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
**Definition:** a physiological response to a situation that puts physical, mental, or emotional strain on the body

- Fight or Flight
- External v. Internal factors
We all deal with stress on a 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)
**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

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

- Something you can do sitting in your office
  - Spinal twist
  - Neck stretches
  - Lateral flexion
  - Forearm stretches
  - Scalp
  - Roll shoulders
  - Feet
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/fitnessaclass.html](http://www.uky.edu/HR/wellness/fitnessaclass.html)

**WALKING PATHS**

- [http://www.uky.edu/HR/wellness/Walking.html](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
Lack of Sleep

MORE STRESS

Poor work performance

Concentration & Energy
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.
- Stress = Force/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

- http://www.helpguide.org/mental/stress_signs.htm
- http://www2.scnow.com/scp/sports/college/francis_marion/article/edwards_column_time_to_get_your_priorities_straight/99581/
- http://www.uky.edu/HR/wellness/