

Stress Management

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Plague

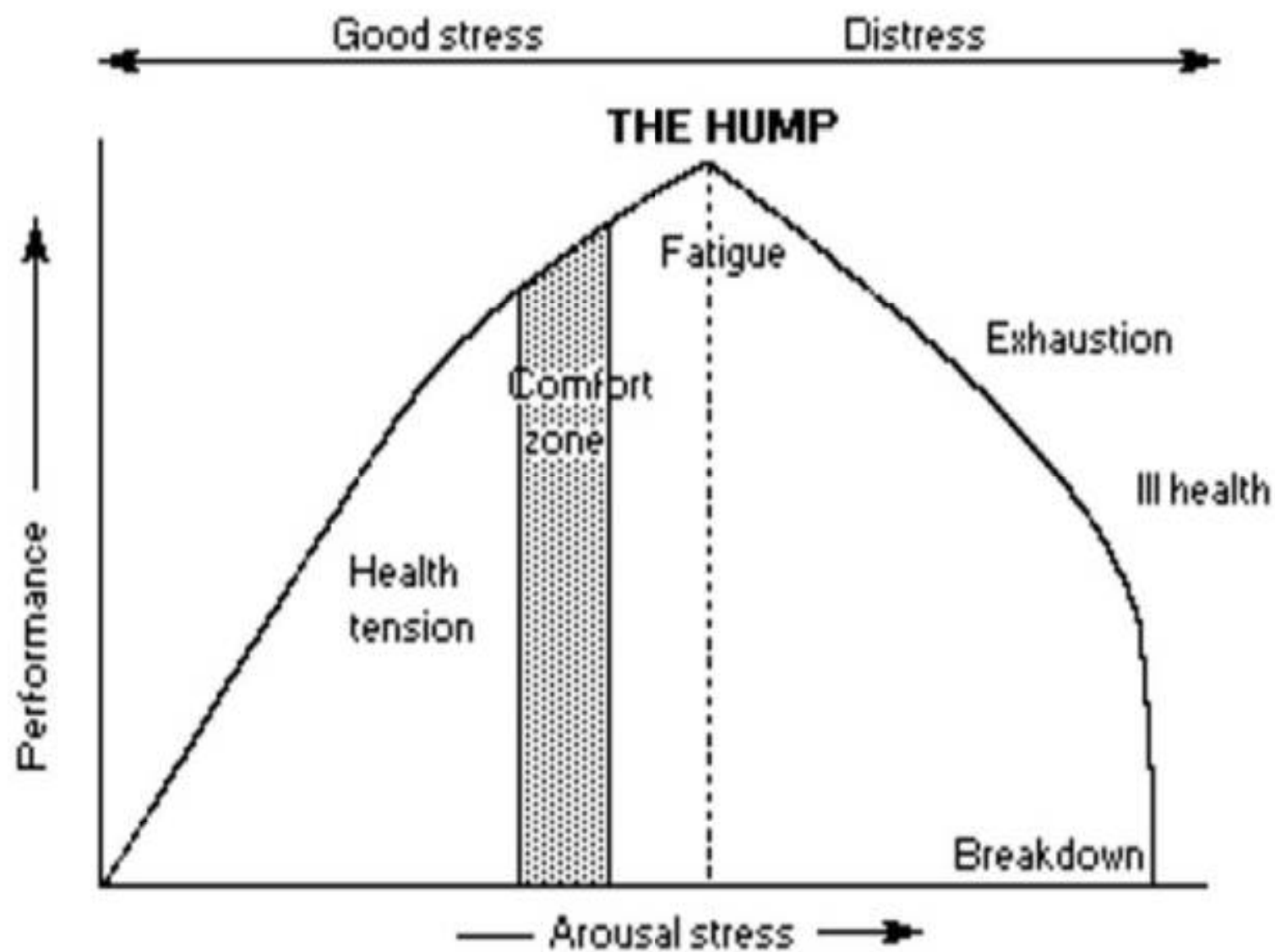
our response to events that disrupt or threaten to disrupt our physical or psychological functioning.

It is simply a reaction to a stimulus that disturbs our physical or mental equilibrium.

It is an omnipresent part of life.

It can be defined as the pattern of response an individual makes to events that disturb his or her equilibrium.

THE HUMAN FUNCTION CURVE



A TRANSACTIONAL MODEL OF STRESS



STRESSORS AT WORK

work overload

lack of support

favouritism

transfers

perceived lack
of respect

- Non-grant of leave

- Poor time management

Personal Stressors

Poor health

Illness of a loved one

Death in the family

Relationship problems

- Lack of understanding among family & friends

- Un-met needs like love, sleep, exercise etc

PRIMARY APPRAISAL

considers whether the person has
personal stake.

evaluates the significance of the
encounter which either :

- Has no significance for person
- Is a benign positive-encounter
(desirable)
- Harmful/ threatening/ challeng

APPRAISAL

Concerns our coping options as we
have more specific resources available
to the person.

Internal resources – willpower,
strength, courage, resilience.

External resources – funds, family
support, friends, professionals.

about Stress?

to increase awareness.

What we know, we can manage.

Simply increasing awareness reduces anxiety about the unknown.

Decreases sense of isolation with regard to stress related difficulties.

Increases motivation to take steps

stress and disease
When we are stressed we do the
opposite of what is healthy for
us ;

Unhealthy ways of coping with stress

Reduced medical compliance –stop
exercising , may overeat , sugar
increase

Physiological pathway – reduced
immunity

I DON'T NEED IT!

I am strong, this is a problem of
the weak.

I am invincible.

I can handle it.

I have an image.

What will people say?

Stress

Behavioural Symptoms -

Nail biting

Foot or finger tapping

Under-eating

Compulsive eating

Not getting sleep or sleeping too

Stress

emotional
symptoms -

Irritability

Restlessness

Aggressiveness

Anxiety

- Panic
- Nervousness
- withdrawal
- Depression

Stress

Physical Symptoms -

Aches and Pains -
headache, stomach
ache, back ache

Increased heart
rate, blood
pressure, blood
glucose levels.

Dry mouth and
throat.

- Sweating
- Nausea
- Vomiting
- Indigestion
- Ulcers
- Irritable Bowel Syndrome

Stress

Cognitive Symptoms -

Problem in Concentration

Reduced memory

Faulty decision making

Loss of sense of humour

Decreased capacity for problem

Effects of Stress

- Fatigue
- Insomnia
- Restlessness
- Reduced Sex Drive
- Alcoholism and Substance Abuse
- Irritability and Suspiciousness
- Emotional Detachment
- PTSD
- Reduced Immunity
- Reduced Efficiency
- Relationship and Family Problems
- Absenteeism
- Early Retirement
- Eating Disorders

approach?

Constructive Approach

Emotional Behaviour

anger

aggression

Not Listening

Fixed Solution

ego-centric

Closed / Non

- **Constructive Approach**

- Mature Behaviour

- Patience

- Assertion

- Active Listening

- Alternative Solutions

- Problem-Centered

Managing Stress

Eliminate sources of stress.

If you cannot avoid the stress, then
learn how to deal with stress
(coping)

Stress

Coping strategies are actions that people can take to master, tolerate, reduce or minimise the effects of stressors which may be healthy or unhealthy.

GOAL - DEVELOP RESILIENCE - Resilience is generally thought of as a "positive adaptation" after a stressful or adverse situation.

Coping with Stress

These strategies may temporarily reduce stress but they cause damage in the long

king

inking

r-eating or Under-

ing out for hours in
nt of a TV or
puter

hdrawing from

- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems.
- Taking out your stress on others by angry outbursts or physical violence.
- Not / closed / non-negotiable attitude

Techniques

- BEHAVIORAL OR COGNITIVE

- EXERCISE

- RELAXATION RESPONSE

- NUTRITION

- SPIRITUALITY AND SOCIAL SUPPORT

HABITS

Do you stay

hungry/sad/anxious/depressed/irrit

Do you believe in blaming or in
creating your own destiny?

habit of being
yourself
by the age of 35, we memorize most
our automatic reactions, emotions
behaviors. 95% of who we is in
memorized set of subconscious
programs.

that is why we keep behaving
similarly.

motional reaction -chemicals in
rain-neural substrate-mood---

cognitive

change the way you think –change the way
you feel

thoughts can make you sick, then thoughts
can make you well

negativity bias

–appraisal of the problem.

learning from the problem.

the greatest weapon against stress
is our ability to choose one thou
over another...

E-EXERCISE

walking

stretching

swimming

zumba

running

SLEEP

Meditation

Deep breathing

Visualisation

Massage therapy

Aromatherapy

SLEEP

ufficient Rest

Get plenty of sleep.

Take a few short breaks throughout the day.

Allow your mind to rest periodically.

N-NUTRITION

trition

Eat a balanced diet.

Stay hydrated with plenty of water.

Avoid processed foods.

Reduce caffeine consumption.

Reduce alcohol and smoking.

AND SPIRITUALITY

Improving inter-personal relationships.

Relying on friends and family.

Finding a support group.

Helping others.

SPIRITUALITY

Choose happiness—happy people make others happy

Feed your brain

Train yourself to live in a beautiful state

Believe

Find a purpose and meaning to you

RATITUDE

ORGIVENESS

with Stress

Time Management

| | Urgent | Non-Urgent |
|---------------|--|--|
| Important | Q-1: Quadrant of Necessity <ul style="list-style-type: none">• Impending deadlines (that are important and have long-term consequence to your life)• Crises/Emergencies• Resolving immediate problems• Certain e-mails that may change your life (e.g., job app, biz opport) | Q-2: Quadrant of Quality and Personal Leadership <ul style="list-style-type: none">• Building long-term solutions/systems• Relationship building• Building your dream career/business• Personal/Skill development• Improving your health/wellness• Finding your life partner |
| Not Important | Q-3: Quadrant of Deception <ul style="list-style-type: none">• Interruptions/Distractions• Most phone calls/e-mails• Attending inconsequential meetings• Spending a lot of time on a task | Q-4: Quadrant of Waste <ul style="list-style-type: none">• Mindless TV/web surfing / chatting• Reading gossip sites/forums• Watching/reading news (to an extent)• Certain phone calls/e-mails |

with Stress

Other Ways to Relax &
Recharge

Spend time in
nature.

Write in your
journal.

Go for an outing
with a good friend.

Laugh

- Light scented
candles.

- Play with a pet

- Work in your
garden.

- Curl up with a
book.

- Listen to music

If you do what you have always do
you will get what you have alway
often

drop by drop is the water pot filled
likewise the wise one gathering
little by little fills oneself with
good...

Holiday...



Choose Health &
Happiness.

THANK YOU