

Stress Management

Stress: the response of the body to any demand placed on it.

Two types of Stress

Distress is the daily wear and tear on the body

Eustress is the good stress which the body needs for:

- ❖ which we need to survive,
- ❖ to meet our goals
- ❖ the spice of life
- ❖ without it we are dead
- ❖ too much eustress can lead to distress

Value of Stress

- ✚ without stress the body would cease to function e.g. hunger – eat
- ✚ stress helps in achieving of goals
- ✚ enhances our ability to reach our deadlines

Effects of Stress on the Body

Increase blood pressure & sugar

Hot and cold flashes

disruption in digestion

low self esteem

inability to make good decisions

poor concentration

dryness of mouth

muscle tension

frustration

boredom

short attention span

sweating

anxiety

aggression

fatigue

mental block

Stress Management

A. organizing and Planning Ahead of time

- Prevents clashing of Tasks
- - allows for time in which to plan
- Allows for more confidence in carry out tasks

B. Setting Boundaries

- Learn to say no
- - attempt only what you can handle
- Set boundaries in your relationships

C. Have realistic expectations of self and others

- Know what you can and cannot do
- - set realistic, reasonable & achievable goals

D. Diet Exercise & sleep

- ✓ Ensure that you have a regular and balance diet- poor diet may result in malfunctioning of organs leading to stress due to medical condition
- ✓ Exercise protects the body from the harmful effects of stress. It also provides an outlet for stress
- ✓ **Lack of sleep places undue stress on the body**

E. Make Good Decisions