



# Stress Management

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# Stress Management

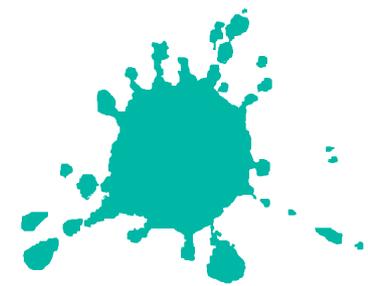
- ◆ Stress defined
- ◆ Hans Selye / General Adaptation Syndrome
- ◆ Physical Effects
- ◆ Mental Effects
- ◆ “Hardy Personality” Theory
- ◆ Coping Strategies





# What is Stress?

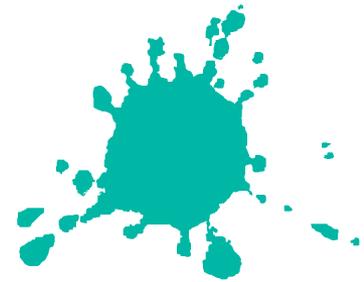
- ◆ Any force that puts a psychological or physical factor beyond its range of stability, producing a strain within the individual.
- ◆ Sympathetic nervous system: hormonal release
- ◆ Eustress & Distress





# Hans Selye/ General Adaptation Syndrome

- ◆ “Father of Stress Research”
  - ◆ *Stage 1: Alarm Reaction*
  - ◆ *Stage 2: Resistance Stage*
  - ◆ *Stage 3: Exhaustion Stage*





# Physical Symptoms

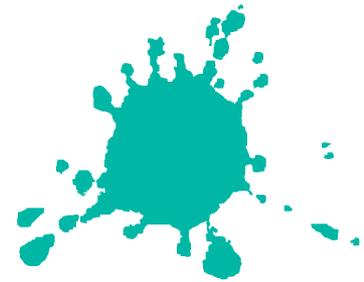
- ◆ lack of appetite
- ◆ food cravings
- ◆ frequent indigestion/heartburn
- ◆ constipation
- ◆ insomnia
- ◆ constant tiredness
- ◆ nervous twitches
- ◆ nail biting
- ◆ headaches
- ◆ cramps/muscle spasms
- ◆ nausea
- ◆ breathlessness
- ◆ fainting spells
- ◆ frequent crying
- ◆ fidgeting
- ◆ high blood pressure





# Mental Symptoms

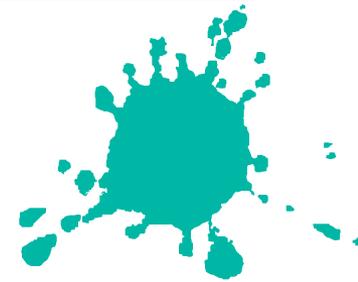
- ◆ irritability
- ◆ feeling unable to cope
- ◆ lack of interest in life
- ◆ fear of failure
- ◆ self-hatred
- ◆ difficulty making decisions
- ◆ awareness of suppressed anger
- ◆ loss of sense of humor
- ◆ dread of future
- ◆ difficulty concentrating
- ◆ distracted
- ◆ fear of being alone
- ◆ fear of enclosed places
- ◆ feeling alone





# Physiological Effects of Stress

	<b>Normal</b>	<b>Under Pressure</b>	<b>Acute Stress</b>	<b>Continued Stress</b>
<b>Brain</b>	blood supply normal	inc. blood supply	thinks more clearly	headaches, migraines
<b>Mood</b>	happy	serious	inc. concentration	anxious
<b>Saliva</b>	normal	reduced	reduced	dry mouth, lump in throat
<b>Muscles</b>	blood supply normal	inc. blood supply	impr. performance	muscle tension, pain
<b>Heart</b>	HR + BP normal	inc. HR + BP	inc. performance	chest pain, angina
<b>Lungs</b>	normal respiration	inc. respiration	inc. performance	coughs, asthma
<b>Stomach</b>	blood + acid normal	dec. blood, inc. acid	dec. digestion	heartburn, ulcers
<b>Intestines</b>	blood supply normal	dec. blood supply	dec. digestion	abdominal pain, diarrhea
<b>Skin</b>	healthy	dec. blood supply	dry skin	dryness/rashes





# “Hardy Personality” Theory

- ◆ Suzanne Kobasa, City University of New York
- ◆ Hardiness: personality style that expresses commitment, control, and challenge
  - ◆ *Commitment*: ability to believe in the truth, importance, and interest of who one is and what one is doing
  - ◆ *Control*: tendency to believe and act as if one can influence the course of events, to seek explanations for why something is happening and their responsibility
  - ◆ *Challenge*: belief that change, rather than stability, is the normative mode of life, looking for stimulation, change and opportunities with open mind and willing to experiment





# Locus of control

- ◆ **Internal:** a person's decisions and actions influence personal outcomes.
- ◆ **External:** a person has little influence on situations, and outcomes are determined by fate.





# Coping Strategies

- ◆ Onset of stressor
  - ◆ Adaptive behavior
    - ◆ developmental
  - ◆ Maladaptive behavior
    - ◆ destructive





# Managing Stress

- ◆ Just say “no” to avoid over-commitment
- ◆ Build in time for interruptions
- ◆ Avoid association with stressed individuals
- ◆ Reduce or eliminate caffeine
- ◆ Don’t sweat the little things
- ◆ Don’t skip meals
- ◆ Do one thing at a time
- ◆ Practice relaxation techniques
- ◆ Take time to eat right, exercise, and get enough sleep
- ◆ Plan ahead and avoid procrastination
- ◆ Do something for someone else
- ◆ Focus on understanding and loving others
- ◆ Do something you enjoy everyday

