

Stress Assessment and Management Techniques



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(photo: Ken Duncan)

Stress

Hans Selye: 'The father of stress research'

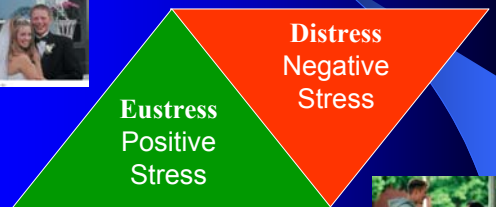
What is it: "the nonspecific response of the human organism to any demand placed upon it."



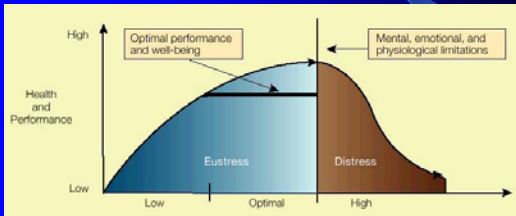
Roads to go down – positive and negative



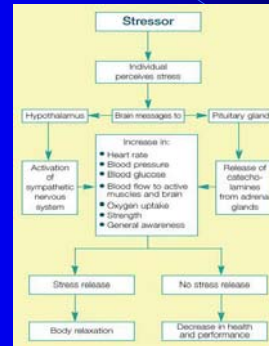
Types of Stress



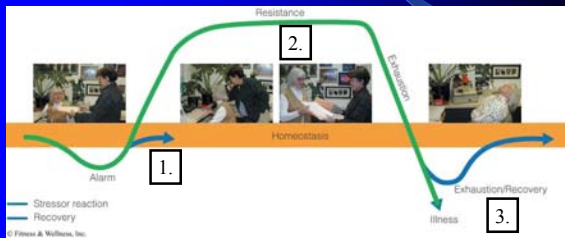
Relationship Between Stress, Health and Performance



Physiological Response to Stress Fight-or-Flight Mechanism



General Adaptation Syndrome



Some Stressors in the Lives of Human Beings



Common Symptoms of Stress

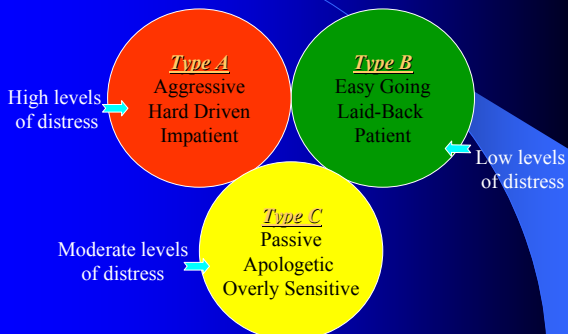
- Headaches
- Muscular aches
- Grinding teeth
- Nervous ticks
- Increased sweating
- Rapid heart rate
- High blood pressure
- Low grade infection
- Increase in or loss of appetite
- Mentally down
- Irritation, anger, hostility
- Fear, panic, anxiety
- Poor concentration
- Dizziness
- Restlessness
- Nightmares
- Insomnia
- Constantly feeling tired
- Impotence

Health Disorders Associated With Chronic Distress

- Coronary heart disease
- Hypertension
- Eating disorders
- Ulcers
- Diabetes
- Asthma
- Depression
- Migraine headaches
- Sleep disorders
- Chronic fatigue
- Possibly some cancers



Personality Types



Ideas for Modifying a Type A Personality

- Make a contract to slow down
- Limit multitasking behaviors
- Use time management strategies
- Don't smoke
- Reduce the caffeine
- Work on redirecting impatience and controlling hostility
- Choose a non-Type A role model to observe
- Plan fun, relaxing activities
- Simplify life
- Listen to your body
- Establish strong, nurturing relationships

Tips for Managing Anger

Commit to change

Remind yourself that anger leads to illness

Recognize when anger feelings are developing

Tell yourself to cool down and take control

Prepare a positive response before anger escalates

Minimize verbal and physical language

Don't let anger build-up

Keep a journal

Seek professional help



Five Steps to Time Management

Find the time killers by keeping a 24-7 day log.

Set long-range and short-range goals.

Identify and prioritize immediate goals.

Use a daily planner to organize and simplify.

Conduct regular audits.

Stress Reducing Benefits of Physical Activity



- Reduced feelings of anxiety, depression, frustration, aggression, anger and hostility.
- Alleviation of insomnia.
- An opportunity to meet social needs and develop new friendships.
- Allows for the development of discipline.
- Provides the opportunity to do something enjoyable and constructive that will lead to better health and total well-being.

Relaxation Techniques

*Progressive
Muscle
Relaxation*

*Deep
Breathing*

*Visual
Imagery*

*Autogenic
Training*

*Thought
Channelization*

Meditation

Yoga

Progressive Muscle Relaxation

Description

A stress management technique that uses progressive contraction and relaxation of muscle groups throughout the body.



Deep Breathing

Description

A stress management technique wherein the individual concentrates on “breathing away” the tension and inhaling fresh air to the entire body.



Visual Imagery

Description

Mental visualization of relaxing images and scenes to induce body relaxation in times of stress or as an aid in the treatment of certain medical conditions such as cancer, asthma, chronic pain, hypertension and obesity.



Autogenic Training

Description

A stress management technique using a form of self-suggestion, wherein an individual achieves an auto hypnotic state by repeating and concentrating on feelings and desired states.



Thought Channelization



Description
A management technique in which a person learns to reliably focus their thoughts so that responses that are not ordinarily under voluntary control can be channelized for higher ends, which gives feedback for good habits, so that the capacity of the mind is freed for higher contemplation.

Meditation



Description
A higher aspiration or self-actualization technique used to gain control over one's attention by clearing the mind and blocking out the stressor(s) responsible for tension, and to enable the mind to achieve a higher level of insight.

Yoga

Description
A school of thought in the East that seeks to help the individual attain a higher level of spirituality and peace of mind.



Personal Health Resources

- **Stress Management: A Review of Principles**
– <http://www.unl.edu/stress/mgmt>
- **Workplace Stress**
– <http://www.stress.org/job.htm>
- **Mind Tools**
– <http://www.mindtools.com/smpage.html>



Meditation

- Spiritual Meditation and Yoga
- self-realization & service to all



- Learn Meditation,
Today!

Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.

Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.

- Robert Frost

• Relax ☺



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(photo: Ken Duncan)