

# Stress Management



# Vocabulary

**Stress:** Stress is your mind and body's response or reaction to a real or imagined threat, event or change.

**Stressors:** The threat, event or change that cause the stress are called stressors. Stressors can be internal (thoughts, beliefs, attitudes) or external (loss, tragedy, change).

**Eustress:** It is a positive stress that occurs when your level of stress is high enough to motivate you to move into action to get things accomplished.

**Distress:** It is a negative stress that occurs when your level of stress is either too high or too low and your body and/or mind begin to respond negatively to the stressors.

## Stages of stress:

**Alarm Stage:** As a stressful event is experienced or perceived, some psychological changes occur in our body.

### Examples:

- Cardiac: increased heart rate
- Respiratory: increased respiration
- Skin: decreased temperature
- Hormonal: increased stimulation of adrenal glands which produce an adrenal rush.

**Resistance stage:** During this stage your body tries to adapt or cope to the stressors by beginning a process of repairing any damage the stressor has caused. Your close ones may notice changes in you.

### Examples:

- Behavior indicators include: lack of enthusiasm for the family, work or life, withdrawal or change in the eating habits.
- Cognitive Indicators include poor problem solving, confusion, nightmares, hyper vigilance.



**Exhaustion Stage:** During this stage the stressor is not being managed effectively and the body and mind are not able to repair the damage.

**Examples:**

Digestive disorders, withdrawal, headaches, tension, insomnia, loss of temper.



**Stress is often termed as a twentieth century syndrome, born out of man's race towards modern progress and its ensuing complexities.**



**Found yourself in similar situations?**



## The cost of ignoring stress:

- Work related stress can result in high levels of employee turnover.
- Employees experiencing stress are more likely to make poor decisions and casual errors.
- Workplace relations and customer service may deteriorate.
- Stress has proven to be fatal
- Stress causes aging

# Stressbusters

ARE YOU READY  
FOR A  
*Change?*



# Stress management plan

- Identify stressors
- Determine reactions
- Techniques currently used
- Techniques to add or change



# Exercises :

- Do you experience stress? Why?
- Have do you identify reasons for stress ? How do you manage them?
- What are the different ways to manage stress?

**Q1: Stress is usually thought of as a negative experience, but it can be a positive one.**  
True or False

**Q2: It is possible to eliminate stress.**  
True or False

**Q3: ----- is constant and persists over time.**  
Distress   Duress   Chronic stress   None of the above

**Q4: The hormone known as cortisol helps the body manage stress.**  
True or False

**Q5: Physical symptoms of stress may include...**  
Headache   Muscle tension   Fatigue   All

**Q6: Stress is an unnatural reaction.**  
True or False

Reviewed By	Reviewed On	Comments / Changes Made
Kumar	07.09.2015	None
Honey	01.03.2016	None
Nilima	29.08.16	Exercise added, vocabulary added to click notes.