

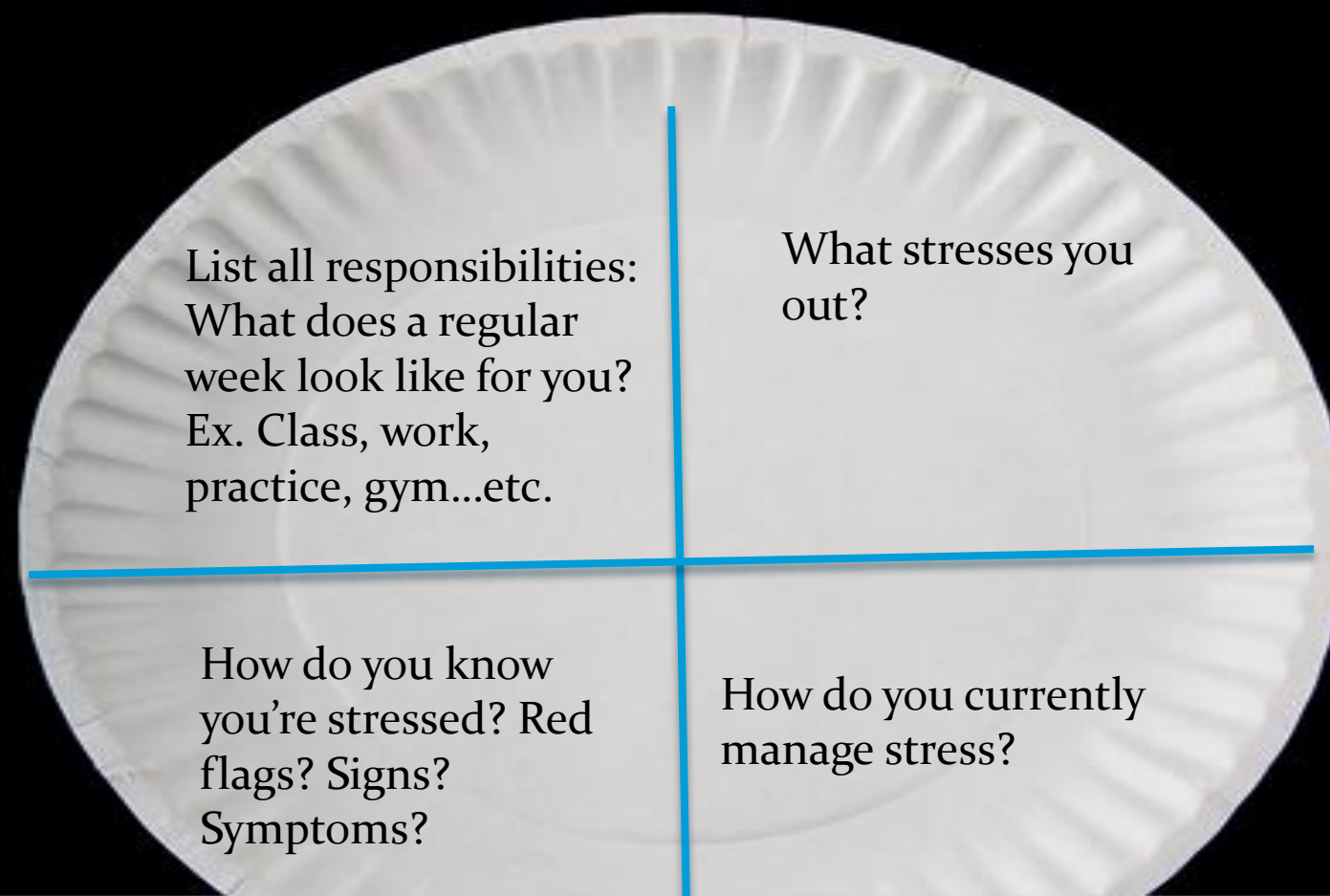
Stress Management

WHC Health Promotions 2014

Introduction

- What is stress?
- How to recognize it in yourself and others
- How to help reduce or eliminate stress in yourself or others
- Resources & Events on and off campus

Activity: What's on Your Plate?



List all responsibilities:
What does a regular
week look like for you?
Ex. Class, work,
practice, gym...etc.

What stresses you
out?

How do you know
you're stressed? Red
flags? Signs?
Symptoms?

How do you currently
manage stress?

What is stress?

- Stress is the way we react to a situation or an event.
- Stress can be GOOD (eustress) or BAD (distress)
- Stress reactions can cause you act, feel, or behave differently than normal and in some cases affects your functioning.
- Stress can be expressed through:
 - Thoughts
 - Behaviors
 - Emotions
 - Physical
 - Spiritual
- Thoughts & Emotions can influence your behaviors and physical self.

Types of Stress: Eustress

- Eustress is a type of short term stress that provides immediate strength.
- It arises at points of increased activity, enthusiasm and creativity
- It arises when motivation and inspiration is needed

Types of Stress: Distress

- Is a negative stress brought about by constant readjustments or alterations in a routine
- Creates feelings of discomfort
- Acute stress is an intense stress that arrives and disappears quickly
- Chronic stress is a prolonged stress that exists for weeks, months or even years

Components of Stress

- **The Stressor:** Event or situation that is causing you to feel or act differently than normal.
 - *Ex. While registering for classes, you discover that a class you needed to take is full.*
- **Your Perception of that stressor:** How you think the stressor is going to affect you.
 - *Ex. Because you couldn't register for the class you think you will not be able to graduate on time.*
- **Your reaction to the stressor:** What do you do when a stressor is triggered? How do you react?
 - *Ex. You start screaming at your advisor for ruining your life VS. Making an appointment to talk to your advisor about your situation and other options.*

Thoughts

*Adapted from the American Red Cross Psychological First Aid Course

- Difficulty Concentrating & Thinking
- Difficulty making decisions
- Forgetful
- Confused
- Lowered self-esteem
- Self-blame
- Worry

Behaviors

*Adapted from the American Red Cross Psychological First Aid Course

- Change in routines- a clear sign of too much stress is when you lose the pattern of your normal routine. Ex: Inability to sleep
- Crying spells
- Anger (outbursts)
- Aggression
- Avoiding people, places & situations (agoraphobia)
- Argumentative
- Problems with school/work
- Risky behaviors (driving erratically, multiple sexual partners, unsafe sex)
- Decreasing attitude/attention about appearance, hygiene, self-care

Emotions

*Adapted from the American Red Cross Psychological First Aid Course

- Rage/anger/irritable
- Resentment
- Anxiety/fear -worrying about things you have little control over.
- Despair/hopelessness
- Numb
- Terrified
- Guilty
- Sad
- Helpless, loss of control
- Uninterested
- Overwhelmed

Physical

*Adapted from the American Red Cross Psychological First Aid Course

Being under stress can manifest itself into physical effects.

You may start suffering headaches, neck and back pain, rashes, indigestion or stomach aches.

- Fatigue
Difficulty Sleeping
- Agitation
- Stomach problems/Headaches etc.
- Decreased/Increase appetite
- Change in diet (ex. Healthy → Unhealthy)
- Easily startled
- Cravings (caffeine, nicotine, sweets, alcohol, drugs (legal/illegal))
- Lightheaded/Weak

Spiritual

*Adapted from the American Red Cross Psychological First Aid Course

- Change in relationship with God/Higher power
- Abandon prayer/rituals etc.
- Questioning the beliefs of their faith
- Loss of familiar spiritual supports
- Loss of faith
- Struggle with questions about the “meaning of life,” justice, fairness, etc.

Common College Stressors

- *Academic Stress*
 - writing papers
 - homework
 - preparing for exams.
- *Social Stress*
 - new friends
 - dating
 - Decisions/pressure about alcohol, drugs and sex.
- *Financial Stress \$\$\$*
 - Tuition
 - living expenses and
 - personal expenses add up.

Coping and Managing Stress

UNHEALTHY

- *Alcohol and Drugs* – feeling the need to drink or get high to deal with the stress
- *Using substances to pick you up* – coffee and other caffeinated beverages
- *Using substances to calm you down* – using sedatives, sleeping pills or antidepressants that haven't been prescribed for you is a recipe for disaster.
- *Ignoring Responsibilities*

Coping/Managing Stress

HEALTHY

- **Short Term**

- Get away from it for awhile. Take a break.
- Think positive!
- Make a plan/make a list
- Ask for help
- Practice relaxation techniques

- **Long Term**

- Identify your stressors
- Set realistic expectations
- Get physically strong
- Manage your time

Do Your Part



Do Your Part
Buffalo State.

- **Stand Up**: Be aware of the different reactions you and/or other people have to stress.

Ex. Person #1: Cries about an upcoming exam

Person #2: Gets angry and aggressive about the exam

- **Intervene**: Practice an alternative coping mechanism to heightened stress when it becomes overwhelming/unhealthy.

Ex. It is healthy to cry as an immediate response. Prolonged crying or uncontrollable may be concerning. Try deep breathing, do something differently. Create a back up plan when stress becomes too much.

- **Create Change**: Give yourself a pat on the back when you do something successfully.

Ex. After the test reward yourself with a positive (thought/thing). Reinforce positive behaviors.

On/Off Campus Resources & Events

- Relaxation Night
- Bengal Wellfest
- Join a club and/or organization
- Weigel Health Center: Health Promotions Events & Workshops/Trainings etc.
- BUT...IF THE STRESS BECOMES TOO MUCH!
GET HELP!
 - Call Weigel Health Center (Counseling/Wellness Center) 878-4436
 - Crisis Services 834-3131

Activities

- Fill out the “self- care assessment”
- Quiz: Where is your time going?
- Make a stressball
- Take a stressball
- Evaluations!
- <http://www.socialwork.buffalo.edu/students/self-care/>