

Managing Stress

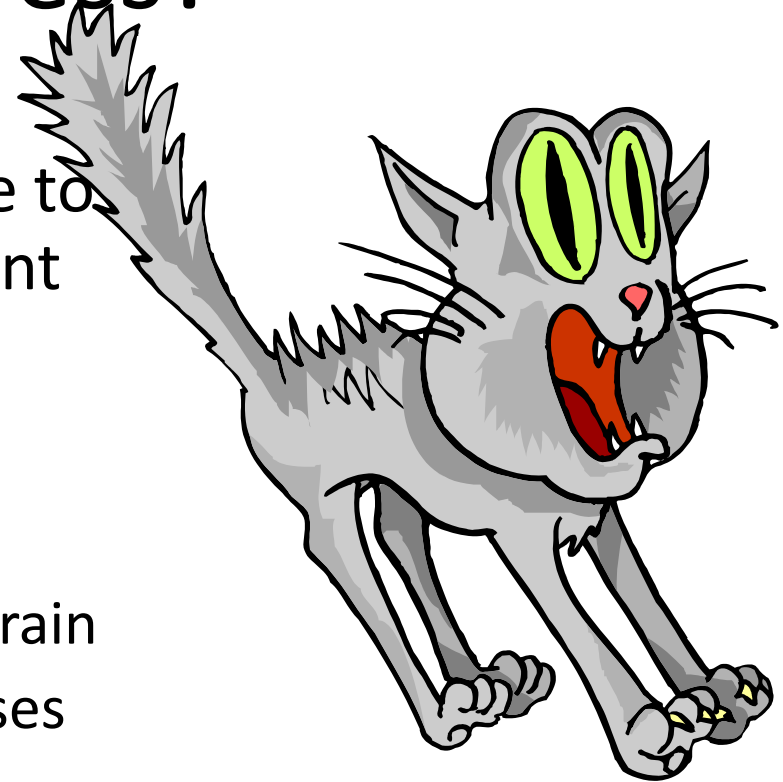
James A. Mucci, M.B.A.
EWH Assessment

Objectives

- Discuss issues related to Stress
- Review impact of stress on ourselves
- Cover strategies to reduce stress

What is Stress?

- Natural, normal response to change in the environment
- Feeling of not being in control
- Stress Overload
 - Activates areas of your brain
 - Sends involuntary impulses to organs
 - “Fight or Flight” response



Physiology of Stress

- Agitated State - Sympathetic
 - Pupils widen to let in more light
 - Heart races, rapid breathing
 - Blood pressure rises
 - Increased clotting potential
 - Muscles tense
 - Liver converts starches to sugar for energy
 - Increased sweat production
- Relaxed State - Parasympathetic
 - Lowers blood pressure
 - Muscles relax
 - Slows heart rate
 - Slows breathing rate
 - Slows response rate

Effects of Stress

- Biological
- Psychological
- Interpersonal
- Professional



Deal Effectively with the Situation

- Seek support from others
- Communication
- Educate yourself and seek information
- Resiliency - Take one day at a time
- Do not let feelings of intimidation affect getting your needs met
- Slow the emotional pace of your life -
 - Establish regular quiet and leisure time
 - Keep daily routine as much as possible
- Recognize that you are not alone

Techniques to Reduce Stress

- Set realistic goals
- Quit overscheduling
- Ask for practical help
- Reduce multitasking when possible
- Begin to say “no” or at least “not at this time, maybe later”
- Don’t be afraid to show your emotions
- Take care of yourself
 - Get plenty of sleep, exercise and nutrition
- Deep breathing; Meditation; Guided Imagery; Prayer



Techniques to Reduce Stress

- Aromatherapy, Psychotherapy, etc.
- Change your distorted thinking!
- See the humor in stressful situations
- Make time for fun! Break your routine once in a while.
- Gain perspective
- Creativity
- Journal

Life-Style Changes

- Become more optimistic
- Acceptance and Forgiveness
- Realize that living in the moment is most important
- Develop a strong support system
- Make important structural changes
- Listen to your Body!

What NOT to do . . .

Conclusion

- Key to effectively managing stress requires holistic approach
- Set Limits
- Be good to yourself! Remember to self-nurture
- Do what works for you
- Lifelong process to create balance