



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

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

