



"Stress"

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Which do you think affects us the most?

1. Daily Stress

That which we live with on a day-to-day

basis



2. Significant Changes

That is, moving, divorce, going to college



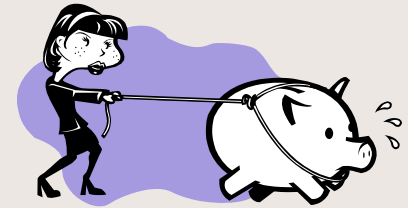
3. Catastrophes

That which takes us by surprise



Identifying Stressors

- School
- Work
- Family
- Relationships
- Legal
- Finances
- Health/illness
- Environment
- Living Situation



The Stress Scale

5	I could lose control
4	Can really upset me
3	Makes me nervous
2	Bugs me
1	Never bothers me

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.

Meaning

- Stress is a normal physical response to events that make you feel threatened or upset your balance in some way.



Is All Stress Bad?

- Moderate levels of stress may actually improve performance and efficiency
- Too little stress may result in boredom
- Too much stress may cause an unproductive anxiety level

Definition

Hans Selye

- The non-specific result of any demand upon the body, be the effect mental or somatic
- Eustress is a positive stressful experience, a state of physical and psychological well-being that is associated with increased motivation and the acceptance of a challenge.

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

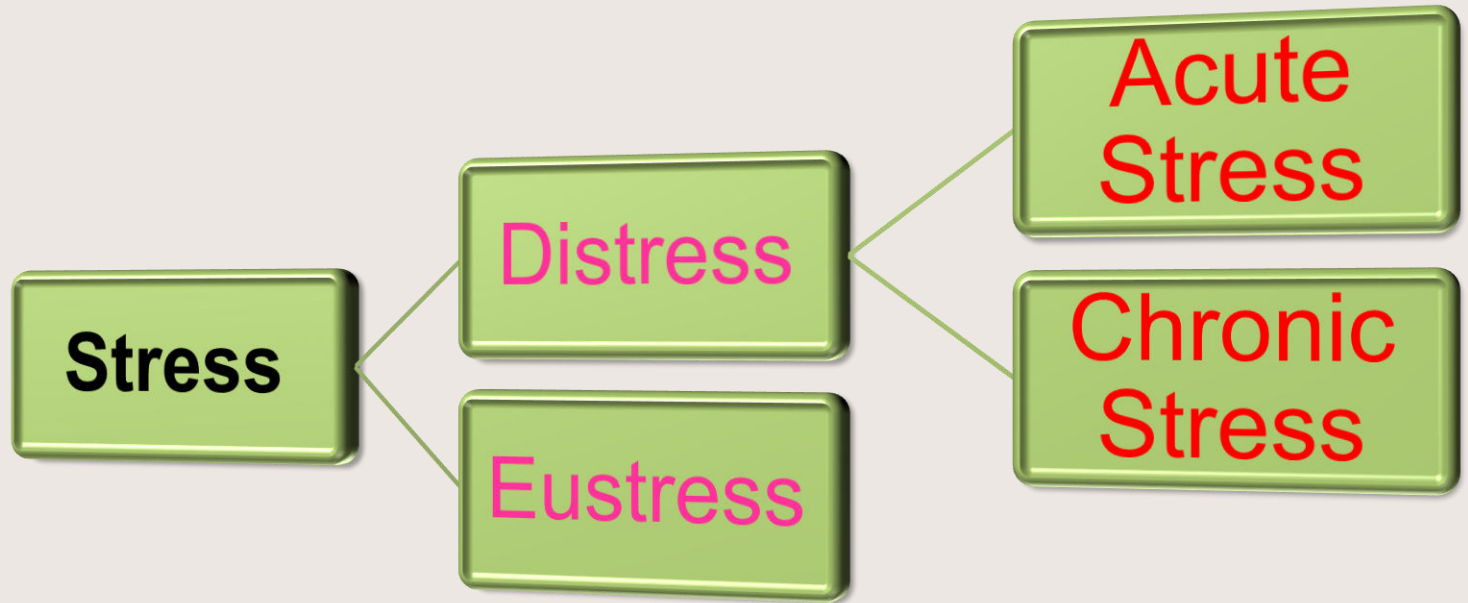
Causes - Stressors

- 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.

Causes of Stress

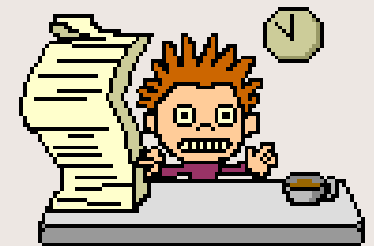
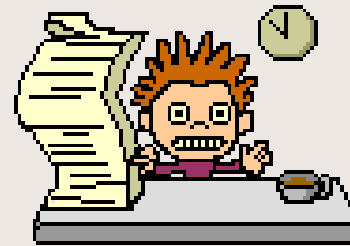
- *External causes*
 - Family, work, economics, work, school, major life changes, unforeseen events, etc.
- *Internal causes*
 - Worry, uncertainty, fear, attitudes, unrealistic expectations, etc.

Types of stress



Distress

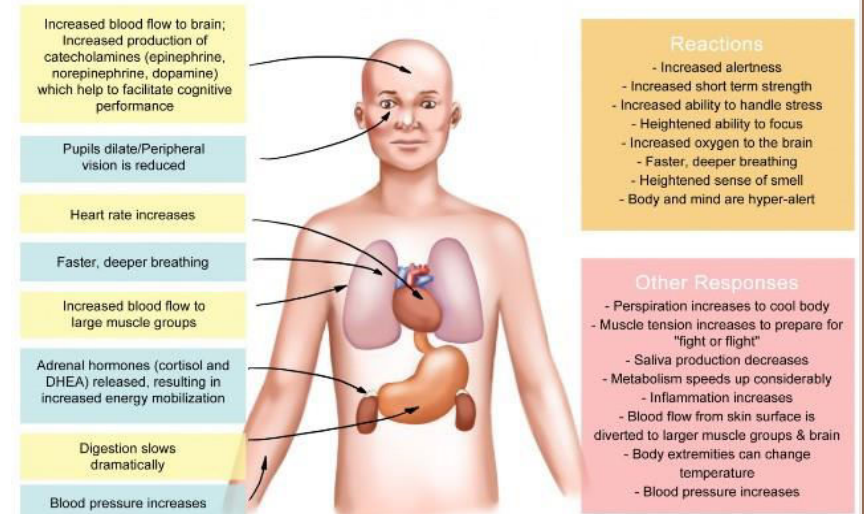
- Distress is one of the **negative** types of stress. This is one of the types of stress that the mind and body undergoes when the normal routine is constantly adjusted and altered. The mind is not comfortable with this routine, and craves the familiarity of a common routine.



Distress - Acute stress

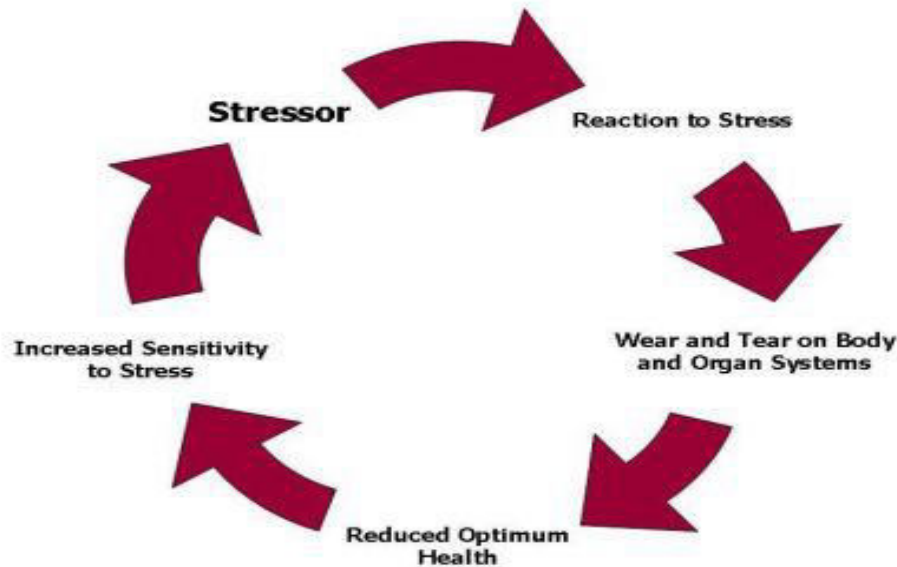
Acute stress reaction (also called **acute stress** disorder, psychological shock, mental shock, or simply shock) is a psychological condition arising in response to a terrifying or traumatic event, or witnessing a traumatic event that induces a strong emotional response within the individual.

Acute Stress Response - Public Speaking



Distress - Chronic stress

Chronic stress is the response to emotional pressure suffered for a prolonged period of time in which an individual perceives they have little or no control.



Eustress

- ◎ Eustress is the type of stress that is healthy, or gives one a feeling of fulfillment or other *positive* feelings. Eustress is a process of exploring potential gains.

- ◎ Eustress prepares
 - the muscles (the blood to pump to the major muscle groups),
 - heart(increase the heart rate),
 - mindfor the strength needed for whatever is about to occur.



Signs & Symptoms of Stress

- **Cognitive**

- Decreased concentration, comprehension, & memory

- **Behavioral**

- Irritability, withdrawal, violence

- **Emotional**

- Fear, anxiety, depression, fatigue

- **Physiological**

- Increased BP, HR, Respirations, etc
- Somatic symptoms
- Decreased immune response



Exhaustion

- Occurs when the demands of the stress exceeds the persons ability to adapt.
- Functioning declines
- May result in health problems
 - Physical symptoms
 - Mental symptoms



Common Stress Associated Diseases

- Diminished Immunity
- Headache
- Fatigue
- Weight gain
- Hypertension
- Heart Disease
- Digestive problems
- Anxiety
- Depression
- Alcoholism
- Substance abuse
- Insomnia
- Irritable bowel syndrome
- Decreased sex drive

Negative Effects of Stress

19 of 55

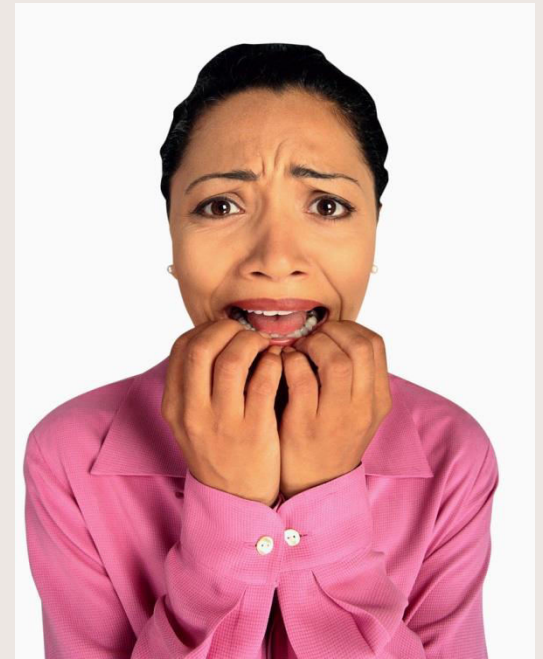
1. *Physical*

- Weight gain/loss
- Unexpected hair loss
- Heart palpitations
- High blood pressure

2. *Emotional*

- Mood swings
- Anxiety
- Can lead to depression

Can also lead to unhealthy coping strategies (i.e. alcohol, drugs, etc)



Coping with Stress

- Turn a treat into a challenge.
- Make a threatening situation less threatening.
- Change your goals.
- Take physical action.
- Prepare for stress before it happens.



Managing Stress

- Stress Relief Strategies

1. Body relaxation exercises

- breathing techniques
- guided imagery

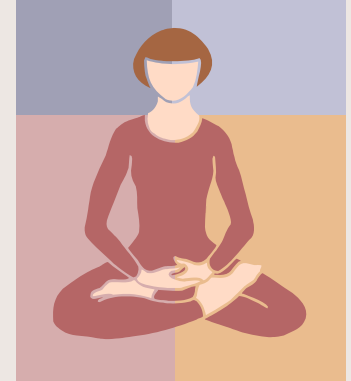
2. Physical exercise

- yoga
- work out routine

3. Meditation

4. Counseling

- talk therapy
- life coaching



Other Helpful tips

- Changing perceptions and expectations
- Break jobs/tasks into manageable parts
- Set reasonable/realistic goals
- Avoid procrastination
- Set boundaries
- Don't compromise your values/beliefs
- Schedule "me" time

Conclusion

- Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress is not always bad. In small doses, it can help you perform under pressure and motivate person to do best in performance.
- If a person did not feel any stress, individual would not be alive.

Thank you!

