

# LEADERSHIP FOR INNOVATORS

## STRESS MANAGEMENT.

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**Stress and Distress**

**Types of Stress**

**Stress Management Techniques**

**Self-Motivation**





# STRESS AND DISTRESS



# CAUSES OF STRESS

→ EXTERNAL



→ INTERNAL



# ***EXTERNAL STRESSOR***

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**MAY BE MAJOR LIFE EVENTS:**

- **DEATH OF SPOUSE, FAMILY MEMBER OR FRIEND**
- **DIVORCE**
- **MOVING**

# EXTERNAL STRESSORS

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**MAY BE CAUSED BY EVERYDAY PRESSURES SUCH AS:**

- FINANCIAL**
- DEADLINES**
- ARGUMENTS**
- FAMILY CONCERNS**
- LACK OF SLEEP**



# STRESS MANAGEMENT

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## INTERNAL STRESSORS

**“INSIDE OURSELVES”**

**THIS TYPE OF STRESSOR MAY PLAY A GREATER ROLE IN THE  
STRESS OF DAILY LIFE**

# INTERNAL STRESSORS

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**EXAMPLES ARE:**

**“VALUES AND BELIEFS”**

**FAITH**

**GOALS**

**SELF-IMAGE**

**EXPECTATIONS OF SELVES & OTHERS**

# STRESS MANAGEMENT APPROACHES

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- Action Orientated Approaches: used to take action to change a stressful situation
- Emotion-oriented approaches: used to change the way we perceive a stressful situation
- Acceptance-oriented approaches: used for dealing with stressful situations you can't control

<https://www.youtube.com/watch?v=qq0DBeFdDIM>

Chronic Stress, Anxiety? - You Are Your Best Doctor! | Dr. Bal Pawa | TEDxSFU

# STRESS SIGNS

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## WHAT YOU NOTICE:

- HEART RATE SPEEDS UP
- BP RISES
- BREATHING SPEEDS UP
- BLOOD TO MUSCLES
- SWEATING
- BLOOD SUGAR INCREASES

# STRESS MANAGEMENT

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**MANY PEOPLE HAVE SYMPTOMS OF DISTRESS  
EVERYDAY.**

**WE ACCEPT IT AS PART OF A NORMAL DAY.**

**TO REDUCE THE WEAR AND TEAR ON OURSELVES,  
WE MUST INCREASE AWARENESS**



# STRESS MANAGEMENT

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## COMMON SYMPTOMS OF STRESS

- **PHYSICAL**
- **MENTAL EMOTIONAL**
- **BEHAVIORAL**
- **COGNITIVE**

# STRESS MANAGEMENT

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## PHYSICAL SYMPTOMS INCLUDE:

- **MUSCLE TENSION**
- **NAUSEA, VOMITING**
- **HEADACHES**
- **JAW, NECK & BACK PAIN**
- **DIARRHEA**
- **SLEEP DISTURBANCES**
- **DRY MOUTH, SWEATY PALMS**
- **UPPER RESPIRATORY INFECTIONS**
- **COLD HANDS**
- **BREATHING CHANGES (E.G., SHALLOW, SIGHING)**

# STRESS MANAGEMENT

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## EMOTIONAL/MENTAL SYMPTOMS:

- ANXIETY, WORRY, GUILT, NERVOUSNESS
- ANGER, FRUSTRATION
- MOODINESS
- DEPRESSION
- APPETITE VARIES
- RACING THOUGHTS
- NIGHTMARES
- DIMINISHED CONCENTRATION
- IMPAIRED MEMORY OR FORGETFULNESS

# STRESS MANAGEMENT

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- **INDECISIVENESS**
- **CLOSE TO TEARS OR CRYING**
- **LONELINESS**
- **FEAR OF GETTING CLOSE**
- **SUICIDAL THINKING**
- **TROUBLE LEARNING NEW INFO**
- **CONFUSED/DISORGANIZED**

# STRESS MANAGEMENT

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## BEHAVIORAL SYMPTOMS

- TARDINESS
- SERIOUS APPEARANCE
- NERVOUS BEHAVIOR/HABITS
- RUSHING/PACING
- ON EDGE
- INCREASED FRUSTRATION/IRRITABLE
- MORE ACCIDENTS
- OVERREACTING



# CONSEQUENCES OF STRESS

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- **REDUCED PRODUCTIVITY**
- **SOCIAL WITHDRAWAL**
- **DEFENSIVE**
- **SLEEP PROBLEMS/TIREDNESS**
- **INCREASED USE OF OTC DRUGS**
- **INCREASED TOBACCO**
- **INCREASED ALCOHOL**
- **INCREASED RECREATIONAL DRUGS**

# STRESS MANAGEMENT

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- **HAVE EXAGGERATED FEARS**
- **DEVELOP ANXIETY/PANIC**
- **DEVELOP PHYSICAL PROBLEMS INCLUDING CV DISEASE, HBP, ULCERS OR HEADACHES**

# STRESS MANAGEMENT

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## **GET ORGANIZED:**

**USE CALENDERS OR “TO DO LISTS”**

## **KNOW YOUR LIMITS:**

**BE REALISTIC**

## **CHANGE ATTITUDE:**

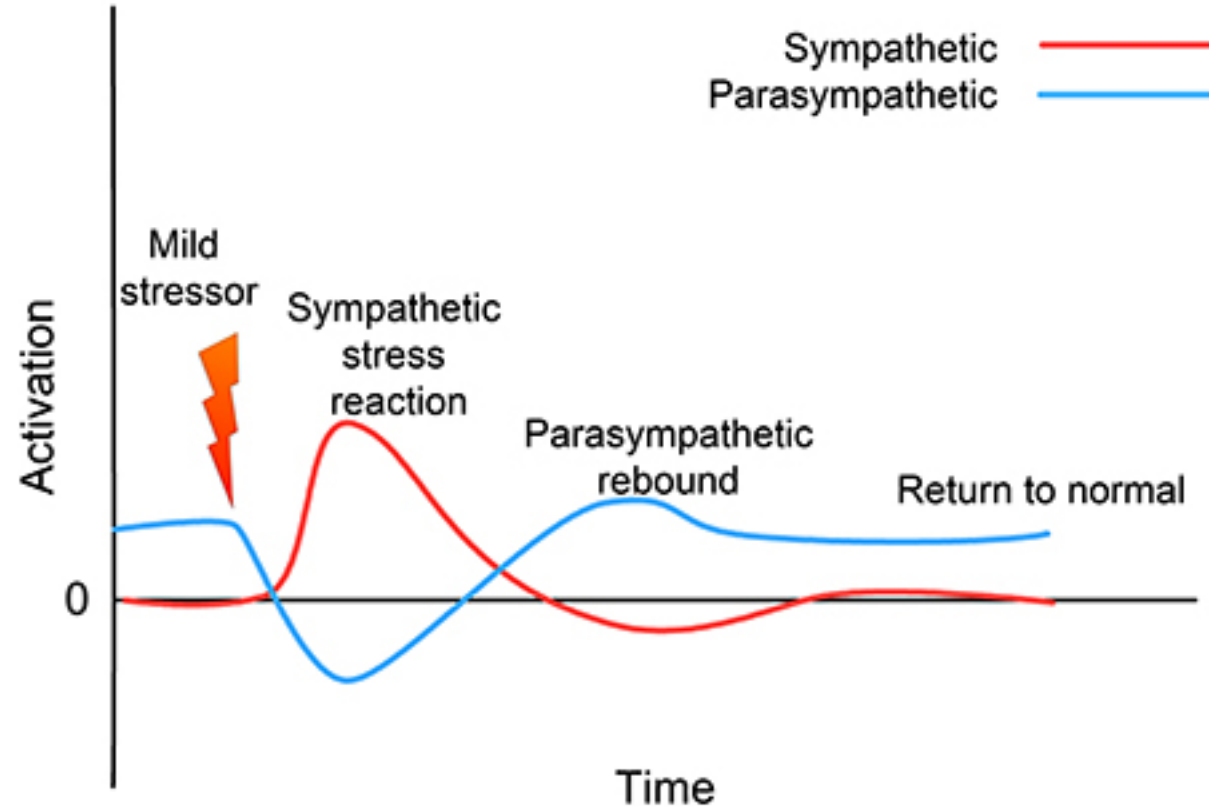
**LEARN TO SEE STRESSFUL SITUATIONS AS  
CHALLENGES**

## **TALK IT OVER:**

**TALK THE SITUATION OVER WITH A FRIEND**

# DEALING WITH ACUTE STRESS

## Mild acute stress reaction



# STRESS MANAGEMENT

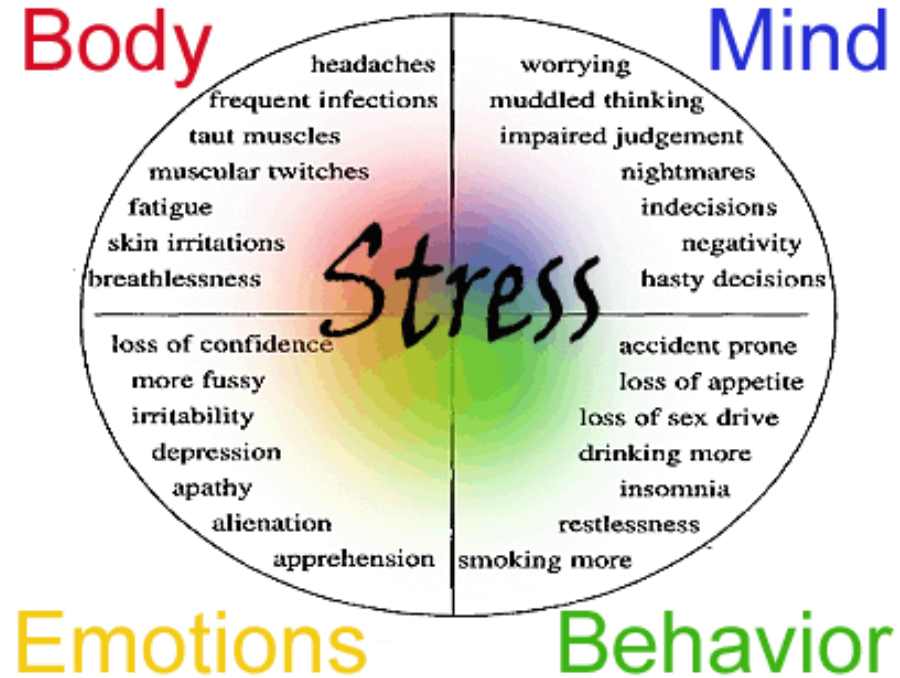
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## COPING SKILLS FOR STRESS MANAGEMENT:

- **DEEP BREATHING**
- **EXERCISE**
- **RELAXATION**
- **GUIDED IMAGERY**



# DEALING WITH CHRONIC STRESS



# STRESS MANAGEMENT

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## **GET ORGANIZED:**

**USE CALENDERS OR “TO DO LISTS”**

## **KNOW YOUR LIMITS:**

**BE REALISTIC**

## **CHANGE ATTITUDE:**

**LEARN TO SEE STRESSFUL SITUATIONS AS  
CHALLENGES**

## **TALK IT OVER:**

**TALK THE SITUATION OVER WITH A FRIEND**

# STRESS MANAGEMENT

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## **LEARN TO SAY “NO”:**

***THERE ARE SOME DEMANDS THAT WE HAVE NO CONTROL OVER. SEPARATE THOSE FROM ACTIVITIES OVER WHICH WE HAVE SOME CONTROL, AND LEARN TO SAY “NO” TO DEMANDS.***

# STRESS MANAGEMENT

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## **POSITIVE SELF TALK:**

***LEARN THAT YOU CAN MANAGE A STRESSFUL SITUATION BY WHAT YOU SAY TO YOURSELF, “I CAN HANDLE THIS ONE STEP AT A TIME”.***

# STRESS MANAGEMENT

**REALIZE THAT MOST STRESS COMES FROM WITHIN, NOT WITHOUT.**





# Home Work

# CAUSES OF STRESS

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→ What causes your stress? List the things that you have found stressful over the past few weeks:



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# CAUSES OF STRESS

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→ What about chronic stresses? List the biggest causes of stress for you over the past year or more:



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# CAUSES OF STRESS

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→ What is bothering you the most today?



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# YOUR STRESS SYMPTOMS

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→ How do you know when you are feeling stressed?



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# YOUR STRESS

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→ What are your early warning signs of stress? What are the first things you notice when you experience stress?



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# YOUR STRESS

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→ What are your chronic symptoms of long-term stress? Are there any symptoms you have often?



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