



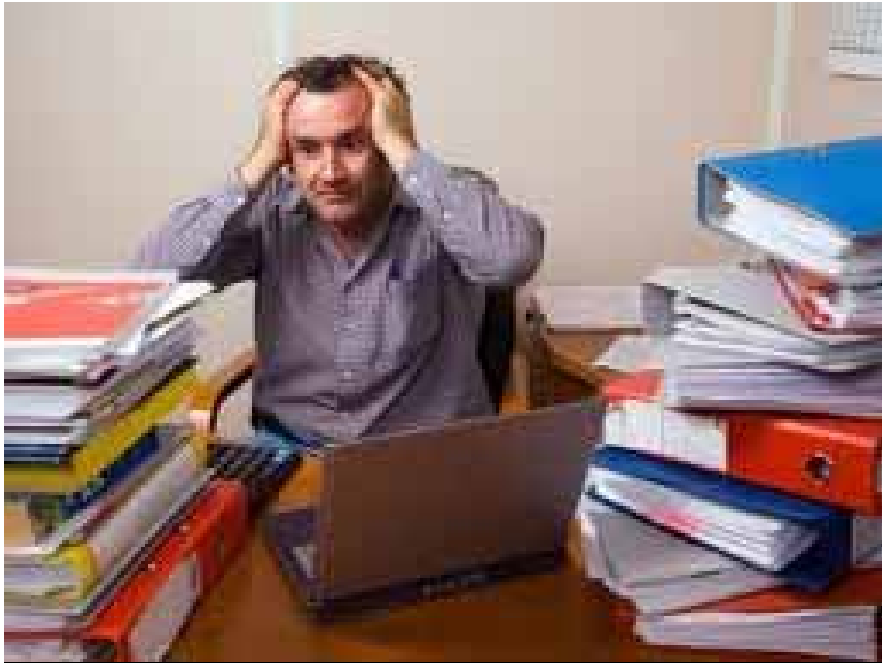
# Stress Management: At home, work, & beyond

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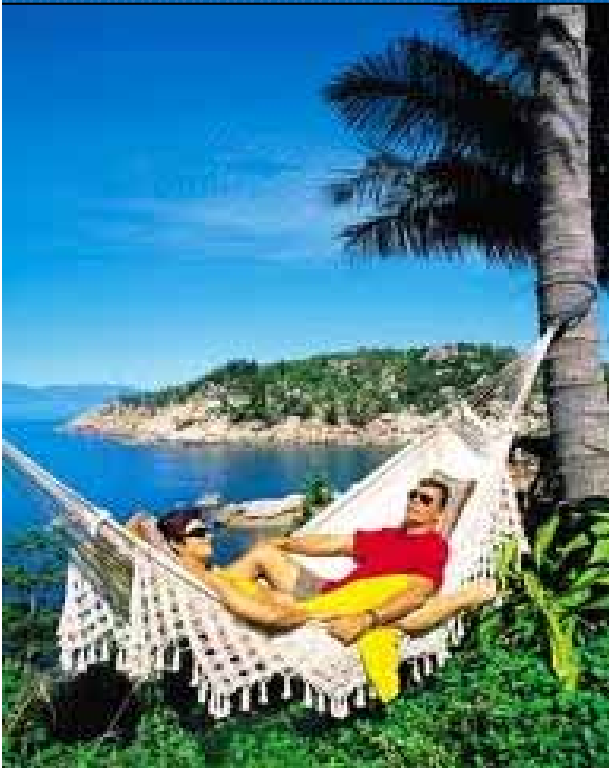


# Today's Objectives

- ❑ What causes you stress?
- ❑ Understanding stress
- ❑ How do you perceive stress?
- ❑ When does stress become dangerous?
- ❑ How to better handle stress
- ❑ Helpful tools to take with you







# Understanding Stress

- **Definition:** a physiological response to a situation that puts physical, mental, or emotional strain on the body
- **Fight or Flight**
- **External v. Internal factors**

# Understanding Stress

- We all deal with stress on daily basis
- American Psychological Association reported that **79%** of people believe stress is a way of life.

# Dangers of too much stress

- Living a stress- filled life increases your risk for:
  - heart disease
  - stroke
  - ulcers
  - migraines
  - high blood pressure
  - depression
  - asthma
  - cancer
  - drug dependency
  - can depress your immune system

# Types of Stressors

- Eustress (positive)
- Distress (negative)

# How Do You Perceive Stress?

**\*\*When I show you the following pictures think about if you feel more like the picture on the left or the picture on the right?**

■ **Love**



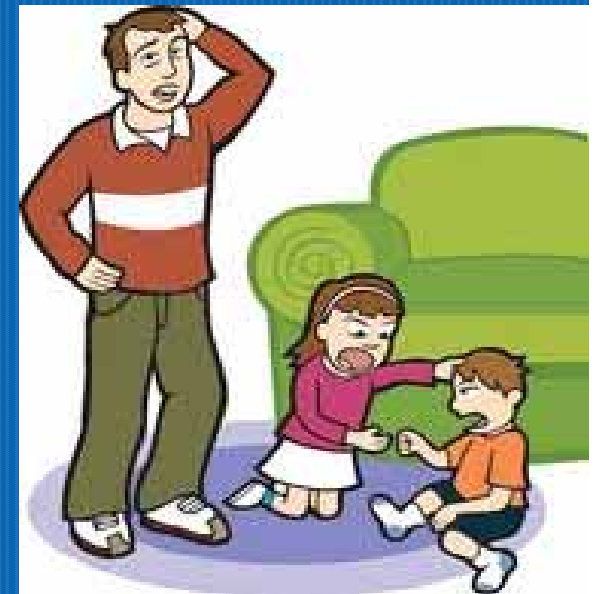
■ **Holidays**



## ■ Work



## ■ Family



# Stress=Force/Area

- **Force:** Love, Work, Family, Holidays

\_\_\_\_\_ Divided By \_\_\_\_\_

- **Area:** How YOU cope with the stress

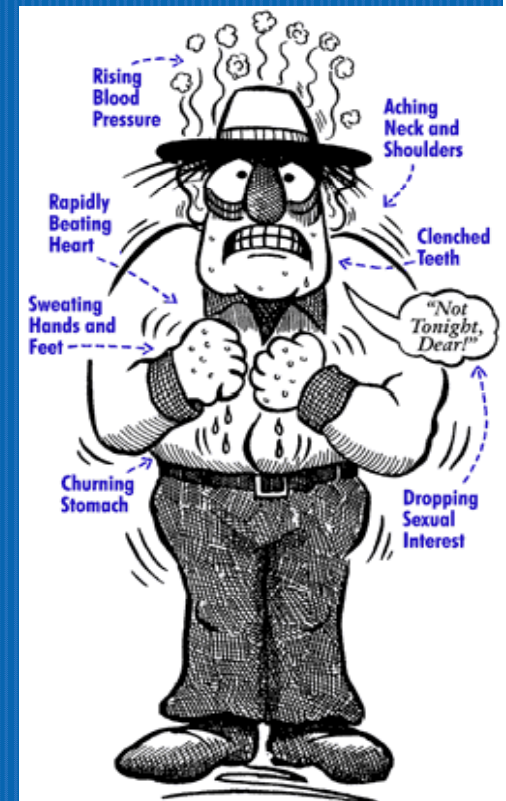


# Something to think about...

- Is some of the stress in your life related to the expectations you place on yourself or the expectations placed on you by others?
- Where does most of your stress come from?
- How do you cope with stress?

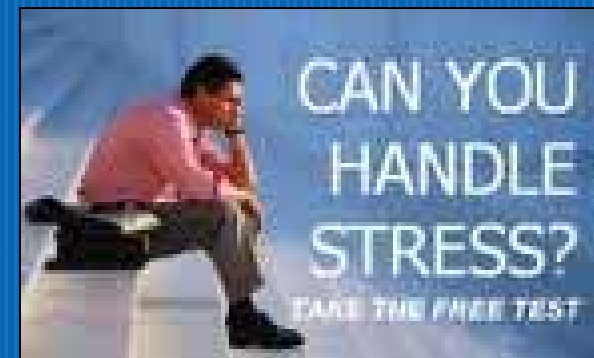
# Warning Signs and Symptoms

- \*memory problems
- \*inability to concentrate
- \*depression
- \*feeling overwhelmed
- \*nausea
- \*sleeping too much or too little
- \*eating too much or not enough
- \*abusing drugs



# STRESS INVENTORY

- The following inventory was developed to investigate the relationship between social readjustment, stress, and susceptibility to illness.
- Circle all that has happened to you in the last 12 months



# Solutions!

- Have a strong support system
- Invest in your emotional health
- Learn how to relax (exercise, meditation):
- Take care of your body by getting enough sleep and eating properly

# Guided Meditation

- Guided Imagery
- Meditation Rooms
  - <http://life.gaiam.com/gaiam/p/Gaiam-Life-Meditation-Rooms.html>



# Relaxation Techniques

- Something you can do sitting in your office
  - Spinal twist
  - Neck stretches
  - Lateral flexion
  - Forearm stretches
  - Scalp
  - Roll shoulders
  - Feet



# Exercise

- Recommended exercise guidelines:
  - 30-60 minutes of moderate physical activity= 5 days a week
  - 20 minutes of vigorous physical activity= 3 days a week
  - Moderate v. Vigorous
  - Examples



# Exercise Tips

- Busy Schedule? Do it in short bouts
- Park further away
- Gym membership isn't a necessity
- Get your family involved

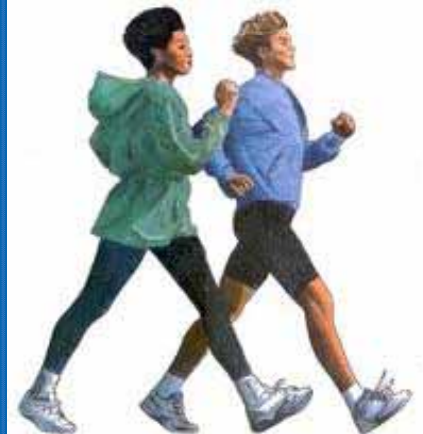
# Helpful tips to stay active on campus:



- 2 gyms (Seaton & Alumni)
- Exercise Prescriptions
- Group Fitness Classes—Yoga; Tai Chi; Tai Bo
- <http://www.uky.edu/HR/wellness/fitnessclass.html>

## • WALKING PATHS

- <http://www.uky.edu/HR/wellness/Walking.html>



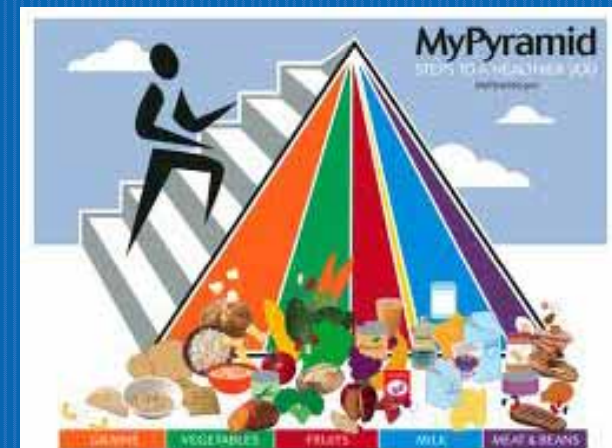
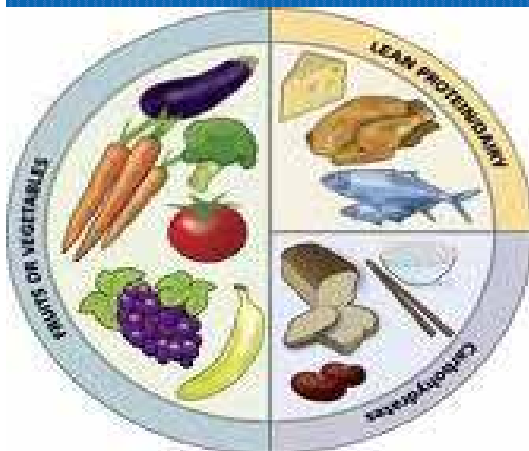
# Nutrition and Stress

- Stress can lead to poor food choices
- When feeling overwhelmed, have you found yourself doing any of the following?
  - 1. Drinking too much coffee
  - 2. Eating the wrong foods
  - 3. Skipping meals
  - 4. Mindless eating
  - 5. Forgetting to drink water
  - 6. Eating fast food

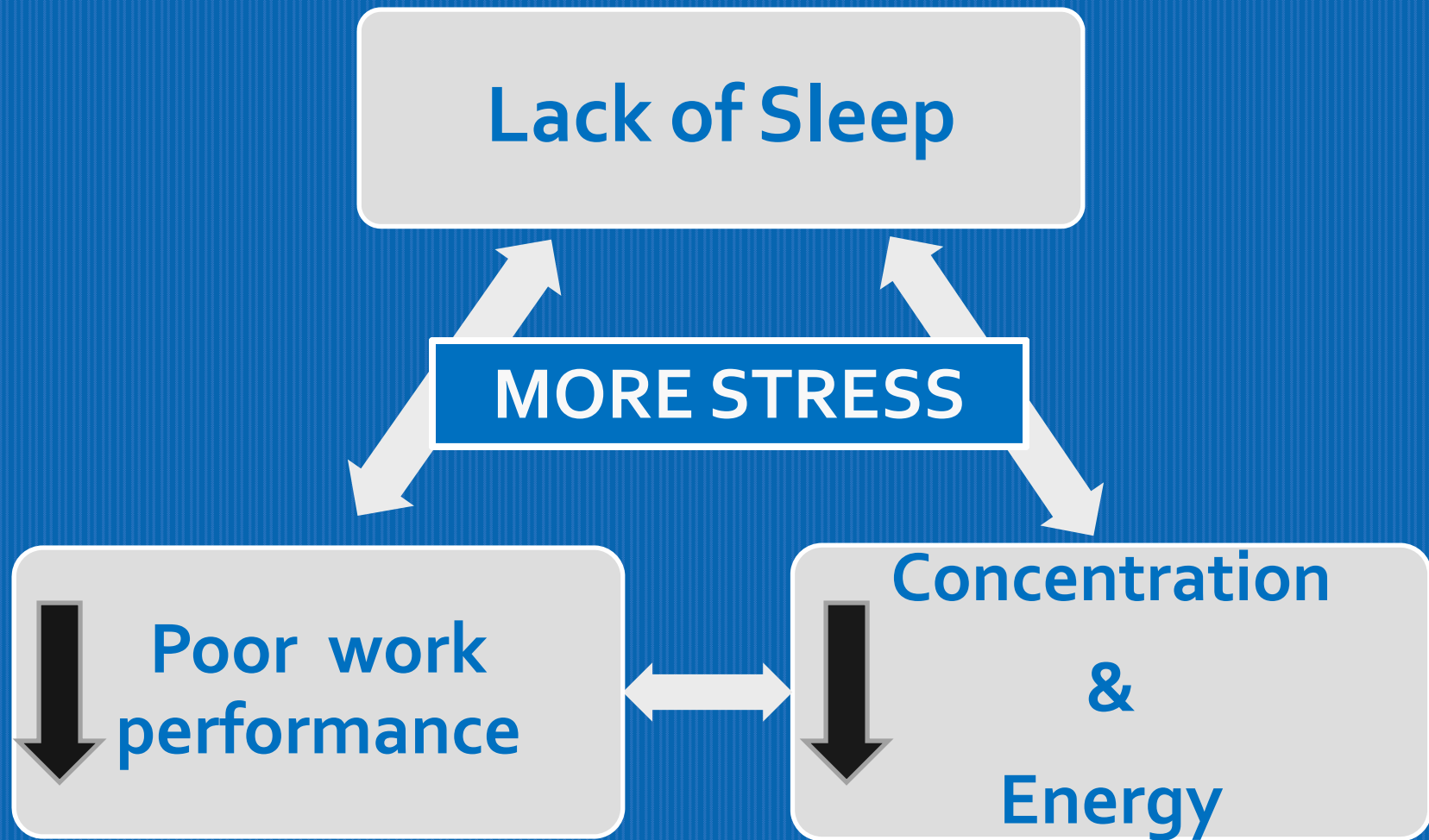
# Nutrition

- Foods you eat provide the energy your body needs to function
- Keys to good nutrition are *balance, variety and moderation.*
- More questions?—contact our dieticians

<http://www.uky.edu/HR/wellness/consults.html>

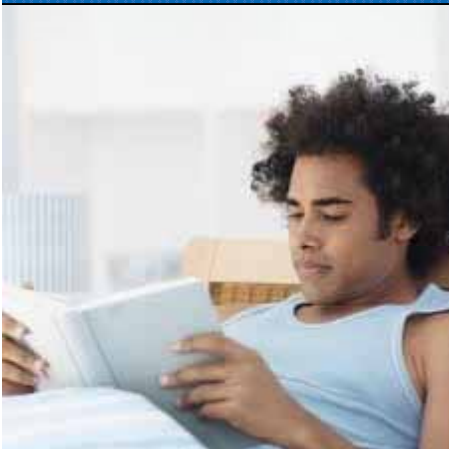


# Sleep and Stress



# Sleep Tips

- 1. Don't do demanding work before going to sleep
- 2. Read a magazine to help you forget
- 3. Write persistent thoughts down in a notebook
- 4. Keep the same bedtime
- 5. Cut back on caffeine



# Stress in Summary

- Stress is a normal part of life
- Prolonged stresses are the most damaging types of stress.
- $\text{Stress} = \text{Force} / \text{Area}$
- Sources of stress—High Expectations?
- Remember—stress management
- YOU must be willing to make the changes necessary for a healthy lifestyle.



**Before you go, write down...**

- \*Am I expecting too much of myself or from others?**
- \*How am I going to cope with stress? What and when?**
- \*Make reminders for yourself (in the office, bathroom mirror, etc)**

QUESTIONS??

# Works Cited

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