

HEALTH TALK ON STRESS MANAGEMENT

INTRODUCTION

Stress is your body way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemical into the blood. These chemicals give people more energy and strength which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing if their stress is in response to something emotional and there is no outlet for this extra energy and strength.

STRESS MANAGEMENT STRATEGIES

AVOID UNNECESSARY STRESS

- Learn how to say "no"
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list

ALTER THE SITUATION

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

UNHEALTHY WAYS OF COPING WITH STRESS

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|---|---|
| ➤ Smoking | ➤ Using pills or drugs to relax |
| ➤ Drinking too much | ➤ Sleeping too much |
| ➤ Overreacting or under eating | ➤ Procrastinating |
| ➤ Zoning out for hours in front of the TV or computer | ➤ Filling up every minute of the day to avoid facing problems |
| ➤ Withdrawing from friends, Family and activities | ➤ Talking out your stress on others (lashing out, angry outbursts, Physical violence) |
| ➤ Thinking too much | |



THINKING



DRINKING



HEALTHY WAYS OF COPING WITH STRESS

(DEALING WITH STRESS SITUATIONS: THE 4 A's)

- *Change the Situation:*
- *Change your reaction*
- Avoid the stressor
- Adapt to the stressor
- Alter the stressor
- Accept the stressor.

STRESS MANAGEMENT STRATEGIES

ADAPT TO THE STRESSOR

- Reframe problems
- Look at the big pictures
- Adjust your standards
- Focus on the positive
- Adjusting your attitude

ACCEPT THE THINGS YOU CAN'T CHANGE

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive.

STRESS MANAGEMENT STRATEGIES

ADAPT A HEALTHY LIFESTYLE

- Exercise regularly.
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, Cigarettes and Drugs
- Get enough Sleep

RELAX IN A GOOD MOOD



EXERCISING



CONCLUSION

Many different things can cause stress from Physical (such as fear & Dangerous) to emotional (such as worry over your family or job). In real life, some stress are good but sometimes bad stress can lead to death. You are all urged to be mindful of managing your stress to avoid such disorders as stroke, high Blood pressure, Migraine etc.

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