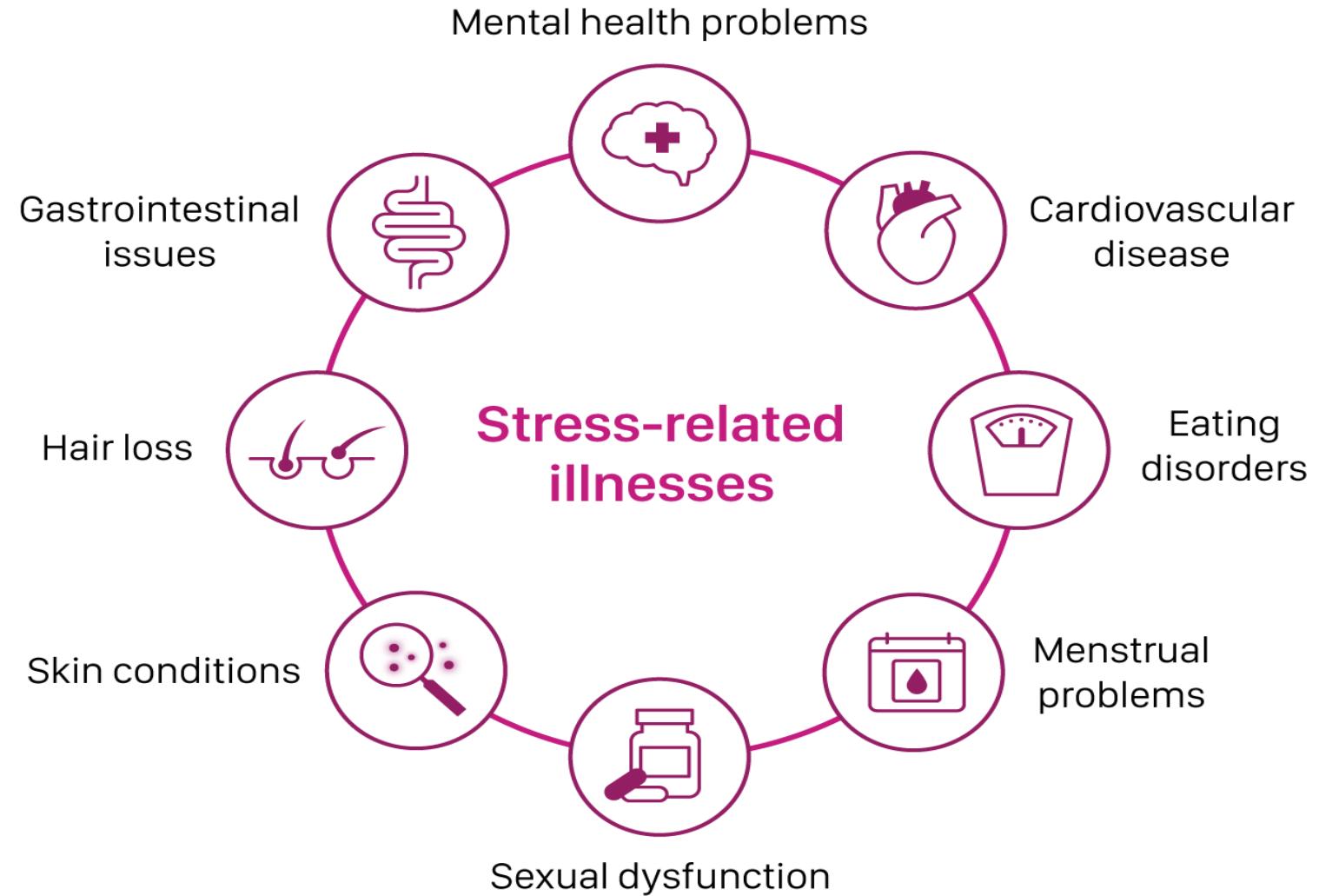
- Worrying about exams
- Starting at a new school
- Bullying or strained friendships
- Deadlines



Home & Finances

- Moving home
- Housing problems or homelessness
- Problems with neighbors
- Money problems
- Debt or poverty







44% end their day with stressed out eyes.¹



62% of the workforce end their day with work-related neck pain.¹



A recent study finding that about **90%** of doctor's visits are linked to stress.²



38% end their day with hurting hands.¹



34% have difficulty sleeping due to a stressed-filled day.¹



Stressed employees spend or cost organizations **46% more** in health care.²



Approximately **1 in 5** workers have quit a job due to stress.¹



Roughly **1 in 4** workers have been driven to tears due to workplace stress.¹



Employee stress results in as much as **\$300 billion** in lost productivity, annually.¹

Prevention of Stress





Stress Management

Effective Way

vs

Ineffective Way



Keep busy



Sleep too much



Healthy lifestyle



Being lazy all day



Indulging in physical exercises



Increasing screen time



Speak with a psychiatrist



Taking stress out on others

Stress Management



De-stress
Activity



Yoga
Exercises



Chatting
with Friends



Gardening
Rest



Friends
Can Help



Control
Your Emotions



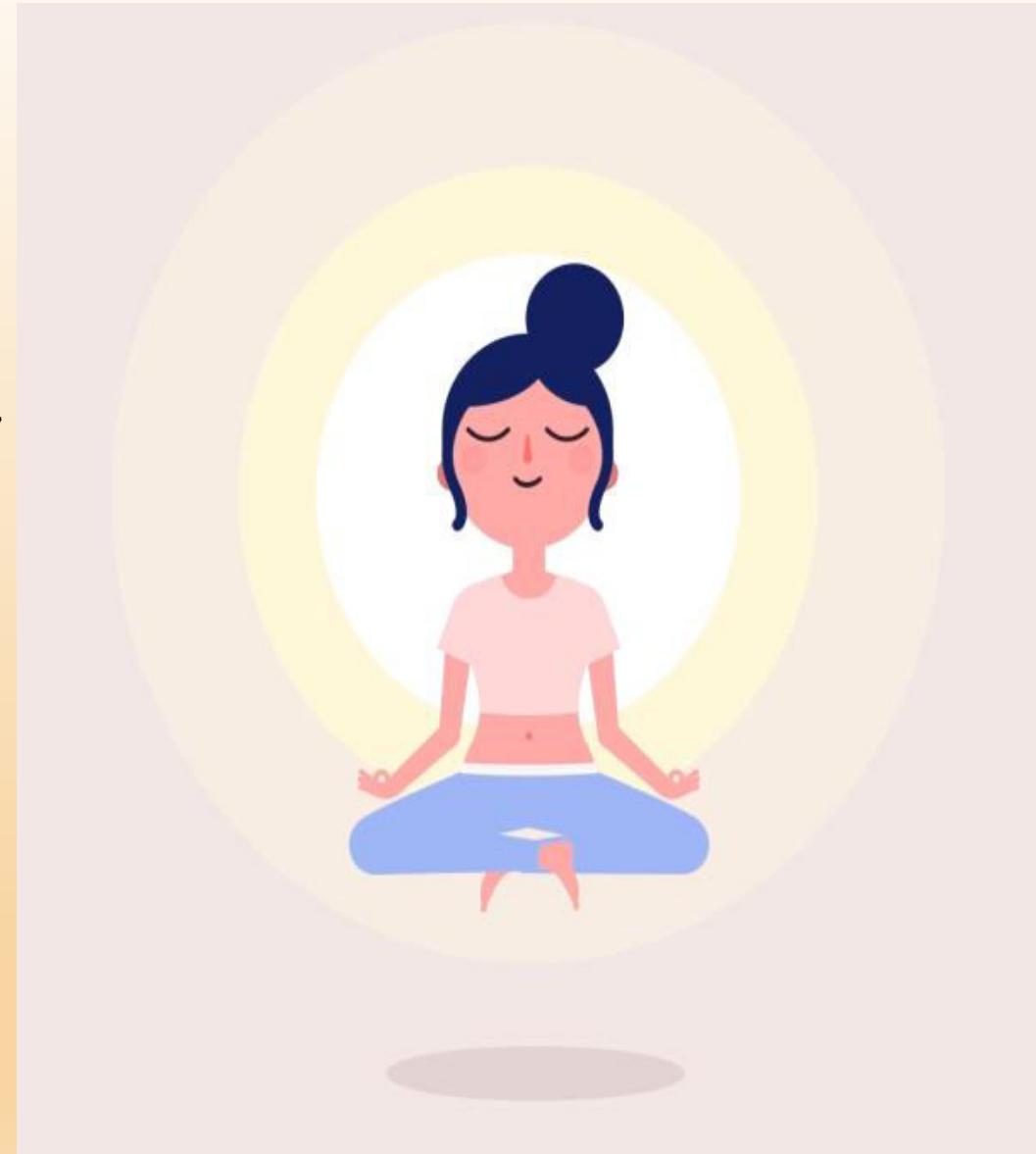
Spend Time
with Pets



Speak with
Specialist

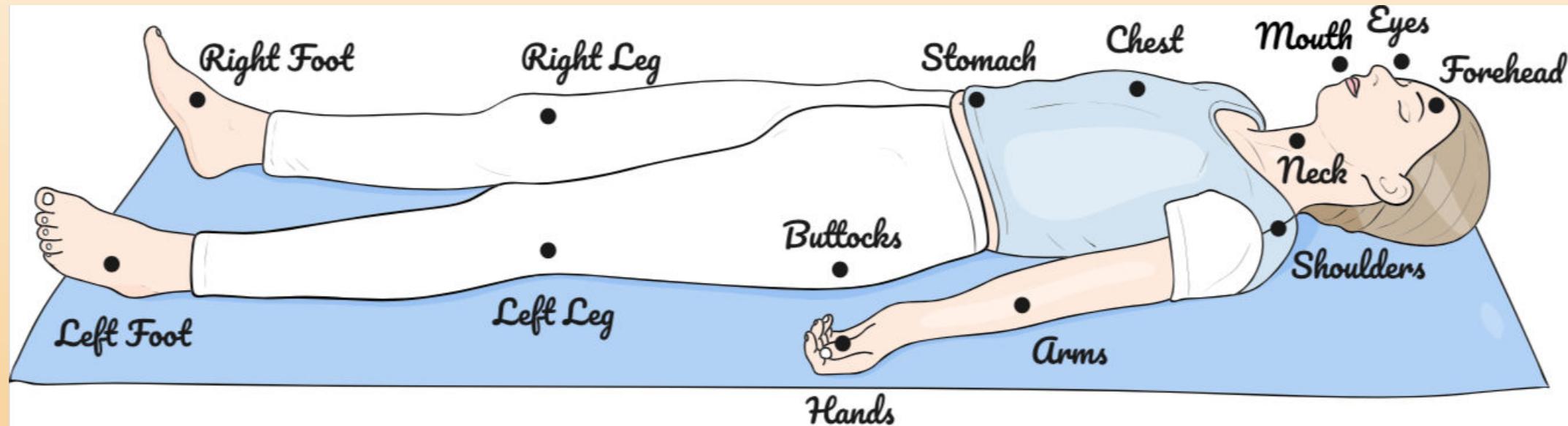
Deep Breathing

Practice deep breathing exercises to calm your nervous system. Inhale deeply through your nose, hold your breath for a few seconds, and then exhale slowly through your mouth. Repeat several times.



Progressive Muscle Relaxation (PMR)

Tense and then gradually relax each muscle group in your body, starting from your toes and working your way up to your head. This can help release physical tension.



Progressive Muscle Relaxation

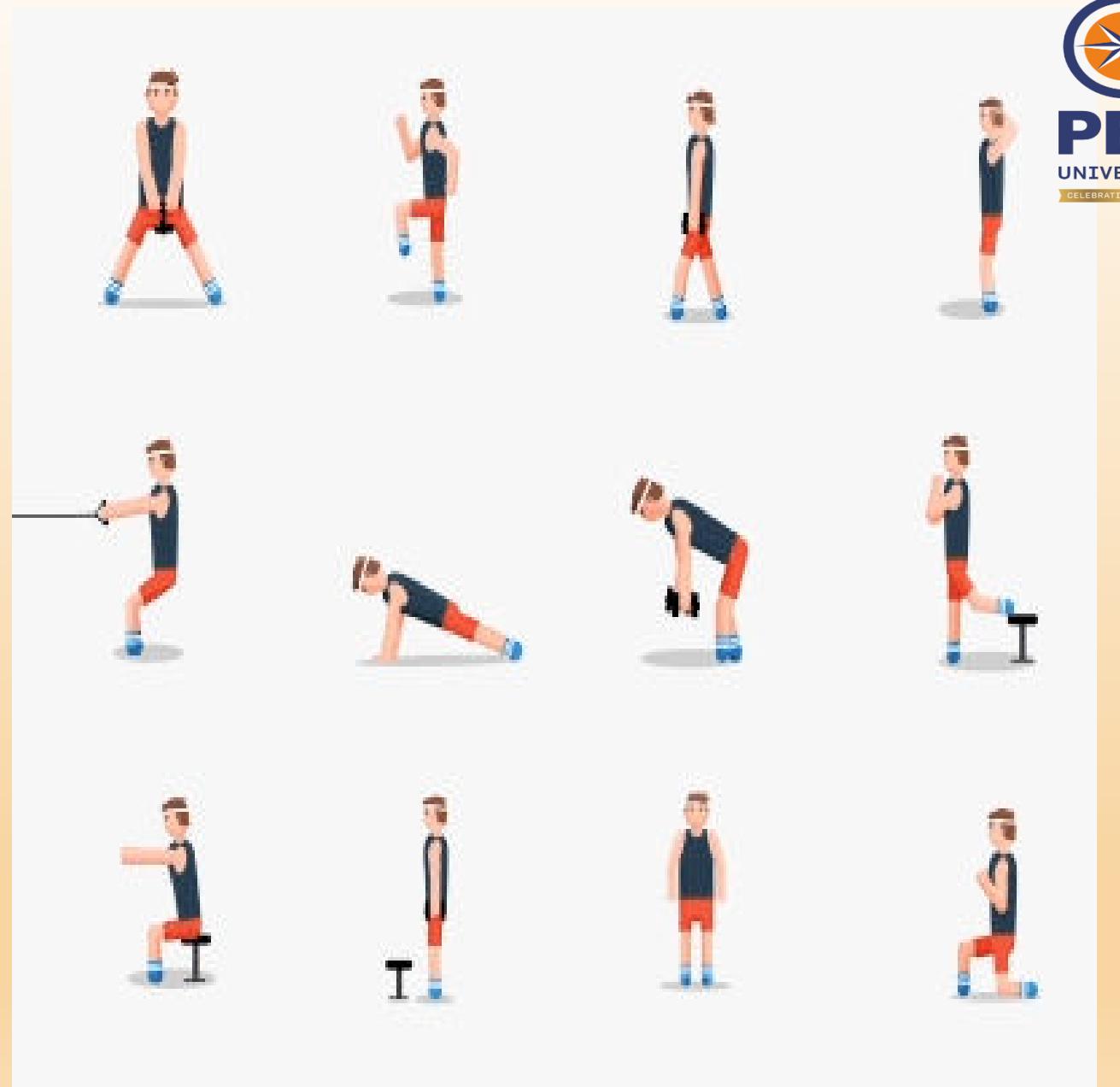


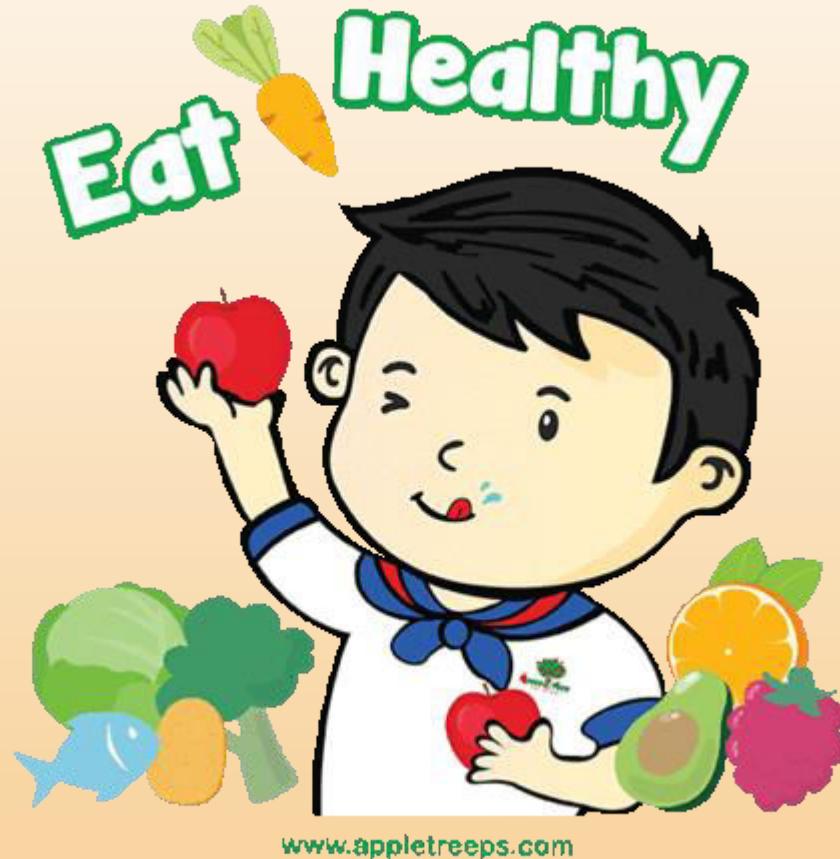
Mindfulness Meditation

Engage in mindfulness meditation to bring your attention to the present moment. Focus on your breath or a specific sensation, letting go of worries about the past or future.

Exercise

Regular physical activity can help reduce stress hormones and trigger the release of endorphins, which are natural mood lifters. Find an activity you enjoy, whether it's walking, jogging, yoga, or dancing.





Healthy Lifestyle
Maintain a balanced diet, get adequate sleep, and limit caffeine and sugar intake. A healthy lifestyle can positively impact your stress levels.

Effective Time Management:

- Create a schedule or timetable to allocate time for study, relaxation, and extracurricular activities.
- Break larger tasks into smaller, more manageable parts to avoid feeling overwhelmed.
- Prioritize tasks based on deadlines and importance.



Activity

Pg no 354 & 355 for case study OB book



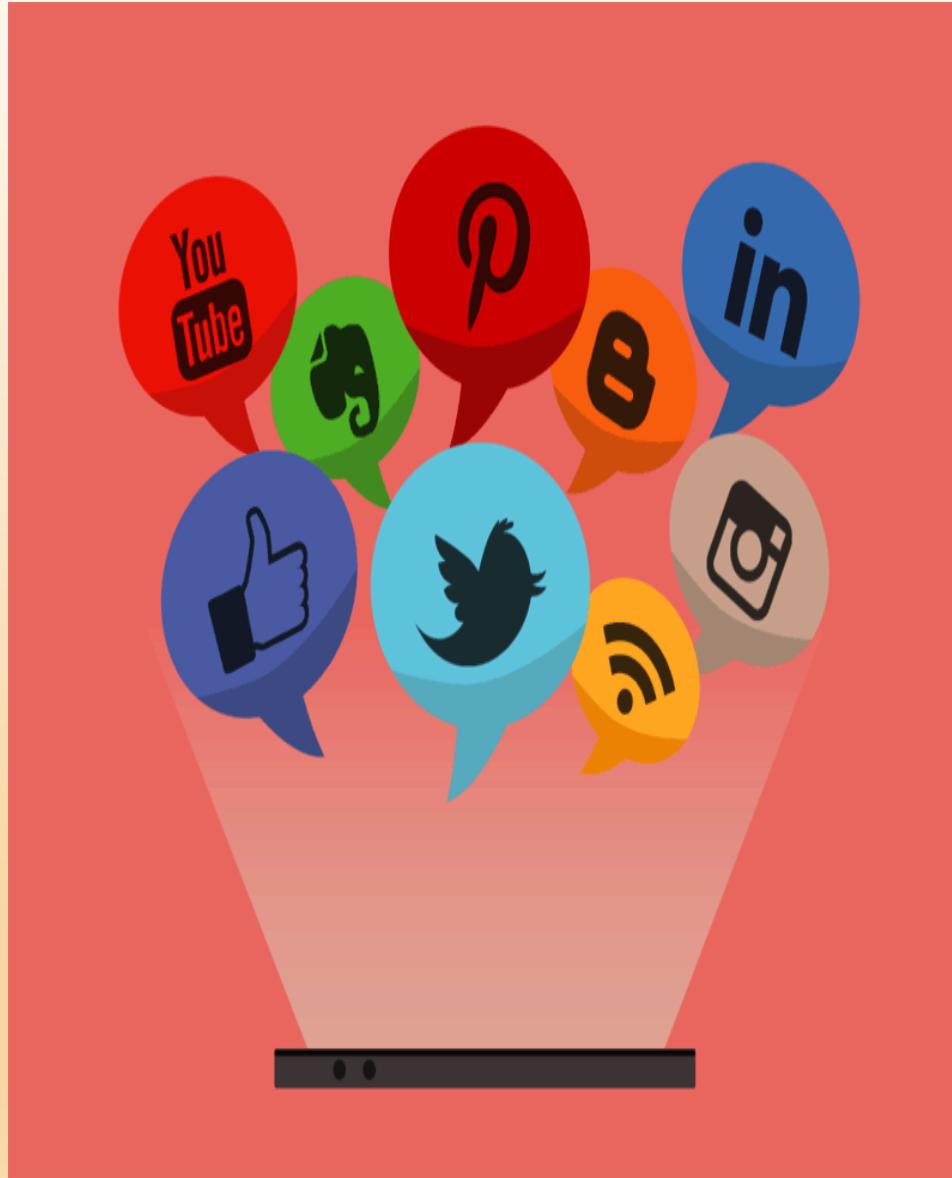
Social Support

Talk to friends, family, or a trusted colleague about your stressors. Having a support system can provide perspective and emotional support.

Hobbies

Engage in activities you enjoy and that help you relax. Whether it's reading, gardening, painting, or playing a musical instrument, taking time for hobbies can be a great stress reliever.



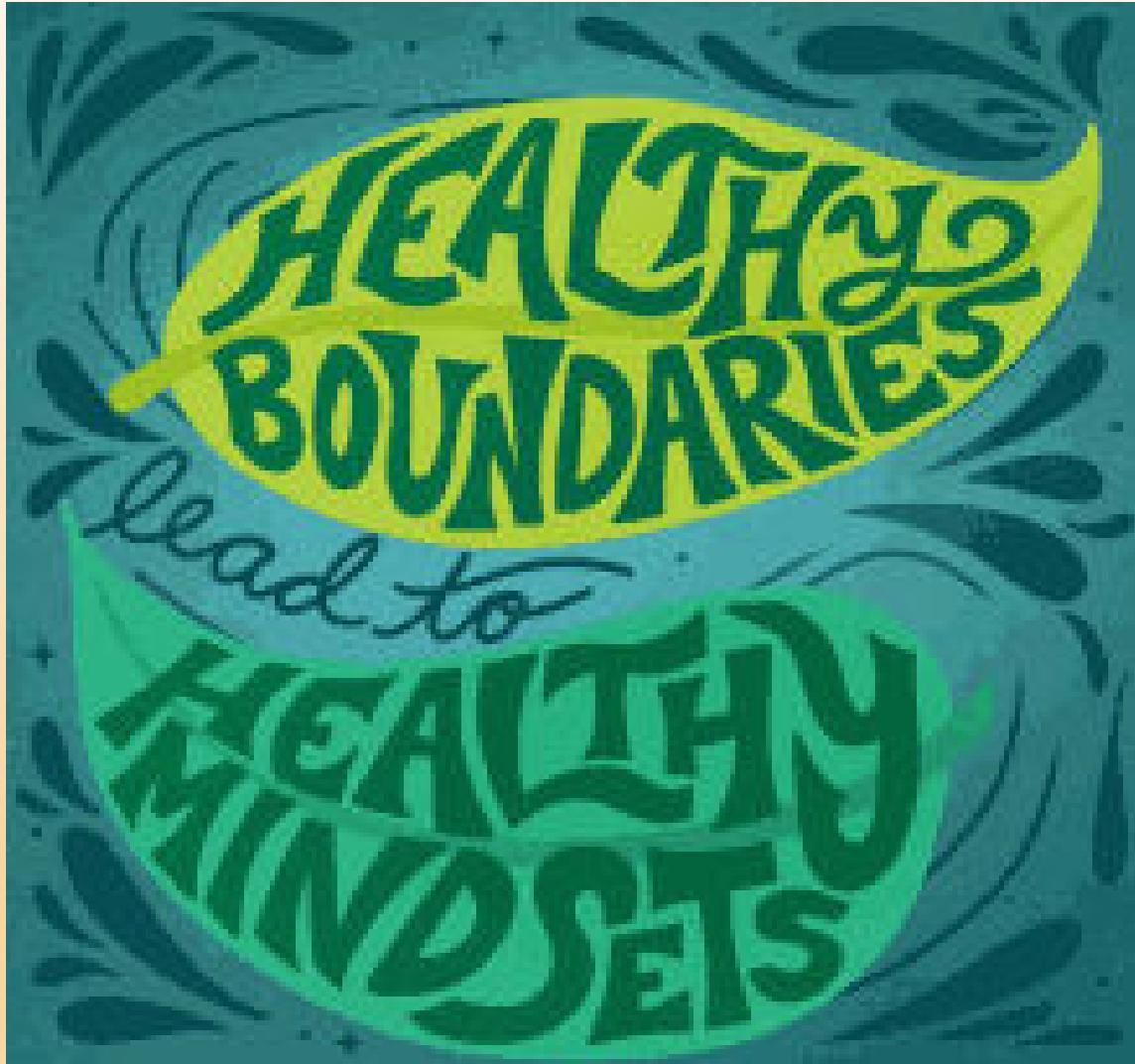


Limit Technology Use
Reduce exposure to
stressful stimuli, especially
before bedtime. Limit screen
time, particularly on devices
that may contribute to
information overload and
anxiety.

Cognitive Behavioral Therapy (CBT)

CBT techniques help identify and change negative thought patterns and behaviors that contribute to stress. Working with a therapist trained in CBT can be beneficial.





Set Boundaries

Learn to say no when necessary and establish healthy boundaries in both your personal and professional life.

Overcommitting can lead to increased stress.

Laughter and Humor
Find ways to incorporate
laughter into your day.
Laughter triggers the
release of endorphins and
can provide a natural stress
relief.



Do what makes you happy,
be with who makes you smile,
laugh as much as you breathe,
and love as long as you live.





Set Realistic Goals

Set achievable and realistic academic and personal goals.

Celebrate small accomplishments along the way to keep yourself motivated.



Practice Self-Compassion

- Be kind to yourself and recognize that it's okay not to be perfect.
- Learn from mistakes rather than being overly self-critical.

25 WAYS TO IMPROVE YOUR DAY

Simple self-care strategies to help you feel better





ANY
QUESTIONS?

THANK YOU