

Stress is Good for you?

Pauline Gangla, CPCC 4 July 2019

Learning outcomes



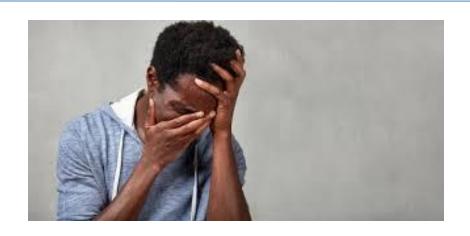
• Unpack + & - stressors

 Know our stress levels and reflect on coping mechanisms

Explore the positives of stress

What's up?-











What's up?







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Intro



What is stress?

Response to a situation that a person perceives to be overwhelming in that the person does not think he or she can meet the demands of the situation.



+ - Stress



Eustress

a form of stress having a beneficial effect on health, motivation, performance, and well-being



Distress

the type of stress we are referring to when we say stress. It is the form of stress with negative implications

+ - Stress



Eustress



- Positive
- Energises
- Generally short-term
- Can improve performance
- Believed within coping mechanisms
 (i.e. something we can handle)

Distress

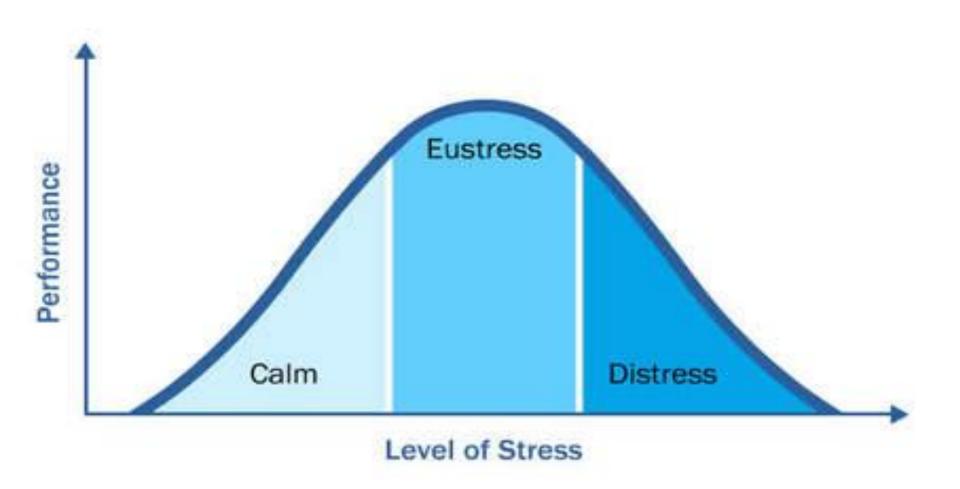


- Generally feels unpleasant
 - Often depletes energy
 - Short-term or long-term
- Decreases overall performance
- Perceived outside coping mechanisms (i.e. something we cannot handle)
- Can lead to physical illness/ mental fatigue/ emotional depletion



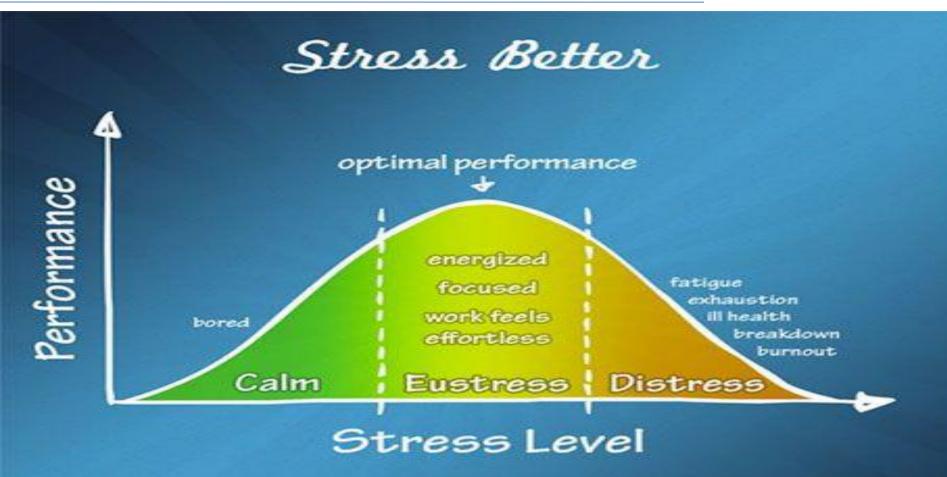
Eustress vs Distress





Destination Eustress

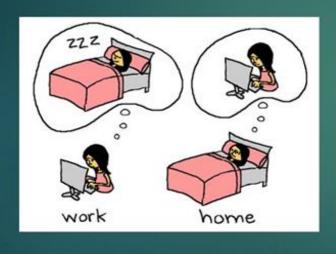




Taking stock...



Accountants & Stress



In general, the accounting profession is considered high pressure. Recent studies indicate:

- 82% Accountants suffer from stress
- 77% Cited working long hours (average 48 + hours a week)
- 71% Said their work/life balance was poor

Taking stock...





Facts...



- 40% of all adults suffer adverse health effects from stress
- 75-90% of all visits to doctors are for stress-related ailments and complaints
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace
- 50% of untreated stress cases lead to emotional disorders

WebMD Medical Reference Reviewed by Jennifer Robinson, December 10, 2017

Your stress-o-meter





Physical signs of stress



racing heart

brain zaps nausea

headaches passing out cold chills falling sensation

knot in stomach

difficulty breathing crazy thoughts vawning

chest

tight band

around

ringing

in the

the head

pressure



Anxiety Symptoms

eye strain

mbness tightness eightness hot flash night sweats head pressure body pain

numbness tightness

facial tic tingling

burning swaying feeling skin stabbing pains stuck thoughts

head pressure body pain

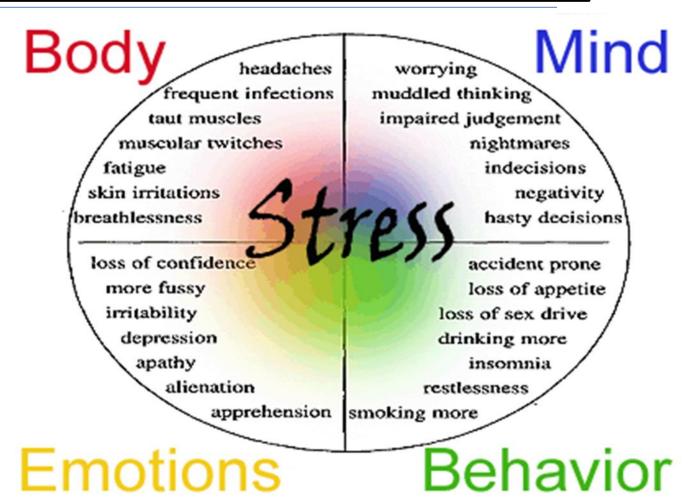
bloating memoryloss

depersonalization chronic fatigu

e sudden weight loss frequent urination

Signs of stress

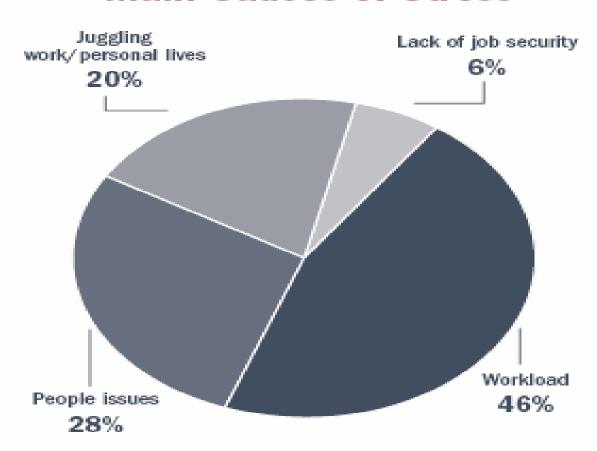




Stressors...



Main Causes of Stress

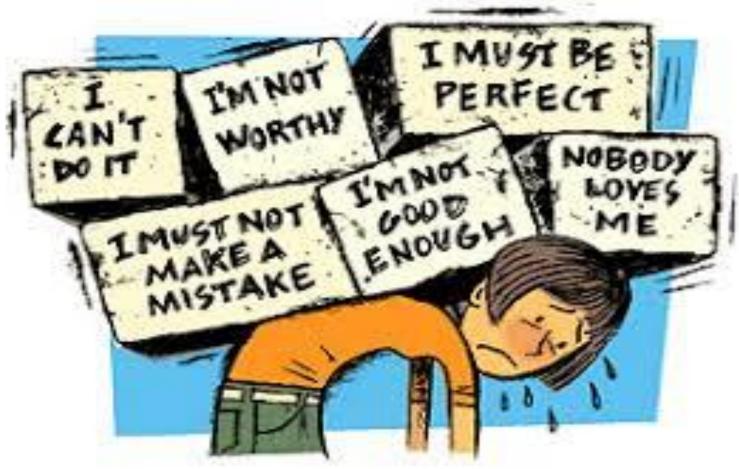


Source: EAP provider ComPsych's first half of 2006 StressPulse Survey.



Stressors...





gg64236504 www.gograph.com

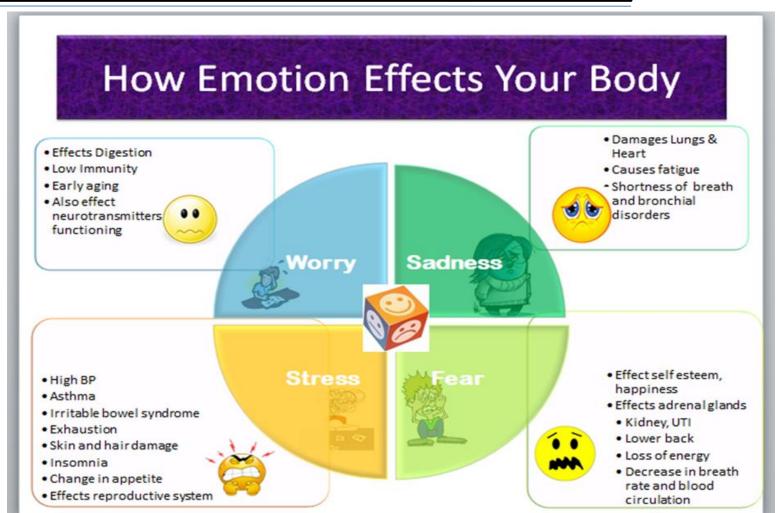
Stressors...





Negative effects





You must have to know how your emotions are harming you

Green Yatra

Anger: Weakens the Liver

Grief: Weakens the Lung

Worry: Weakens the Stomach

Stress: Weakens the Heart and brain

Fear : Weakens the Kidney

Pass from all these and you will be well & Healthy.

So Stay Happy, Healthy & fit!, Think good, Feel good, Do good, Help to needy, Save Mother Nature & Humanity

Thriving or surviving?



STRESS MANAGEMENT



Coping techniques

Distraction

Catharsis

Situation redefinition

Direction

01

02

03

04

Divert attention away from the problem. Express emotions to reduce tension and feeling. Tries to see the problem in different ways. Thinking about solution and gather information.

Acceptance

05

If nothing can be done, learn to accept.

Social support

06

Getting help when needed. Religious resource

07

If problem is beyond human capabilities. Proactive Coping

80

in advance to prevent.

for more





drkumarpsychologistpy

8 Natural Ways To Beat Stress



Exercise



Walk or Run Outdoors



Practice Yoga



Meditate



Journal About What's Stressing You Out



Drink Soothing Tea, Like Chamomile



Take an Epsom Salt Bath



Get Enough Sleep

Coping mechanisms



- Saying No
- Discharge and Recharge
- Attitude
- Toxicity
- Kindness
- Choose your battles wisely
- Time wasters
- Support mechanisms

Being Proactive



FAVOURABLE VARIANCE "Fully Supported Authorised Fully Compliant Cross-referenced Profit ACCOUNTANT ACCOUNTS STRESS RELIEVER provided Within Fully SEGREGATION budget OF DUTIES reconciled CHECKLISTS IMMATERIAL Strong internal Audit controls trail Clean audit report No surprises

Checkpoint ...





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Eustress



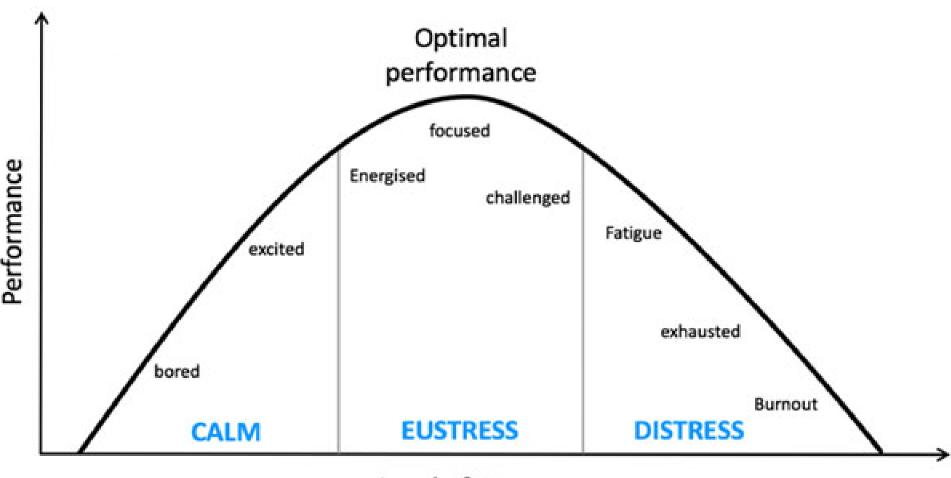


Benefits of Eustress

- Increased productivity
- Enhanced creativity
- Motivation
- Excitement
- Stimulation
- Sense of purpose
- Challenges

Stress is actually Good!

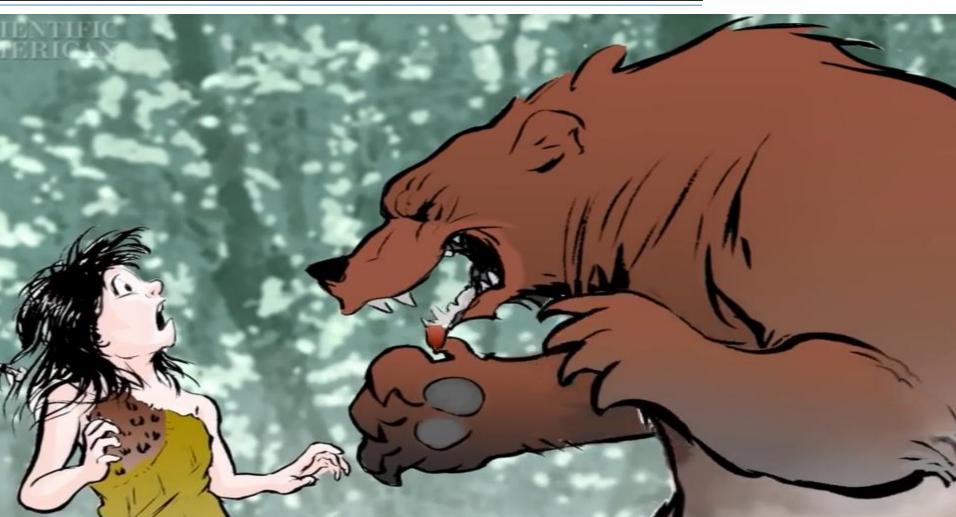




Level of stress

Stress is actually Good! ...video...





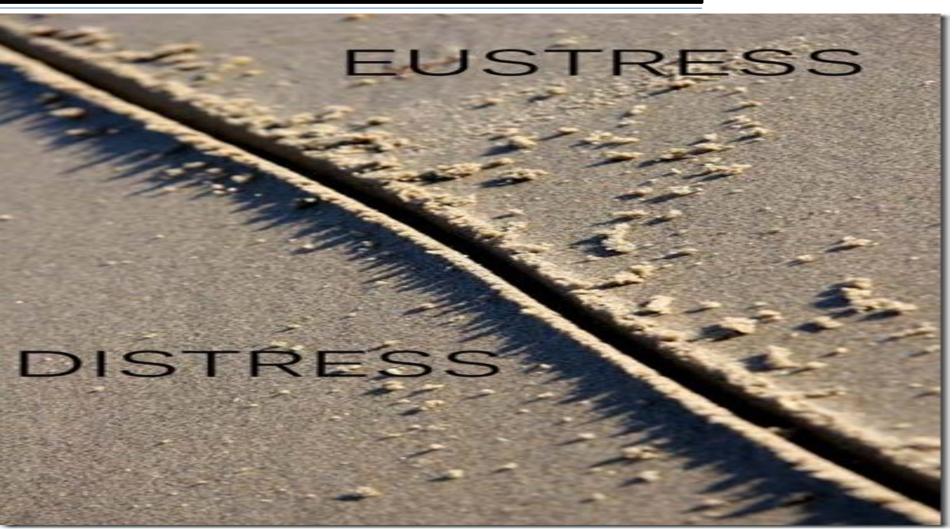
Stress is actually good?



- You need stress to fight stress. It helps to build resilience
- Increases focus, enables you to react quickly
- Breathing faster takes more blood to your brain
- The cortisol hormone removes sugar from your tissues into the blood = energy

In summary





Aha!





Nugget



"Stress should be a powerful driving force, not an obstacle."

Stanley V. Johnson

Contacts

Others



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