

Stress Management

Your Name

Institution

Date

Stress Management

Stress is any extrinsic or intrinsic impulse that induces any biological reaction. While it can be real or imagined, studies reveal that it is usually a normal feeling to the entire human population. Human bodies are designed to experience a little bit of stress and control it using the 'fight-flight response.' Stress can be positive or negative. Effective management of stress helps people break away from the negative hold of stress, which forms a basis for a happier, productive and healthier life. Positive stress helps us keep focus at work, at school. It allows us to remain motivated and alert. Negative stress occurs when stressors are going on for a longer time and cause chronic body system reactions. Stress affects the body's autonomic nervous system, regulating the body's heartbeat rate, breathing, and other body functions. So, when one is much stressed, these bodily functions will primarily escalate. For instance, the person will breathe heavily or experience breathlessness and have an increased heart rate. Prolonged stress –chronic will lead to physical, emotional, and behavioral responses. This paper provides a proposed care plan based on the provided case scenario.

Case Scenario (Summary)

(A care plan for John, a 54-year old male undergoing chronic stress) Josh, a 54-year-old male, works in a stressful environment as a data analyst for a company. He is in a passive position, working long hours to meet tight deadlines. He works weekends, and his meals are usually fast food at his desk. Lately, he has been experiencing difficulty initiating a stream of urine and feels an intense pressure in his chest radiating down his arm.

Assessment

Stress is a subjective feeling. Therefore, only the patient can help the practitioner understand its severity, symptoms, and adverse effects. From his expression, John occupation

contributes to his stress levels. He works in a very stressful environment as a data analyst. The prolonged working hours to meet the tight deadlines, working on weekends, and eating fast foods have caused difficulties in initiating a stream of urine and intense pressure in his chest that radiates down his arm. All these are signs and symptoms of chronic stress. To understand the stress severity, I will give John a questionnaire to get the exact level of his stress for easy and personalized management. Moreover, I'll check his blood pressure and determine whether it is the etiology of the intense pressure in his chest. The extreme stress has aggravating factors on the excretory system, hence initiating a stream of urine as noted on the patient.

Plan of Care

Stress relief can only be achieved through the daily routine (Ghazali et al., 2021). There are no specific objectives or pharmacological plans of care because stress is often subjective. Therefore, I will recommend non-pharmacological interventions (these are science-established and non-invasive involvements on human health). I will suggest he starts by exercising after work or taking a short walk to boost his moods. Then, he should set goals he has to achieve daily, weekly, monthly, or annually. Setting goals will enable him to shed off any work he finds unnecessary and only focus on the objectives he has put into accomplishing (Rohleder, 2019).

Furthermore, John should consider celebrating his achievements on weekends or at the end of the day. This can simply be taking a cold refreshing shower, having his best-balanced meal, listening to some good music, and sleeping for straight eight hours. The proposed interventions will be aimed at preventing, caring and curing identified health problems and entailed products, programs, and methods that benefit the patient's routine and health needs.

Interventions to Address John's Case (Chronic Stress)

Disease Prevention

According to O'Connor et al. (2021), many studies have looked into the effect of stress on the immune system. The studies revealed that the stress mediators could penetrate the blood-brain barrier and impose their impact on the immune system. The effects suppress the functioning of the immune system and cause vulnerability to disease (O'Connor et al. 2021). Boosting the immune system is achieved through various ways, including peace of mind, a balanced diet with lots of fruits and vegetables, exercise, and staying positive. Peace of mind can be achieved through relaxation activities, such as yoga, to turn down extra responsibilities at work, especially during evenings and weekends.

Preventative Screenings

In John's case, his gastrointestinal system has already grown weak, hence the difficulty in initiating urine. This may be due to constipation or weakness of the musculoskeletal system. The intense pressure radiating from his chest down his arms may be due to increased blood pressure. He, therefore, needs routine blood pressure check-ups to prevent future complications. The preventative screenings identified helped identify conditions that would later worsen the patient case or result in disease. They, in turn, enable in enacting earlier intervention and management in an effort to reduce suffering and mortality that may result from the disease.

Stress Management

Managing stress entails taking charge of one's thoughts, schedule, emotions, environment, and approach to problems. The management's ultimate focus is to have a balanced life. According to (), stress management commences with identifying sources of stress in a patient's life. To keep stress a bay, John needs to acknowledge that he cannot control everything at work. He should learn to turn down additional activities assigned to him by his boss when he feels already overwhelmed. Then, he should talk to friends, trusted family members after work to

relieve some of the straining's. He should also understand that it is wholly up to him to manage the stress and pressure he undergoes at work. Therefore, he should take good care of himself by only working on what he can accomplish comfortably.

Nutritional Interventions

John often eats fast foods because of his busy schedule. These foods have no nutritional value and cause gastrointestinal complications, for instance, constipation. Constipation turns out to make it difficult for him to initiate urine. Nutritive interventions he should consider are changing his meals to balanced natural diets (Gazerani, 2021). He should increase fruits and vegetables in the meals for better body functioning and reduced stress levels. Healthy eating should be a primary focus for John.

Physical Activity Interventions

Physical exercise boosts mental health, body relaxation, fitness, and immunity. As a data analyst, John is often seated behind his desk, working from morning to evening and during weekends. The high-pressure levels of meeting deadlines and submitting quality work impose stress on the neck, back and cause migraines. Daily physical activity improves mood and even increases working outcomes (Willaert et al., 2019). John should consider the daily physical activity of not less than twenty minutes and take a refreshing cold shower for a better self.

Implementation Plan

To effectively implement this intervention plan and because John is a busy individual, I will be emailing him a card with all the interventions of stress reduction to fill in which interventions he has fully, partially, or not yet practiced and why. After filling it out, he should send back the card, which gets assessed during his weekly appointments. This would enable him

to focus on his work while undertaking the management plan. More so, the follow-up would enable him to develop a plan that aligns with his work schedule and environment.

Evaluation Plan

In a follow-up plan, I will schedule weekly appointments for a month from the day of his first visit. During these appointments, I will be rechecking his daily filled-out card, blood pressure levels, weight, BMI, any challenges he is experiencing while working out, and having meals to understand what to add or subtract on his intervention plan care. I will also give him questionnaires to determine if the stress levels are improving or worsening.

In conclusion, stress is every day for everyone. However, letting it get to higher and chronic levels makes it harmful. Individuals vary in stress symptoms. Others have reduced normal functioning, e.g., sleep deprivation, while others have excessive sleep. This makes objective stress diagnosis quite tricky. It is, therefore, often done subjectively through questionnaires or assessment of the patient's symptoms. It is similar to its management. It is subjectively dependent. Practitioners only help individuals stick to the subjective intervention routine.

References

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