

Stress Management

Unit 1 : Health 10



Definition of Stress

- The reaction of the body and mind to everyday challenges and demands
- **Stressor:** anything that causes stress. People, objects, places, events are all things that can cause stress for individuals.
- Stress can be both positive and negative and it is important to manage the effects of stress on your life.



Categories of Stressors

Biological: illnesses, disabilities or injuries

Environmental: poverty, pollution, crowding, noise or natural disasters

Cognitive or Thinking: the way you perceive a situation or how it affects you and the world around you

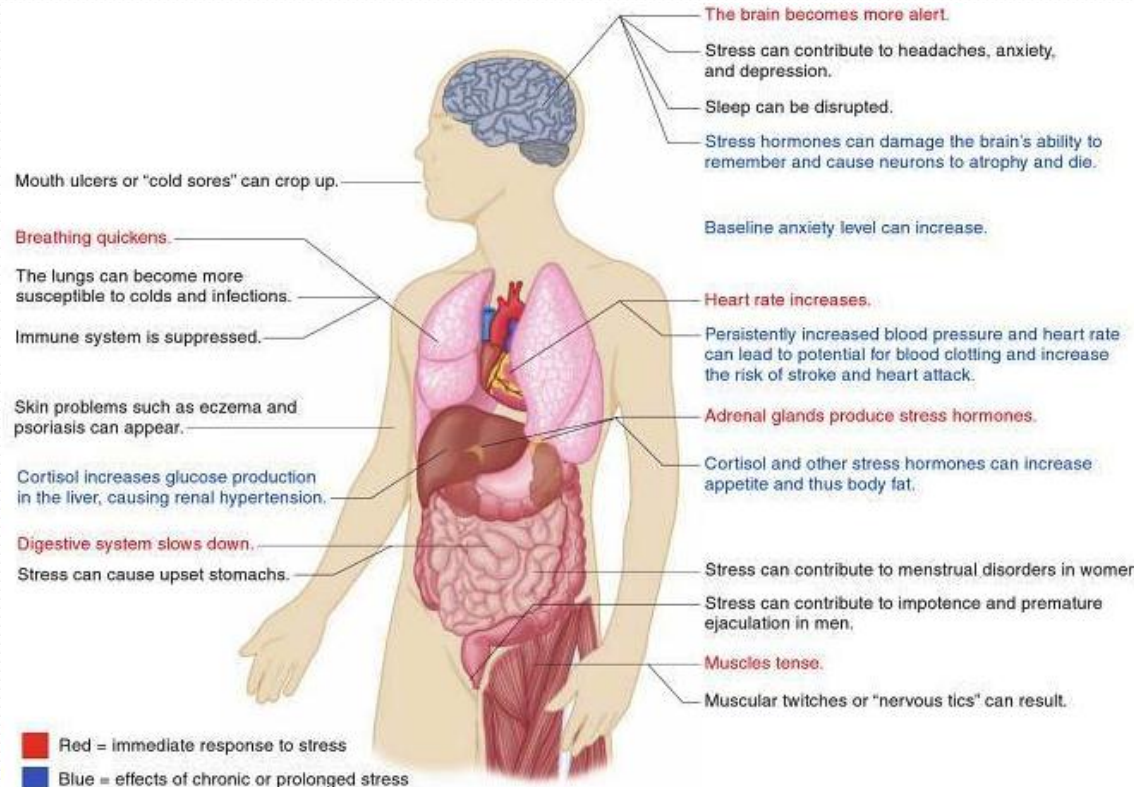
Personal Behavior: negative reactions in the body and mind caused by using tobacco, alcohol, other drugs or lack of physical activity

Life Situation: death of a pet, separation or divorce of parents, trouble in relationships



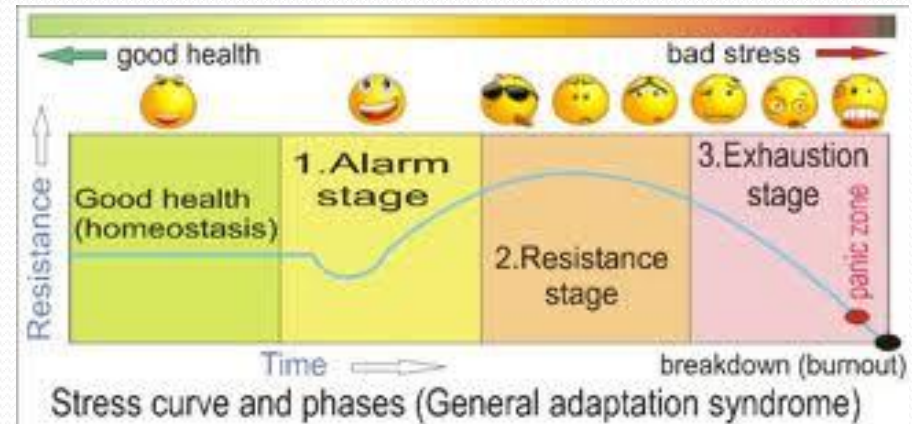
How the Body Reacts to Stress

- **Nervous and endocrine** systems are active when the body responds to stress
- This response is **involuntary** or automatic.
- Hypothalamus releases a hormone that stimulates the pituitary gland which then stimulates the adrenal gland to release **adrenaline and cortisol**. These two hormones prepare the body to respond to the stressor.
- As a result of the release of adrenaline and cortisol, heart rate, breathing rate, perspiration, muscle tension, and blood pressure all increase. Pupils dilate as well.



Stages of Stress

- **Stage 1: Alarm:** when the body and mind go on high alert. Often this is called fight or flight.
- **Stage 2: Resistance:** during this stage, the body adapts to the rush created by the alarm stage. You choose either to fight or flight during this stage.
- **Stage 3: Fatigue:** a tired feeling takes over that lowers your level of activity



Psychosomatic Response

- Psychosomatic: a physical reaction that results from stress, rather than from injury or illness



Examples:
asthma
headache
high blood pressure
weakened immune system



Mental, Emotional & Social Effects

- Difficulty concentrating
- Mood swings
- Risk of substance abuse
 - Use refusal skills
 - Walk away
 - Avoid these situations



Chronic Stress

- Stress associated with long term problems that are beyond a person's control
- Symptoms:
 - Upset stomach
 - Headache
 - Insomnia
 - Change in appetite
 - Feeling anxious



Controlling the Effects of Stress

- Engage in Physical Activity
- Eat a nutritious diet
- Get support from family and friends
- Find a hobby or activity that relaxes you
- Avoid tobacco, alcohol and drugs
- Get adequate rest every night
- Don't over schedule yourself
- Plan ahead



Being Resilient

- Resilience: the ability to adapt effectively and recover from disappointment, difficulty or crisis.
- One can always become resilient to stressful situations by using these techniques:
 - Become involved in extra-curricular activities
 - Develop a sense of purpose
 - Be honest with yourself and others
 - Stand up for your beliefs
 - Develop a positive outlook about future

