

# Welcome to my presentation!

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# Stress Management

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# Before starting

- You can download the slide with the link on the next page



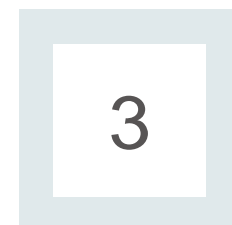
# Contents



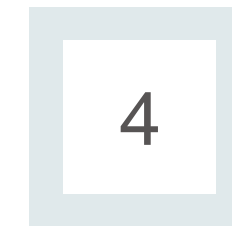
**Introduction**  
Before starting



**What is stress?**  
Defining it.



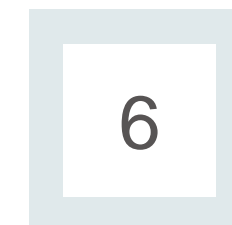
**Types of stress**  
Category of stress



**Signs of stress**  
What are the signs?



**Manage stress**  
How to manage?



**Action Plan**  
What to do?



Introduction

**YOU GOTTA BE STRESS FREE**



Today's topic

## Stress Management

Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.

Let's begin now!

## Definition

“ a state of mental tension and worry caused by problems in your life, work, etc” “something that causes strong feelings of worry or anxiety”

<http://www.merriam-webster.com/dictionary/stress>

"Stress results from an imbalance between demands and resources."

-- Lazarus, R.S. and Folkman, S. (1984). *Stress, Appraisal and Coping*, New York: Springer



# What Makes Something Stressful?

Keyword 01

Situations that have strong demands

Keyword 02

Situations that are imminent

Keyword 03

Life transitions

Keyword 04

Ambiguity

Keyword 05

Desirability

# Not All Stress is Bad... (Bad Stress)

## Distress

- ❖ is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities.

Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.

# Not All Stress is Bad... (Good Stress)

## Eustress

❖ is the other form of stress that is positive and beneficial.

Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.

# Signs of Stress

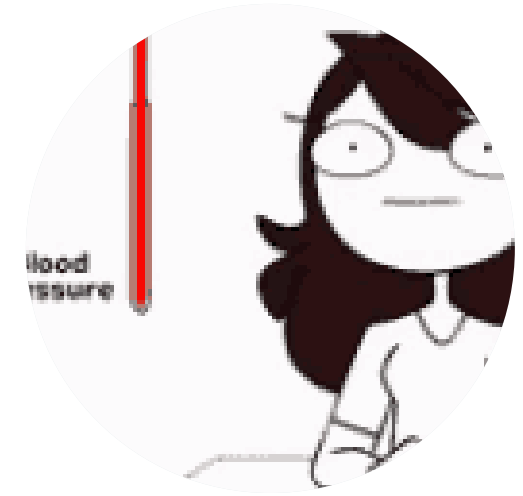
## Physical



Racing Heart



Shaky Hands/Legs



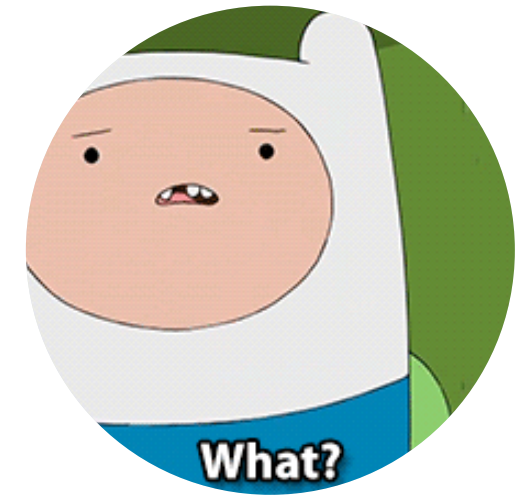
High Blood Pressure



Clenching Fists



Headaches



Tenseness

# Signs of Stress

Emotional



Anxiety



Fear



Irritability



Impatience



Depression



Inability to Focus

# Signs of Stress

## Behavioral



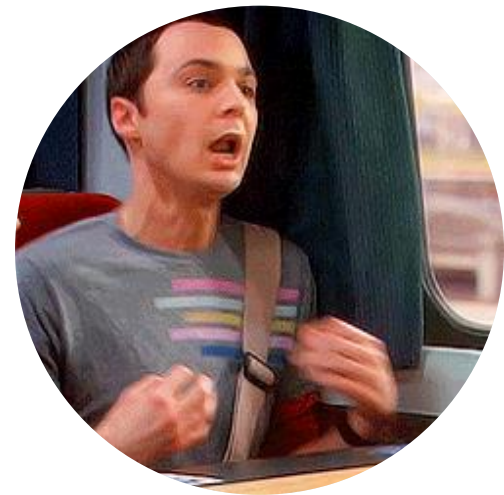
Change in Appetite



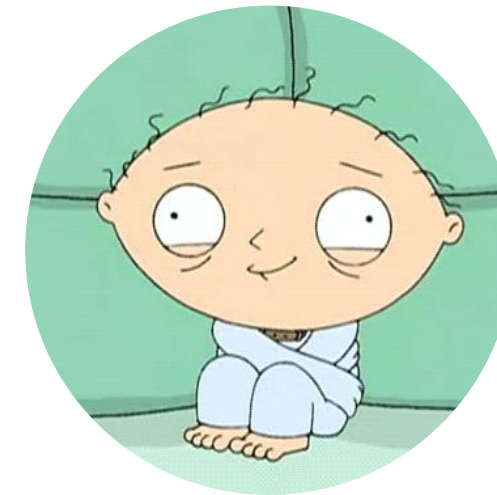
Difficulty Sleeping



Forgetfulness



Acting Out



Social Withdrawal /  
Avoidance



Mood Swings

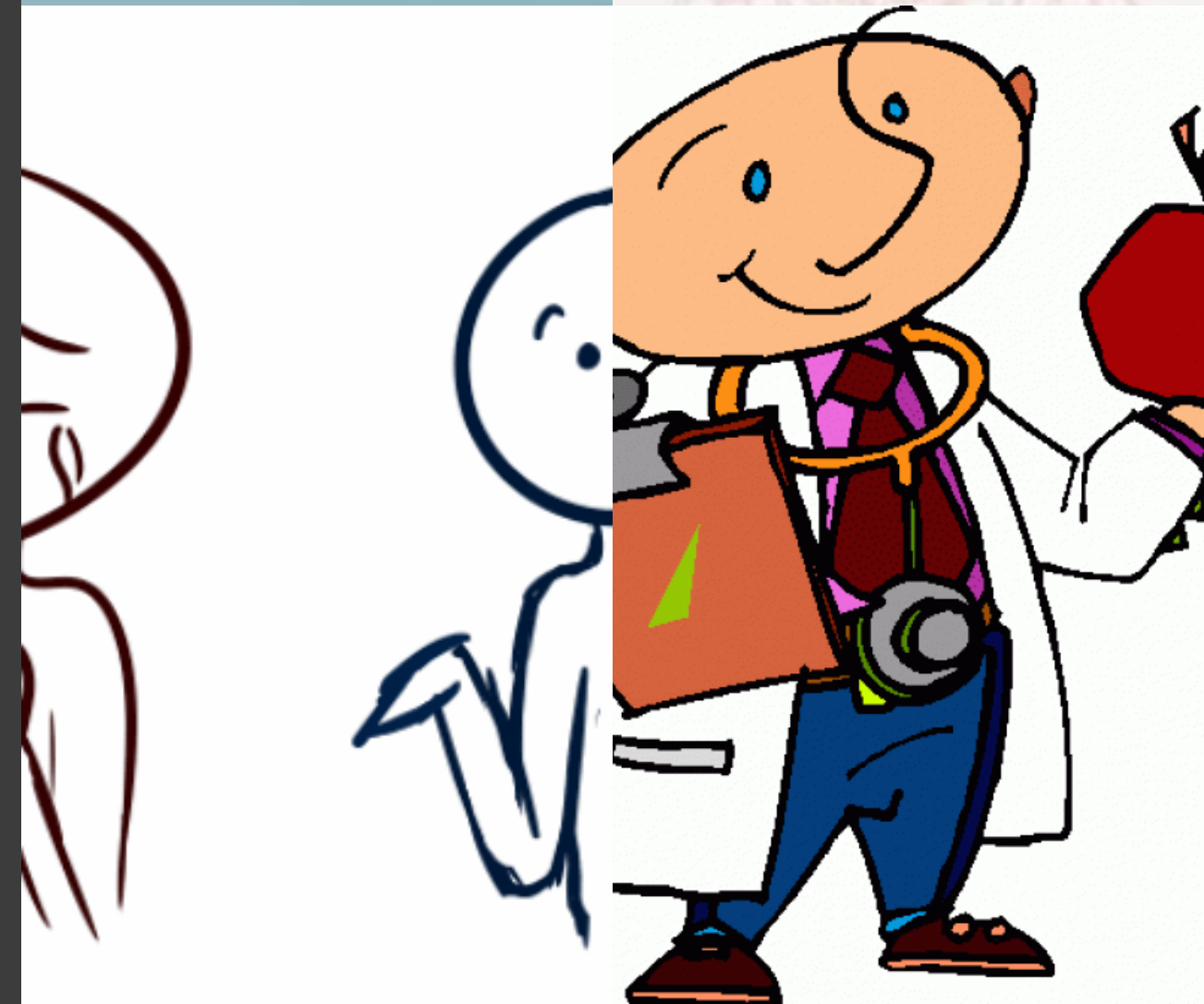


## Ways to manage stress

- ❖ Exercise
- ❖ Healthy food
- ❖ Time management
- ❖ Meditate
- ❖ Enough sleep
- ❖ Laugh a lot!!!
- ❖ Companion
- ❖ Ask a doctor



Are you getting enough sleep?



# Stress Management: Next Steps

Try to change the way you appraise a situation to make it less stressful

Remember stress is normal but watch out for symptoms of stress

Practice relaxation techniques



# Action Plan

1

## Plan 1

- 1) What is the biggest source of stress in your life right now?
- 2) What (if anything) can you do to eliminate this stress in a positive manner from your life?

2

## Plan 2

- 1) What healthy activity will you do to deal with this stress?

3

## Plan 3

- 1) What are some campus resources you are willing to use to deal with this stress?

# Thank you for watching!

Any questions?

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