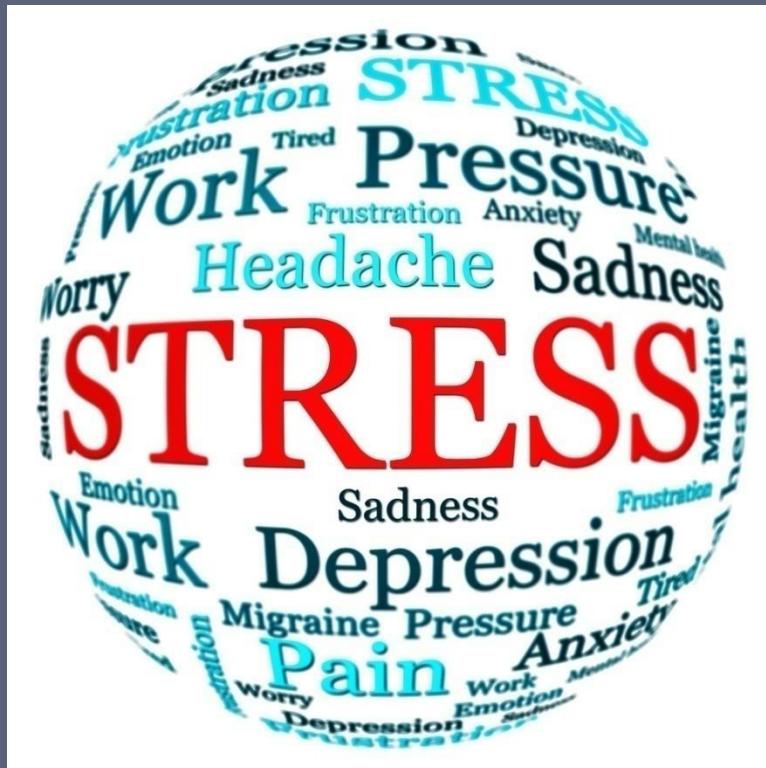


STRESS & STRESS MANAGEMENT



ICPAK

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STRESS

- This is a person's perception of his/her inability to cope with a certain tense event or situation. A stress-producing event is called a stressor. Stressors either cause us to avoid or approach some object or activity. They are uncontrollable. Stress occurs when:
- One perceives the situation to be threatening to his goal.
- One feels he will be unable to meet or cope with this danger or demand.



TYPES OF STRESS



➤ **EUSTRESS**

- This is positive stress and it occurs when one is faced with an exciting challenge e.g. new job, promotion, marriage engagement, new baby, and achievement e.t.c

➤ **STRESS.**

- Normal stress e.g. an overload at work place with a deadline but brings a bonus if well accomplished. (This can bring negative feelings at first but in the end they become positive.)

➤ **DISTRESS.**

- Negative stress. This is associated with anxiety, fear, worry, hate, fatigue, misunderstanding and even confusion.

CAUSES OF STRESS



EVERY DAY HASSLES



- Having many things to do at the same time. When these are repetitive, they can cause stress.
- Procrastination will set in and this makes things worse- can eventually perpetuate the already existing stress.
- Frustrations fall under this. One is frustrated when progress towards her goal is blocked e.g.



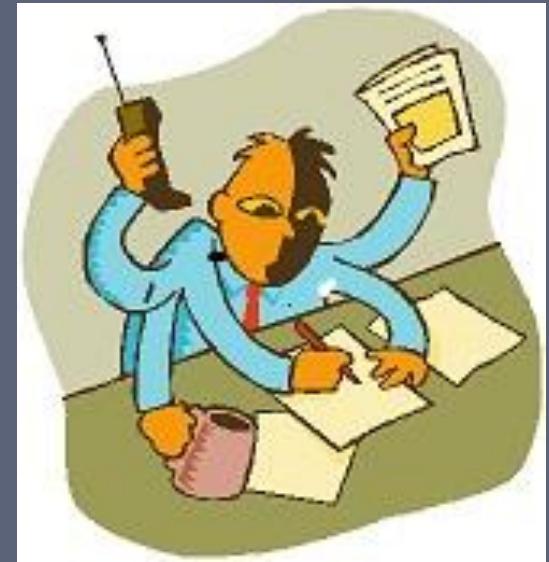
NEGATIVE ATTITUDE



- Negative opinion over something/someone without justification.
- Hinders objectivity
- Can lead to wrong action
- Is a big stressor- takes up a lot of energy.
- Can cause one to miss out on opportunities

WORK – RELATED STRESS

- Overload
- Under load – boredom, low esteem
- Role conflict.
- Role ambiguity- unclear responsibilities and when one is forced to do things he dislikes.
- No participation in decision-making but expected to implement the decisions
- Conflict with other employees, lack of support, responsibility for others (interpersonal relationships).
- Unpleasant working conditions.



LIFE CHANGES



- Life changes bring some kind of **separation** and therefore cause isolation, integration, elevation or loss of prestige. Examples are:
 - Marriage, divorce, serious illness, death in the family, loss of job, birth of a child, new job, moving away e.t.c.
 - Some of these changes could trigger even more changes e.g. in finances, loss of leisure time, change in residence e.t.c. All these could in turn cause stress but the level varies with individuals.



CONFLICT SITUATIONS



(DILEMMAS: Having to make decisions between 2 or more options).

- (a) ***Approach - Approach***

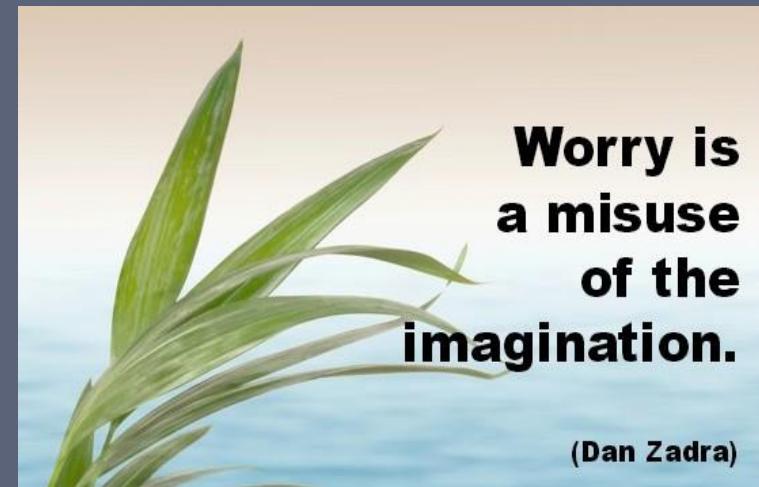
Choosing between 2 good options, which are almost the same .

- (b) ***Avoidance-Avoidance.***

Choosing between 2 unattractive options.

- (C). ***Approach- Avoidance.***

This is when one wants to do something for his benefit but fears to do it at the same for some reason.



CONFLICT SITUATIONS - Cont'd



- ***Double Approach – Avoidance.***
- Here, one has to choose between 2 or more alternatives all of which have both attractive and unattractive aspects.
- Here, stress is created by the intensity of attractions and repulsions.
- ***Resolutions***
- Find new factors that make one option more preferable e.g. reduced fares, offers or get a cheaper destination abroad like Dubai.
- Choose one of the options to avoid worry and be rational.

Give your stress wings
and let it fly away.

~Terri Guillemets

INTERPERSONAL RELATIONSHIPS



- How we relate to people can be a source of stress. In these relationships, when faced with a stressful situation, our responses can a challenge.
- We can either **confront** the situation and find a solution or **perpetuate** it by focusing too much on it and thus promoting stress.
- Allow other **peoples' behavior** put you down (stress) or **stand up** for yourself.
- Your **aggressive or passive** response to stress can either work for or against you – make changes where need be.



INTERPERSONAL RELATIONSHIPS - Cont'd

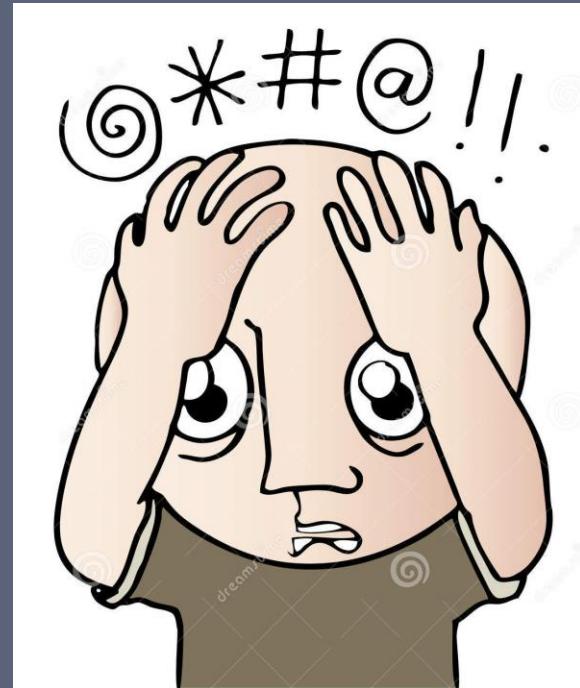


- Be aware of your trigger situations and exercise control to let them pass so that they are opportunities that you can exploit.
- Take a **mindful approach** in a stressful situation- do not want to **control** the situation- do things outside your comfort zone to contain the situation.
- Examine **your role** in conflicts and stresses of your life, do you want to be more assertive, accepting or remain happy? Your **relating style** could be related to your stress.
- Develop good inter-personal relationship **skills** and always try to be at peace with everybody.

RUMINATION



- **Negative** and **repetitive** thinking.
- This creates obsession with the negative past stress e.g
- A conversation that went wrong and was hurtful.
- An injustice experienced in the past.
- A financial difficulty.
- Rumination disturbs but solves nothing. It causes the body to react the same to thoughts. You receive the stress of the past events and constantly react to it.



RUMINATION



- It is hard to stop this state because:
- It becomes automatic- ingrained in us and has a particular route it takes which works against us.
- At first it seems **helpful**- that you want to **work through** and get a solution but along the way we get stuck in **circular thinking**. **Negativity** takes over **objectivity** then we get into a circle of negative memory, negative thought, replay of negative memory without a good reason.
- It feels good in some ways because it tells us we are right and the other person / event is wrong e.g, “we were unjustly treated”, this leads to stress **response**.

PERFECTIONISM



- Setting impossible **high standards** for self or others.
- This turns **simple tasks** into much **bigger challenges** and **challenging tasks** turn into **overwhelming endeavors**.
- Perfectionism can paralyze one by causing one not to begin a task due to intimidation by **perfectionist standards** and this causes production to suffer.
- We tend to notice what we did not do perfectly well after finishing a task instead of enjoying the satisfaction of what we have achieved.



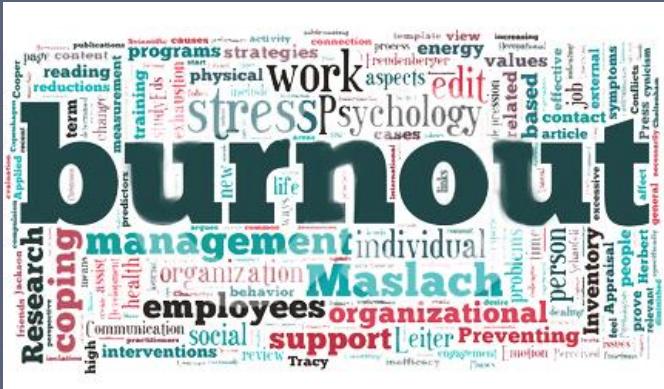
Perfection
may be the
enemy

JD

PERFECTIONISM – Solutions



- Be aware of perfectionist tendencies and the impossibility to being perfect. This frees you from maintaining perfectionism as a goal.
- Rather than complete tasks perfectly, just do a **good enough job** first then go back and perfect it.
- Set a new goal of being imperfect. Embrace imperfections in your work or yourself that are harmless and not noticeable by people



ENVIRONMENTAL SOURCES OF STRESS



- Earthquakes, floods, hurricane, extreme temperatures (kids restless- cant sleep yet go work the next day), manmade like noise, pollution, overcrowding, crime, traffic



CAREER DEVELOPMENT



- Young people want to advance in career while old employees who have hit the ceiling live in fear and frustrations
- Currently, job market is quite competitive and standards are also high.
- With new technology, jobs are becoming scarce.

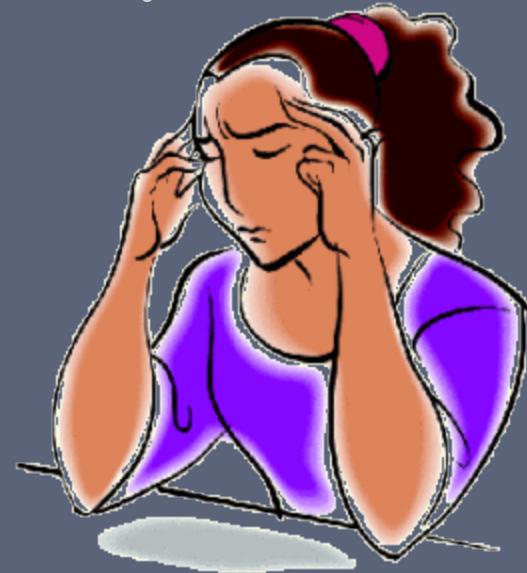
SOLUTIONS

- 
- Write an angry letter and burn it.
 - Expressive writing: - Write about your feelings and brainstorm on solutions. It helps.
 - Meditate with focus on the present. Avoid past stressful situations and fears.. This helps to let go off negative emotions surrounding these things. Meditation enhances tendencies towards forgiveness.
 - Change your thought processes (cognitive therapy). Thought patterns do shape emotional responses. Viewing a situation as **a threat** gives a negative response whereas viewing it as a **challenge** produces a positive response.
 - Change your behavior. We change our feelings by changing our behavior. Use “ FAKE IT TILL YOU MAKE IT” approach . Do things that keep your mind off negative thoughts that could stress you. Get yourself occupied meaningfully.

EFFECTS OF STRESS

• PHYSICAL:

- Physical illnesses: -Rise in blood pressure., ulcers, diabetes, cardiac problems, low immunity.
- Palpitation.
- Headaches.
- Muscle tensions.
- Insomnia.
- Dizziness, fatigue



MENTALLY.



- Mental illness.
- Affects thinking capacity- faulty.
- Thoughts can be jumbled and confused- full of worries.
- Pre-occupation with problems.
- Hard to make decisions and find solutions.
- Forgetfulness.
- Low concentration.



EMOTIONAL



- Irritability/ anger.
- Over reaction on issues.
- Impatience.
- Fearfulness.
- Suspicion.
- Less sociable.
- Less tolerant.
- Insensitive.
- Mistrust.
- Anxiety rise.
- Less caring.
- Hostile.

For every minute you are angry you lose sixty seconds of happiness.

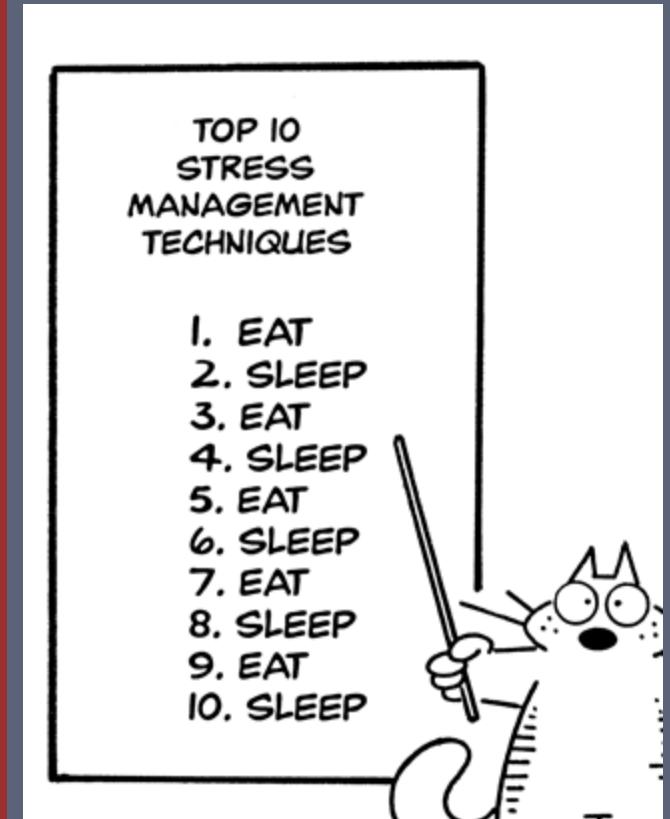
BEHAVIORAL

- Poor self grooming.
- Escapist personality style:- alcoholism, drugs, aggressiveness, criminal activities.
- Lower task performance.



STRESS MANAGEMENT

- It's not possible to eliminate stress from our lives but we can apply several tactics to lessen its potential harmful effects.
- **Make time for fun and relaxation/**
Adopt a healthy lifestyle.
- **Physical fitness** improvement.
(MacLean 1980)
- Jogging, swimming, dancing, sports.
- These ones reduce stress-related illnesses
e.g. heart attack, high blood pressure.
- **Relaxation.**
- Reduces tension in muscles. Meditation helps in this by reducing oxygen consumption, which in turn induces brain-wave patterns. This shows a calm mental state (Wallace & Benson, 1972).
- Eat healthy.



SELF EVALUATION ON STRESS



- **Establish sources** of stress in your life by checking your **habits, attitudes** and **excuses** e.g.
- Work may not be the stressor but the habit of procrastination.
- Do you interpret stress as an intergral part of your life or homestyle or part of your personality (things are always just like this here..).
- Do you blame your stress on other people,/event, view it as normal or unexceptional?
- To be stress free, take responsibility for the part you play in its creation.
- Develop a **problem-solving attitude** to stress. Analyze a problem rationally and seek a solution to it objectively.

ANALYZE COPING MECHANISMS



- Analyze how you currently cope with stress. Are the strategies healthy. Helpful and productive?

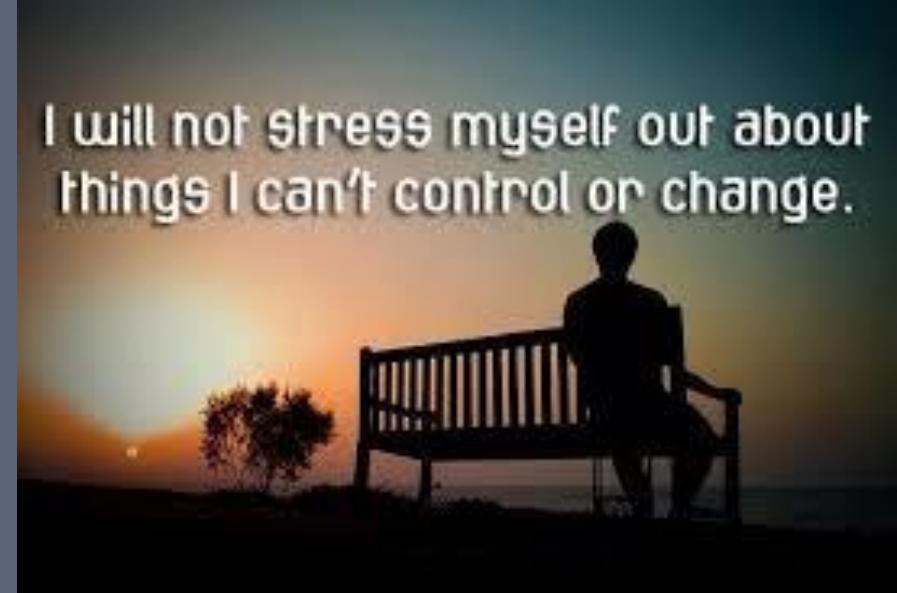
A diamond is just a piece of charcoal
that handled stress exceptionally well.



LEARN HEALTHIER WAYS OF COPING



- Learn healthier ways to manage stress. You can change the situation or change your reaction. (4As).
 - Avoid
 - Alter the situation
 - Adapt to the stressor
 - Accept



AVOID



- Unnecessary stress.
- Avoid transfer of stress. Deal with stress where it occurred.
- Learn to say NO.
- Avoid people who stress you up/ places, end relationships that are stressful.
- Take control of the environment e.g get an alternative route to evade a traffic jam, go to a comfortable shopping centre, turn TV off if noisy.



AVOID - Cont'd



- Withdraw from stress triggering environments.
- Avoid being caught up in a crowded situation with many stressful situations by planning your activities well.
- Avoid over-indulgence.
- Avoid controversial topics for discussion e.g Alshabaab, refendum...
- On the TO-DO-LIST, put unimportant things last or strike them off

ALTER THE SITUATION



- Make changes that could make the situation to be less stressful by:
- Expressing your feelings.
- Being willing to compromise.
- Being assertive on what really matters to you.
- Managing your time well.



ADAPT TO THE STRESSOR



- Change yourself if you can't change the stressor- your expectations and attitudes.
- Reframe the stressful situation e.g traffic jam to be a time of songs of praise.
- Look at the bigger picture – is the stressor worth upsetting you?.
- Adjust your standards- do not be a perfectionist, work with “ good enough”.
- Focus on positive.



***And
you
think
YOU
have
stress?***

ACCEPT



- Things that you can't change
(death, calamities as sources of stress.)
- Do not try to control the uncontrollable like 'peoples' behaviour'.
- See a challenge in a stressful situation as an opportunity for growth.
- Learn to forgive.

**"IF YOU DON'T LIKE SOMETHING,
CHANGE IT. IF YOU CAN'T CHANGE IT,
CHANGE YOUR ATTITUDE."
- MAYA ANGELOU**

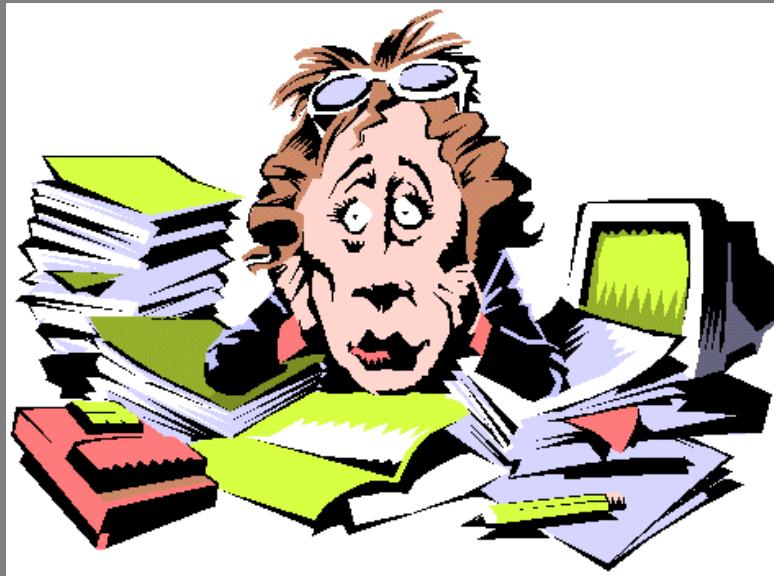


KNOWLEDGE



- ***Be knowledgeable.***

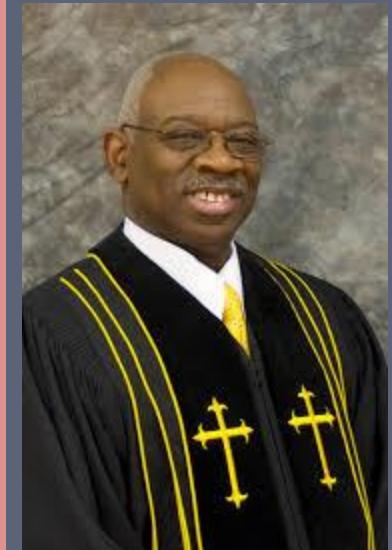
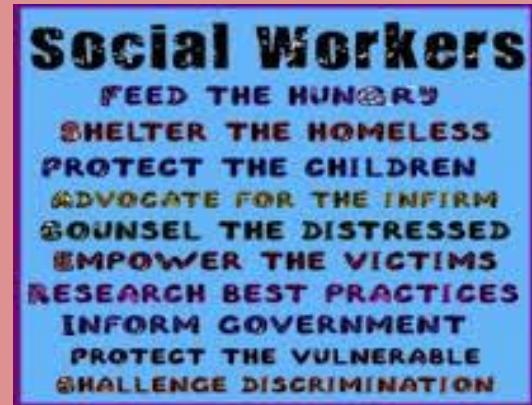
- This helps to improve coping skills, helps raise our reasoning capacity, and gives us ideas on how to go about issues. Read widely.



SEEK HELP



- *Seek help from support groups and professionals e.g.*
 - Alcoholic anonymous
 - Weight watchers.
 - Crisis intervention centers
 - Social workers, doctors, counselors, church ministers.



next time you're stressed:

take a step back, inhale and laugh.
remember who you are and why
you're here. you're never given anything
in this world that you can't handle. be
strong, be flexible, love yourself, and
love others. Always remember,
just keep moving forward.



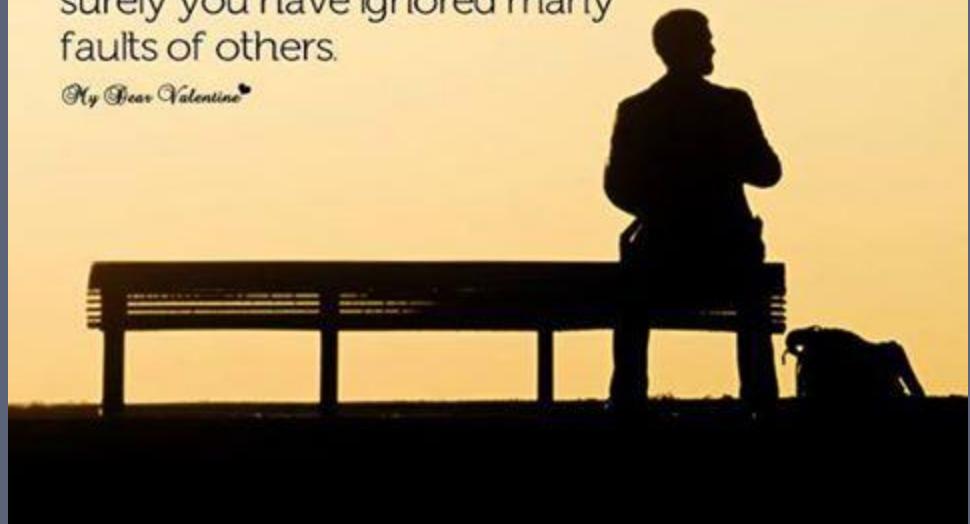
**WHEN YOU CHOOSE TO FORGIVE
THOSE WHO HAVE HURT YOU,
YOU TAKE AWAY THEIR POWER.**

Fact Of Life:

If everyone is happy with you.
then surely you have made many
compromises in your life..

If you are happy with everyone.
surely you have ignored many
faults of others.

My Dear Valentine ♡



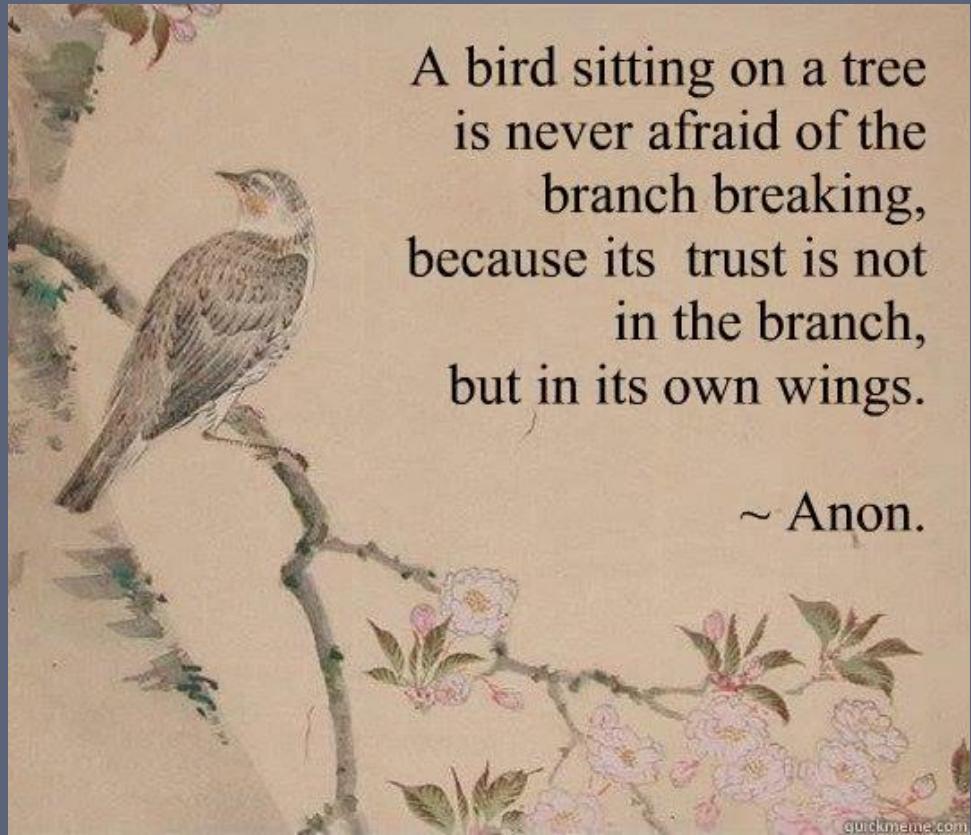
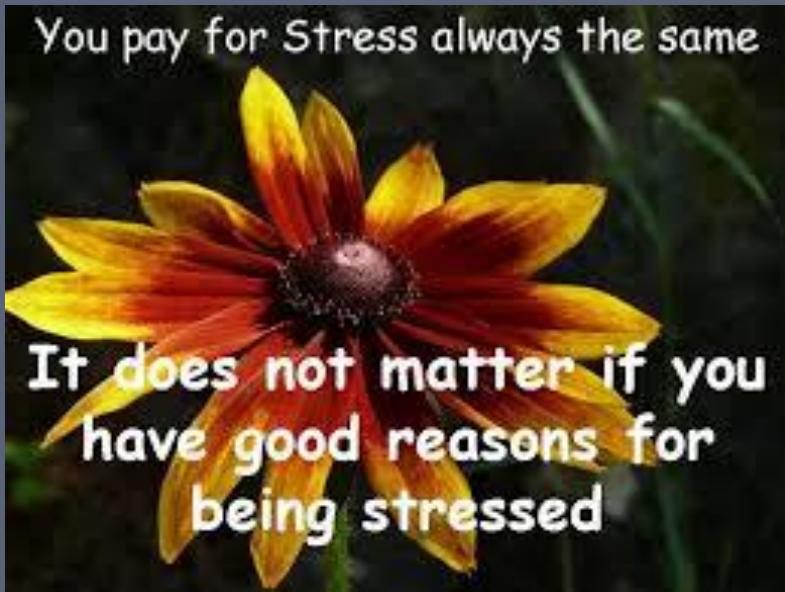
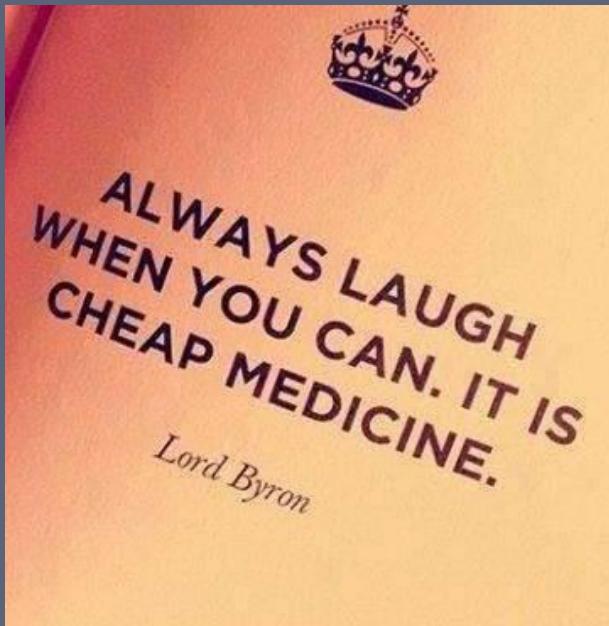
LIFE is the most difficult EXAM.

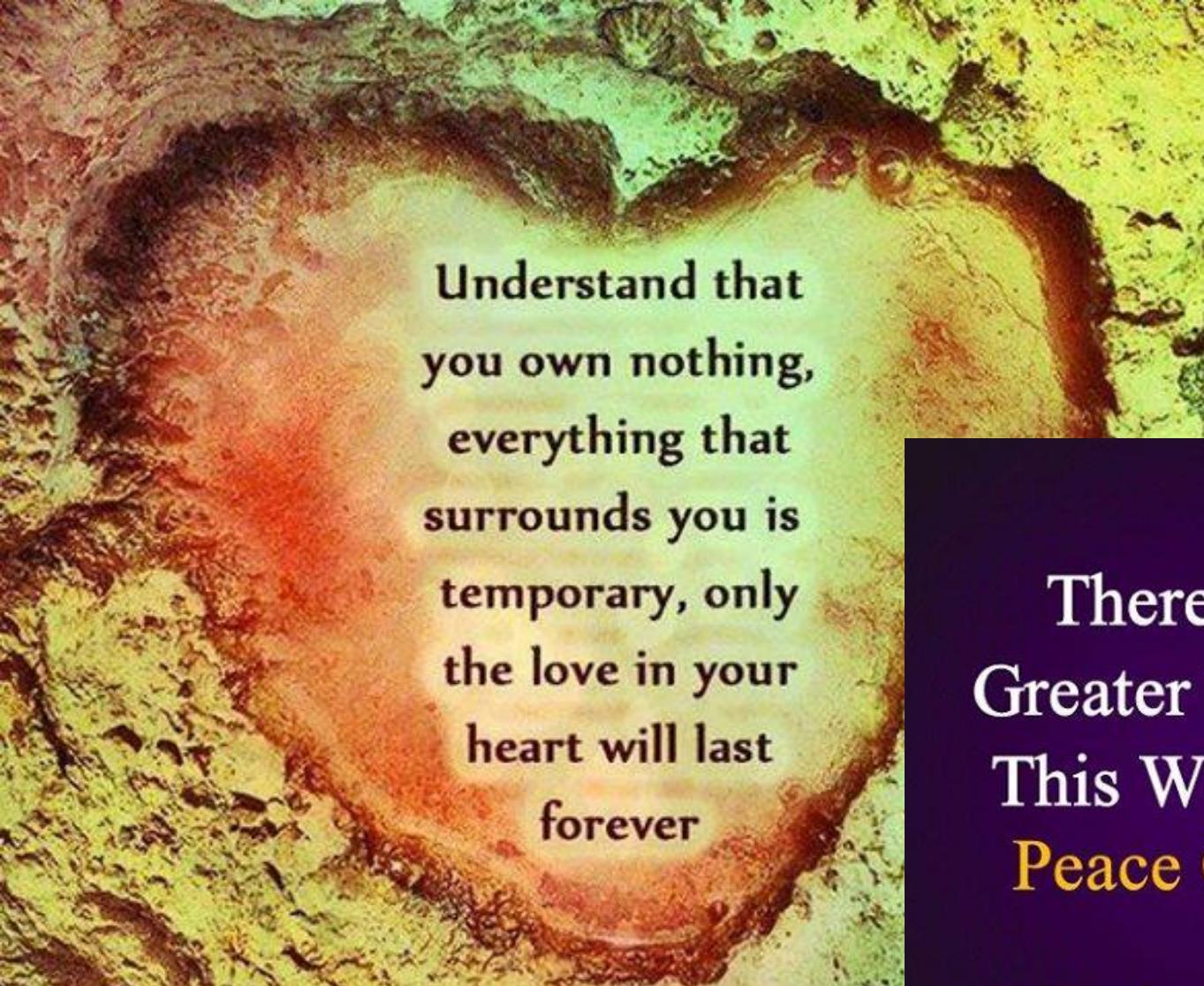
Many people fail because they try to copy others -
Not realising that everyone has a different question
paper!



"Forget what hurt you
but never forget
what it taught you"

The Best Way To Avoid **Disappointment** Is Not To Expect Anything From Anyone





**Understand that
you own nothing,
everything that
surrounds you is
temporary, only
the love in your
heart will last
forever**

**There is No
Greater Wealth in
This World Than
Peace Of Mind.**

What is Stress ?

It's the Gap Between Our
Expectation & Reality.

more the gap, more the Stress so
Expect Nothing & Accept
Everything.

Our days are
happier when we
give people a bit
of our heart
rather than a
piece of our
mind.

STRESS LESS

01. DANCE IT OUT
02. GO FOR A WALK
03. TALK ABOUT IT
04. BREATHE
05. GO TO BED EARLIER
06. FOCUS ON WHAT YOU
CAN CONTROL
07. REMINISCE ABOUT
GOOD TIMES
08. ASK FOR A HUG
09. LOOK FOR OPPORTUNITIES
IN LIFE'S CHALLENGES
10. SMILE



The End



GOD BLESS YOU

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