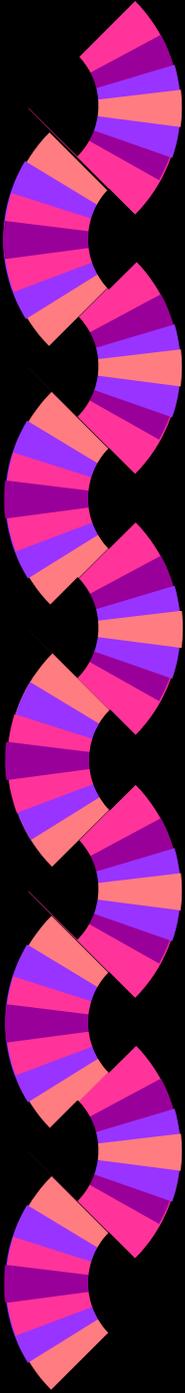


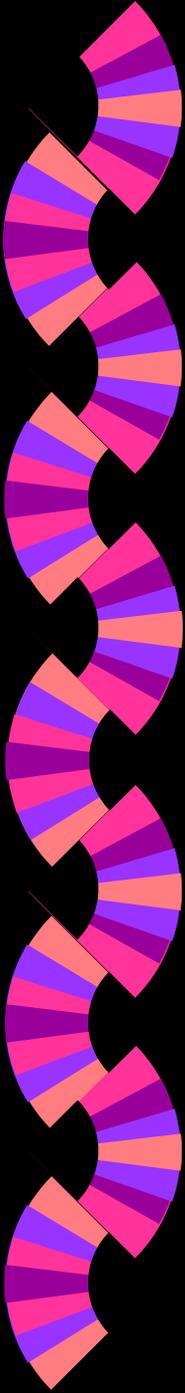
STRESS

It's Psychological and Physiological
Impact and How To Handle It



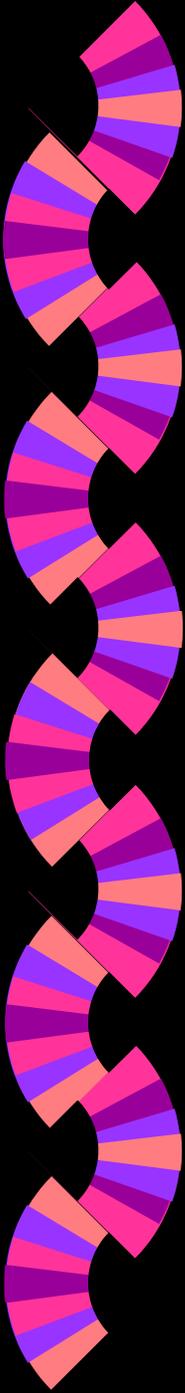
WHAT IS STRESS?

- A state of tension created when a person responds to demands and pressures from work, family, external sources, and internal self-imposed demands, obligations and self-criticism.
- The perception of physical or psychological threat or danger.
 - Involves the perception that the threat or danger is beyond our ability to cope.



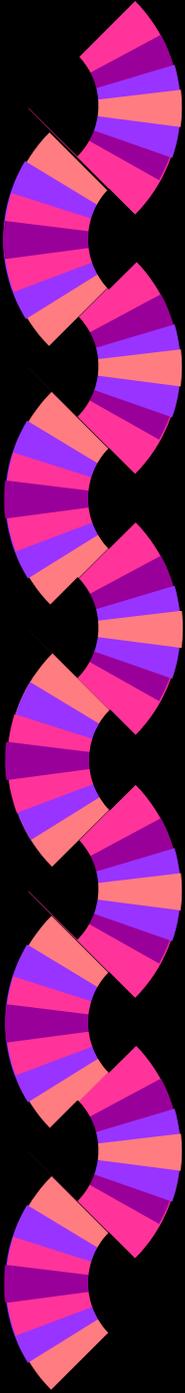
What is Stress?

- Dis-ease created by the abuse we give our minds and bodies.
 - By our personality.
 - How we handle daily situations in our environment.
- Can be damaging or unpleasant -"Distress."
- Can be fantastic or fatal. Is an individual matter.
- Complete freedom from stress is death.



Causes - Stressors

- ◆ Mental Tensions/Psychological Threats.
- ◆ Frustrations, Insecurity.
- ◆ Having No Purpose in Life.
- ◆ In-Laws, Parents, Finances, Family Demands.
- ◆ Seeking Work, Job Pressures, Work Overload, Work Underload
- ◆ Health Concerns, Lack of Rest and Leisure.
- ◆ Techno-stress



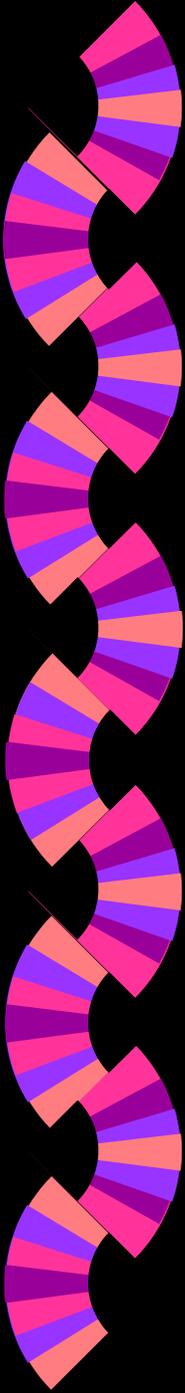
Causes - Stressors

- ◆ Grief, Loneliness, Sadness, Chronic Illness in Family.
- ◆ Bad Diet, Dis-ease.
- ◆ Relationships, Poor Communication, Peer Pressure.
- ◆ Trauma, Abuse, Environment.
- ◆ Poor Self-Image, Low Self-Esteem.
Negative View of the World.
- ◆ Fear, feelings of helplessness.

What are Some Symptoms of Stress?

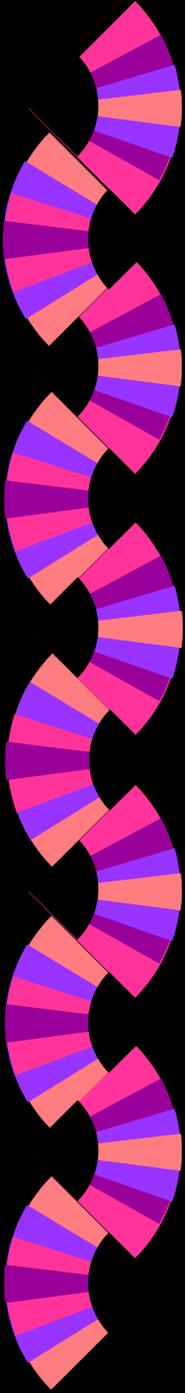


- ▶ Short-temper, moodiness, anger, nervousness, anxiety, paranoia, nervous tics, muscle spasms, boredom.
- ▶ Tension & migraine headaches, loss of memory.



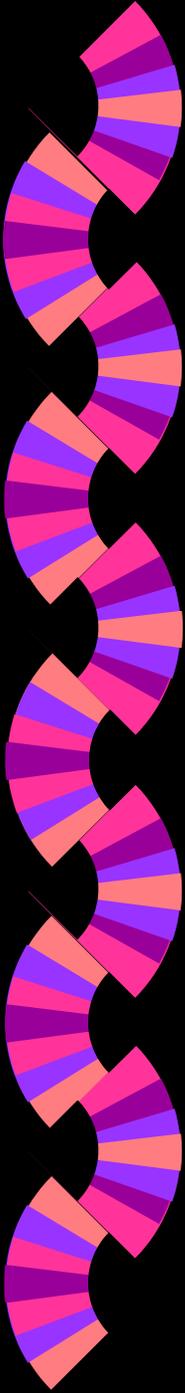
Symptoms of Stress

- Fatigue, burnout, mental breakdown.
- Older appearance, sagging eyes, creasing forehead.
- Skin disorders: acne, eczema, psoriasis, baldness.
- Chronic head and neck aches, stiff muscles, low back pain, painful joints, arthritis.



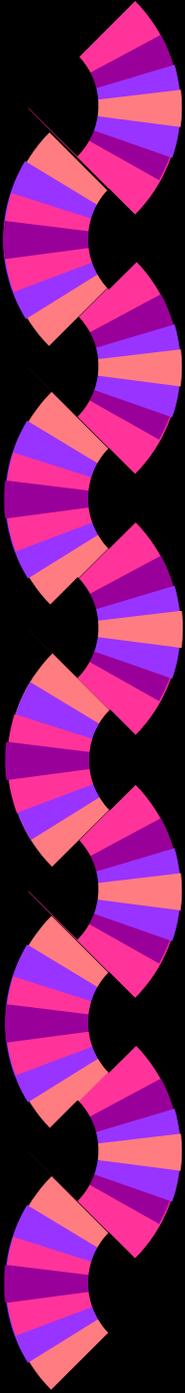
Symptoms of Stress

- ▶ Weight gain, upset stomach, high cholesterol.
- ▶ Colds, Flus, Viruses, Asthma, Frequent Infections.
- ▶ Overuse of drugs, tranquilizers, sleeping pills.
- ▶ Addictions, Depression, Alcoholism.
- ▶ Chronic illness.



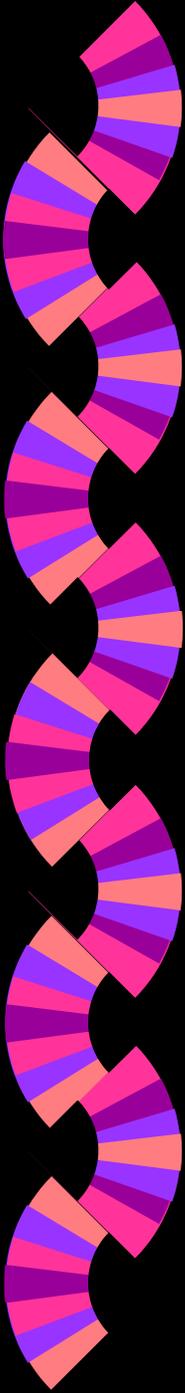
PSYCHOLOGICAL IMPACT

- ◆ Erodes Performance.
- ◆ Reduces productivity. Leads to costly mistakes in the office.
- ◆ Poor morale, high employee turnover.
- ◆ Burnout, absenteeism.
- ◆ Impaired concentration, mental confusion, poor judgment, irritability.



Psychological Impact

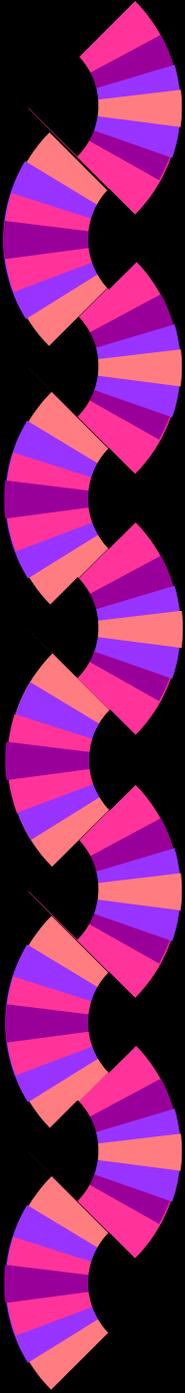
- Increases muscular tension & headaches.
- Leads to addictions (drugs, sugar, alcohol, nicotine, caffeine).
- Psychological health influences physical health.
- Instability and uncertainty can increase the disease process.



Physiological Impact

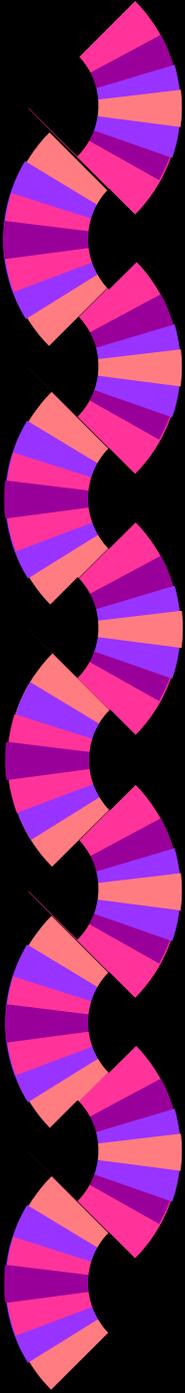


- ▶ Depletes excessive amounts of nutrients in body.
- ▶ Contributes to development and progression of serious and chronic illness.
- ▶ Exacerbates pre-existing conditions.



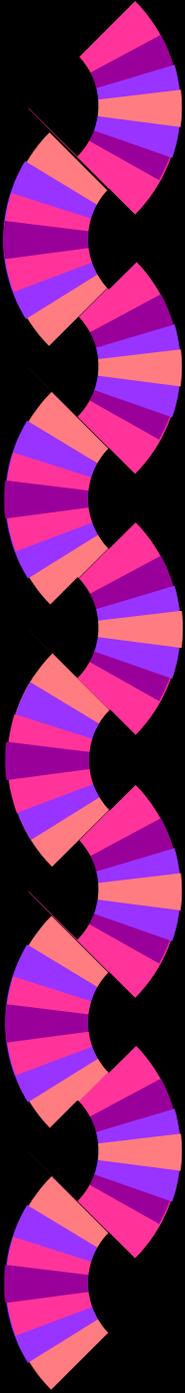
Autonomic Nervous System Changes

- “Flight or Fight” response causes cumulative impacts of stress.
- Constricts arterial system leading to circulatory disease risk.
- Increase in cardiovascular disease.
- Blood pressure & heart rate changes, irregular heartbeat, congestive heart failure, atherosclerosis.



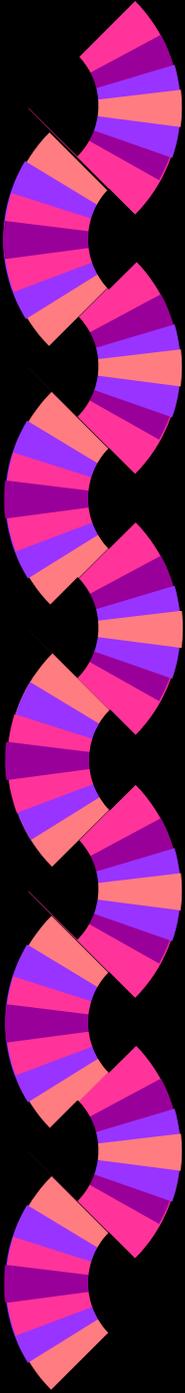
Autonomic Nervous System

- Digestive system: nervous stomach, nausea, bleeding ulcers, spastic colon, ulcerative colitis.
- Causes chemical changes in the body and the development of tumors.



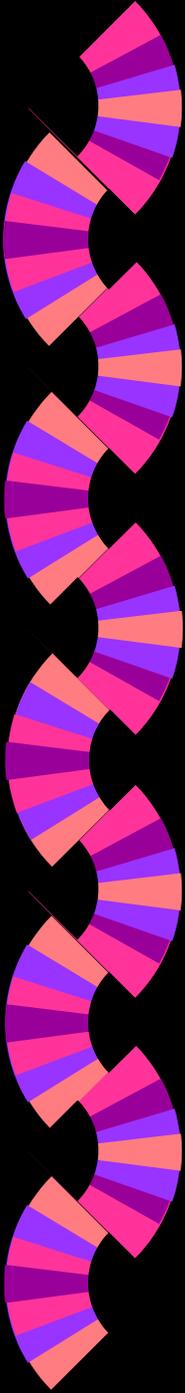
Psychoneuroendocrine Pathways

- Can influence every endocrine gland .
- Causes chemical changes in neuroendocrine and immune systems.
- Causes release of cortisol and ACTH which stimulates adrenal cortex.
- Exhausts adrenal glands.
- Cause thyroid malfunction which causes depression, weight loss or gain.



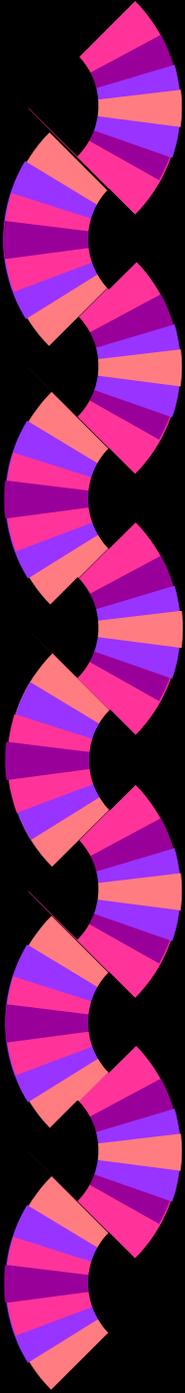
Psychoneuroendocrine Pathways

- Can cause diabetes - the absence of or increase of insulin.
- Compromises the immune system (decreases immune cell count, increases respiratory infections, viruses & colds).
- Can lead to cancer. Allows cancer to spread more rapidly.



Changes in Brain

- Master controller of every system. Interprets what is stressful. Instructs behavior.
- Causes chemical and structural changes in the brain.
 - Development of tumors.
 - Cerebral hemorrhages, aneurysms, strokes, death.
 - Dementia, cognitive impairment, depression.



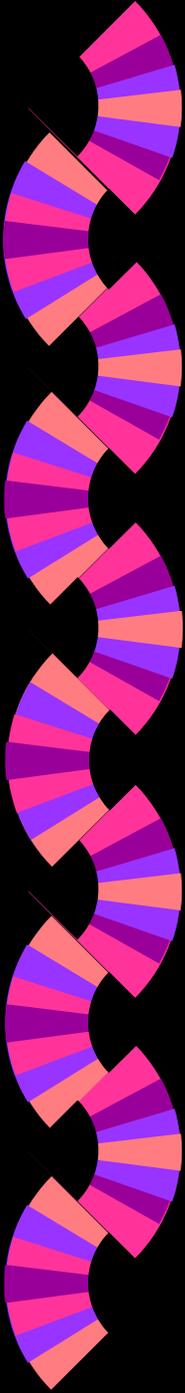
Changes in Brain

- Impacts amygdala (emotion & fear) and hippocampus (memory formation).
- Kills brain cells (dendrites). Causes atrophy of nerve cells (neurons).
- Affects body weight.
- Can cause permanent brain damage (extreme prolonged stress).

Ways to Manage Stress

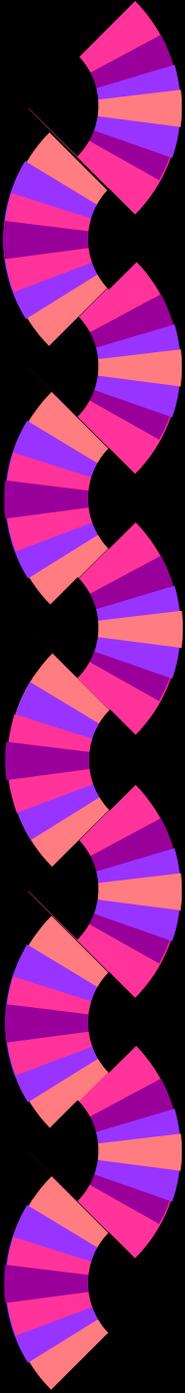


- ◆ Take control of self
- ◆ Change thinking.
- ◆ Change habits.
- ◆ Find time for leisure and fun.
- ◆ Get a hobby.
- ◆ Follow the 6 basic approaches.



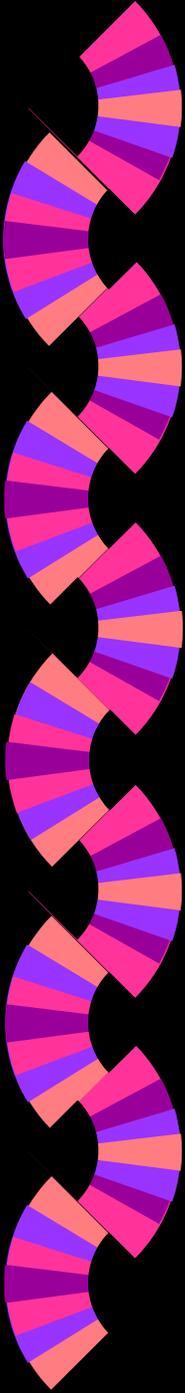
Analytical Stress Management

- Goal clarification, problem-solving, straight thinking.
- Learn to pace yourself.
- Improve communication.
- Change work environment.



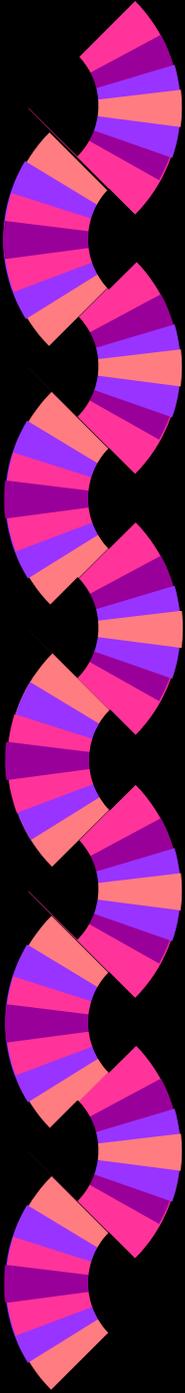
Athletic Stress Management

- ▶ Exercise, Stretching, Swimming, Sports
- ▶ Productive play
- ▶ Yoga
- ▶ Walking
- ▶ Dance
- ▶ Tai Chi



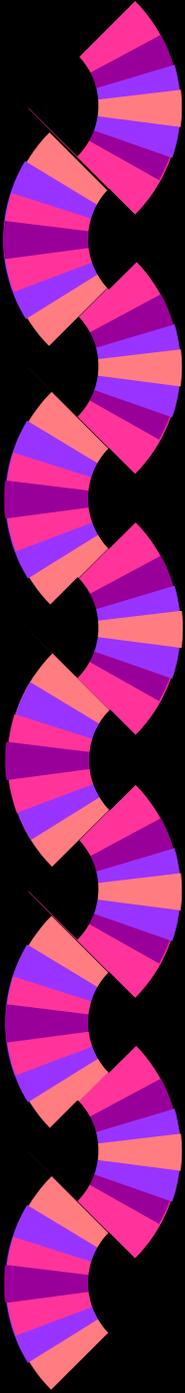
Aesthetic Stress Management

- ◆ Arts & Crafts (painting, calligraphy, collage making, rugmaking, quilting, decorative arts).
- ◆ Hobbies
- ◆ Dance
- ◆ Music (play an instrument, listen to meditative music).



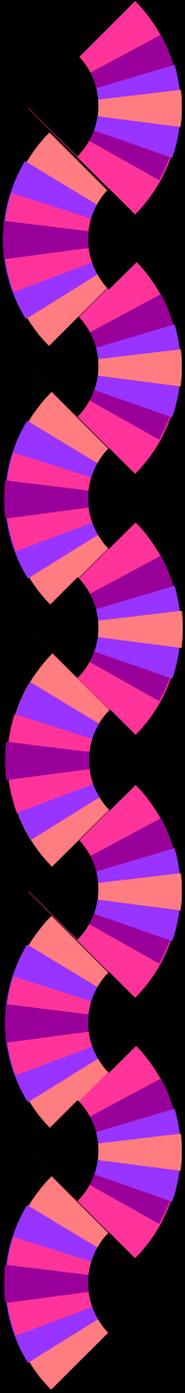
Awareness Stress Management

- ◆ Biorhythm & Biofeedback.
- ◆ Therapeutic massage, foot & hand reflexology.
- ◆ Zen breathing, Deep breathing.
- ◆ Laughter, humor.
- ◆ Rest & Relaxation.
- ◆ Warm Baths (whirlpool, steam & mineral).
- ◆ Aromatherapy.
- ◆ Color Therapy.



Altered Awareness Stress Management

- Meditation.
- Self-Hypnosis.
- Positive Affirmations.
- Visualization.
- Prayer.



Attitudinal Change Stress Management

- ◆ Change thinking.
- ◆ Improve Communications.
- ◆ Develop positive attitude & outlook.
- ◆ Seek social support, develop support systems, join support group.
- ◆ Don't isolate self.
- ◆ Seek professional help.

FOODS TO AVOID



- ◆ Caffeine (Coffee, Tea, Colas, Chocolate).
- ◆ Sugar, Alcohol, Dairy Products.
- ◆ Red meats & poultry.
- ◆ Wheat & Gluten containing grains (oats & rye).
- ◆ Additives (MSG, nitrates, aspartame).

FOODS THAT RELIEVE STRESS



- ◆ Vegetables & Fruits (berries, pineapple, apples).
- ◆ Potatoes, Sweet Potatoes & Yams.
- ◆ Legumes (green, peas, lentils, limas, split peas, sprouts, tofu).
- ◆ Pasta, rice.

Foods That Relieve Stress



- ◆ Seeds & Nuts (flax, pumpkin, sesame, sunflower, pecans, almonds, pistachios).
- ◆ Fish (salmon, tuna, mackeral, trout, halibut, cod).
- ◆ Water - Pure & Bottled.



Vitamins That Relieve Stress

- Antioxidants, Vitamin C, E, A (Beta-Carotene), Selenium, Bioflavonoids, Ginkgo Biloba.
- Calcium, Phosphorus.
- Pantothenic Acid (Vitamin B-5).
- Herb: St. John's Wort.
- Homeopathic: Calms Forte.