STRESS MANAGEMENT
WHAT CAUSES YOUR STRESS?

ACADEMIC DEMANDS – FINANCIAL CONCERNS –
NEW ENVIRONMENT – AWAY FROM HOME
NEW RELATIONSHIPS – CAREER CHOICES
80% of students reported they frequently or sometimes experience daily stress.

34% have felt depressed at some point in the past three months.

13% have been diagnosed with a mental health illness such as Generalized Anxiety Disorder.

9% have seriously considered suicide in the past year.
What do you really know about stress?
True/False

Stress and Anxiety are the same thing?
Stress is your response to a change in your environment. It can be positive or negative.

Anxiety is an emotion that is characterized by a feeling of apprehension, nervousness, or fear.
True/False

The causes of stress are essentially the same for everyone?
*Something that causes stress for you may not for someone else. Holding a snake may stress some people but not others.
True/False

Being easily annoyed and unusually irritable can be an emotional warning sign of too much stress?
*Other warning signs include crying spells, nervous laugh, worrying, and easily discouraged.

*Physiological signs include:
  Elevated heart rate
  Increased blood pressure
  Trembling
  Insomnia
  Headaches
  Indigestion
  Pain in neck and/or lower back
  Increased accident proneness
Losing weight can be a sign of too much stress?
*Any change in eating pattern, such as a loss of appetite or overeating, can be a sign of stress.

*Other Physiological signs include:
  - Elevated heart rate
  - Increased blood pressure
  - Trembling
  - Insomnia
  - Headaches
  - Indigestion
  - Pain in neck and/or lower back
  - Increased accident proneness
True/False

Chronic stress can contribute to depression?
*Chronic stress is long-term stress. Untreated chronic stress can contribute to major depressive disorder, physical illnesses, and obesity.
True/False

Rethinking your expectations may help you cope with stress?
* One way to cope with stress is to set realistic goals at home and at work. Accept some events are beyond your control.
Anxiety is always a negative, harmful emotion?
*Anxiety is a normal and potentially helpful emotion. Mild anxiety can make you more alert and focused on facing challenging or threatening circumstances.
Which of the following is most common mental illness in the U.S.?

1) Depressive Disorders
2) Anxiety Disorders
3) Personality Disorders
Anxiety Disorders

* 40 million American adults are affected by anxiety disorders each year.
What percentage of people with mental illnesses improve if they receive treatment?

1) 45% - 50%
2) 50% - 60%
3) 70% - 90%
* Between 70% to 90% of people with mental illnesses have an improved quality of life if they receive appropriate treatment.
How do you react to Stress

1) BECOME ANGRY OR AGITATED
2) BECOME DEPRESSED OR WITHDRAWN
3) TEND TO FREEZE
Do you currently cope with stress in unhealthy ways?

1) Overeating/under eating
2) Zoning out in front of the TV/Computer
3) Withdrawing from friends, family, activities
4) Using drugs
5) Smoking
6) Drinking too much
7) Sleeping too much
8) Procrastinating
9) Taking out your stress on others (outbursts)
Strategies to Manage Stress

1) Avoid the stressor
2) Alter the stressor
3) Adapt to the stressor
4) Accept the stressor
5) Fun/Relaxation
6) Adopt a Healthy Lifestyle
#1

**Avoid the Stressor**

<table>
<thead>
<tr>
<th>Just say No</th>
<th>Avoid the Person</th>
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</thead>
<tbody>
<tr>
<td>• Learn how to say “no”</td>
<td>• Avoid people who stress you out – If someone in your</td>
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<tr>
<td>– Know your limits</td>
<td>life causes you stress, either limit the time you</td>
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<tr>
<td>and stick to them.</td>
<td>spend with that person or end the relationship.</td>
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</table>
Take Control

- Take control of your environment – If traffic makes you tense, try another route. If news makes you anxious, turn off the TV/radio.

Avoid Certain Topics

- Avoid hot-button topics – If you get upset over religion or politics, cross them off your conversation list.
Limit To-do-list

- Pare down your to-do list – Analyze your schedule, responsibilities, and daily tasks. If you have too much on your plate, distinguish between the “shoulds” and the “musts.”
#2 Alter the Situation

**Express Yourself**
- Express your feelings instead of bottling them up – If something is bothering you, communicate your concerns in an open and respectful way.

**Compromise**
- Be willing to compromise – When you ask someone to change their behavior, be willing to do the same.
#2

**Be Assertive**
- Be more assertive – Don’t take a backseat in your own life.

**Time Management**
- Manage your time better – Poor time management can cause a lot of stress.
#3

**Adapt to the Stressor**

<table>
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<tr>
<th>Reframe the Problem</th>
<th>The Big Picture</th>
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<td>• Reframe problems – Try to view stressful</td>
<td>• Look at the big picture – Take perspective of the stressful situation.</td>
</tr>
<tr>
<td>situations from a more positive perspective.</td>
<td>Ask yourself how important it will be in the long run. Is it worth getting</td>
</tr>
<tr>
<td>Rather than fuming about a traffic jam,</td>
<td>upset over? If the answer is no, focus your time and energy elsewhere.</td>
</tr>
<tr>
<td>listen to your favorite radio station, or</td>
<td></td>
</tr>
<tr>
<td>enjoy some alone time.</td>
<td></td>
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#3

## Adjust Standards
- Adjust your standards – Perfectionism is a major source of avoidable stress.

## The Positive
- Focus on the positive – When stress is getting you down, take a moment and reflect on all the things you appreciate in your life.
#4

**Accept the things you can’t change**

<table>
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<th>Uncontrollable &amp; Upside</th>
<th>Share &amp; Forgive</th>
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<td>• Don’t try to control the uncontrollable- Focus on the things you can control.</td>
<td>• Share your feelings- Expressing what you’re going through can be cathartic.</td>
</tr>
<tr>
<td>• Look for the upside- A major challenge could be viewed as an opportunity for personal growth.</td>
<td>• Learn to forgive- We live in an imperfect world and people make mistakes.</td>
</tr>
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#5

## Time for fun and relaxation

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<th>Connect &amp; Enjoy</th>
<th>Humor &amp; Relaxation</th>
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<td>Connect with others</td>
<td>Keep your sense of humor</td>
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<tr>
<td>Do something you enjoy every day</td>
<td>Set aside relaxation time</td>
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- Connect with others
- Do something you enjoy every day
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<th>Stress Response</th>
<th>Symptoms</th>
<th>Technique</th>
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<td>Overexcited</td>
<td>You become angry, agitated, or keyed up under stress.</td>
<td>Meditation, Deep Breathing, Guided Imagery</td>
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<tr>
<td>Under excited</td>
<td>You become depressed, withdrawn, or spaced out.</td>
<td>Energizing techniques: Rhythmic exercise, Jogging, Swimming</td>
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<tr>
<td>Frozen</td>
<td>You tend to speed up on some things and slow down on others (brakes and gas at the same time).</td>
<td>Reboot the system: Power Yoga, Walking</td>
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#6

**Adopt a healthy lifestyle**

- Exercise regularly
- Eat a healthy diet
- Reduce Caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep
Enjoy Life Stress Free