

Presentation Outline

- **Awareness**
- **Types of Stress**
- **Management Methods**

EXTERNAL STRESSORS

- Physical Environment
- Social Interaction
- Organizational Pressure
- Major Life Events
- Daily Hassles

MAJOR LIFE EVENTS

- Birth
- Death
- Lost job
- Promotion
- Marital status change

NEGATIVE STRESS

It is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaints, insomnia and ulcers.

Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.

Self-Generated

Most of the stress we experience is self-generated.

How we perceive life - whether an event makes us feel threatened or stimulated, encouraged or discouraged, happy or sad - depends to a large extent on how we perceive ourselves.

GENERAL ADAPTATION SYNDROME

- Alarm response
- Adaptation
- Exhaustion

OMS

BEHAVIOURAL SYMPTOMS

- Appetite changes - too much or too little
- Eating disorders - anorexia, bulare1.21 1

STRESS RELATED ILLNESSES

Stress is not the same as ill-health, but has been related to such illnesses as:

- Cardiovascular disease
- Immune system disease
- Asthma
- Diabetes
- Ulcers
- Depression

WORKING CONDITIONS

Physical and mental health is adversely affected by unpleasant working conditions, such as high noise levels, lighting, temperature and unsocial or excessive hours.

OVERWORK

Stress may occur through an inability to cope with the technical or intellectual demands of a particular task.

Circumstances such as long hours, unrealistic deadlines and frequent interruptions will compound this.

CHANGES AT WORK

Changes that alter psychological, physiological and behavioural routines such as promotion, retirement, and redundancy, are particularly stressful.

Self Help

- What are my causes of Stress?
- Identification and admission
- Coping strategies

Not all the stress we experience
is generated at work !!

ABC STRATEGY

C = CONTROL

What can you do to help yourself combat the negative effects of stress ?

Change your Thinking

- Re-framing - change the way you look at things in order to feel better about them
- Positive thinking - Focus on your strengths, learn from the stress you are under, and look for opportunities

Get Organized

Poor organization is one of the most common causes of stress. Structured approaches offer security against 'out of the blue' problems. Prioritizing objectives, duties and activities makes them manageable and achievable. Don't overload your mind. Organization will help avoid personal and professional chaos.

Humor

- Good stress

Change Your Lifestyle

- Eat a healthy diet
- Eliminate smoking & alcohol
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