

Understanding and Managing Stress

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HOW TO GET THE MOST OUT OF THIS WORKSHOP

Make

It

PERSONAL

Your Top 5 Stressors of the Past Year

5 Strategies You Used to Cope

5 Anticipated Stressors for the Upcoming Year

Stress Assessment

Bert H. Epstein, Psy.D.
Oregon State University

- I eat at least one hot, balanced meal a day.
- I get 7 to 8 hours of sleep at least four nights a week.
- I give and receive affection regularly.

- I have at least one relative within 50 miles on whom I can rely.
- I exercise to the point of perspiration at least twice a week.
- I smoke less than half a pack of cigarettes a day.

- I take fewer than five alcoholic drinks a week.
- I am the appropriate weight for my height.
- I have an income adequate to meet my basic expenses.

- I get strength from my religious/spiritual beliefs.
- I regularly attend club or social activities.
- I have a network of friends and acquaintances.

- I have one or more friends to confide in about personal matters.
- I am in good health (including eyesight, hearing, teeth).
- I am able to speak openly about my feelings when angry or worried.

- I have regular conversations with the people I live with about domestic problems, e.g., chores, money, and daily living issues.
- I do something fun at least once a week.

- I am able to organize my time effectively.
- I drink fewer than three cups of coffee (or tea or cola) a day.
- I take quiet time for myself during the day.

Survey Results

- Time pressure.
- Difficulty balancing family and work.
- Feeling physically and emotionally drained by the end of the day.

Psychological Results of Stress

- Anxiety
- Depression
- Disordered Eating
- Insomnia/Hypersomnia
- Low self-esteem
- Low self-confidence
- Relationship troubles

Physiological Results of Stress

- High Blood Pressure
- Increases in cortisol
- Heart Disease
- Diabetes

Ways to Cope

■ Internal Resources

- Positive self-talk
- Eating healthy food
- Sleeping an adequate amount and regularly
- Prayer/Meditation
- Taking control of what is controllable
- Developing a healthy, realistic perspective.

■ External Resources

- Family
- Friends
- University resources
 - Health & Wellness
 - Elder Care
- Support Groups
- Counseling

Build up these Internal and External resources when you are feeling less stressed so you have a reserve to draw from when you most need it.

LET'S CHILL!!

Your Personal Stress

- Return to your three lists.
- What do you now know that could help you in those areas?
- Where do you most need to build up your resources?

Useful Literature

The Anxiety and Phobia Workbook – Edmund J. Bourne

The Relaxation and Stress Reduction Workbook – Martha E. Davis et.al.

Wherever You Go There You Are – Jon Kabat-Zinn

Thank you!

Please contact me or any of the other psychologists at UK Counseling and Testing Center (257-8701) for more information if desired.

- F. Janelle McNeal, Ph.D.