

*“Mental health  
and  
Psychology!”*

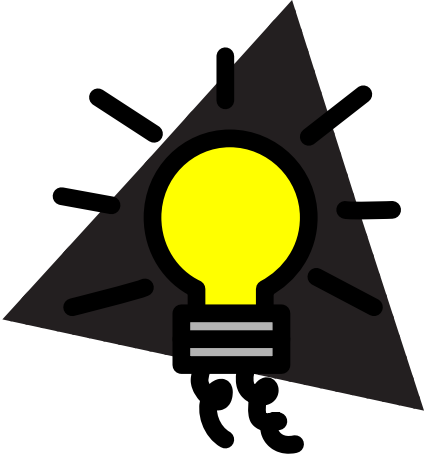
## STRESS MANAGEMENT

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Psychology Lecture, FAST NUCES



# LEARNING OUTCOME

After studying this topic students will be able to:



- Understanding what stress is.
- Identify stress triggers and implement de-escalation strategies

# Interpretation of online test

Scores ranging from 0-13 would be considered low stress.

Scores ranging from 14-26 would be considered moderate stress.

Scores ranging from 27-40 would be considered high perceived stress

<https://www.bemindfulonline.com/test-your-stress>

1



# Why do we feel "Stress Out"?

- ❖ We *perceive* a situation as threatening, difficult, or painful.
- ❖ We don't believe we have the *resources* to cope.
- ❖ 1. The unsettling effects of change
- ❖ 2. The feeling that an outside force is challenging or threatening you
- ❖ 3. The feeling that you have lost personal control.

All these mentioned the reasons lead us to feel stressed out

**Perceived Threats, Uncertainty, Trauma and Past Experiences, Time Pressure.**





# Stressors

- There are many circumstances or events that can produce stress. The sources of stress are called stressors.
- We will consider 3 types of stressors
  - 1- **Frustration** (Blocking of goal directed behavior) – light went off during paper.  
**Example:** being stuck in a traffic jam can be very frustrating.



**2-Conflict induced stress.** When some goals can be satisfied on the expense of others.

**Example:** You can only buy one ice-cream out of two.

**3- Life induced stress** Life events that can be stressful

**Example:** Marriage, death of a loved one, divorced, change of schools, trouble with boss etc.

## SIGNS AND SYMPTOMS

## OF STRESS



1



### PHYSICAL SIGNS

1. Headaches.
2. Muscle Tension.
3. Digestive Issues.
4. Sleep Disturbances.

3



### COGNITIVE SIGNS

1. Negative thinking.
2. Racing Thoughts.
3. Poor Judgment.
4. Lack of Focus.

2



### EMOTIONAL SIGNS

1. Anxiety.
2. Depression.
3. Overwhelm.
4. Isolation.

4



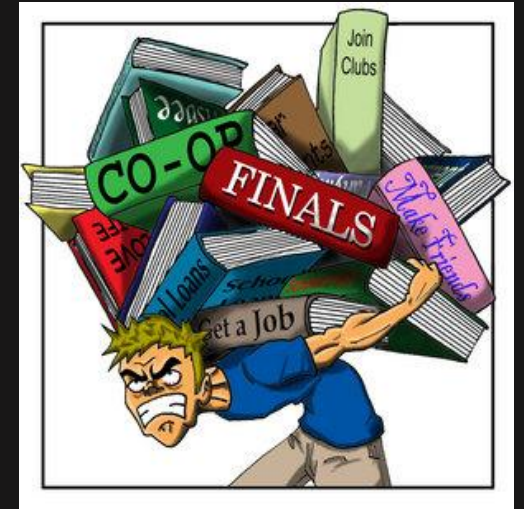
### BEHAVIORAL SIGNS

1. Increased Substance Use.
2. Procrastination.
3. Nervous Habits.
4. Social Withdrawal.



# Causes of Stress in student life:

- The National Institute of Mental Health (NIMH) notes some of the more common stressors for college students:
- Increased academic demands
- Being on your own in a new environment
- Changes in family relations
- Financial responsibilities
- Changes in your social life
- Exposure to new people, ideas, and temptations
- Preparing for life after graduation.
- Not getting enough sleep
- Being lonely
- Too many things to do



# Stress as a physiological Reaction: Hans Selye's GAS (General adaptation syndrome)

Hans Selye's General Adaptation Syndrome (GAS) is a model that describes the physiological responses of the body to stress.

The reaction to stressors occur in three stages

## 1. Alarm Stage:

This is the initial reaction to a stressor. The body perceives a threat, and the "fight-or-flight" response is activated.

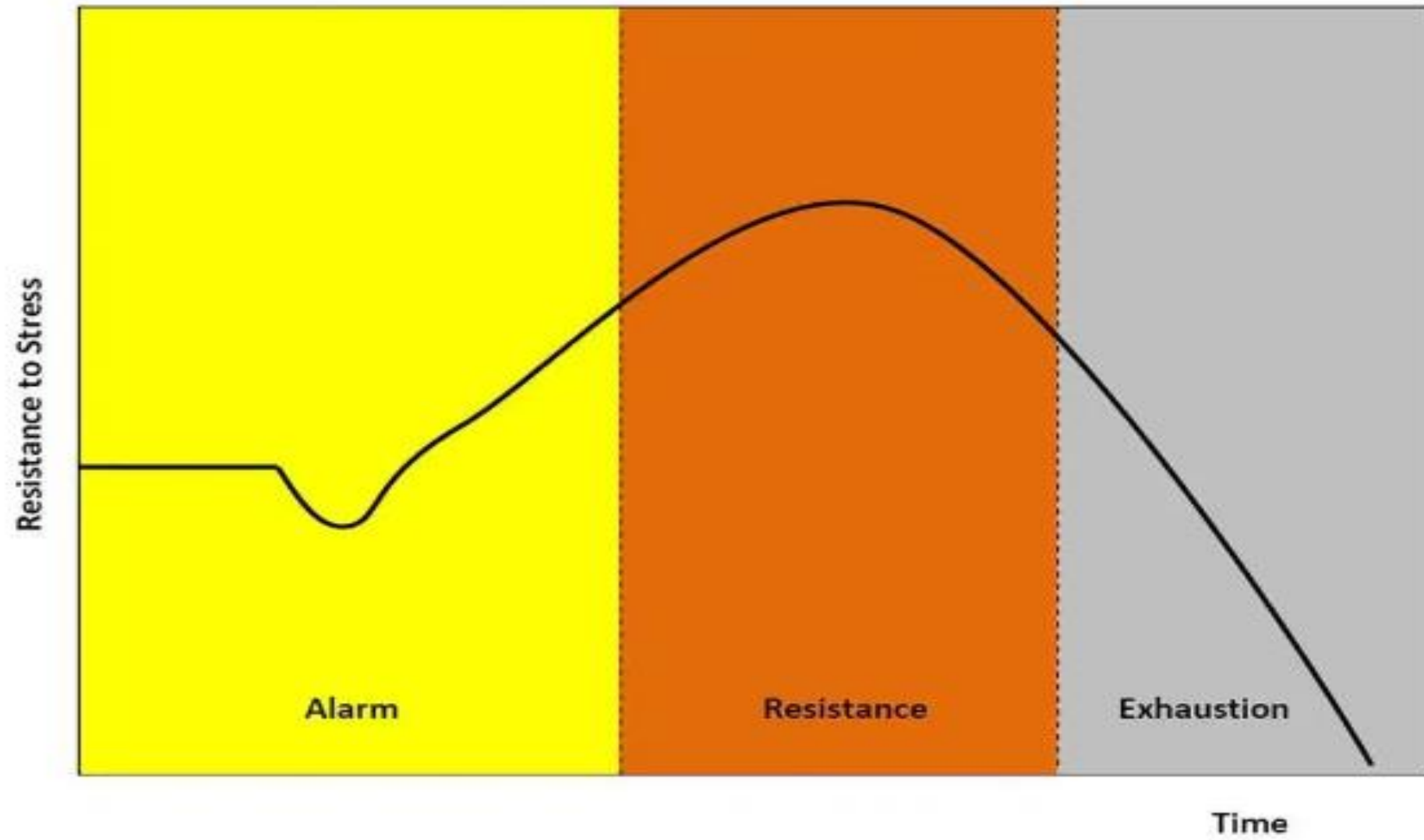
Physiological changes occur, such as increased heart rate, heightened alertness, and the release of stress hormones like adrenaline

## 2. Resistance Stage:

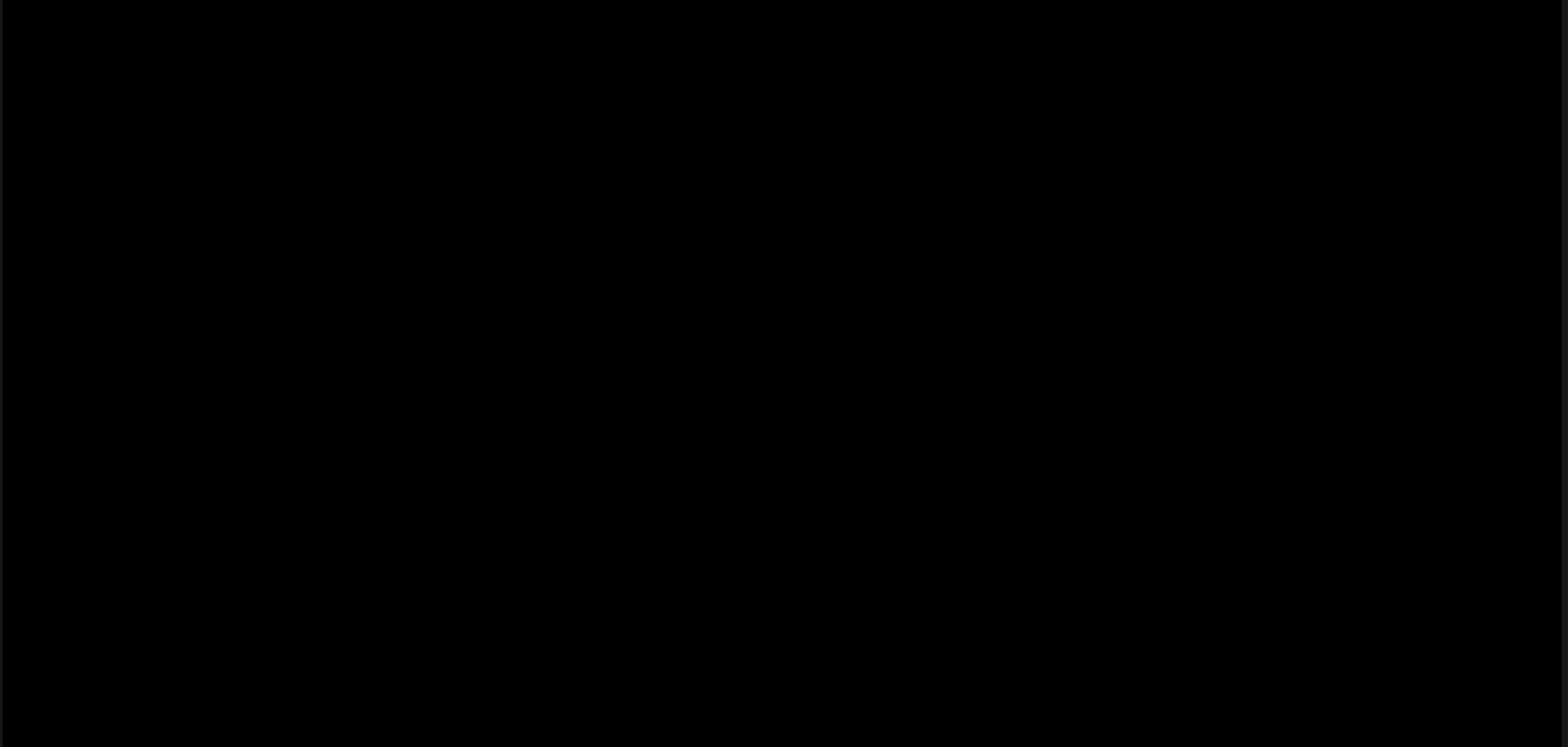
- If the stressor persists, the body enters the resistance stage. During this phase, the body tries to adapt to the continued presence of the stressor.
- Physiological changes are still present, but the body attempts to cope with the stress and maintain a state of alertness.

## 3. Exhaustion Stage:

- If the stressor persists for an extended period and the body cannot adapt, the exhaustion stage is reached.
- Resources are depleted, and the body's ability to resist diminishes. This stage can lead to physical and mental health issues if the stressor continues.



# How stress affects your brain.







**Acute Stress:** Short-term stress that is triggered by a specific event, such as a job interview or a car accident.

# Types of Stress

Today we are going to learn about Different types of stress:



**Secondary Trauma:** A type of stress that occurs when someone is exposed to the trauma of others, such as healthcare workers or first responders



**Chronic Stress:** Long-term stress that is caused by ongoing situations, such as financial problems or relationship issues.



**Burnout:** A type of stress that is caused by chronic work-related stress, leading to physical and emotional exhaustion, cynicism, and reduced productivity.



**Post-Traumatic Stress Disorder (PTSD):** A type of stress that occurs after experiencing or witnessing a traumatic event, such as a natural disaster or a violent attack.

# TYPES OF STRESS

**EUSTRESS:** Stress that is deemed healthful or giving one the feeling of fulfillment. when it helps to produce personal growth or accomplishment.

It results from positive and exciting events or challenges, such as starting a new job, getting married, or pursuing a personal goal.

“Research has shown that moderate levels of stress can actually improve your ability to concentrate and perform at your best.”

**DISTRESS:** Stress that causes pain, suffering, trouble, danger, etc.

It results from harmful, threatening, or overwhelming situations, such as financial difficulties, relationship problems, or work-related pressures.



**eustress**  
(positive stress)

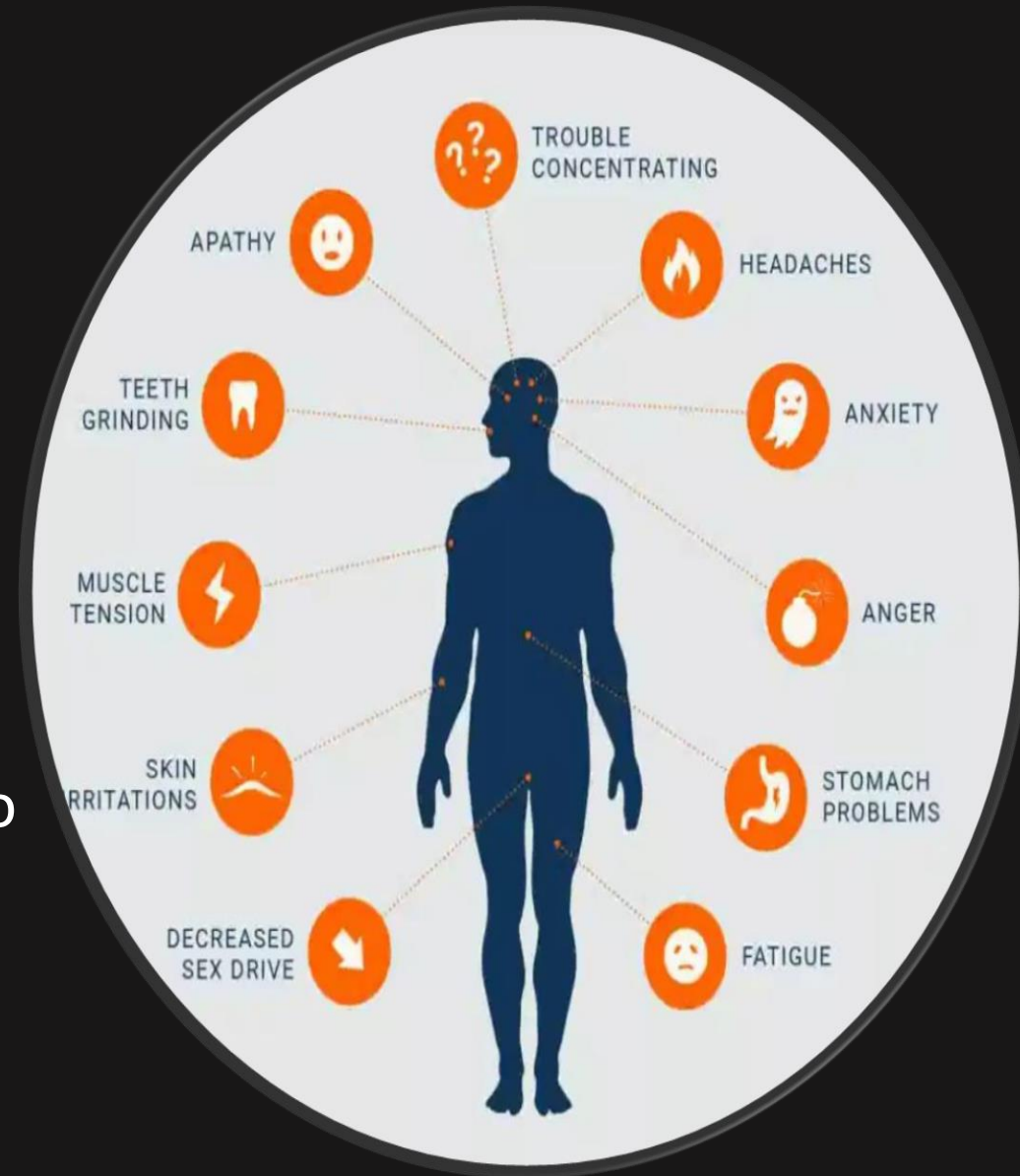


**distress**  
(extreme anxiety,  
sorrow, or pain)

	DISTRESS	EUSTRESS
IMPACT ON PERCEPTION	Negative threat	Positive challenge
IMPACT ON EMOTIONS	Anxiety	Excitement
IMPACT ON PRODUCTIVITY	Procrastination	Motivation
IMPACT ON PERFORMANCE	Diminution	Enhancement

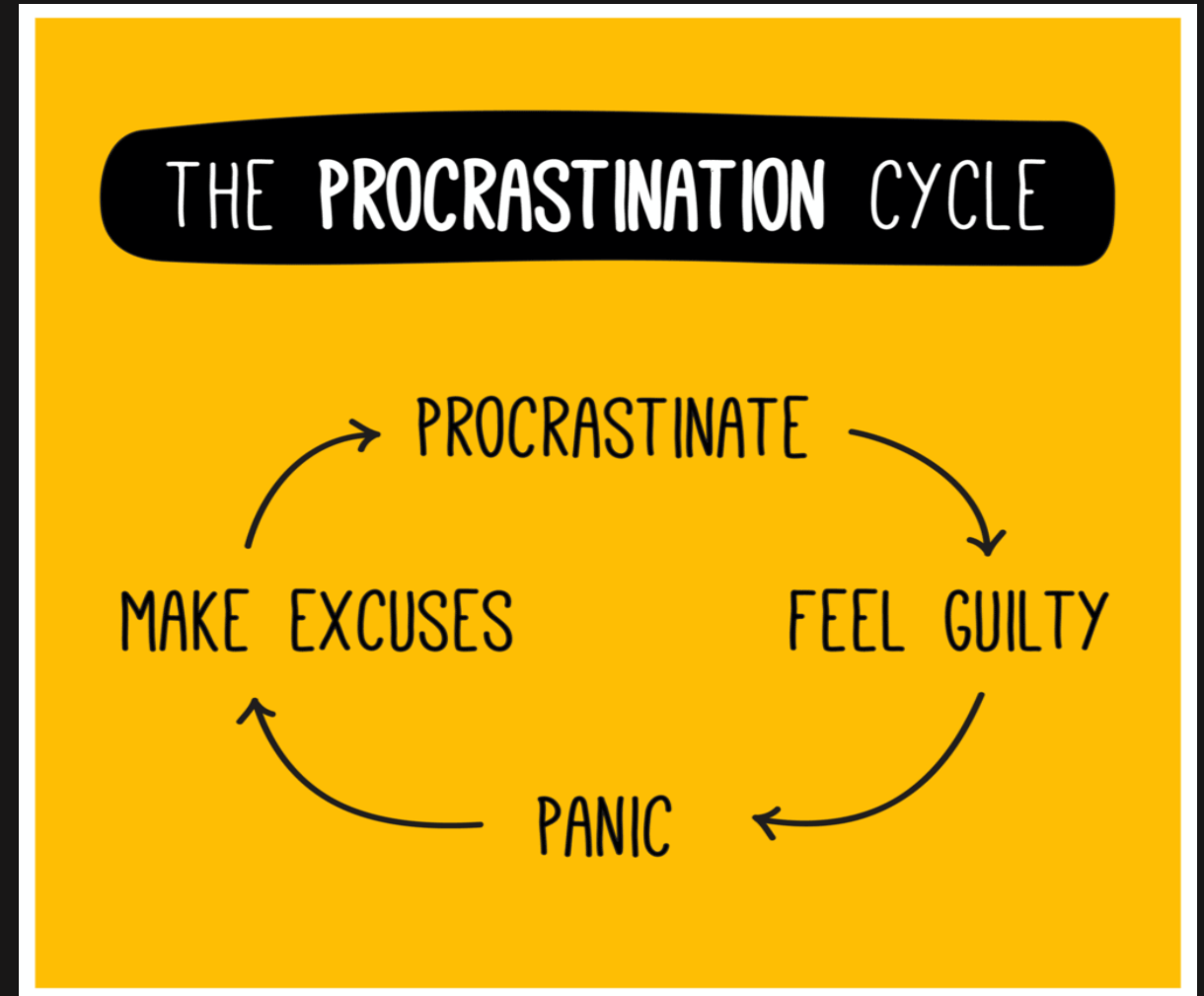
# Symptoms of Distress

- Headaches
- Fatigue
- Gastrointestinal problems
- Hypertension (high blood pressure)
- Heart problems, such as palpitations
- Inability to focus/lack of concentration
- Sleep disturbances, whether it's sleeping too much or an inability to sleep
- Sweating palms/shaking hands
- Anxiety



# Ineffective strategies to deal with stressors

- Procrastination
- Aggressive behavior





# Effective strategies for coping with stressors

- Identify the stressor
- Reappraise the situation
- Learn techniques of relaxation
- Engage in physical exercise
- Seek social support



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga

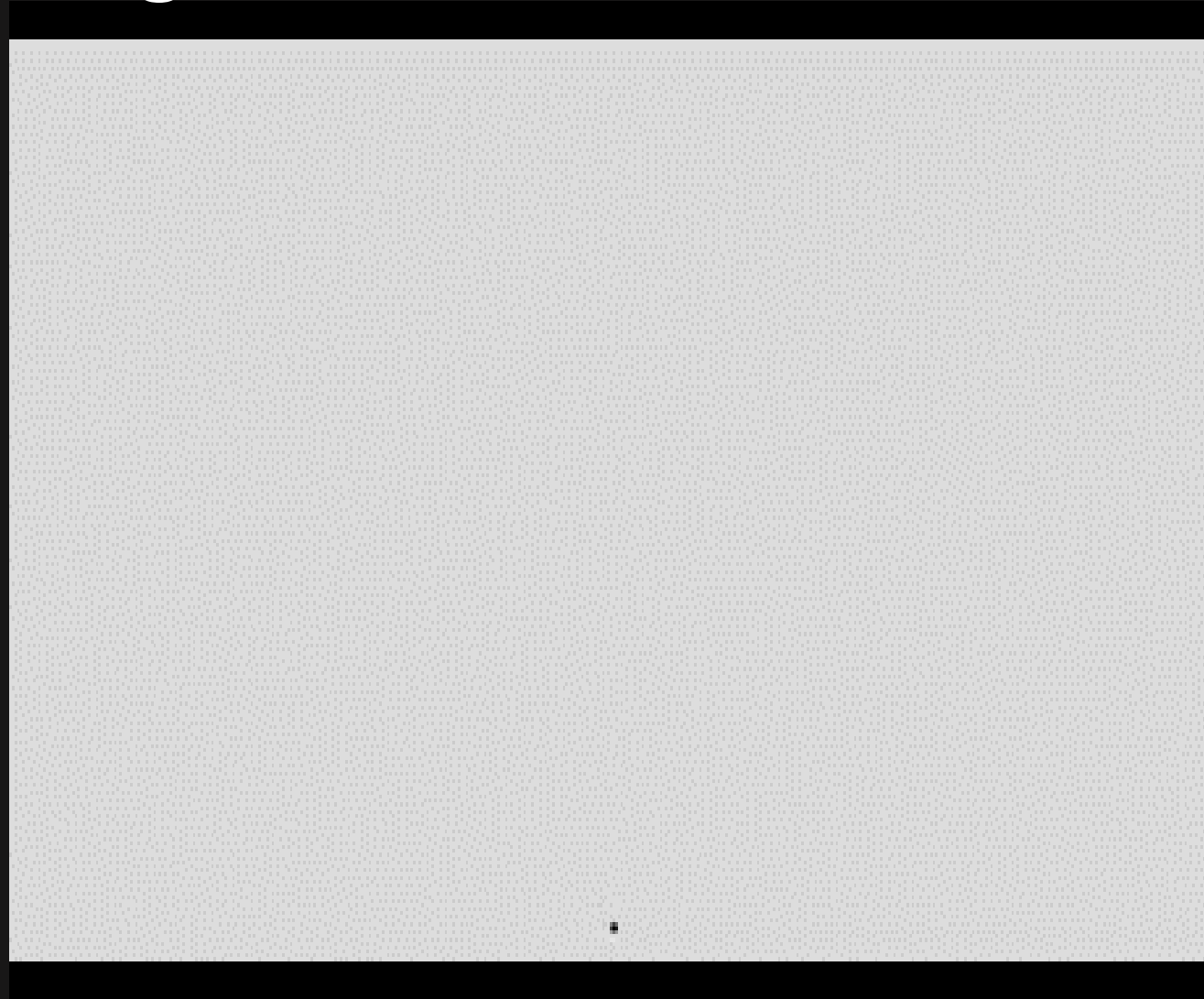


Visualization



Slow, deep breaths

# Deep breathing exercise



We take in information constantly through our senses.



- **Sight (Vision):**
  - Example: Watching a beautiful sunset over the ocean.
- **Hearing (Audition):**
  - Example: Listening to your favorite song or the sounds of nature.
- **Taste (Gustation):**
  - Example: Savoring the flavors of a delicious meal, like a ripe mango or a savory dish.
- **Touch (Tactile):**
  - Example: Feeling the warmth of the sun on your skin or the softness of a pet's fur.

- **Smell (Olfaction):**

- Example: Inhaling the aroma of fresh coffee in the morning or the scent of blooming flowers.

- **Proprioception:**

- Example: Knowing the position of your arms and legs without looking, such as when typing or walking.

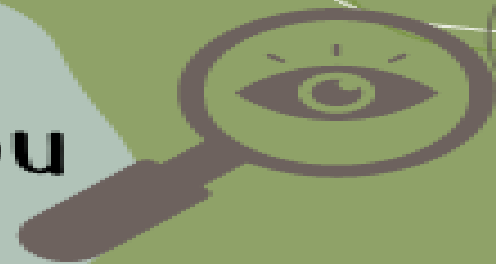
- **Vestibular Sense:**

- Example: Maintaining balance while standing on one leg or feeling the sensation of movement during a roller coaster ride.
- Navigating through a crowded space without bumping into objects.
- Spinning around and stopping without feeling disoriented.



# GROUNDING 5-4-3-2-1

5  
Things You  
See



4  
Things You  
Can Touch



3  
Things You  
Can hear



2  
Things You  
can smell



1  
Thing You  
can taste





Believe in yourself 😊