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Stress

What is stress?

What causes stress?

Is stress harmful?

How can I tell if I'm under too much stress?

What's the best way to handle pressure?



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Don't worry.
God is never
blind to your
tears, never
deaf to your
prayers and
never silent to
your pain. He
sees, He hears
and He will
deliver you.

- Author Unknown



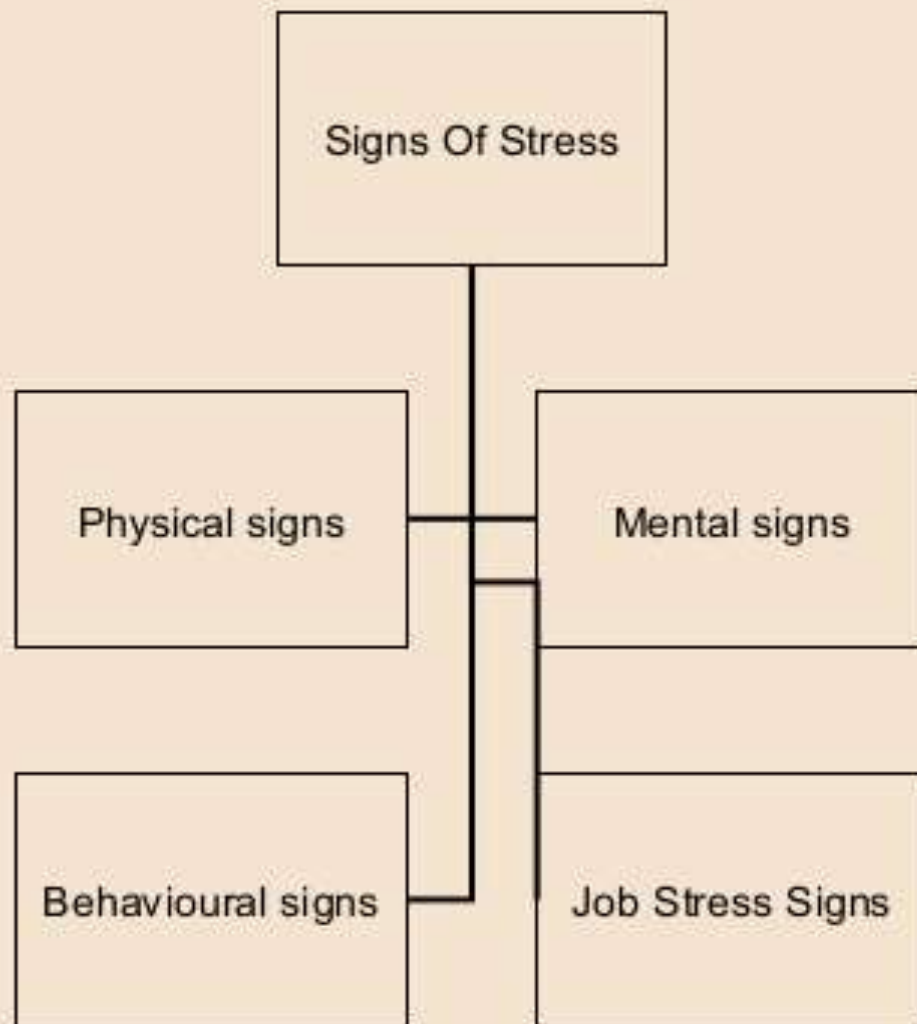


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What is stress

Stress as a physical, mental, or emotional response to events that causes bodily or mental tension.

Stress is any outside force or event that has an effect on our body or mind.





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Common Physical symptoms of stress can include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.
- Sleep trouble.
- Weakening of the immune system





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Common Mental symptoms of stress include

- Irritability
- Intolerance
- Short Temper
- Exhaustion
- Lack of concentration
- Frustration over minor challenges



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Behavioural and Job stress sign

- Headaches
- Back/neck pain
- Chest pain or discomfort
- Problems with digestion/nausea
- Dizziness, numbness or tingling in your fingers or toes
- Irritability
- Frustration
- Emotional Fatigue
- Concentration/Memory Problems



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WORK	Roommate	Legal matters
Classes	Childcare	Mental health
Studying	Finances	Law violation
Relationship with partner	Appearance	Spiritual/Religious issues
Relationship with family	Physical Health	Major/Career decisions
Relationship with friends	Not "fitting in"	Attitudes/thoughts
Trauma	Getting married	Buying a house
Change in residence	Change to a new school	Change in amount of recreation
Change in amount of social activities	Change in eating habits	Death of friend/family member



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What causes stress



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What causes stress

- Death of a dear ones
- Serious illness in yourself or a friend or family member.
- Stress is also caused by long-term difficult circumstances, such as:
 - Heavy debt
 - Unemployment
 - One success leads a person to acquire for another success leads a person to be in stress.
 - Competition in study, sports, arts and so on
 - Poverty



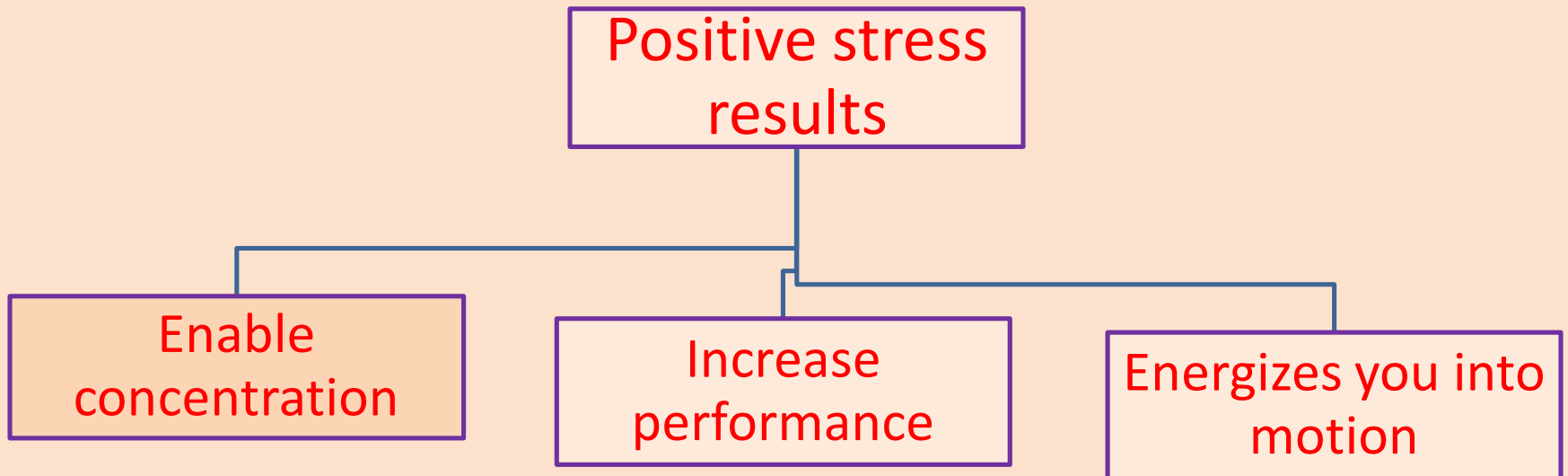
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What causes stress

- Relationship problems
- Caring for a disabled family member or friend
- Liabilities
- Difficulties at work
- Bad housing
- Noisy neighbors.
- Not having enough work, activities or change in your life
- Moving house
- Getting married
- Having a baby

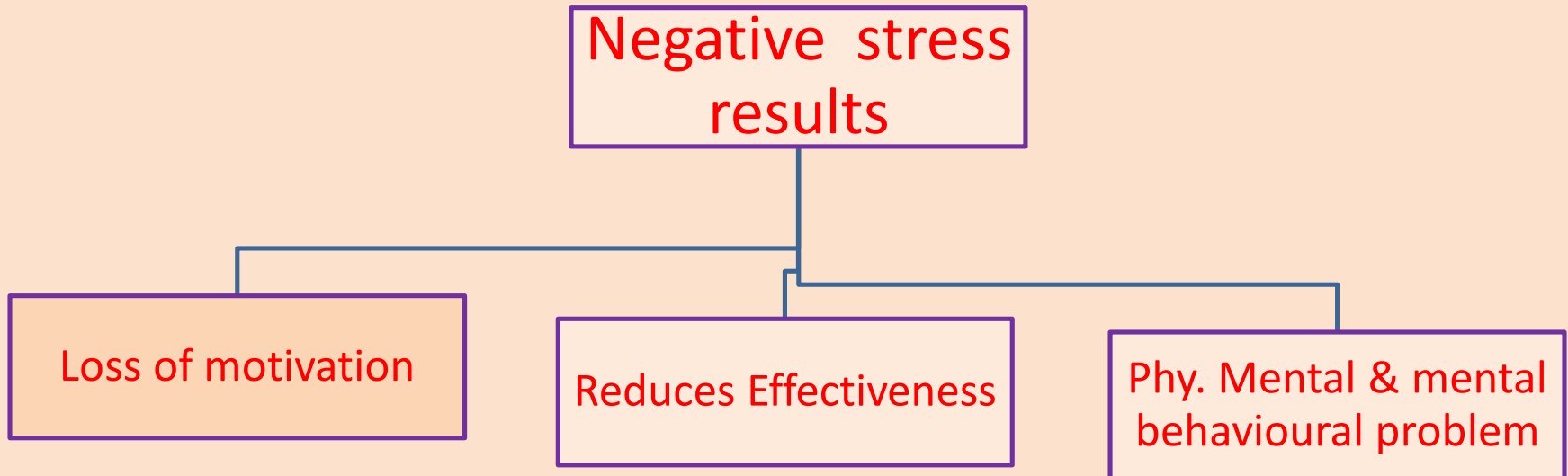


Positive Stress





Negative stress results





Negative effect of Stress

- imbalances of blood sugar
- increase in abdominal fat storage
- suppressed thyroid activity
- decreased bone density
- decreased muscle mass
- high blood pressure
- lowered immunity
- less able to think clearly.



The effect of Negative Stress

- The moment Negative thought enters in your mind
 1. Your body releases Acid
 2. Your resistance power decreases
 3. Your system's functions are affected
 4. Your heart beat increases
 5. Your blood pressure increases
 6. Un wanted hormones are released



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Is stress harmful?

- Stress can have a positive side.
- A certain level of stress may be necessary and enjoyable in order to help you prepare for something or to actually do it – e.g.
- Taking part in a performance
- Taking an exam
- You have to do an important piece of work for this one under goes stress & that stress itself will keep you alert and focused.



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Suggestions for Reducing Stress

1. Find a support system.

Find someone to talk to about your feelings and experiences.

Speak to friends, family, a teacher, a minister, or a counselor. Sometimes we just need to **"vent" or get something "off our chest."** Expressing our feelings can be relieving, we can feel supported by others, and it can help us work out our problems.



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How Can You Cope With Stress?

2. Time Management

- Adequate plan of action
- Prioritization of the work
- Keep up the timing
- Better manage your time and task

3. Schedule –

- Prepare a list of action points before the dawn and evaluate towards the dusk.
- Prioritize the work and do first what is most important and urgent.

4. Take good care of yourself.

- Exercise,
- Get plenty of rest,
- Try to eat well,
- Don't smoke and limit how much alcohol you drink.



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5. **Ask for help.**

–People who have a strong network of family and friends manage stress better.

6. **Do something you enjoy.**

- A hobby,
- meditation,
- walking, or volunteering are good, helpful ways to help you feel better and relieve stress.
- Listen to relaxing music.



7. Change your attitude.

Find other ways to think about stressful situations.

- **"Life is 10% what happens to us, and 90% how we react to it."**
- Talk to yourself positively.
- Remember, "I can handle it, "
- "this will be over soon," or "I have handled difficult things before, and I can do it again."
- Also, practice acceptance. We need to learn to accept things we cannot change without trying to exert more control over them.



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8. Be realistic.

Set practical goals for dealing with situations and solving problems.

- Develop realistic expectations
- Setting our expectations or goals high may seem like a useful but if not achieved we may fall on disappointment and that may lead to stress
- Find the courage to recognize your limits



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9. **Get organized and take charge.**

- Being unorganized or engaging in poor planning often leads to frustration or crisis situations, which often leads to feeling stressed.
 - Plan your time, make a schedule, establish your priorities.



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10. **Focus on the present.**

Don't keep thinking back to your mistakes and reliving the negative things that happened. There is nothing you can do about it. Let it go and look ahead, not behind.



11) **Laugh it up!** Try to look for the humor in life. Don't take yourself so seriously. Everything will pass eventually and keeping a sense of humor will help lighten the load. Laughter really can be the best medicine!



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12. Take breaks, give yourself "me time."

Learn that giving time to yourself for rejuvenation and relaxation is just as important as giving time to other activities.

- At minimum, take short breaks during your busy day.



13. Take good care of yourself.

Eat properly, get regular rest, keep a routine.

Allow yourself to do something you enjoy each day.

- Paradoxically, the time we need to take care of ourselves the most, when we are stressed, is the time we do it the least



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- Be prepared for changes
- Find time to refresh, re energizes and re motivate
- Avoid giving in to alcohol, smoking and other substance abuses.
- Learn to say no
- Positive attitude towards stressful situation in life.
- Try creative visualization
- Sit straight and comfortably and take a long breathing exercises



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to some one whom you think sincere, genuine and faithful and can listen to you and guide you

- Early to bed and early to rise
- Plan your day to engage your self constructively
- Holidays is just as essential as spending time on business or home worries.
- Remember that a little stress is good for the body and alerts the mind. But it needs to be short-term and to be followed by a period of relaxation.

ABC Strategy



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- A = Awareness
- B = Balance
- C = Control



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STRESS REDUCTION METHODS





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Remember these Golden words and sentences when you are in stress



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It's Not Wrong

to be upset. It's not wrong to cry. It's not wrong to want attention. It's not even wrong to scream or throw a fit.

What is wrong is to keep it all inside. What is wrong is to blame and punish yourself for simply being human. What is wrong is to never be heard and to be alone in your pain.

SHARE IT. LET IT OUT.

Bryant McGill

www.SimpleReminders.info



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*Nothing is nicer than having
someone who...*

*Appreciates you in the
smallest things..*

Accepts you in times of hardships.

*Comforts you when
you're troubled.*

*Loves you no matter what
and is simply happy for
having you in their life.*



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If you fail, never give up because

F.A.I.L. means "First Attempt In Learning"

End is not the end, in fact

E.N.D. means "Effort Never Dies"

If you get No as an answer, Remember

N.O. means "Next Opportunity"

So let's be positive



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**Faith Makes
Everything Possible.**

**Hope Makes
Everything Work.**

**Love Makes
Everything Beautiful.**

**May You Have All Three
As You Begin Each Day.**





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Don't worry.
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- Don't carry your mistakes around with you, instead place them under your feet and use them as stepping stone.
- Don't believe those who tell you they love you, believe those who show you they do



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Key word "Balance yourself"



So enjoy your life as it comes
.....and always be happy



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The only person without Stress is.....



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Dead Person



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A TO Z RULE FOR STRESS MANAGEMENT

A B C

- **Always make time for yourself—at least 30 minutes every day.**
- **Be aware of your own stress metre. Know when to step back and cool down.**
- **Concentrate on controlling your own situation, without controlling everybody else.**

D E F

- **Daily exercise will burn off the stress chemicals.**
- **Eating seasonal fruit and vegetables and drinking water on a regular basis to give your body what it needs to perform at its best.**
- **Forgive others, and don't hold grudges. Be tolerant; not everyone is as capable as you.**

G H I

- **Gain perspective on things: How important is the issue?**
- **Hugs, kisses, and laughter: Have fun and don't be afraid to share your feelings with others.**
- **Identify the causes of stress and plan to deal with them better the next time.**



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J K L

- **Judge your own performance realistically; don't set goals out of your reach.**
- **Keep a positive attitude; your outlook will influence outcomes and others treat you.**
- **Limit alcohol, drugs, and other stimulants; they affect your perception and behaviour.**

M N O

- **Manage money well, seek advice, and save at least 10% of what you earn.**
- **“No” is a word you need to learn to use without feeling guilty.**
- **Outdoor activities—by yourself or with friends and family—can be a great way to relax.**

P Q R

- **Play your favourite music rather than watching television.**
- **Quit smoking: It is stressing your body daily, not to mention killing you, too.**
- **Relationships: Nurture and enjoy them. Learn to listen more and talk less.**



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S T U

- Sleep well; rest for eight hours.
- Take a balanced approach to diet, and maintain good
- Understand things from the other person's point of view.

V W X

- Verify information from the source before exploding.
- Worry less; worry really does not get things completed better or more quickly.
- 'Xpress' your feelings, concerns, thoughts, and ideas to others.

Y Z

- Yearly goal setting: Plan what you want to achieve based on your priorities in your career, relationships, etc.
- Zest for life: Each day is a gift. Smile and be thankful that you are a part of the bigger picture



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*Thank
You*