

Stress Management



V's



Aims of the group

- * Ways to Manage your Stress
- * What is Stress
- * The Causes of Stress
- * The Impact of Stress

What is Stress?

- * Stress means different things to different people
- * What might be stressful for one person may not be stressful for someone else
- * It is the reaction people have to excessive pressures or demands placed on them
- * It arises when people worry that they can't cope with these pressures.

The Body's Stress Response

- * Perceived Threat



- * Nervous system responds



- * Stress Hormones released i.e. adrenaline and cortisol



- * Hormones provoke the body for emergency action i.e. fight or flight

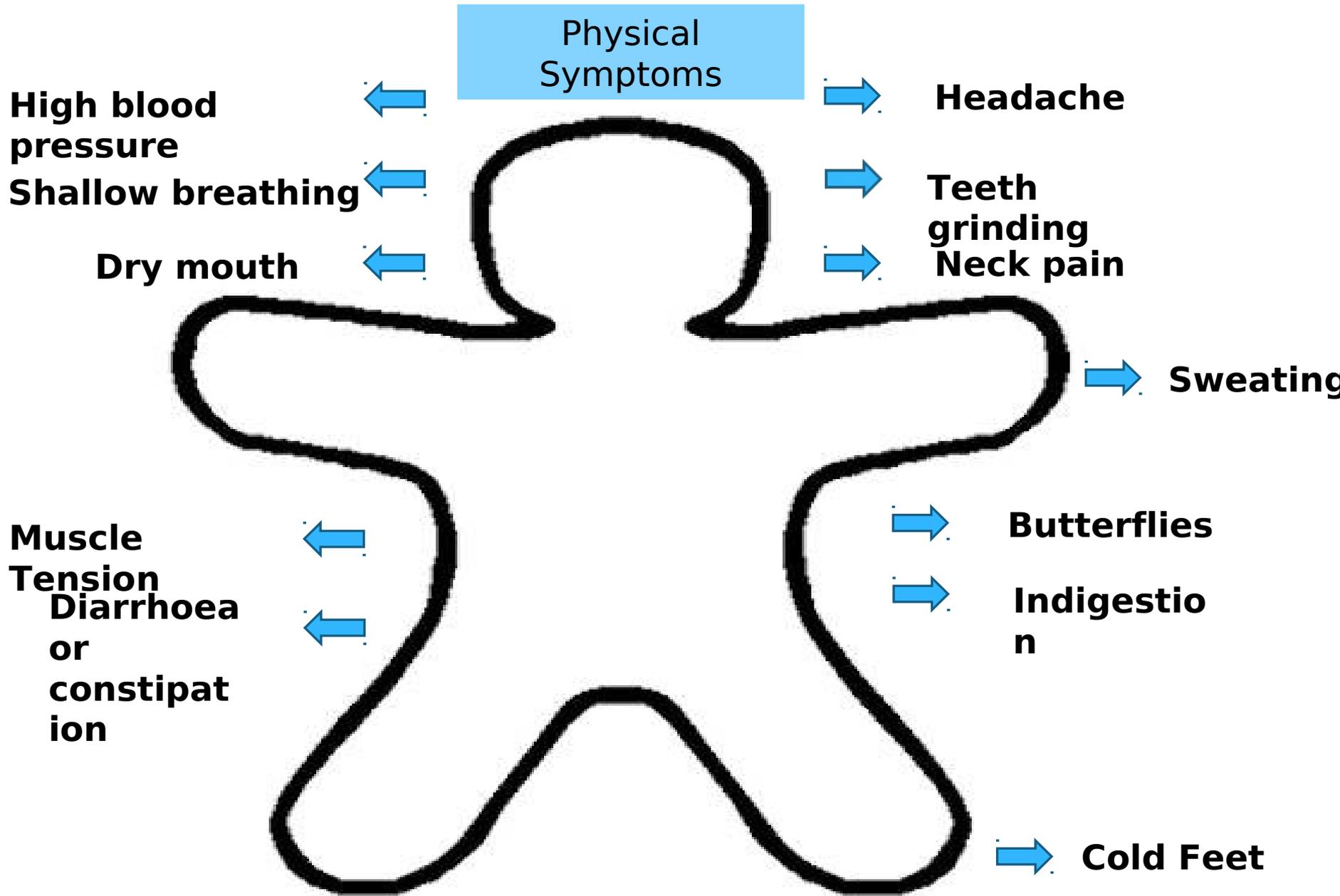


- * Physical changes occur to support exertion

Symptoms of stress



- *Take a moment to think of your body and how it responds to stress...



Other Symptoms of Stress

Cognitive

- * Memory problems
- * Indecisiveness
- * Poor concentration
- * Racing thoughts
- * Negative thinking
- * Constant worry

Emotional

- * Moodiness
- * Agitation
- * Short temper
- * Overwhelmed
- * Unhappiness
- * Fear

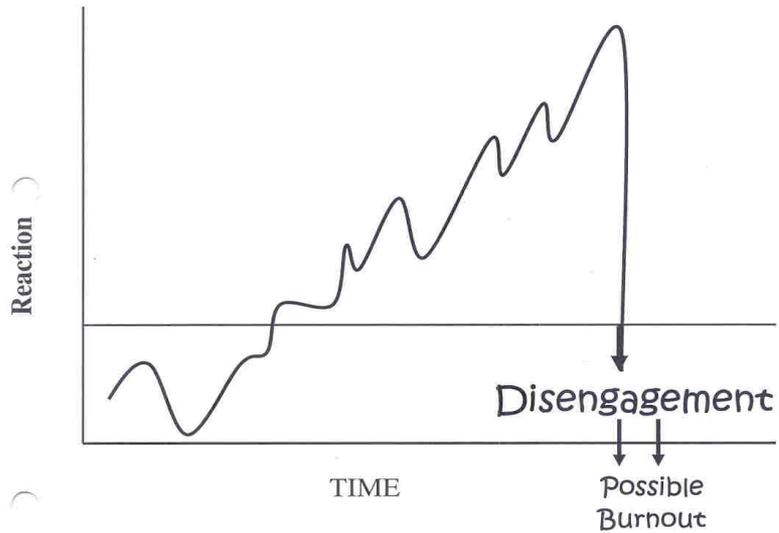
Behavioural

- * Disrupted sleep
- * Eating more or less
- * Social withdrawal
- * Procrastination
- * Picking fights
- * Angry Outbursts

Stress levels

Figure 2

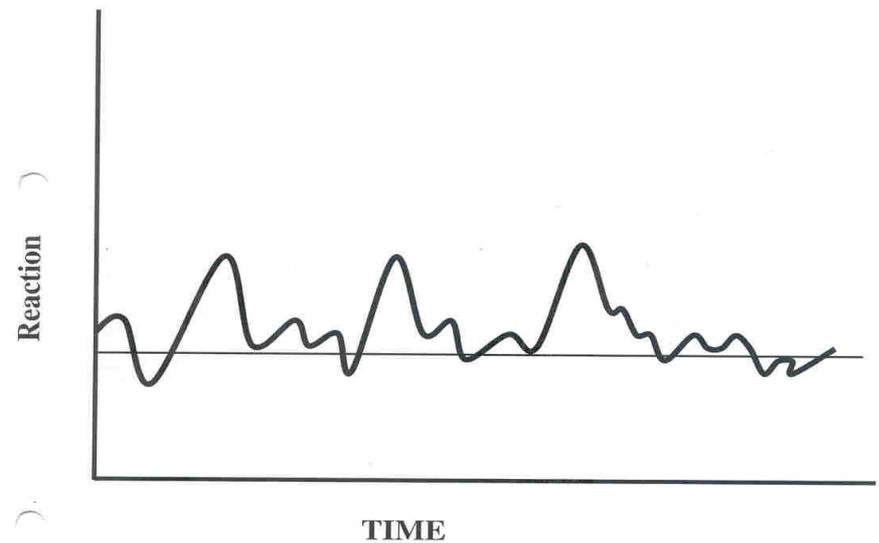
Stress Reactions



Unhealthy Bodily Stress Reaction

Figure 3

Stress Reactions



Healthy Bodily Stress Reaction

High Stress → Strain → illness



Evidence suggests that stress increases the chance of ill physical or mental health.

What are your stressors??



- * Take a few minutes to reflect on what might be causing or contributing to stress in your life.
- * Think about different areas of your life e.g. home, family, work, study, health, lifestyle, social, finances etc.

Possible Stressors

- ❖ **Environment** : too much heat, noise, traffic etc
- ❖ **Body**: tiredness, aches and pain
- ❖ **Mind**: negative self talk, self doubt, anxiety, obsessive thinking

These categories are not really separate as they overlap and influence each other

How do you manage your stress????



Stress Management

Leisure

Deep Breathing

Assertiveness

Positive Self
Talk

Self
organisation

Positive
thinking

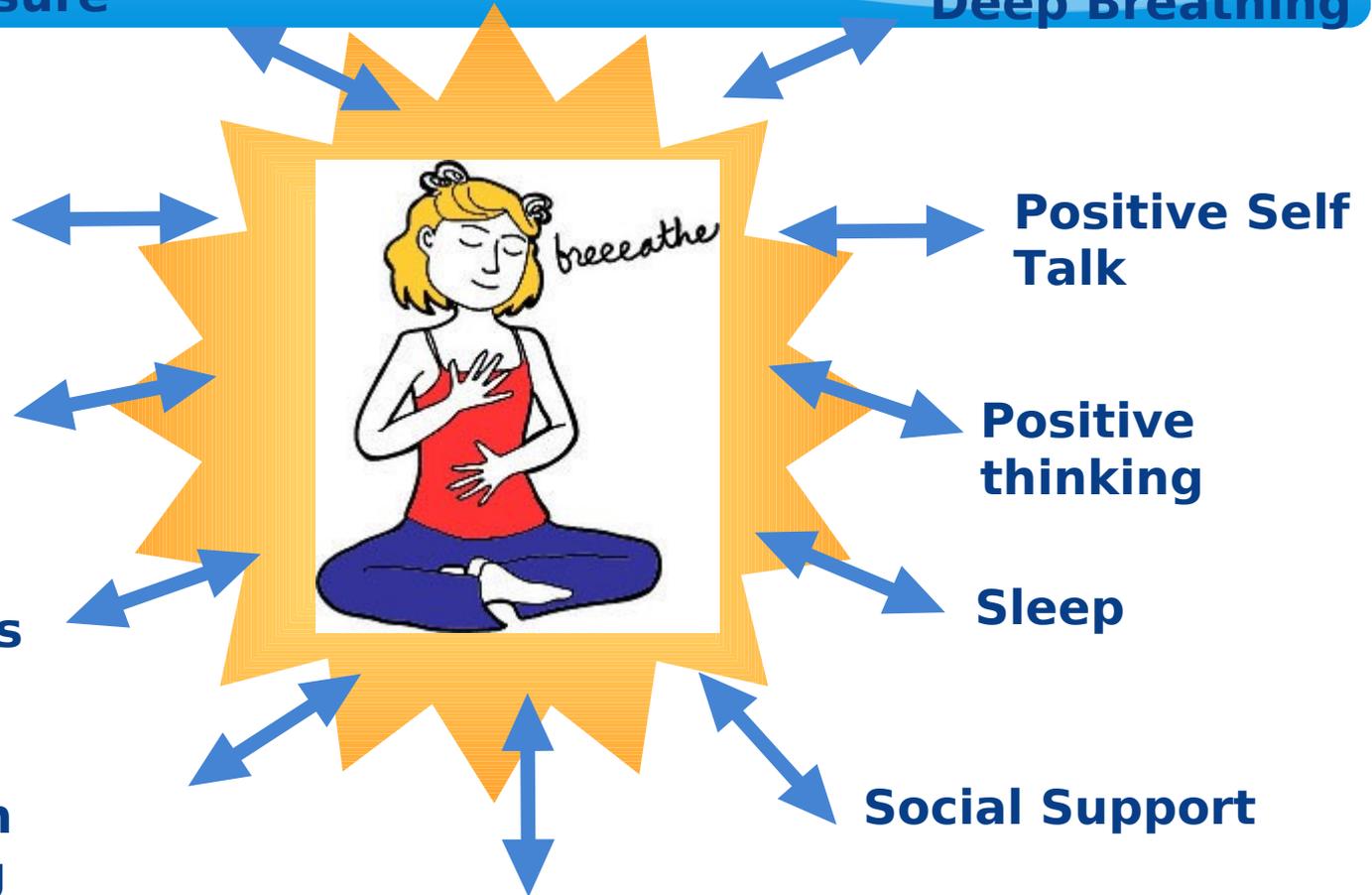
Medications

Sleep

Health
Eating

Social Support

Exerci
se



Lifestyle

- * Exercise regularly and eat a healthy diet
- * Incorporate leisure into your daily routine. Pick something you enjoy doing and make it a priority.
- * Balance rest and activity. Avoid 'overdoing it' on the days that you feel well and 'underdoing it' on the days that you feel poorly. Pace yourself.
- * Time management. Plan ahead so that you avoid taking too much on. Use daily diaries/ calendars to help with this.
- * Don't wait until you are stressed to relax. Make relaxation part of your daily routine. Choose something that works for you e.g. yoga, deep breathing, walking.

Healthy Sleep Routine

- * Avoid caffeine after midday e.g. tea or coffee
- * Exercise early in the day. Avoid leaving this until the evening .
- * Try to build up a regular sleep pattern i.e. go to bed and rise at the same time everyday
- * Keep a sleep diary to record the time that you go to bed and the time you wake up. Make a note of any sleep strategies that you used. This way you will see what is working for you.
- * Have a 'wind down' hour before you go asleep. Try listening to music or doing some deep breathing.
- * If you wake during the night get out of bed and do something that helps you relax. When you feel sleepy return to bed

Social Support

- * When we are stressed or anxious we tend to avoid social situations. Try to avoid getting caught in this cycle.
- * Talk to family and friends and build on these relationships.
- * Look for formal supports such as local support groups. It can be helpful to talk or listen to people who understand what you are going through.
 - * Grow (www.grow.ie)
 - * Aware (www.aware.ie)
 - * Arthritis Ireland (www.arthritisireland.ie)

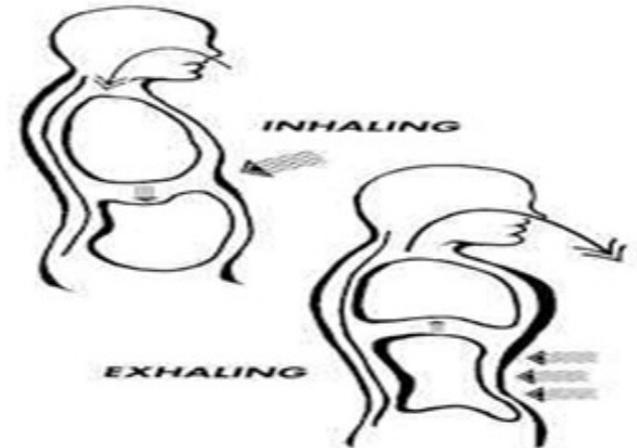


Breathing

- * Most of us do not fill our lungs with as much oxygen as they can hold.

Deep breathing is good for us because

- It gives us more oxygen
- It interrupts the accumulation of stress
- It stimulates our relaxing nerves
- It interrupts negative thinking

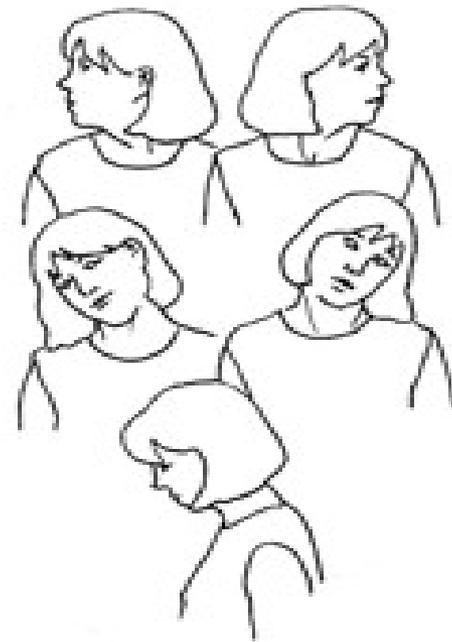


Check your breathing

- * Place one hand on your chest
- * Place the other hand between your ribcage and your stomach
- * Let your hands rest for a few moments
- * Notice which hand moves the most
- * For deep breathing the hand on your stomach should be rising higher than the hand on your chest!

60 second Stress management

- * Simple breathing / Square breathing
- * Tension focus
- * Neck stretches
- * Shoulder rolls
- * Head and neck massage
- * Reminder dots!



Questions?????



Feedback!

We would be very grateful if you would fill out our feedback form, as honestly as possible!



Thank you