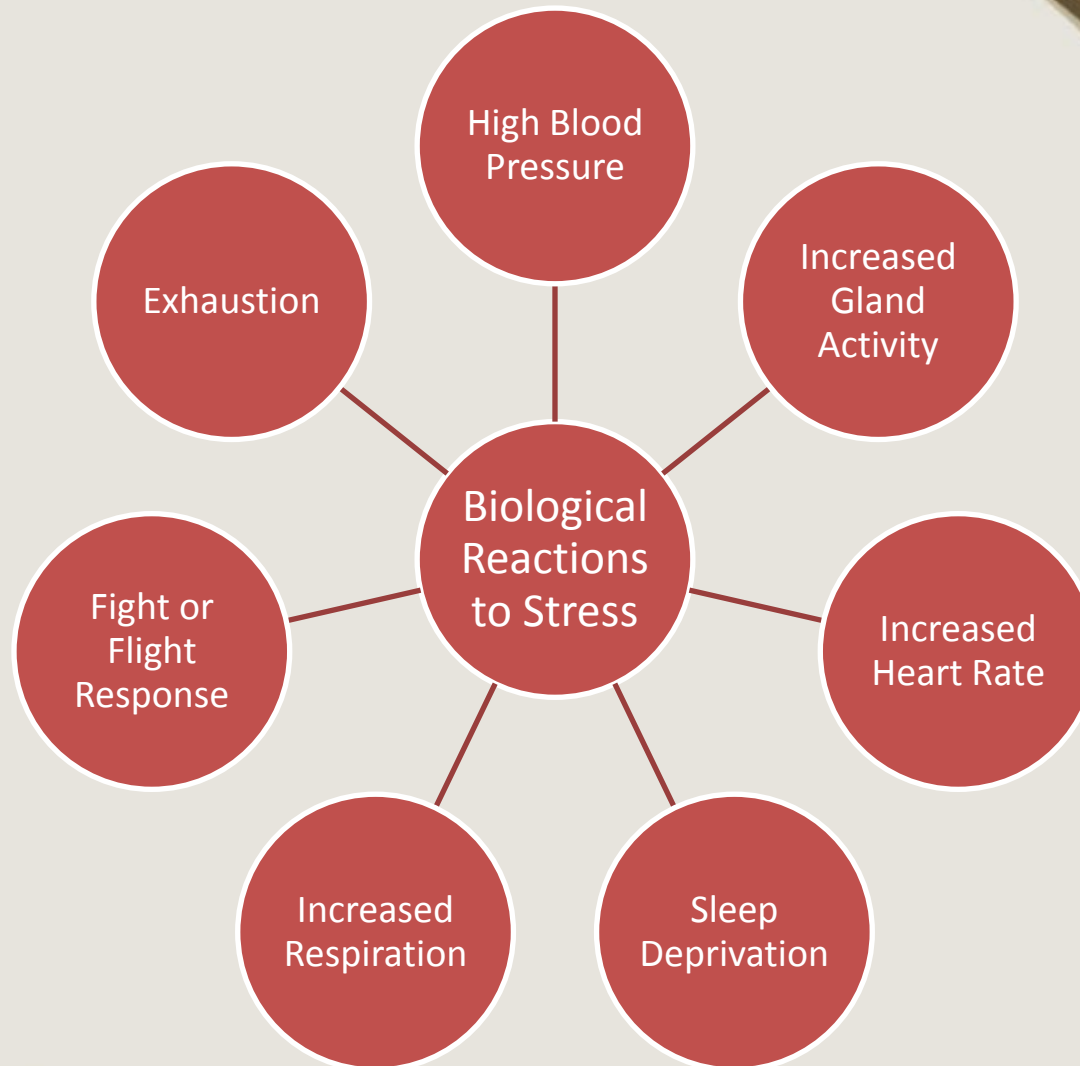


A close-up, low-angle shot of a fishing rod. The rod is dark and textured, with a large, black, circular ring hanging from it. The background is a warm, golden glow, suggesting a sunset or sunrise. The text "Stress Management" is overlaid in the lower-left quadrant.

# **Stress Management**

# Biological Reactions to Stress



# Program Objectives (1 of 3)

- Recognize stress and its symptoms.
- Diagnose personal and organizational stress/stressors.
- Identify specific problems and apply treatments.
- Gain practical techniques that can be readily applied.

# Program Objectives (2 of 3)

- Describe long- and short-term stressors and trigger situations.
- Identify your personal and work-related sources of stress.
- Describe several common lifestyle and societal pressures that can produce stress.

# Program Objectives (3 of 3)

- Reduce negative stress and its effects.
- Learn passive progressive relaxation techniques.
- Practice, discuss, and problem solve.

# Definition

- Non-specific response to a demand -- a product of change.
- Any situation, good or bad, that causes you to readjust.

# The Alarm Reaction

- Biological changes.
  - Increased gland activity.
  - Increased heart and respiration.
  - Elevated blood pressure.
  - Body poised for action.
- 
- *Fight or Flight Response.*



# Stressors

- Physical -- external factors.
- Social -- caused by interactions between an individual and his/her environment.
- Psychological -- strong emotions can be brought on by external or internal factors.



# Kinds Of Stress

- The kind of stimulus that represents a challenge or threat which causes an alarm reaction and then elicits a response which resolves the situation.
- A condition in which we experience a continual barrage of unresolved stimuli.

# Kinds Of Stress

- Appraisal Stage:

- *The first opportunity in which a person's belief systems, past experience, and personality determine if a specific situation will be successful.*

- Coping Stage:

- *The second opportunity where the person determines whether the response will be either positive or negative.*

# Related Terms

- Anxiety.
- Free-Floating Anxiety.
- Stress.
- Tension.
- Fear.
- Phobia.
- Unconscious Anxiety.
- Panic.
- Existential Anxiety.

# Standard Stress Response



# Standard Stress Response

(1 of 2)

1. Increased blood pressure.
2. Increased pulse rate.
3. A heart-pounding feeling in your chest.
4. Dilation of the pupils.
5. Dry mouth.

# Standard Stress Response

(2 of 2)

6. Increased perspiration, especially on the palms.
7. Muscle tension.
8. Fast, shallow breathing.
9. Fatigue.
10. Boredom.



# Reaction To Stress

- The General Adaptation Syndrome, developed by Hans Selye, former professor and director of the Institute of Experimental Medicine and Surgery at the University of Montreal, (Selye, 1974).
  - *Stage 1: Alarm.*
  - *Stage 2: Resistance.*
  - *Stage 3: Exhaustion.*



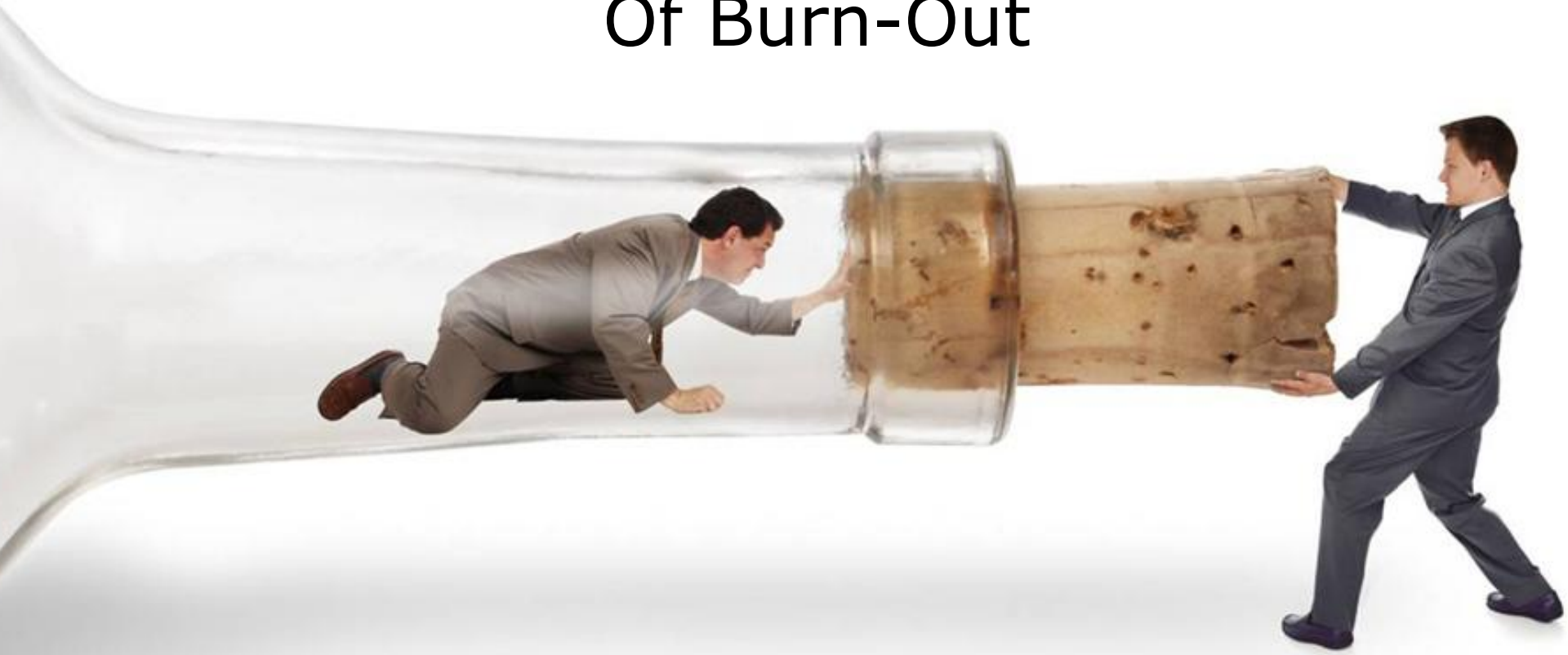
# Negative Results Of Stress



# Detecting Type A Behaviors



# Organizational Sources Of Burn-Out





# Download “**Stress Management**” PowerPoint presentation at **ReadySetPresent.com**

**170 slides include:** 10 general stress facts, 14 stress reducers, 6 points on the alarm reaction, 3 points on stressors, 6 points on kinds of stress, 9 related terms, 10 points on standard stress responses, 7 biological reactions to stress, 15 points on reaction to stress, 3 points on sleep deprivation, 11 points on the way stress builds, 20 points on neustress, 20 points on eustress, 22 points on distress, 20 negative results of stress, 14 positive results of stress, 13 points on productivity curves, 13 defense mechanisms, 6 points on worries, 5 point system to tackle a stressor, 9 personal signs and symptoms, 11 personal sources of burn out, 10 individual strategies to minimize burnout, 12 points on detecting Type A behaviors, 12 points on what to do about Type A's, 10 organizational sources of burn out, 8 organizational signs and symptoms, 5 points on identifying the signals, 5 points on clarifying expectations, 7 points on controlling your workload, 7 skills for people pressures, 15 tips on workplace change, 4 points on balancing your world, 10 points on organizational factors, 7 points on workplace stress, 3 results of workplace stress, 14 points on helping others, 9 points on preparing for stress, 16 points on coping with stress, 5 points on making an itinerary, 13 anti-stress activities, 4 points on exercise as a stress release, 5 steps, 5 allies of stress, 4 adversaries of stress, 32 tension words and cues, 32 relaxation words and cues, 16 points on PPR and 16 action steps and much more!

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