

WHAT IS STRESS?

- Stress is your mind and body's response or reaction to a real or imagined threat, event or change.
- The threat, event or change are commonly called stressors. Stressors can be internal (thoughts, beliefs, attitudes or external (loss, tragedy, change).

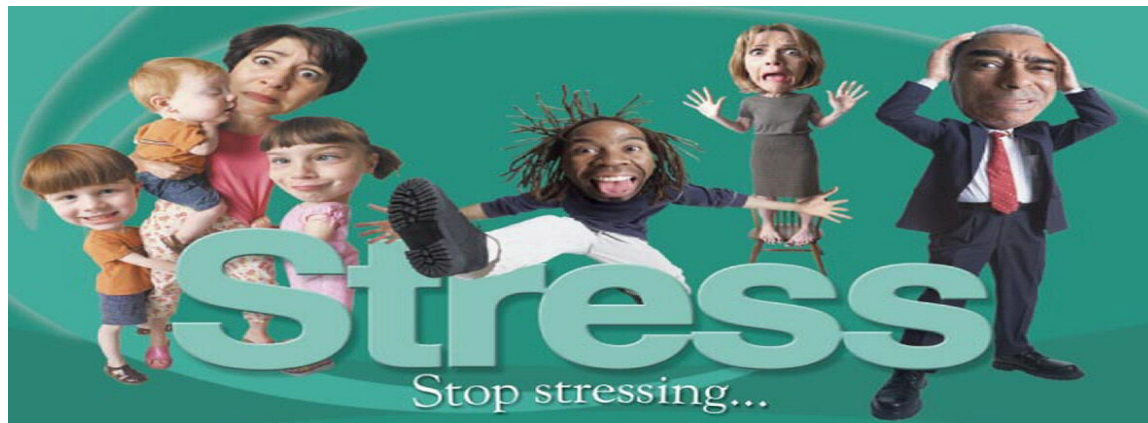


What is stress?

- ▶ Stress is the way our body reacts , physically or emotionally, when extra demands are made on our minds, our feelings or our bodies.
- ▶ Attempting to handle times of mental, emotional or physical strain to avoid unnecessary and unwanted anxiety.
- ▶ In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.



- ▶ Different people may feel stress by different things.
- ▶ A stress for one person may not be the same for another.



Common Causes of stress

- Job insecurity
- High performance demand
- Workplace environment
- Personal/ emotional issues
- Increase in financial obligations
- Personal illness of self or dear ones
- Traumatic events



Symptoms of stress

(1) PHYSICAL SIGNS

- Pale skin or flushed skin
- Cold hands
- Clenched teeth
- Clenched fingers
- Trembling
- Dilated eyes
- Pounding heart
- Tensed muscles
- Over eating
- Short of breath
- Knot in stomach
- Dry mouth
- Aches and pains
- Withdraw from others
- Cant concentrate
- Cant sleep
- Very tired
- Not hungry

Symptoms of stress

(2) Emotional signs

- Tearful
- Upset
- Angry or agitated
- Worried
- Feeling hopeless
- Unable to make decisions
- Full of anticipation
- Excited
- Charged up
- Hurt
- Challenged
- Nervous
- Tensed
- Disoriented
- Mental fatigue
- Moodiness

Types of stress

Positive stress: is often felt when we are confronted with demanding and challenging situation which we are capable of handling. It is a healthy kind of stress because it motivates and inspires us in our daily life activity and work.

Eg: working on new projects, participating in sports tournaments, winning a lottery, matrimony.



Types of stress

Negative stress: Results in loss of motivation, reduced effectiveness at work & home and behavioural problems.

Acute : For a short time or momentarily. Eg: Visit to a doctor, attending an interview, witnessing an accident.

Chronic: For a longer period of time. Eg: poverty, childhood trauma, unable to recover from personal loss, torture and abuse.



Positive stress management

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive.

- Stress management is beneficial to reduce blood pressure, heart disease, digestive troubles and many more physical ailments
- It also helps improve sleep, mental health, cognition and libido.
- Moods become more stable, thoughts become more clearer ,relationships improve ,Risk of illness diminishes.



Positive stress management (at work)



Business advantages of stress management:

- Less absenteeism due to stress-related disorders
- Less worker's compensation loss due to stress-related illness or accidents
- Improved job performance
- Less stressful, more efficient workplace
- Improved employee attitude
- Improved employee overall health

Negative stress management

- Deny the situation
- Run away from the situation
- Stay in a destructive situation
- Over eat / do not eat
- Chain smoking
- Use alcohol or other drugs
- Give up
- Hide
- Get into fights
- Destroy property
- Sabotage someone's effort
- Take feelings out on things or people
- Blame self or others



Personal stress management plan

Tackling the problem:

Identify and address the problem.

Letting things go.

Taking care of my body:

Exercise and meditation.

Eat & sleep well.

Dealing with emotions:

Release emotional tension by involving in your hobbies.

Take time out for yourself.

Making new friends.



Develop a personal stress management plan using the following four parts:

- **Identify personal causes of stress**
- **Recognize individual signs and symptoms of stress**
- **Choose preferred positive strategies for managing stress**
- **Have people or places to go for help**

Ways to help others who are under stress

- ▶ Listen
- ▶ Suggest resources
- ▶ Show empathy
- ▶ Join them in brainstorming other solutions
- ▶ Invite them to join you in physical exercises & meditation
- ▶ Share information related to their **STRESSOR**
- ▶ Be available when they want to talk



Mentally strong

TEDxOcala
x = independently organized TED event

 **Fakhoury**
MEDICAL & CHIROPRACTIC CENTER

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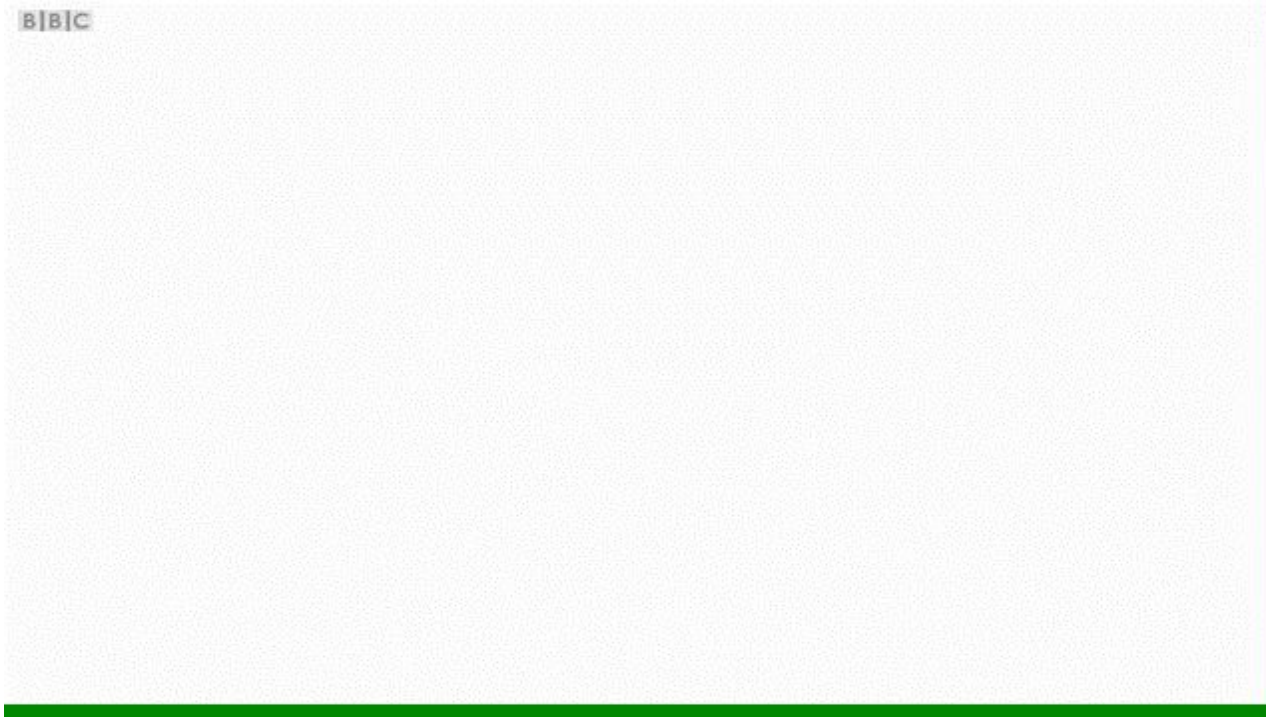

GatewayBank
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REALEXECUTIVES


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DECADES OF EXPERIENCE / CARING REPRESENTATION
INJURY CLAIMS - ACCIDENT LAW


DANNY'S
CAR WASH

 **State Farm**
Angie Lewis



4 stress management



Group Activity-1

Youth can enact/ role-plays or respond as to how they will deal with such situation

- 1) A flood ravages your town/city and many families including yours have lost your personal belongings. How do you handle the stress effectively?**
- 2) You get to know that a close family member is suffering from a life taking disease like cancer. How will you react and approach the situation?**
- 3) Your manager abused you using inappropriate language for no fault of yours . You are stressed the whole day. How can you handle it positively?**

Group activity-1

- 4) You are criticised at work place for your dress and work habit by your colleagues. You get stressed . How will you handle the situation?

- 5) Your best friend stops talking to you for some reason . She/he is your only friend and you feel sad ,hurt and isolate yourself from others. How will you come out of this stressful situation?

- 6) Your friends and classmates are already employed and your still jobless . The constant queries from family & friends leads to stress . How will you handle it?

Group activity-2

De-stress yourself: (each category for 1 minute)

1. Greeting laughter

Walk around to different people with palms pressed together at the upper chest in the Namaste and laugh, making sure to look into other people's eyes.

2. Lion laughter

Thrust out the tongue, widen the eyes, and stretch the hands out like claws while laughing.

3. Humming laughter

Laugh with the mouth closed and hum.

Personal Application

- 1) Ask participants to discuss the following question in their small groups –
How might using the criteria for managing stressful social situations help you improve your relations with other people and avoid trouble?**
- 2) Call on one person from each small group to share his or hers group's ideas .**
- 3) Ask the whole group what might make it difficult to use the criteria .
Discuss the potential barriers suggested by the participants and other ideas that might make it easier to use the criteria.**

Summary

- How does stress affect our emotions?
- Does stress or pressure ever do good things for you?
- Do you work well under pressure? How can you make life, less stressful?
- How will you help your friends who are under stress?
- Will you offer help to a stranger to cope up with stress?
- Is Stress necessary for Growth? Why?
- How does Critical Thinking help in converting Stress into a motivating factor?
- Stress needs to be managed. How can this be achieved?
- How does Effective practice of Refusal Skills help manage stress?
- Effective management of time aids in reducing stress. How?