

Glimpse of Stress Management in PSSOU



Introduction

- Stress is the body's automatic response to any physical or mental demand placed on it.
- Adrenaline is a chemical naturally produced in our body as a response to stress .
- Fight or Flight response is illicited.

Common Level of Stress

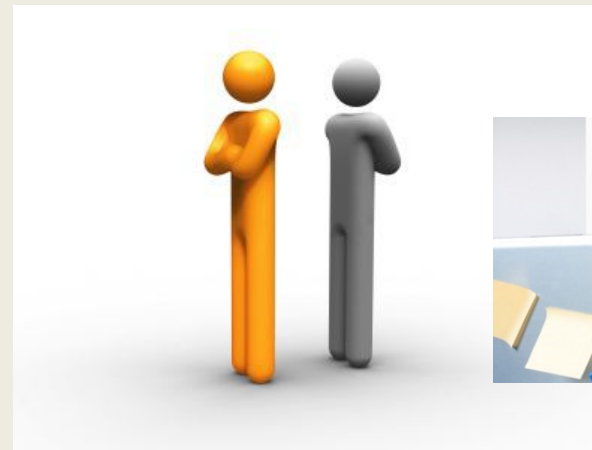
- Moderate levels of stress may actually improve performance and efficiency
- Too little stress may result in boredom
- Too much stress may cause an unproductive anxiety level

Origins of Stress

Situations, activities, and relationships that cause 'trauma' to one's physical, emotional, or psychological self

Stressors

- School
- Work
- Family
- Relationships
- Legal
- Finances
- Health/illness
- Environment
- Living Situation



Common signs of Stress in life

1. Physical

- Weight gain/loss
- Unexpected hair loss
- Heart palpitations
- High blood pressure

2. Emotional

- Mood swings
- Anxiety
- Can lead to depression
- Can also lead to unhealthy coping strategies (i.e. alcohol, drugs, etc)

Managing Stress

Stress Relief Strategies

1. Body relaxation exercises

- breathing techniques
- guided imagery

2. Physical exercise

- yoga
- work out routine

3. Meditation

4. Counseling

- talk therapy
- life coaching



Other Helpful tips

- Changing perceptions and expectations
- Break jobs/tasks into manageable parts
- Set reasonable/realistic goals
- Avoid procrastination
- Set boundaries
- Don't compromise your values/beliefs
- Schedule "me" time
- Avoid caffeine

Benefits of Stress Management

- Physical health gets better
 - more energy and stamina
- Emotions stabilized
 - positive attitude
 - hopeful/happier
- Ability to focus improved
 - able to learn and achieve

Relax

- Our brain fires electrical waves at 14 or more cycles a second.
- These are *beta* waves and are great for getting tasks done, but not for learning new things.
- Taking a few minutes to relax deeply slows your brain waves down.
- These slower waves are *alpha* waves.
- They occur at between 7 and 14 cycles a second
- Studies show *alpha* waves improve learning.

----"OnCourse" by Skip Downing

The Key Word Is....

Balance



THANK YOU