


TALK REPORT

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|-----------------------|----------------------|---------------------------|-------------------|
| Date: | 15/06/2020 | Name: | SAFIYA BANU |
| Course: | e-yantra talk report | USN: | 4AL16EC061 |
| Topic: | STRESS MANAGEMENT | Semester & Section: | 8 TH B |
| Github Repository: | Safiya-Courses | | |

Via Cisco Webex





Kavi Arya

STRESS MANAGEMENT

Dr Parul Tank

MD DNBE DPM
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THERE ARE ONLY
TWO TIMES
I FEEL STRESS:
 DAY
 NIGHT.

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SYMPTOMS OF STRESS - PHYSICAL

- + Headaches
- + Dryness of mouth
- + Nausea, vomiting
- + Loss of weight and appetite
- + Palpitations, sweating, tremors
- + Irregular sleep
- + Acne
- + Increased urination

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WHAT IS STRESS?

- ✕ Fight or flight response
- ✕ General adaptation response (alarm, resistance, exhaustion)
- ✕ Symptoms of stress
- ✕ Burnout

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✖ Internal

+ Personality

+ Internal thoughts

+ Attitudes

+ Feelings of anger, worry, anxiety

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CAUSES OF STRESS


✖ External

- Environmental

- Work related

- Transition in life

- People around you



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Types of stress are:

- ✖ eustress: level of stress is high enough to motivate you to get things accomplished
- ✖ distress: level of stress is too high and your mind and body begin to respond negatively to stressors

STRESS = STRING

Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.

It is your mind and body response to a real or imagined threat event or change

WARNING SIGNS

- ✖ Talking about wanting to die or wanting to kill oneself
- ✖ Making a plan or looking for a way to kill oneself, such as searching
- ✖ Buying a gun or stockpiling pills
- ✖ Feeling empty, hopeless, trapped, or like there's no reason to live
- ✖ Being in unbearable pain
- ✖ Talking about being a burden to others
- ✖ Using more alcohol or drugs
- ✖ Acting anxious or agitated; behaving recklessly
- ✖ Sleeping too little or too much
- ✖ Withdrawing from family or friends or feeling isolated
- ✖ Showing rage or talking about seeking revenge
- ✖ Displaying extreme mood swings
- ✖ Saying good-bye to loved ones, putting affairs in order

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RISK FACTORS

- ✖ Having attempted suicide before
- ✖ Depression and other mental health disorders
- ✖ Alcohol or drug use disorder
- ✖ Family history of a mental health disorder
- ✖ Family history of an alcohol or drug use disorder
- ✖ Family history of suicide
- ✖ Family violence, including physical or sexual abuse
- ✖ Having guns in the home
- ✖ Being in or having recently gotten out of prison or jail
- ✖ Being exposed to others' suicidal behavior, such as a family member, peer, or celebrity
- ✖ Medical illness, including chronic pain
- ✖ Stressful life event, such as a job loss, financial problems, loss of a loved one, a breakup of a relationship, etc.
- ✖ Being between the ages of 15 and 24 years or over age 60

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SUICIDE

- ✗ India is no 19
- ✗ Major public health issue



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- ✗ Deal with the behavior not the person
- ✗ See where the inappropriate behavior is coming from
- ✗ Its ok to seek help or advice!
- ✗ Avoid forming enemy relationships

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CONFLICT MANAGEMENT

- ✖ Move arguments to a private area
- ✖ Listen
- ✖ Rephrase
- ✖ Use I statements
- ✖ Use written words carefully
- ✖ Non verbal communication



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1:30

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CONFLICT MANAGEMENT

- ✖ **Validate other people's feelings. Show empathy and acceptance of other people's feelings.** Empathy is not a romantic idea
- ✖ Don't advise, command, control, criticize, judge or lecture to others.
- ✖ Avoid people who invalidate you. While this is not always possible, at least try to spend less time with them, or try not to let them have psychological power over you

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CONFLICT MANAGEMENT

- ✦ **Become emotionally literate.** Label your feelings, rather than labeling people or situations. Use sentences beginning with "I feel". Start labeling feelings; stop labeling people & situations eg: "I feel impatient." vs "This is ridiculous"
- ✦ **Distinguish between thoughts and feelings.**

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ABC TECHNIQUE

- ✦ Adversity(Anticipating event)
- ✦ Belief
- ✦ Consequences



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WHAT TO DO ABOUT STRESS?

- ✖ Relaxation
- ✖ Humor
- ✖ Problem sharing
- ✖ Realistic expectations
- ✖ Reframe your thinking
- ✖ Diet and exercise
- ✖ Learn to say 'NO' – being assertive
- ✖ Let go!



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- ✖ Avoiding the stressor:
 - + Avoid: learn to say NO, avoid people, topics, control environment
- ✖ Alter the situation:
 - + Express feelings, willing to compromise, time management
- ✖ Adapt to the stressor:
 - + Reframe, look at the big picture, adjust, focus on positive

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COPING SKILLS

- ✗ Identify the source of stress:
 - + Is it temporary or integral part of your life
 - + Is it personality or due to environment
- ✗ The four 'A's - adapt, alter, avoid, accept



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HELP

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UNHEALTHY COPING STRATEGIES

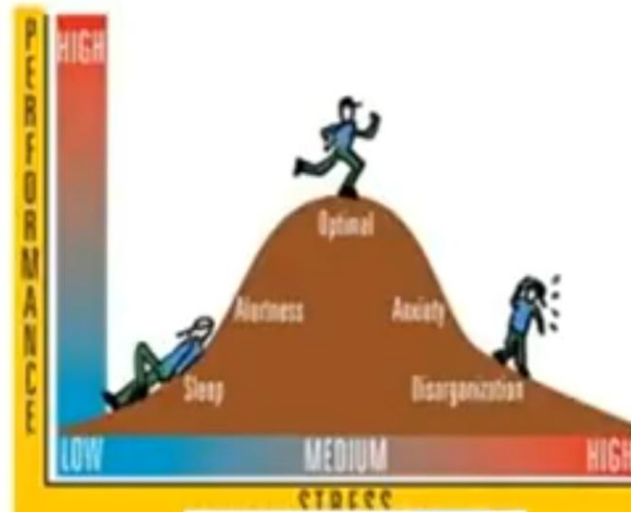
- ✗ Smoking, drinking, eating
- ✗ Withdrawing, zoning in front of TV
- ✗ Using drugs
- ✗ Sleep too much
- ✗ Procrastinating
- ✗ Filling the day with meaningless things
- ✗ Displacing

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Stress Performance Connection



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ILLNESS AND STRESS

- ✗ Coronary heart disease
- ✗ Stomach ulcers
- ✗ Migraine / headaches
- ✗ Menstrual problems
- ✗ Diarrhea
- ✗ Back pain



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PERSONALITIES AND STRESS

Type A

Competitive
Impatient
Aggressive
Achievement oriented
Restless

Type B

Relaxed
Patient
Non competitive
Non aggressive

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SYMPTOMS OF STRESS - BEHAVIORAL

- ✗ Nervous laughter
- ✗ Wrinkling forehead
- ✗ Finger tapping
- ✗ Hair pulling
- ✗ Nail biting
- ✗ Smoking, alcohol abuse
- ✗ Dieting, eating excessively



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SYMPTOMS OF STRESS - PSYCHOLOGICAL

- ✗ Irritability
- ✗ Moodiness
- ✗ Depression, crying, suicide
- ✗ Decrease memory and concentration
- ✗ Nervousness
- ✗ Anger
- ✗ Panic attacks



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