

# Stress Management

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# Stress Management



- Stress Defined
- Types of Stress
- How We Adapt
- Symptoms
- Solutions

# Stress in People



- Stress—human reaction to events in our environment
- Can be physical, emotional, cognitive, and/or behavioral
- Results in wear and tear on the body





# Types of Stress

- Eustress: Good Stress
  - Getting into college
  - Getting engaged
  - Winning the lottery
- Distress: Stress from bad sources
  - Difficult work environment
  - Overwhelming sights and sounds
  - Threat of personal injury

# Types of Stress Occurrence



- General
- Cumulative
- Acute traumatic
- Post traumatic

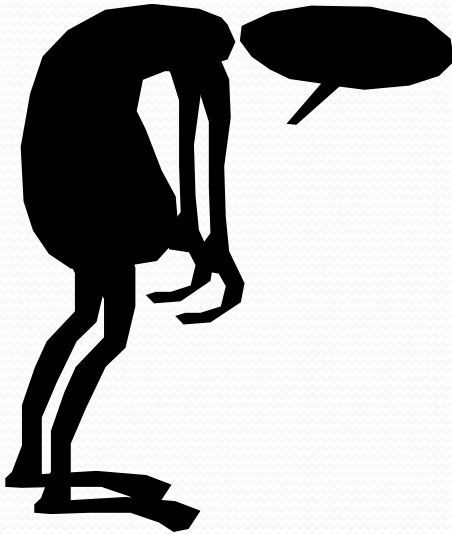
# General Stress



- Experienced by everyone at various times
- Resolves itself in time (usually days)
- Intervention not usually required



# Cumulative Stress



- Builds up over time
- Symptoms linger and may be more serious
- Mental anguish may increase

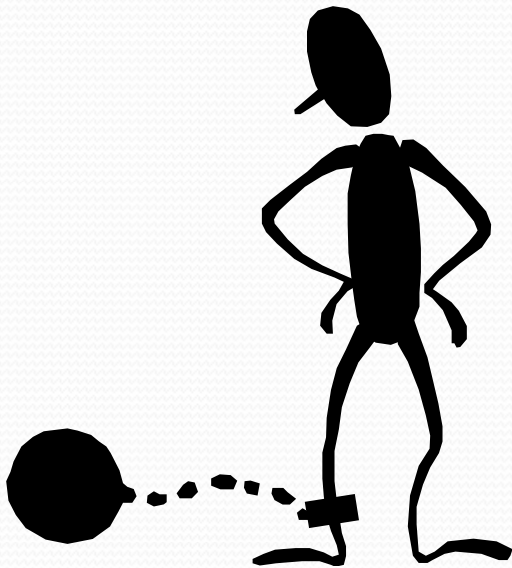
# Acute Traumatic Stress



- Could be result of a critical incident
- Produces considerable psychological distress
- A normal reaction to abnormal events



# Post Traumatic Stress



- Initially created by severe psychological trauma or critical incident
- Unresolved issues and lack of coping extend symptoms
- Can produce lasting effects



# General Adaptation Syndrome

- Stage I - Alarm Reaction

The “fight or flight” response which causes you to be ready for physical activity—decreases effectiveness of the immune system, which makes us more susceptible to illness.

- Stage II – Stage of adaptation

If stress continues, the body adapts to the stressors it is being exposed to—uses extra energy to perform at a higher than normal level





# General Adaptation Syndrome

- Stage III – Stage of Exhaustion
  - Stress persists for a long time
  - The body's resistance may be reduced or collapse quickly
  - People who experience long-term stress may have heart attacks, severe infections, or chronic pain or illness



# Short Term Physical Symptoms



- Dry mouth
- Cool skin
- Cold hands and feet
- Increased sweating
- Rapid breathing
- Faster heart rate
- Tense muscles
- Feelings of nausea
- Butterflies in your stomach
- Diarrhea
- A desire to urinate

# Long Term Physical Symptoms



- Insomnia
- Change in Appetite
- Sexual disorders
- Aches and pains
- Frequent colds
- Feelings of intense and long-term tiredness
- Prone to illness



# Cognitive Symptoms

- Confusion/disorientation
- Poor problem-solving
- Poor concentration/memory
- Hypervigilance/suspiciousness
- Poor attention/decisions
- Difficulty identifying objects/people
- Unawareness of surroundings





# Emotional Symptoms

- Fear, panic, anxiety
- Guilt
- Agitation/irritability/intense anger
- Depression/grief
- Apprehension/feeling overwhelmed
- Emotional outbursts/loss of control
- Denial



# Behavioral Stress Symptoms

- Yawning
- Talking too fast
- Talking too loud
- Fiddling
- Twitching
- Nail biting
- Grinding teeth
- Drumming fingers
- Pacing
- Over reacting
- Emotional
- Defensive
- Irritable
- Irrational
- Hostile
- Critical
- Aggressive
- Withdrawal





# Behavioral Stress Symptoms

These symptoms will have a negative affect on your performance:

- By reducing your effectiveness
- Making you accident prone
- Causing you to be forgetful
- Causing you to be very negative
- You may neglect your appearance
- You may make poor judgments
- Causing you to make more mistakes
- Increasing your absenteeism





# Performance Stress Symptoms

- You may not make good decisions
- Your fine motor skills are affected
- You may no longer enjoy your work
- Your attention span may be affected
- You may have more negative thoughts
- Your self confidence will suffer
- You may have difficulty concentrating
- All of your positive energy is consumed



# Healthy Coping to Conquer Stress

## Remove from diet:

- Excess salt
- Excess refined sugars and carbohydrates
- Excess caffeine
- Alcohol/drugs

## Add to diet:

- Vegetables
- Fruits
- Complex Carbohydrates
- Vitamins
- Water



# Healthy Coping—Avoid Alcohol/Drugs

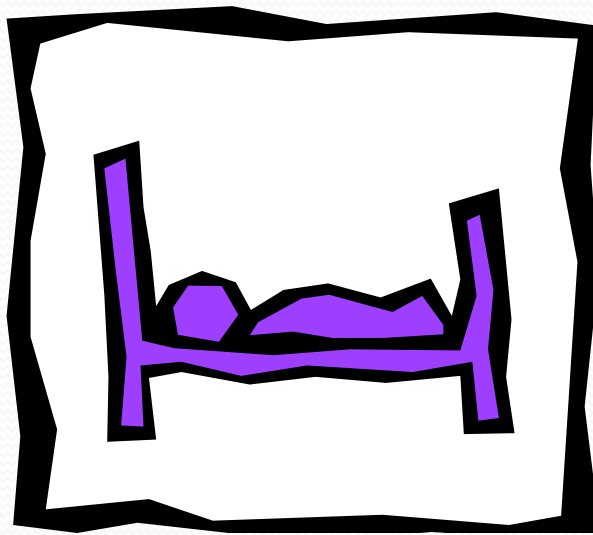


Too many people look for an escape and easy answer to stress management by misusing:

- Alcohol
- Drugs
- Marijuana
- Medicines & Pills



# Healthy Coping—Rest



Get a minimum of six  
hours of continuous  
rest

# Healthy Coping—Exercise



At least 20-30 minutes, five times a week.

Break a sweat to release endorphins.



# Healthy Coping—Relationships



Talk things out with  
someone you trust -  
a family member or a  
good friend



# Healthy Coping—Clear Mind



- Make an increased effort to organize your life
- Ask for help
- Delegate things when you need to

# Healthy Coping—Control Anger



- Learn to manage your anger
- Anger affects your health
- Anger causes you to over react to many situations

# Healthy Coping—Control Anger



- We get angry often because someone did not do what we thought they should
- Rethink the situation and learn to be more flexible



# Healthy Coping—RELAX



- Fill your life with fun things to do.
- Relaxing needs to be part of your daily routine.
- Keep your sense of humor!

# Healthy Coping—Resiliency



- Find balance in all that you do.
- Take care of yourself physically, emotionally, spiritually, socially, intellectually.
- Act appropriately -don't simply react to stressful situations

# STRESS MANAGEMENT



Questions?????