



Laughter is
the BEST
Medicine
and it costs
NOTHING!

Stress Series

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Stress

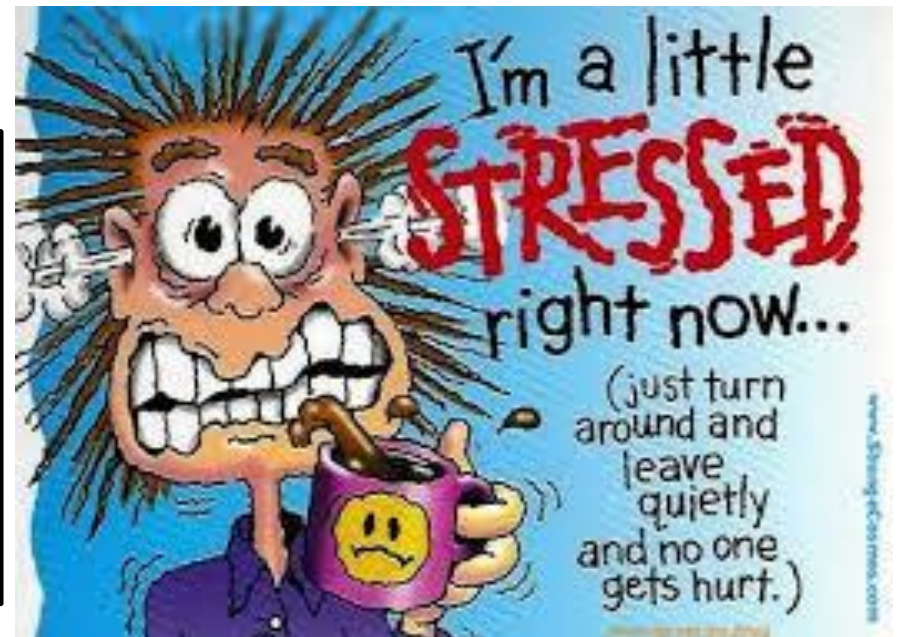
A tropical beach scene with palm trees and a blue sky. The image is slightly blurred, giving it a dreamy or serene feel. The palm trees are in the foreground, leaning towards the right. The sky is bright blue with some light clouds. The overall atmosphere is peaceful and relaxing.

- **“Stress is defined as a response or reaction to a stimulus. It is a complex mind/body interaction which creates a state of arousal” –Hans Selye, MD**
- **Stress is not as much about what happens in life as it is about how we perceive and think about those events.**

+ What is Stress?

- Stress is an external and usually temporary cause of physical or mental strain and suffering.
- For a situation to be stressful, it must matter to the person and be a situation that he or she cannot easily handle.
- Your perception of the situation.

- Our stressors today consist mostly of psychological threats to our well-being, such as a rude remark, a car honk or a bad day at the office



+ What Stresses you out?

- Does your stress affect others?
- Do you let out stress on others?
- Does your stress keep you from getting what you want accomplished?
- Does it affect your ADL'S?
- Do you know how to cope with your stressor? And How?
- Does it work?
- STRESS SURVEY



+ Stress & Change

- Stress and change are sometimes used synonymously.
- Is there something you ever wanted to change in your life and never actually followed through?
- Do you feel your daily lifestyle is extremely busy and your always rushing? This can lead you to become overwhelmed, burnt out, and frustrated!



+ Stress & Change Cont.

- Change may be **overwhelming**.
- My Example: Exercise more! But I can't find time to workout I have so many other things I need to do, I have no time in my schedule, but I just want to lose weight.





Signs of Too Much Stress



- **Mental/Emotional Signs:** Anxiety, worry, lack of enjoyment of life, irritability, inability to concentrate, lack of interest in things.
- **Behavioral Signs:** Avoiding things, job performance problems, conflicts with other people, and using drugs or alcohol to cope.
- **Physical Signs:** Frequent illness, feeling tired, headaches, chest pain, pounding heart, muscle aches, tension, constipation or diarrhea, stomachaches, sweating, unable to sleep well, and reduced sex drive.



Types of Stress



- **Eustress:** is considered “good” stress; it allows us to strive to do our best.
 - Ex: child birth or a job promotion

- **Distress:** is considered “bad” stress. This stress implies an external and usually temporary cause of great physical or mental strain.
 - Ex: loss of a job or a car accident

+ Types of Stress Cont.

■ *2 Kinds of distress: Acute & Chronic*

- Acute: affects you only shortly but intensely. Ex: getting pulled over by a cop.
- Chronic: affects you for a long time, but not as intense. Example: Divorce or death.



■ **Neustress (Neutral Stress)**

- This affects your sensory stimulus. For example you may have known about an earthquake in another part of the world. You may sense the dangers, but it does not personally affect you.

Effects of Acute Stress

- **Mental/psychological abilities**
 - **Increased arousal, heightened senses, decrease in rational thinking, decreased self-awareness**
- **Metabolism**
 - **Increased in available blood sugar and fatty acids, decreased insulin production, increased ventilation/hyperventilation, increased heart rate and blood pressure, increased sweating.**
- **Immune Response**
 - **Increased red and white blood cell counts, increased blood clotting factors**
- **Physical systems**
 - **Tightening of chest and throat, raised shoulders, bracing of neck, tightening of jaw, face, and scalp**



+ Every Day Stressors

- Time management
- Lack of sleep
- Organization
- Sedentary Life
- Diet
- Negative feelings
- Work Difficulties



+ Fight Or Flight Response

- When we experience stress, our bodies experience a number of physical changes which are triggered by the “Fight or Flight” response.
- Within this response sugars and fats are stored and used to provide quick energy.
- What happens? Our heart rate increases, digestion slows, skin becomes clammy, our pupils dilate and our muscles tighten.





Fight or Flight: What Happens Within Our Body



- We Perceive Danger
- 1. Our body releases a flood of hormones.
- 2. Heartbeat, blood pressure, and breathing increase, muscles tighten, senses sharpen.
- 3. Result is increases strength, stamina, and focus and faster reaction time.
- 4. So we can defend ourselves or escape from danger.



Fight or Flight Response Cont.

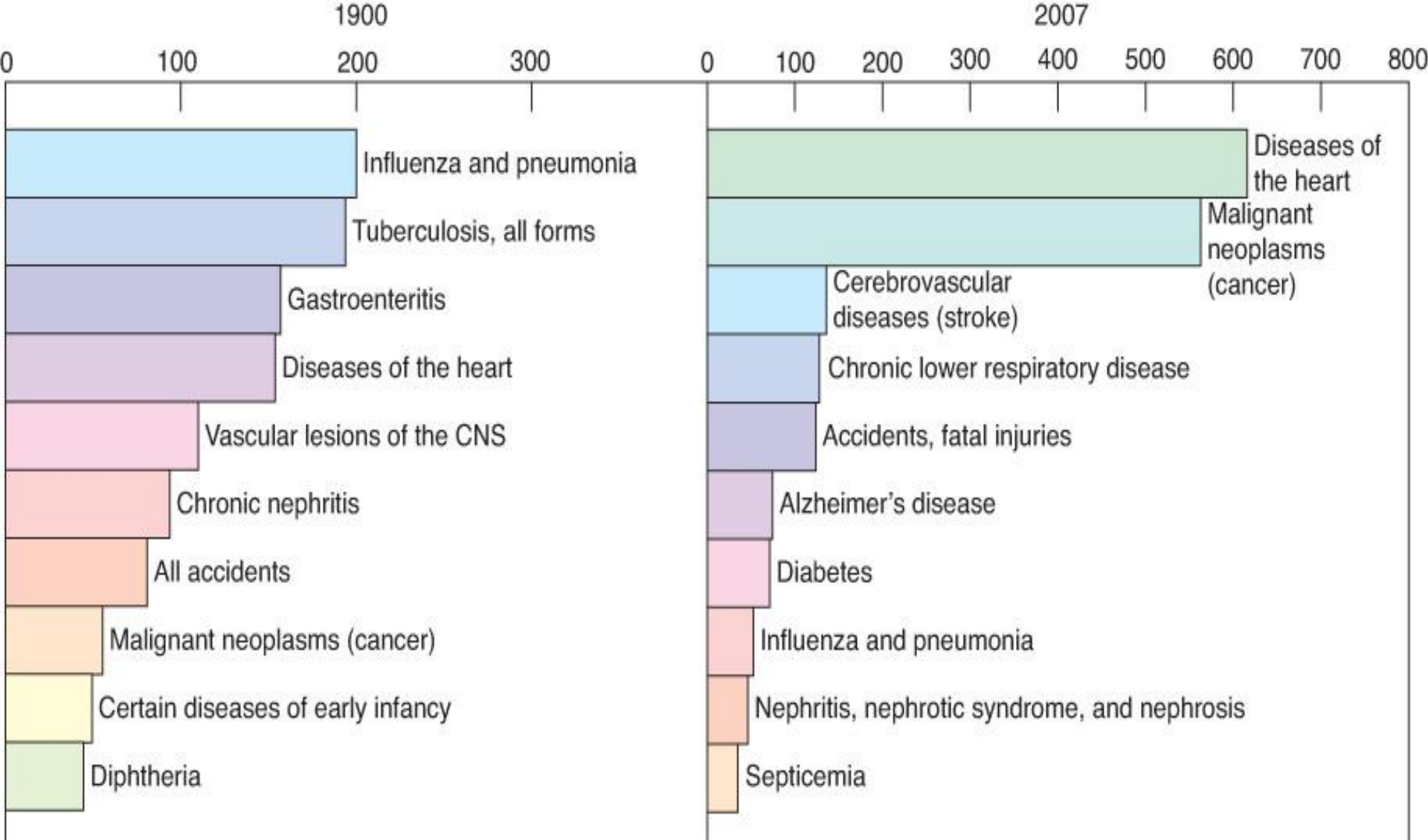
- Examples you may find yourself activating your fight or flight response.
 - “I am really angry with him/her, I’m not going to do this anymore”
 - When your hands get cold and clammy before getting up to put on a presentation.
 - When your heart starts pounding after someone cuts you off on the highway.

Getting stressed-out



Before Work

After Work



■ ***Leading causes of death in America. Today's diseases are caused mostly by your poor lifestyle habits.***



Health Problems Associated with Chronic Stress



- Mental/psychological:

- Irritability, anxiety, depression, moodiness, insomnia

- Metabolism:

- Weight gain

- Immune response:

- Colds, flu and viruses, chronic infections, asthma, skin rashes

- Physical systems:

- Back and neck problems, headaches, nervous ticks, teeth grinding, upset stomach and digestive disorders





Stress and Emotional Intelligence



- Taking responsibility for and managing your emotions, thoughts and feelings helps you alleviate stress.
- Emotional intelligence is a skill that enables you to make better choices and solve problems more effectively.
- Ways to build your emotional intelligence:
 - Look at stressful situations with your desired outcome in mind and make choices that are aligned with your goals

+ Ways to deal with Stress

- Eat well, have a well-balanced diet
- Regular exercise
- Laugh more, it is the best medicine
- Sharpen time management skills
- Be prepared for the unexpected
- Get adequate sleep
- Relaxation and breathing exercises



A dramatic sunset over a rocky beach. The sky is filled with dark, heavy clouds, with a bright orange and yellow glow from the setting sun breaking through near the horizon. The sea is calm, reflecting the colors of the sky. In the foreground, a sandy beach is visible, with several large, dark rocks scattered along the shoreline. The overall mood is serene and peaceful.

Lets All Worry Less & Give the
Time to Sit and De-Stress...