



# STRESS


Hang in there, BABY!





# Stress, okay, what is it?

- ◆ Hans Selye, the man who coined the term stress and one of the foremost authorities on it, defines stress as life's wear and tear on the body.
- ◆ Good stress is eustress, bad is distress. Without stress, life could become very boring and dull.
- ◆ Stress over-load (distress) creates an environment that encourages physical, emotional and/or mental ramifications.
- ◆ A life that's in balance is usually one that can deal with stress as it presents itself.



# Everyday- here's how I manage my stress...

Run	Sudoku	Hot tub	Cry	DVD
Eat	Walk	Shop	Laugh	Cook
Sleep	Read	Yoga	Talk	Gym
Sauna	Journal	Swim	Party	Knit
Draw	Phone	Course	Travel	TV
Sew	Build	Music	Clean	Pets
Dance	Puzzles	Internet	Lists	Sex
Hot tub	Meditate	Garden	Choc.	Tea


# Know your **STRESS** triggers:

- ◆ Name the three things that create the most stress in your life.
- ◆ How can you modify them to make things better?



Stress- sometimes you just need something to look forward to...





# Ask yourself these stress controlling questions:

- 1. Do I manage my time well? Do I use a planner?
- 2. Am I highly organized? Can I delegate? Do I make lists & use them?
- 3. Am I taking good care of me? (sleep, nutrition, exercise, time off, relaxation, health exams...)
- 4. Do I usually enjoy MY LIFE???

Part Two- for your STUDENTS





# Stress

"Stress is not what happens to us.  
It's our response TO what happens.  
And RESPONSE is something we can  
choose."

*Maureen Killoran*



## Definitions:

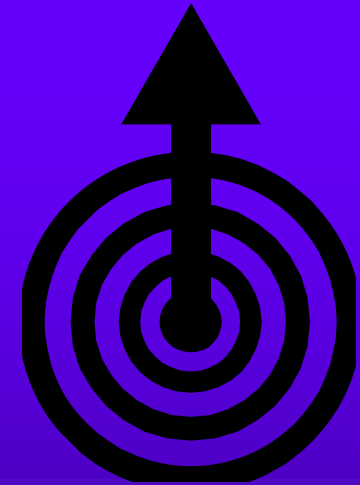
- ◆ Any interference that disturbs a person's physical or mental well-being
- ◆ Automatic, natural response to the pressures of life, both enjoyable and threatening
- ◆ Mobilization of body's defenses so humans can adapt to hostility – fight or flight



# Body's reaction to stress

Autonomic nervous systems responses include surges in:

- heart rate
- blood pressure
- respiration
- muscle tension



Also may cause upset stomach, headache, and/or sweaty hands

Also may cause upset stomach, headache, and/or sweaty hands



# Modify Ineffective Behavior

- ◆ Slow down
- ◆ Organize
- ◆ Strike a balance
- ◆ Recognize and accept your limits
- ◆ Seek social support
- ◆ Write about your feelings
- ◆ Avoid self-medication



# Top Ten Stress Relievers for Students

1. Power Naps
2. Visualizations
3. Exercise
4. Breathing Exercises
5. Progressive Muscle Relaxation (PMR)
6. Music
7. Staying Organized
8. Eat Right
9. Self Hypnosis
10. Positive Thinking and Affirmations



# Stress Activities

- ◆ Energy Sources
- ◆ On Your Toes
- ◆ Stress Re-Leaf
- ◆ Eye of the Beholder
- ◆ Tune-Up
- ◆ Stress Scale



# Resources

- ◆ Stress Video -  
[http://www.youtube.com/watch?v=j-f0c1HE\\_AA](http://www.youtube.com/watch?v=j-f0c1HE_AA)
- ◆ Stress music -  
<http://www.youtube.com/watch?v=kudI7o630ZQ>
- ◆ Stress music 2 —  
<http://www.youtube.com/watch?v=sSgPDKG6bB0>



# References

- ◆ About.com – <http://stress.about.com>
- ◆ 201 Icebreakers – E. West
- ◆ Focus Adolescent Services –  
<http://focusas.com/Stress.html>
- ◆ WebMD -  
<http://www.webmd.com/balance/stress-management/default.htm>



## Part Three

What's in it for ME??





No support system=**SRESS**

◆ What you need:

1. Physical activity- 20 minutes/ 3 times a week
2. Good nutrition- diet with lots of fruit/veg
3. Social Support- reach out, nurture self & others
4. Enough sleep!



No relaxation=**STRESS**

◆ What you don't need:

- Smoking      Drinking
- Procrastination      Sugar?
- Over/under eating
- Zone (computer)      Caffeine?
- Withdrawal      Anger
- Drugs      Blaming
- Too much sleep
- Too many responsibilities



## The “NO” Exercise

Today’s counselors need to learn how to say “NO”. Ask all participants to stand. On the count of three, say **NO** to the following cues:

Softly      As a ?      As an!

Angrily      Fearfully      Gently

With Determination



## Tips for personal stress mgmt.

- ◆ Avoid those who stress you out
- ◆ Take control of your own environment
- ◆ Avoid ‘hot button’ topics
- ◆ Reduce your ‘to-do’ list
- ◆ Recognize the difference between should vs. must
- ◆ Express your feelings “I feel...”
- ◆ Be assertive, compromise, manage time



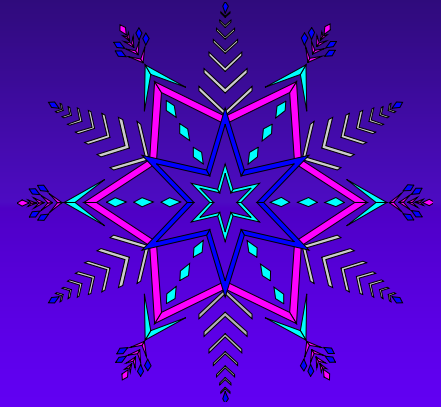
## More 'stuff' to consider re: stress

- ◆ 1. Reframe a difficult problem to see it from a different perspective
- ◆ 2. Remember to look at the big picture
- ◆ 3. Adjust your standards
- ◆ 4. Focus on the positive
- ◆ 5. Accept what just can't be changed
- ◆ 6. Look for the positive in all situations
- ◆ 7. Share your feelings and forgive others



## PART FOUR

Ideas for me to use right now!





# Some exercises to help you with **STRESS**

head/neck exercise

breathing the triangle

tense and release

visualization

plan down time

