

STRESS MANAGEMENT

Fall 2022



What is Stress?

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



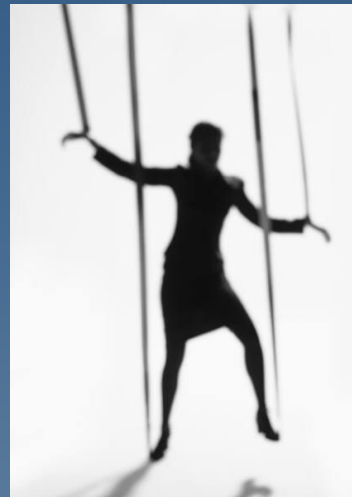
The “Fight or Flight” Response

- ◆ When situations seem threatening to us, our bodies react quickly to supply protection by preparing to take action. This physiological reaction is known as the "fight or flight" response.
 - The physiological response to a stressor is known as reactivity
 - Physiological responses can accumulate and result in long-term wear on the body




What Makes Something Stressful?

- ◆ Situations that have strong demands
- ◆ Situations that are imminent
- ◆ Life transitions
- ◆ Timing (e.g., deviation from the “norm”)
- ◆ Ambiguity
- ◆ Desirability
- ◆ Controllability



Not All Stress is Bad...

- Moderate levels of stress may actually improve performance and efficiency
 - Too little stress may result in boredom
 - Too much stress may cause an unproductive anxiety level
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- A stylized, dark blue silhouette of a mountain range is positioned in the bottom right corner of the slide, extending from the right edge towards the center.

Stress Response: Example

- ◆ A good example of a stressful situation for many people is taking a test. If you find testing to be stressful, you might notice certain physical, behavioral, mental, and emotional responses.
 - Physical Response?
 - Behavioral Response?
 - Mental Response?
 - Emotional Response?



What is Stressful to You?

Work	Roommate	Legal matters
Classes	Childcare	Mental health
Studying	Finances	Law violation
Relationship with partner	Appearance	Spiritual/Religious issues
Relationship with family	Physical Health	Major/Career decisions
Relationship with friends	Not “fitting in”	Attitudes/thoughts
Trauma	Getting married	Buying a house
Change in residence	Change to a new school	Change in amount of recreation
Change in amount of social activities	Change in eating habits	Death of friend/family member

Why Do We "Stress Out"?

- ◆ For two major reasons:
 - We *perceive* a situation as dangerous, difficult, or painful.
 - We don't believe we have the *resources* to cope.



Stress Warning Signals

- ◆ What are your "red flags," or warning signs, that stress is creeping into your life?
- ◆ If we keep pushing ourselves, eventually something inside of use will send "red flags," or warning signs that stress is becoming a problem.



Suggestions for Reducing Stress

- ◆ **Find a support system.** Find someone to talk to about your feelings and experiences.

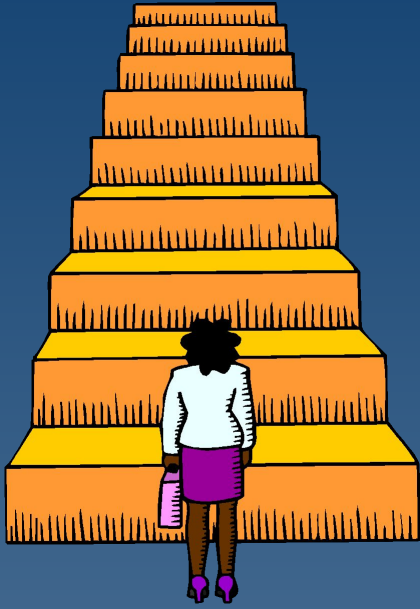


Suggestions for Reducing Stress

- ◆ **Change your attitude.** Find other ways to think about stressful situations.
 - "Life is 10% what happens to us, and 90% how we react to it."



Suggestions for Reducing Stress



◆ **Be realistic.**

Set practical goals for dealing with situations and solving problems.

- Develop realistic expectations of yourself and others.

Suggestions for Reducing Stress

- ◆ **Get organized and take charge.**
- ◆ Being unorganized or engaging in poor planning often leads to frustration or crisis situations, which most always leads to feeling stressed.
 - Plan your time, make a schedule, establish your priorities.



Suggestions for Reducing Stress

- ◆ **Take breaks, give yourself "me time."** Learn that taking time to yourself for rejuvenation and relaxation is just as important as giving time to other activities.
 - At minimum, take short breaks during your busy day.



Suggestions for Reducing Stress

- ◆ **Take good care of yourself.** Eat properly, get regular rest, keep a routine. Allow yourself to do something you enjoy each day.
 - Paradoxically, the time we need to take care of ourselves the most, when we are stressed, is the time we do it the least.



Suggestions for Reducing Stress

◆ 7. Learn to say "no."

Learn to pick and choose which things you will say "yes" to and which things you will not.

- Protect yourself by not allowing yourself to take on every request or opportunity that comes your way.



Suggestions for Reducing Stress



- ◆ **Get regular exercise.**
- ◆ Exercising regularly can help relieve some symptoms of depression and stress. It help us to maintain our health.



Suggestions for Reducing Stress

- ◆ **Get a hobby, do something different.** For a balanced lifestyle, play is as important as work.



Suggestions for Reducing Stress

- ◆ **Slow down.**
- ◆ Know your limits and cut down on the number of things you try to do each day, particularly if you do not have enough time for them or for yourself.

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Suggestions for Reducing Stress

- ◆ **Laugh, use humor.**
- ◆ Do something fun and enjoyable such as seeing a funny movie, laughing with friends, reading a humorous book, or going to a comedy show.



Suggestions for Reducing Stress

- ◆ **Learn to relax.**
- ◆ Develop a regular relaxation routine.
 - Try yoga, meditation, or some simple quiet time.




Relaxation Exercises

- ◆ Many different kinds, but 2 are:
 - **Deep Breathing**
 - **Visualization:** Visualization is a nice way of giving our minds and bodies a "mini vacation."



Stress Management: Next Steps

- ◆ Try to change the way you appraise a situation to make it less stressful
 - ◆ Remember stress is normal but watch out for symptoms of stress
 - ◆ Use coping skills/ways to reduce stress
 - ◆ Practice relaxation techniques
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- A stylized, layered mountain range graphic in various shades of blue, located in the bottom right corner of the slide.

THANK YOU!

