



Stress Management

28 and 29 July 2021

Objectives

- To apply simple techniques to alleviate stress
- To realize that we are not in control over certain matters
- To understand that our personalities may be a contributor to our stress
- To build resilience and positive mental health
- To exercise gratitude

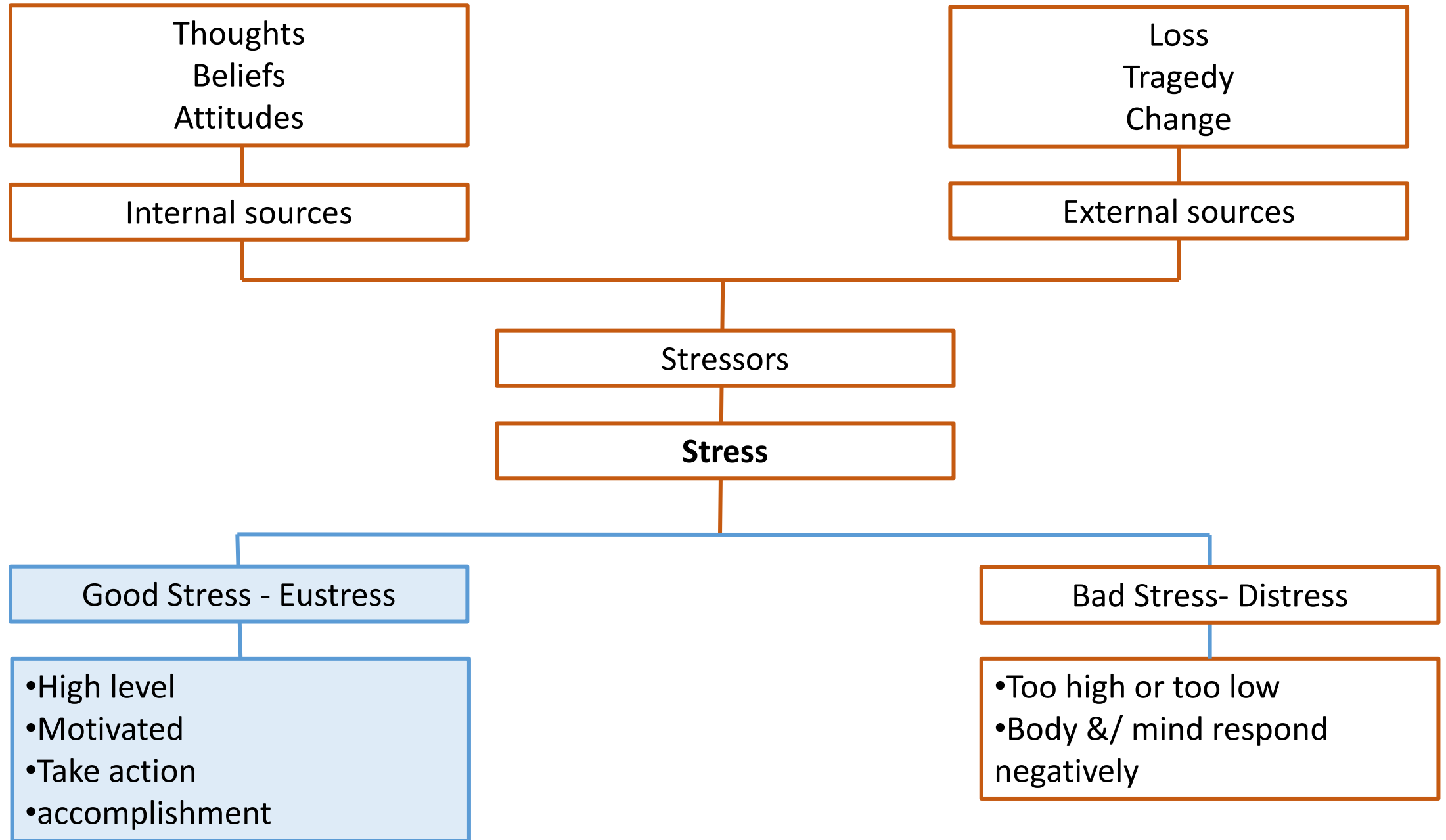




Content

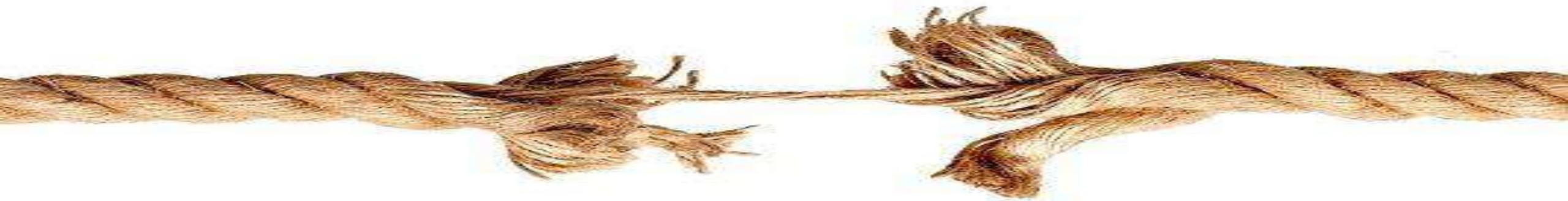
1. Understanding Stress
2. Impact of Stress on Our Lives
3. Our Personalities
4. Stages of Stress
5. Building Positive Mental Health
6. Gratitude is Key
7. Minute Relaxation Techniques
8. Personal Action Plan

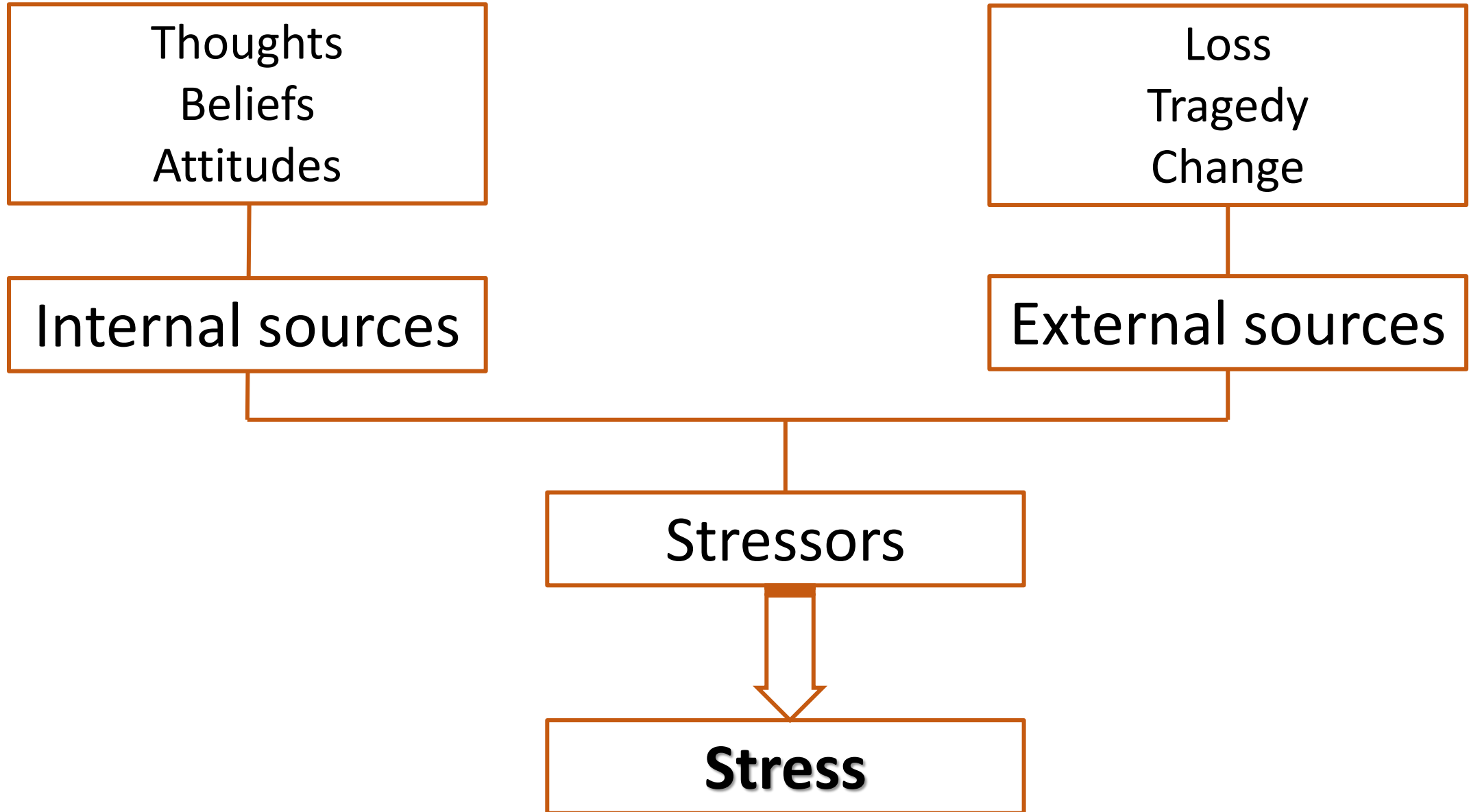
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Understanding Stress

- Stress is
- our minds and bodies **response** or reaction to a **real** or **imagined** threat, event or change.
- the “wear and tear” our minds and bodies experience as we attempt
- You become stressed whenever a situation or an event demands more than you believe you’re able to give





Internal Sources

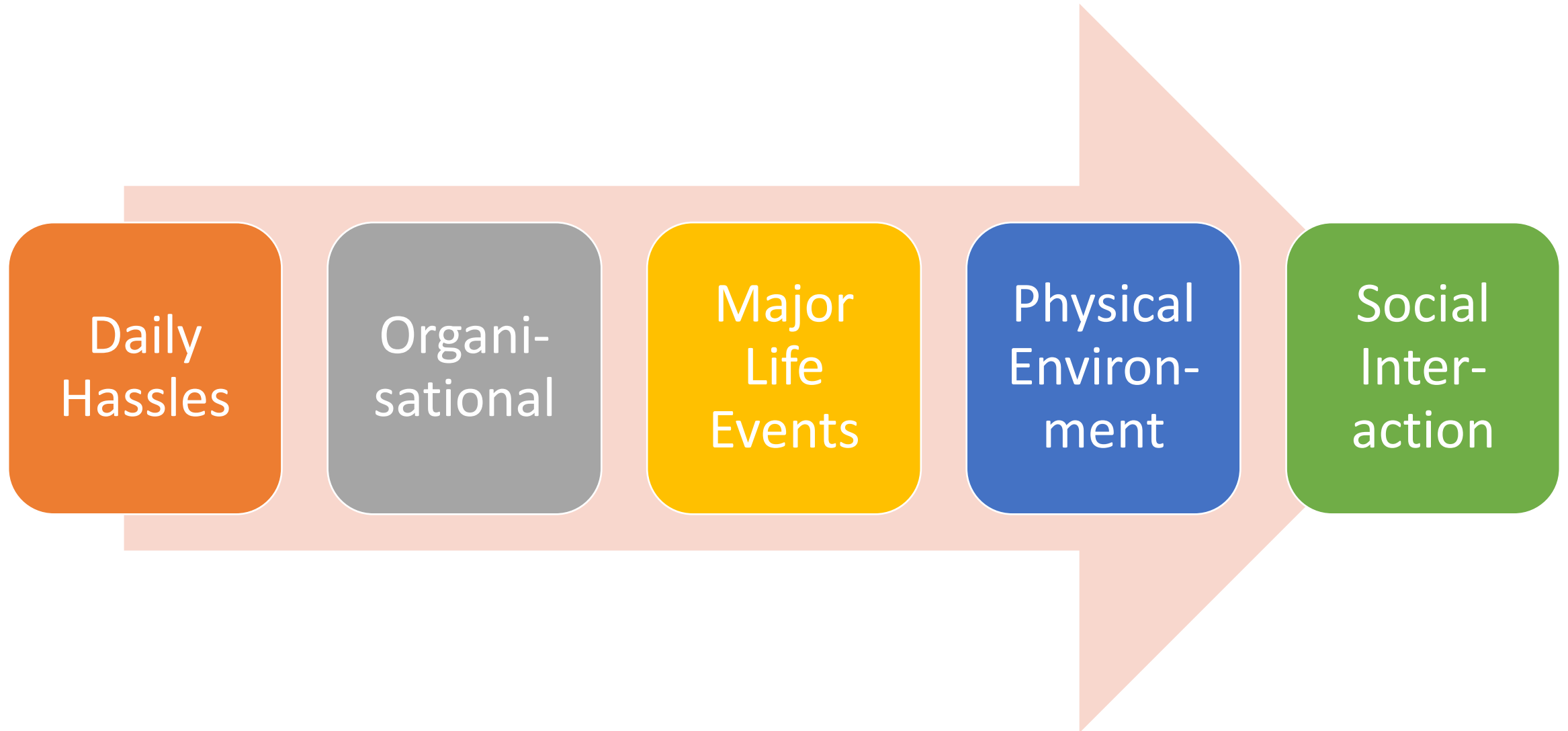
Negative
Self Talk

Life
Choices

Mind Traps

Personality
Traits

External Sources



Stressors-

10 Life Events Most Stressful For Adults

1. Death of a spouse
2. Divorce
3. Marriage separation
4. Imprisonment
5. Death of a close family member
6. Injury or illness
7. Marriage
8. Job loss
9. Marriage reconciliation
10. Retirement

Stress

```
graph TD; Stress[Stress] --> GoodStress[Good Stress - Eustress]; Stress --> BadStress[Bad Stress- Distress]; GoodStress --> GoodStressList["•High level<br>•Motivated<br>•Take action<br>•accomplishment"]; BadStress --> BadStressList["•Too high or too low<br>•Body &/ mind<br>respond negatively"]
```

Good Stress - Eustress

- High level
- Motivated
- Take action
- accomplishment

Bad Stress- Distress

- Too high or too low
- Body &/ mind
respond negatively

Eustress - Positive Stress

```
graph TD; A[Eustress - Positive Stress] --> B["•Spurring Motivation<br>•Providing Awareness<br>•Stimulation to Cope"]; A --> C["•Sense of Urgency<br>•Alertness for Survival<br>•Confronting threatening situations"]
```

- Spurring Motivation
- Providing Awareness
- Stimulation to Cope

- Sense of Urgency
- Alertness for Survival
- Confronting threatening situations

Distress – Negative Stress

```
graph TD; A[Distress – Negative Stress] --> B[Excessive Prolonged and Unrelieved]; B --> C[Physiological Complaints: Headaches, Stomachaches, Insomnia Ulcers]; B --> D[Harmful Effects: Mental, Physical, Spiritual];
```

Excessive Prolonged and Unrelieved

Physiological Complaints:

- Headaches
- Stomachaches
- Insomnia Ulcers

Harmful Effects:

- Mental
- Physical
- Spiritual



2. Impact of Stress on Our Lives

How has the pandemic affected your life?

Let's Check Our Susceptibility To Stress

Key:

S – Strongly

M- Moderately

W - Weakly

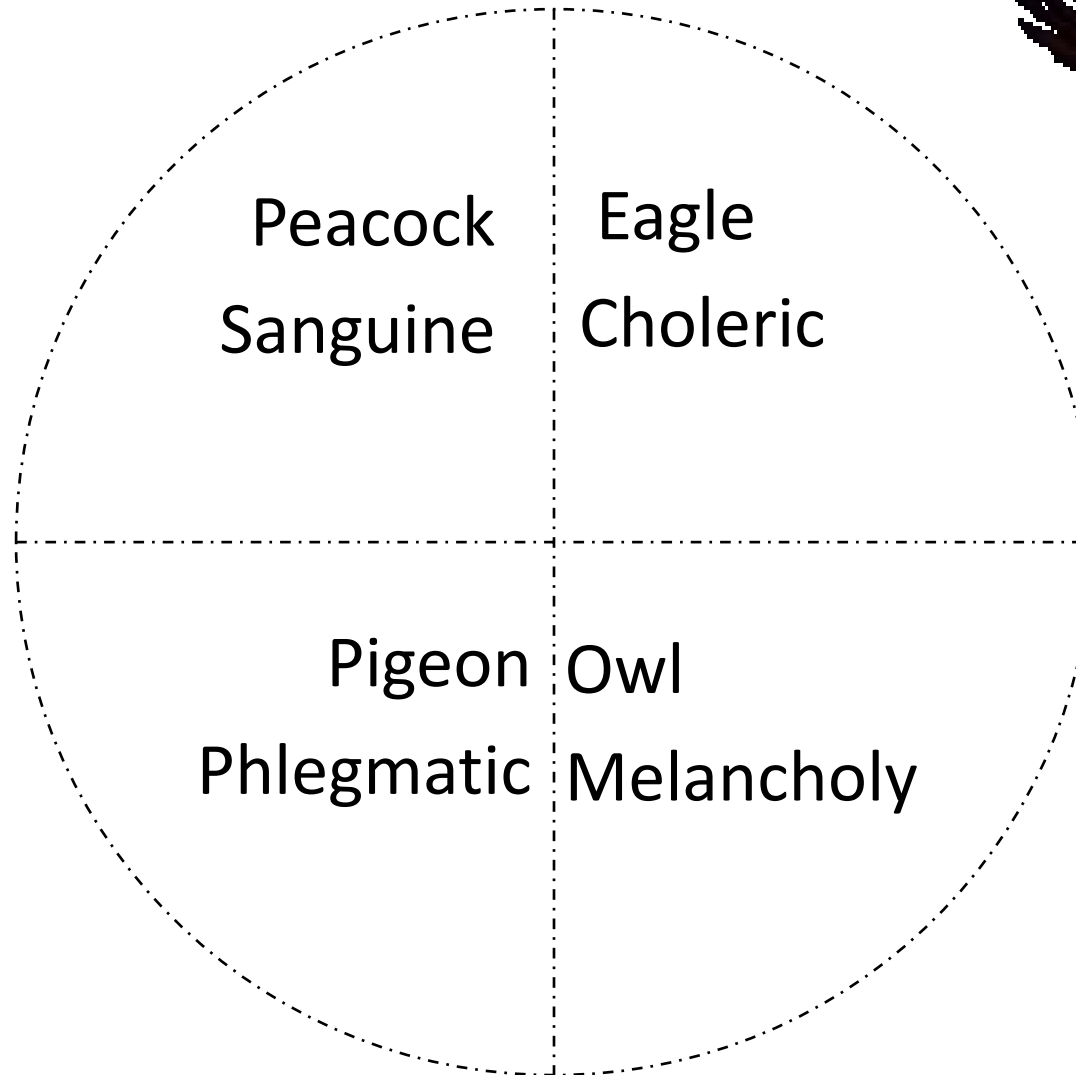
	Statements	S	M	W
1	Events should go smoothly			
2	Work must be exciting and stimulating			
3	If I lost my job, it would be awful			
4	If I lost my job, I could not bear it			
5	My job is one of the most important things in my life			
6	I must perform well at all important tasks			
7	My work should be recognized by others			
8	I am indispensable at work			
9	I must enjoy myself in whatever I am doing			
10	I must not get bored			
11	I should not encounter problems			
12	I should have the solitude I deserve			

	Statements	S	M	W
13	I must escape from responsibilities and demands.			
14	I should be treated fairly			
15	I should be treated as special			
16	I should be in control of all significant situations			
17	Others should respect me			
18	I should get on well with my friends and family			
19	My children should do well in life			
20	If things went badly, it would be awful			
21	If things went badly, I could not stand it.			
22	Things never work out well for me			
23	If things go wrong, those responsible are stupid, useless, idiots or failures			
24	If I fail a task, that proves I am a failure or useless			



3. Our Personalities

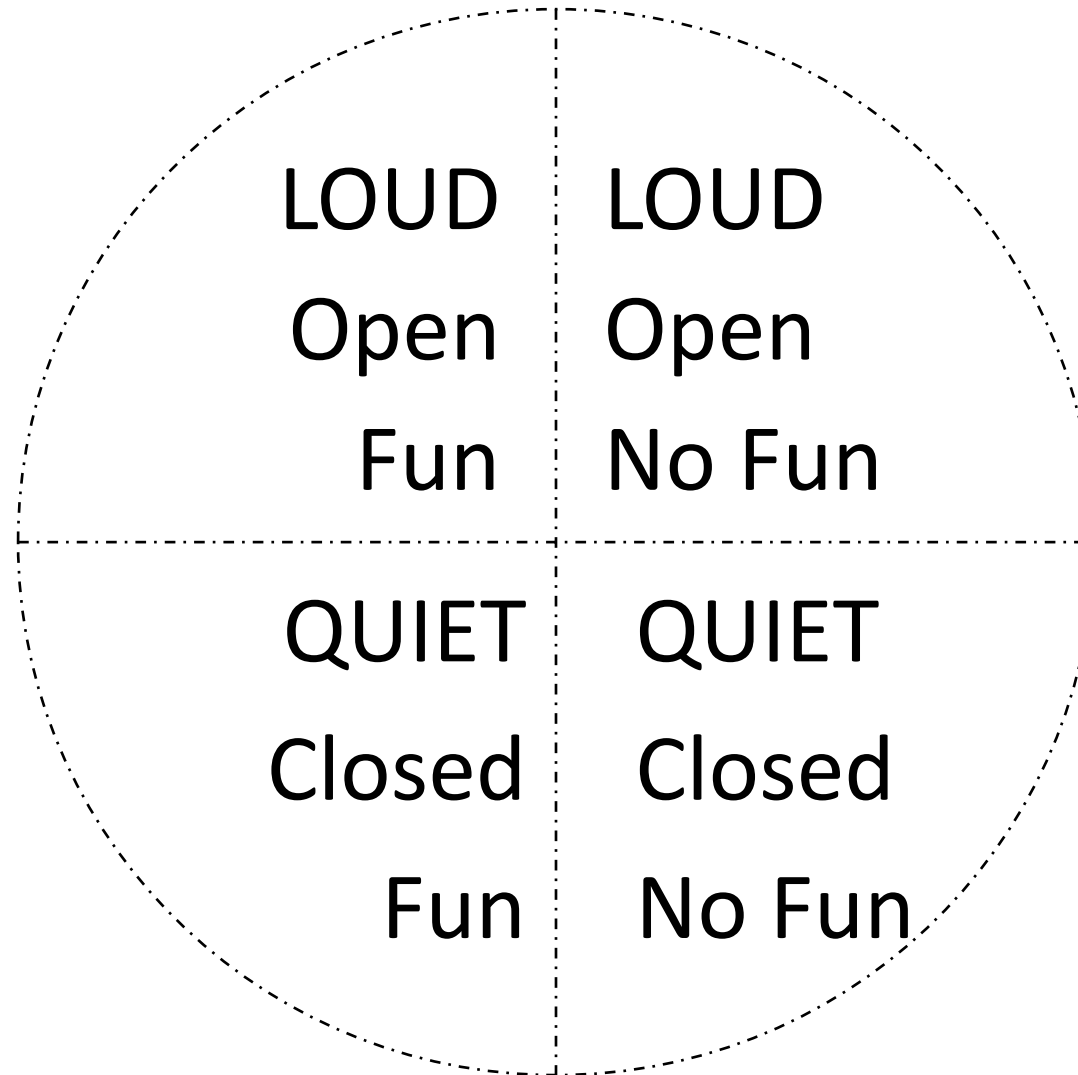
Understanding Personalities



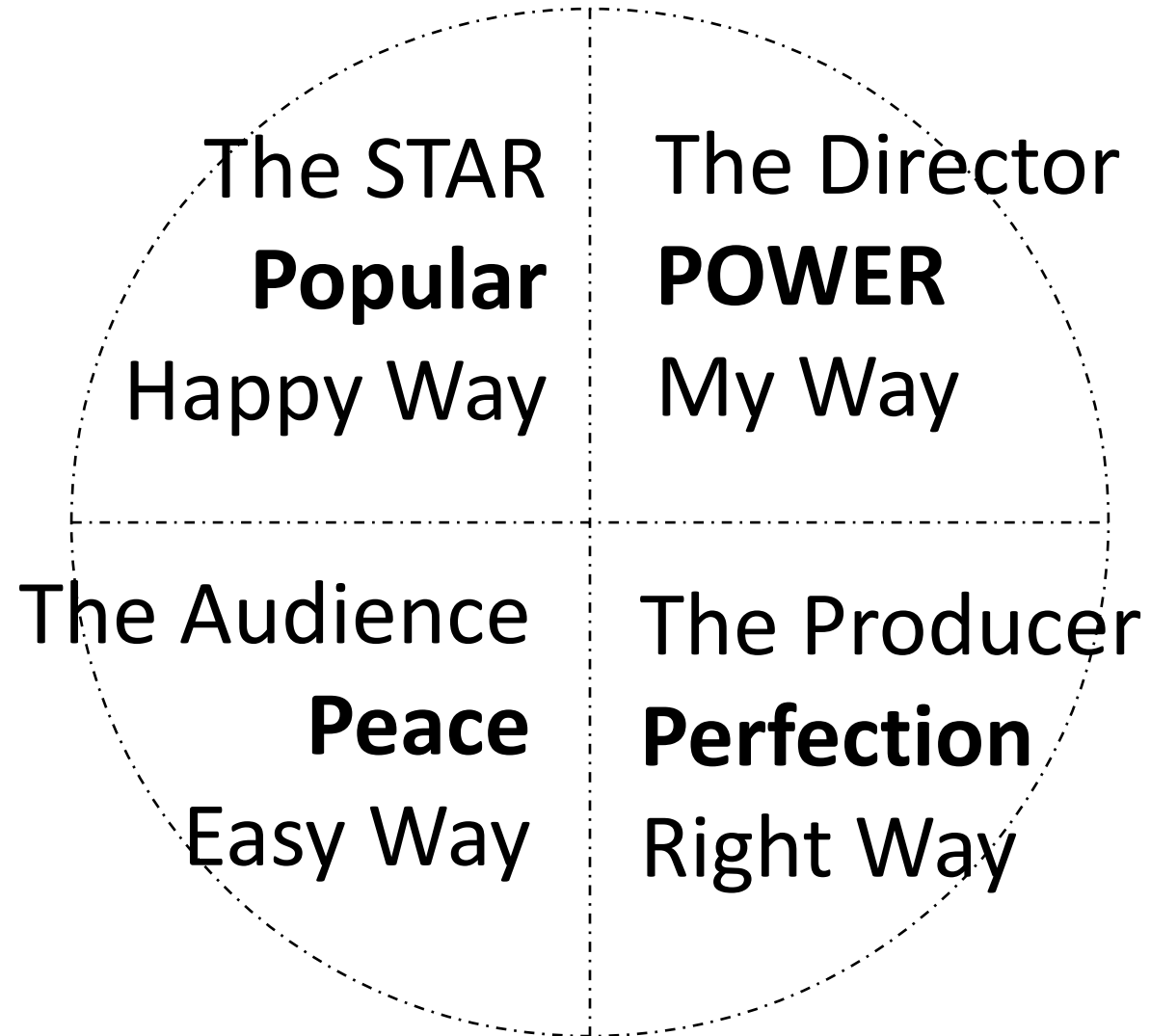
Identify the following:

1. 4 Physical characteristics
2. Behaviour:
4 good
4 bad
3. Identify an idiom related to the bird.

Different Personalities



Different Goals/ Roles/ Directions





Sanguine

Sanguine

Strengths

- Appealing personality,
- Talkative & good storyteller,
- Life of the party,
- Good sense of humor,
- Emotional & demonstrative,
- Cheerful & bubbling over,
- Always a child

Weaknesses

- Too happy for some,
- Compulsive talker,
- Can't remember names,
- Hates to be alone
- Forgetful.

Sanguine @ Work

Strengths

- Volunteers for jobs,
- Thinks up new activities,
- Looks great on the surface,
- Creative & colorful,
- Has energy, enthusiastic,
- Inspire others to join,
- Charms others to work

Weaknesses

- Would rather talk,
- Forgets obligations,
- Doesn't follow through,
- Not disciplined,
- Priorities out of order,
- Decides by feeling,
- Easily distracted.



Choleric

Choleric

Strengths

- Fearless activist,
- Loves challenges,
- Compulsive need for change,
- Must correct wrongs,
- Fixes problems,
- Decisive,
- Born leaders.

Weaknesses

- Bossy,
- Impatient,
- Quick-tempered,
- Can't relax,
- Unemotional,
- Can't say "I'm sorry".

Choleric @ Work

Strengths

- Goal oriented,
- Sees the whole picture,
- Seeks practical solutions,
- Moves quickly to action,
- Insists on production,
- Stimulates activity,
- Thrives on opposition.

Weaknesses

- Little tolerance for mistakes,
- Doesn't analyze details,
- Bored by trivia,
- May make rash decisions,
- May be rude or tactless,
- Demanding of others,
- Work become his god.



Melancholy

Melancholy

Strengths

- Deep & thoughtful,
- Analytical,
- Serious & purposeful,
- Genius prone,
- Artistic or musical,
- Sensitive to others,
- Loves beauty.

Weaknesses

- Easily depressed,
- Remembers the negatives,
- Low self-image,
- Naively idealistic,
- Moody.

Melancholy @ Work

Strengths

- Schedule oriented,
- High standard,
- Detail conscious,
- Persistent and thorough,
- Neat and tidy,
- Economical,
- Likes charts, graphs, figures.

Weaknesses

- Not people oriented,
- Depressed over imperfections,
- Chooses difficult work,
- Hesitant to start projects,
- Spend too much time planning,
- Self deprecating,
- Deep need of approval



Phlegmatic

Phlegmatic

Strengths

- Cool and Calm,
- Considerate,
- Reliable,
- Low-key personality,
- Good listener,
- Kind,
- Patient.

Weaknesses

- Fearful & worrisome
- Indecisive,
- Hates conflict,
- Can't say 'NO'
- Unforgiving.

Phlegmatic @ Work

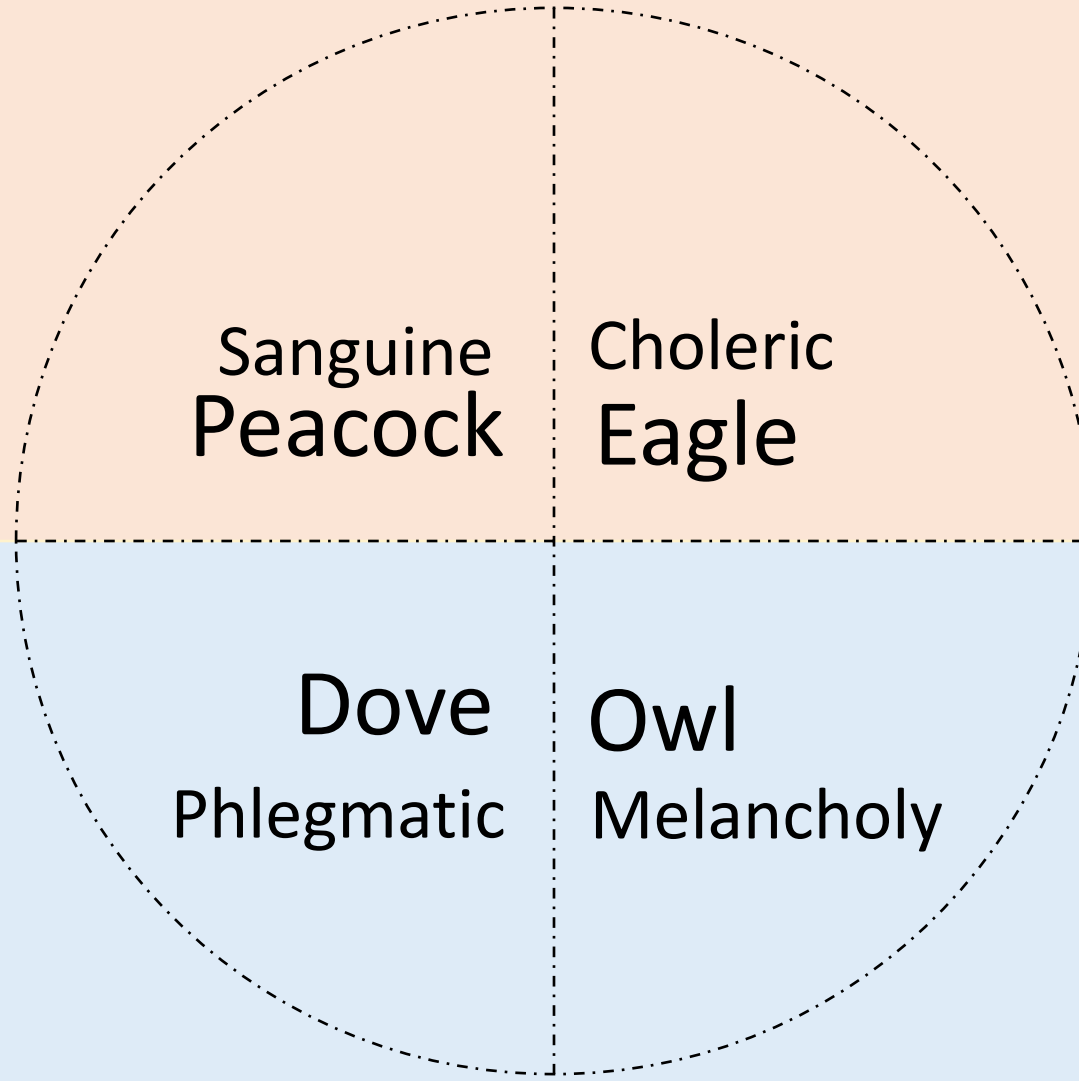
Strengths

- Competent
- Steady,
- Has administrative abilities
- Mediates problems,
- Avoids conflicts,
- Good under pressure,
- Finds the easy way.

Weaknesses

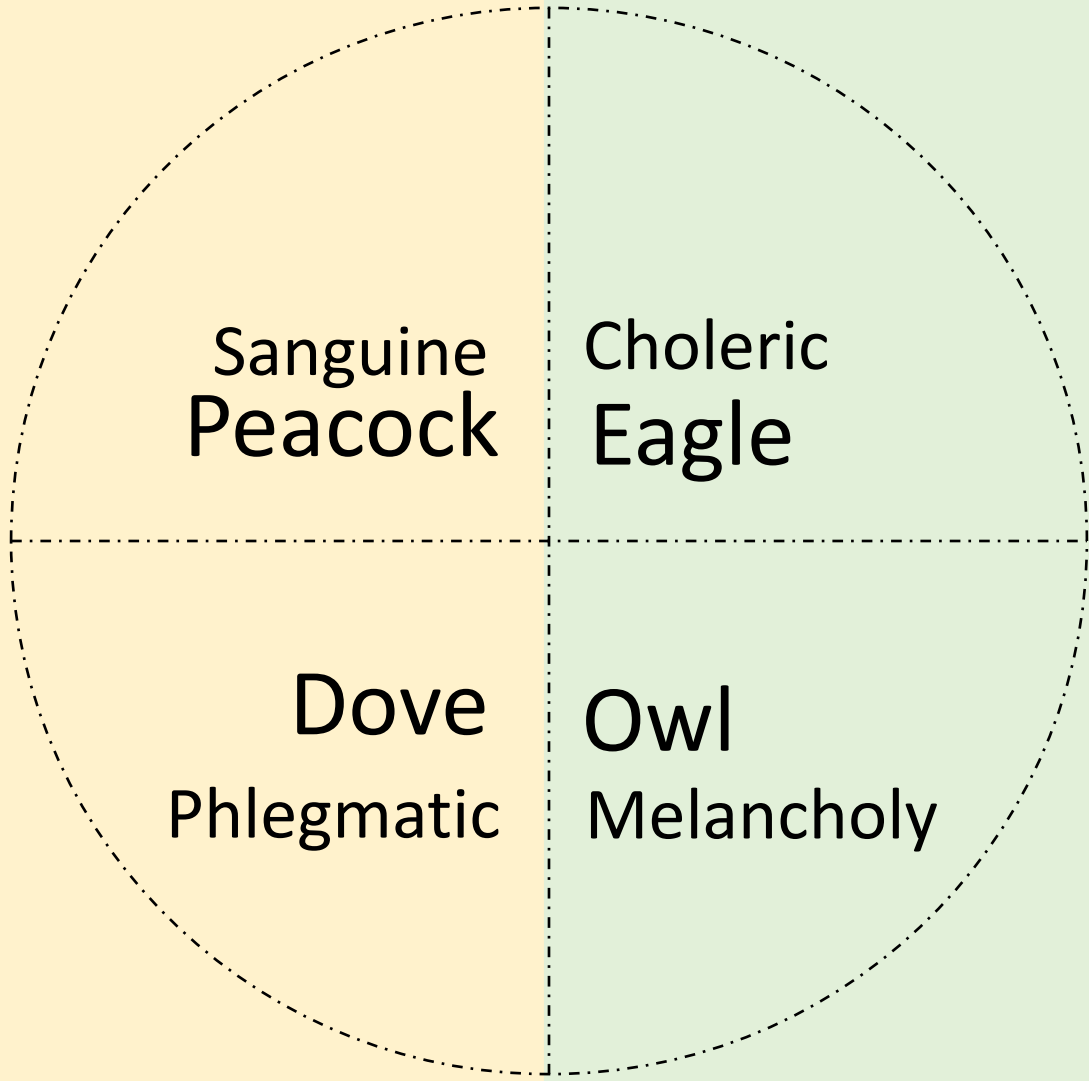
- Not goal oriented,
- Lacks self-motivation,
- Hard to get moving,
- Resents being pushed,
- Lazy and careless,
- Discourages others,
- Would rather watch

Natural Leaders



Natural Followers

Relationship
Oriented



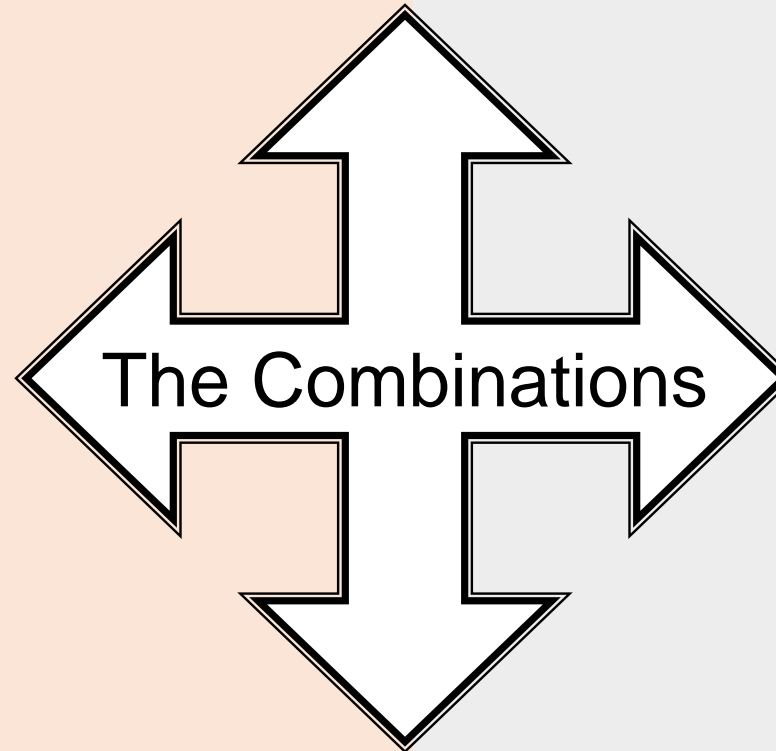
Task
Oriented

Lead

Extroverted, Optimistic,
Outspoken,
Energised by People.

Task Oriented

Workaholic,
Decisive,
Organized,
Goal Oriented.

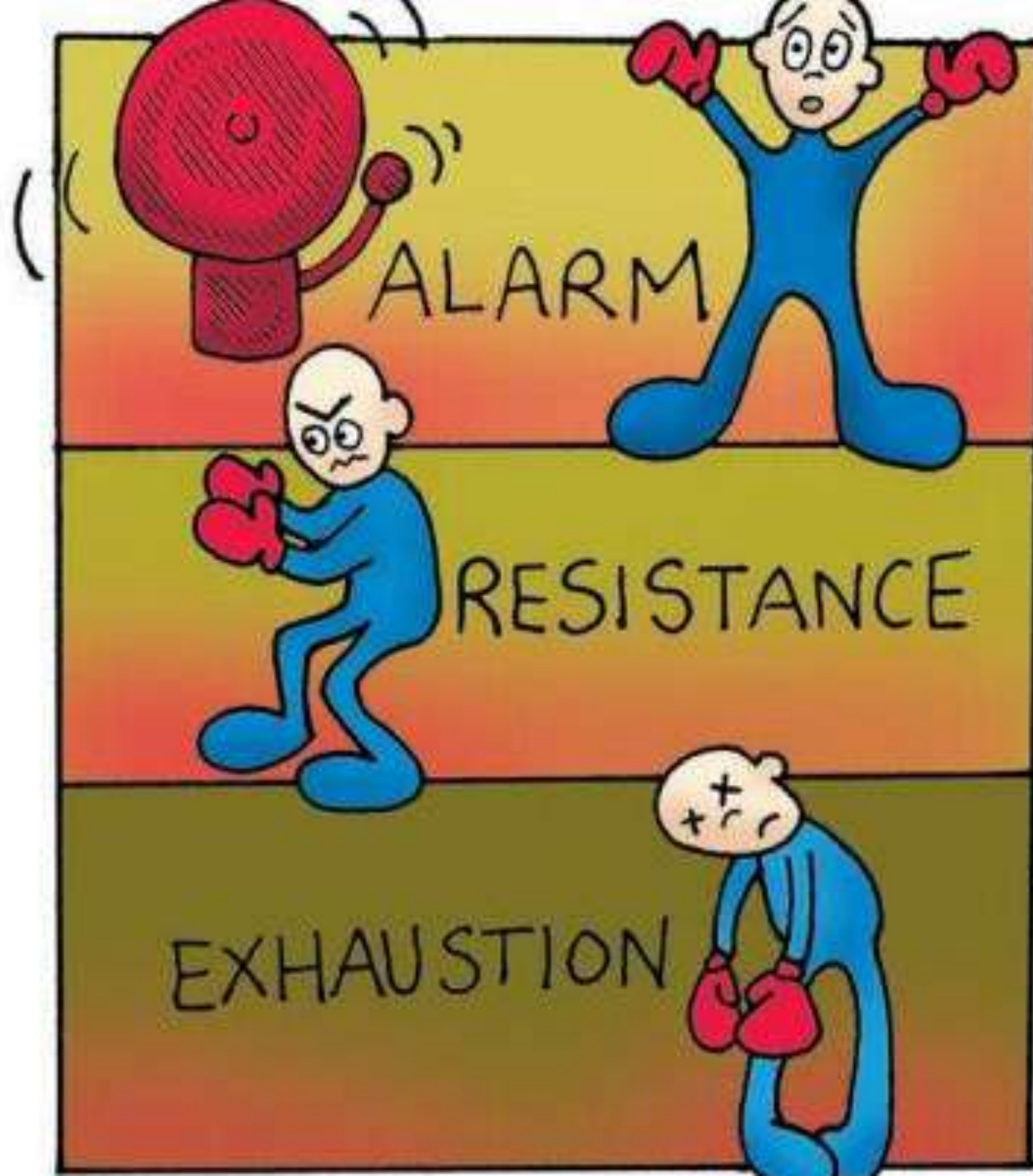


Analyze

Introverted, Pessimistic,
Soft-Spoken, Drained by People.

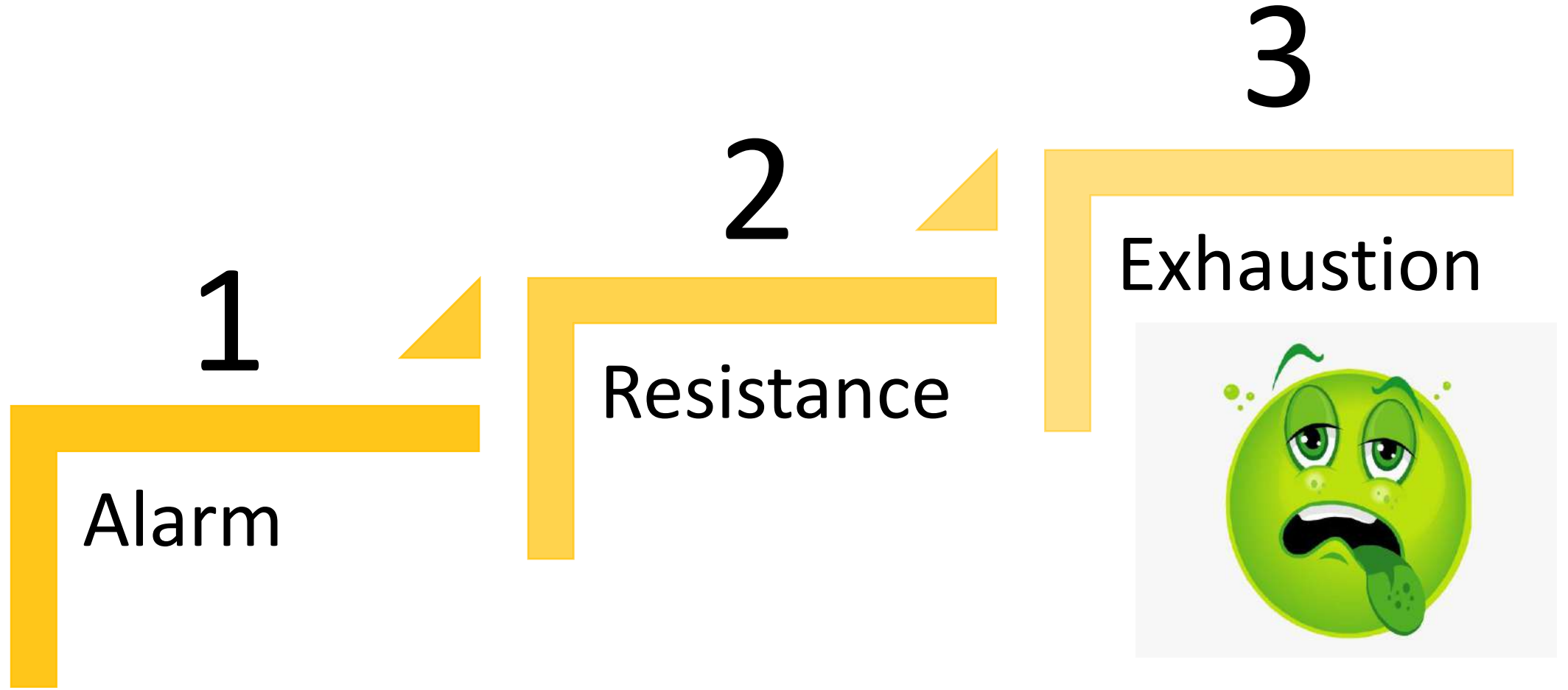
Relationship Oriented

Playful,
Witty,
Easygoing,
Not Goal Oriented.



4. Stages of Stress

Stages of Stress

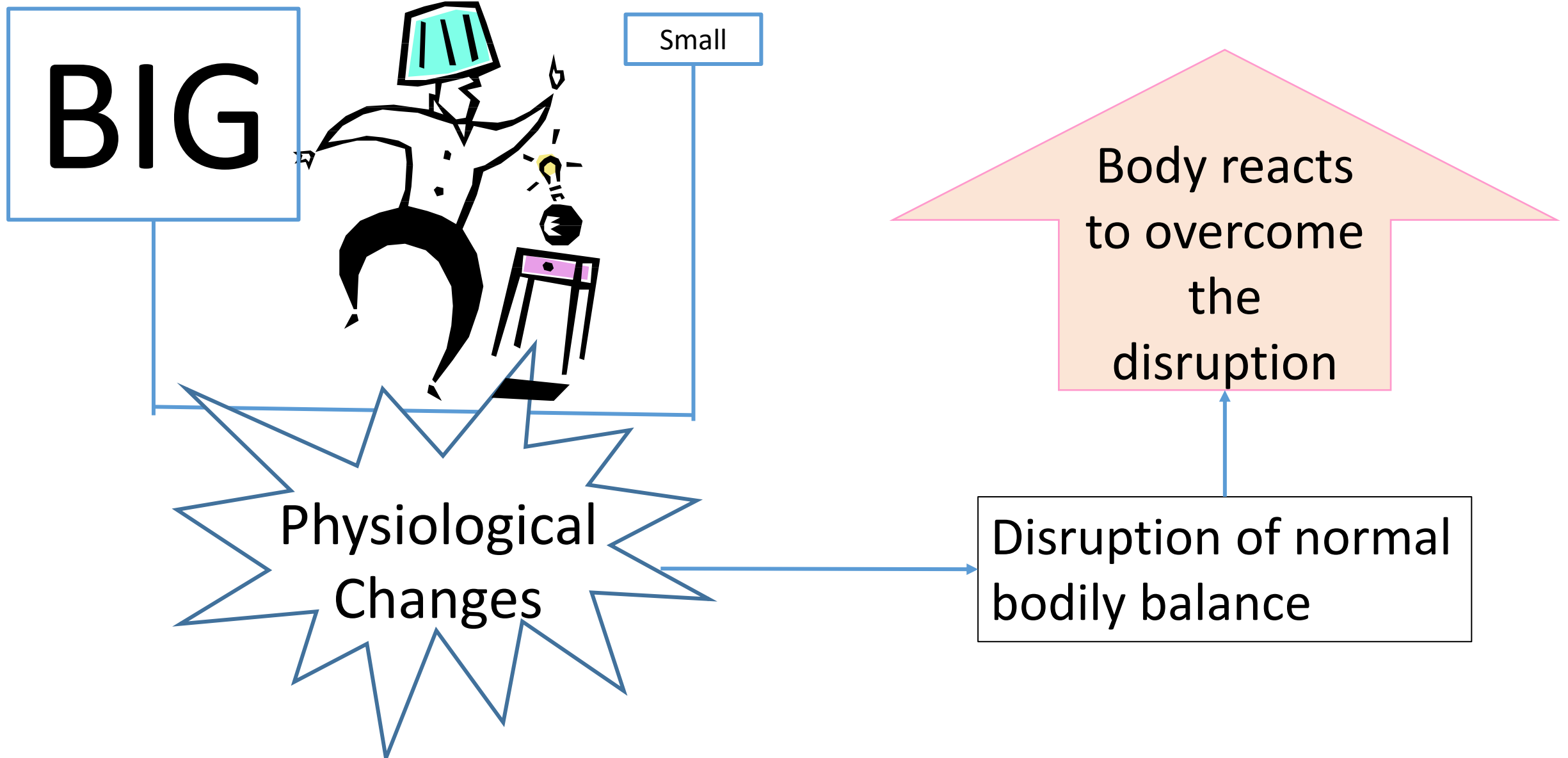


1. ALARM STAGE

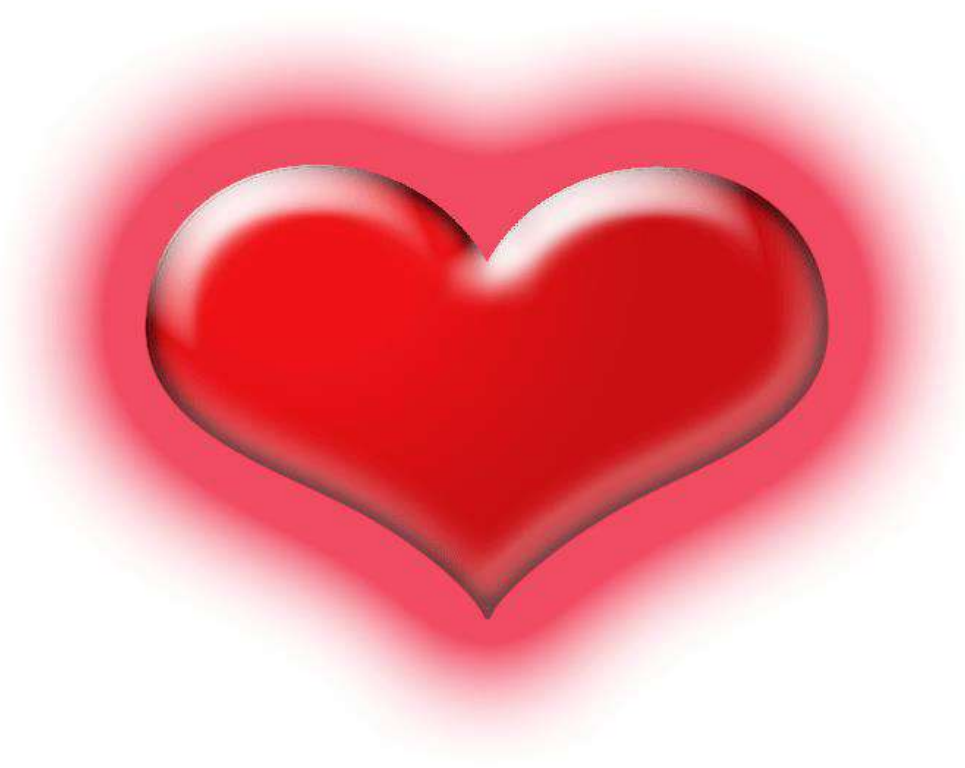


1. Experience a stressful event or perceive something to be stressful
2. Psychological changes occur in your body.
3. Disrupting body's normal balance
4. Immediately your body begins to respond to the stressor(s) as effectively as possible.

Alarm Stage



Body Reactions - Some Examples



1. Cardiac - increased heart rate
2. Respiratory - increased respiration
3. Skin - decreased temperature
4. Hormonal - increased stimulation of adrenal glands which produce an adrenal rush.

2. Resistance Stage



- The body tries to cope or adapt with damage done by stressors
- Beginning a process of repairing
- Friends, family or co-workers may notice **changes in you** before you do
- It is important to examine their feedback to avoid overload

Resistance Stage

```
graph TD; A[Resistance Stage] --> B[Indicators]; B --> C[Behaviour]; B --> D[Cognitive]; B --> E[Emotional];
```

Indicators

Behaviour

Cognitive

Emotional

Behaviour Indicators

- lack of enthusiasm for family, school, work or life in general,
- withdrawal,
- change in eating habits,
- insomnia,
- hypersomnia,
- anger,
- fatigue.

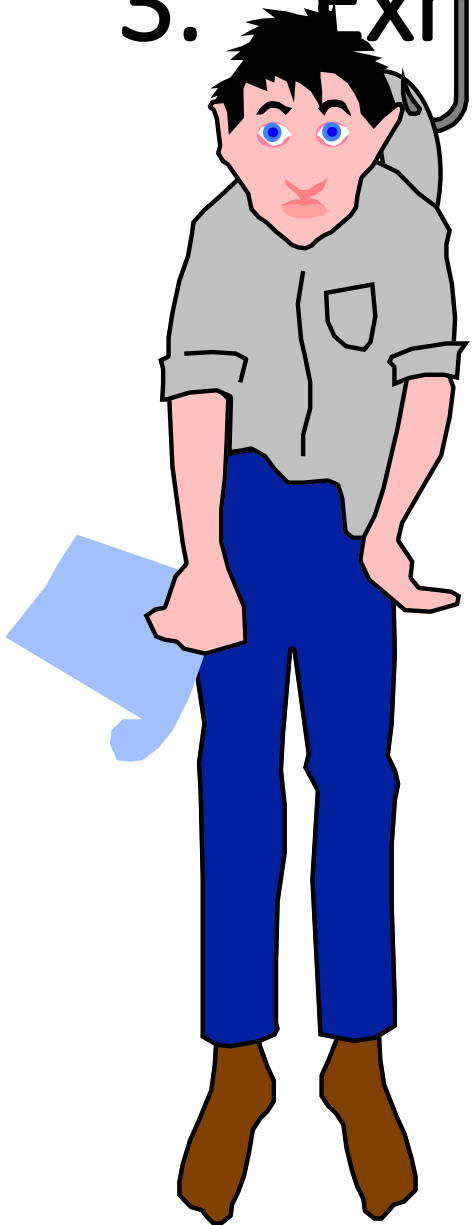
Cognitive Indicators

- poor problem solving,
- confusion,
- nightmares,
- hyper-vigilance.

Emotional Indicators

- | | |
|---------------|----------------|
| • tearfulness | • guilt |
| • fear | • agitation |
| • anxiety | • depression |
| • panic | • overwhelmed. |

3. Exhaustion



- The stressor is not being managed effectively
- The body and mind are not able to repair the damage.

Exhaustion Examples

- Digestive disorders,
- withdrawal,
- headaches,
- tension,
- insomnia,
- loss of temper.



Common Symptoms

Symptoms of Stress

1. headaches
2. nervous stomach
3. change in appetite
4. rapid breathing
5. rapid heart rate
6. sweaty palms
7. irritability
8. anxiety
9. fatigue
10. insomnia
11. dissatisfaction
12. anger
13. depression
14. inability to concentrate

Strategies to Reduce Stress

Strategies to Reduce Stress

```
graph TD; A[Strategies to Reduce Stress] --> B[Take Control:]; A --> C[Avoid Procrastination:]; A --> D[Take a Break:];
```

Take Control:

- Manage time.
- Use a to-do list,
- Follow a written plan
- Set goals and follow through.

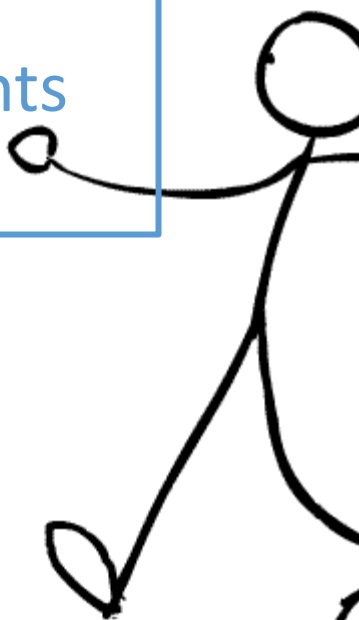
Avoid

Procrastination:

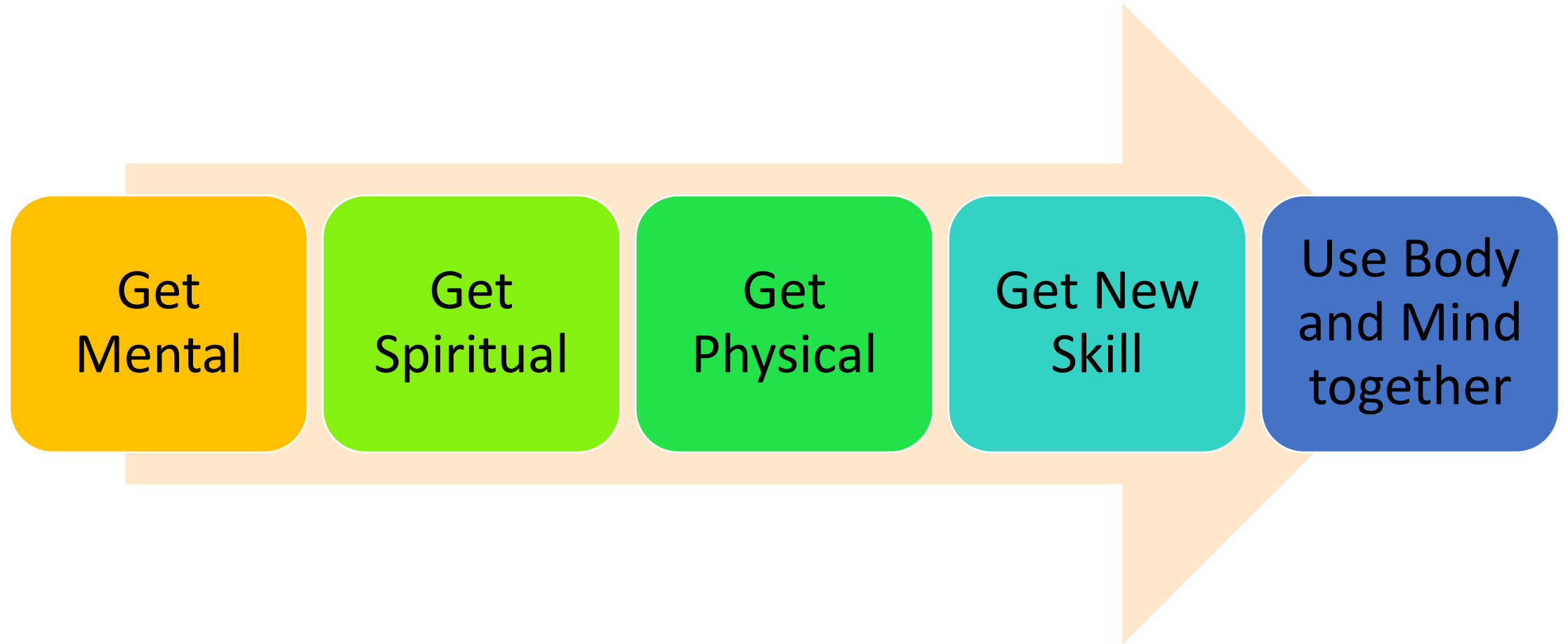
- Make a realistic to do list daily
- Prioritise.

Take a Break:

A brisk walk
focusing on
pleasant thoughts



Elements of “I am in Control”



Exercise

Eat Right

**Physical Stress
Busters**

Plenty of Rest

Execute activities
that build confidence

An illustration of a person with brown hair, wearing a white long-sleeved shirt and blue pants, pushing a large blue rectangular block up a series of steps. The steps are represented by a series of blue and grey rectangular blocks that recede into the distance. The background is a light blue gradient.

5. Build Resilience and Positive Mental Health

Resilience as the **process of adapting well in the face of adversity, trauma, tragedy, threats,** or significant sources of stress

Techniques in Building Resilience and Positive Mental Health

Relaxation
Techniques

Help Others

Connect with
Preferred
Others

Gratitude

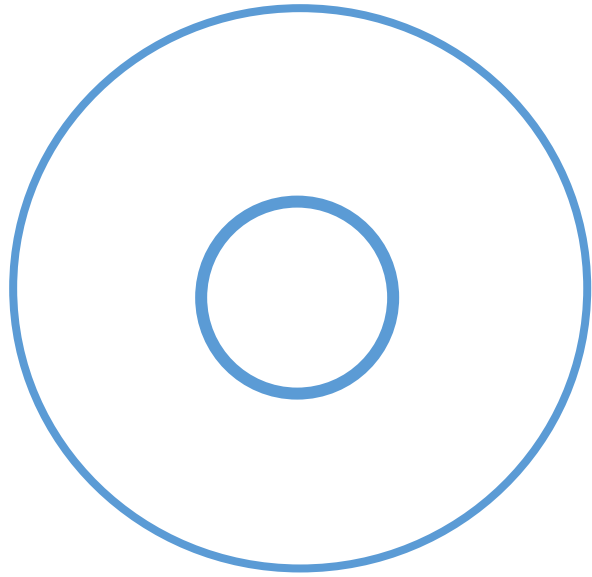
Keep a Stress
Diary

Stay Flexible

Skill
Acquisition

Joy

Compartmentmen-
-talisation

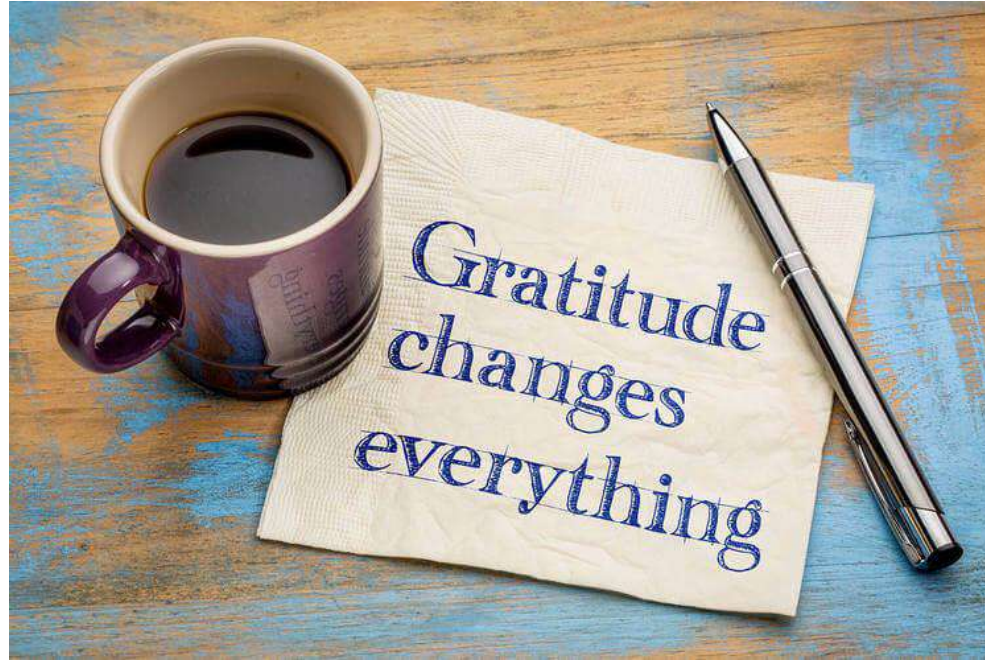


Are we mentally flexible?
List what you see.

Com-part-menta-lisation - “Worry Container Skill”



- Compartmentalization is defined as a **defense mechanism** where someone **suppresses** their thoughts and emotions.
- It is not always done consciously but this can often justify or defend a person's level of engagement in certain behaviors.



6. Gratitude is Key

Gratitude

- Gratitude is the emotion of expressing appreciation for what one has or has achieved.
- The quality of being thankful

How to show Gratitude:

1. Show a little enthusiasm
2. Vary your vocabulary
3. Get specific
4. Make it public
5. Share a list of your favourite things about them
6. Write them a handwritten letter
7. Give them extra encouragement



7. Minute Relaxation Techniques

Simple Techniques

1. Imagery / Visualisation
2. Breathe Deeply
3. Be Present
4. Reach out
5. Tune in to your body



Imagery / Visualisation



Breathe Deeply



STEPS:

1. Sit upright, with your shoulders down and relaxed.
2. Expand your belly as you breathe through your nose.
3. As you exhale, move your belly inward.
4. Repeat.

Be Present



1. **Slow down.**
2. “Take 5 minutes and **focus on only one behavior with awareness,**”.
Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.
3. When you spend time in the moment and **focus on your senses, you should feel less tense.**

Reach Out



1. Your **social network** is one of your best tools for handling stress.
2. **Talk to others** -- preferably face to face, or at least on the phone/ zoom etc
3. **Share what's going on.**
4. You can get a fresh perspective while keeping your **connection strong.**

Tune In to Your Body

- **Mentally scan your body** to get a sense of how stress affects it each day.
- Lie on your back, or sit with your feet on the floor.
- Start at your toes and work your way up to your scalp, noticing how your body feels.



8. Personal Action Plan

Training Diary

Carpé Mañana

kitkasa818@gmail.com

Facebook: Kit's Class