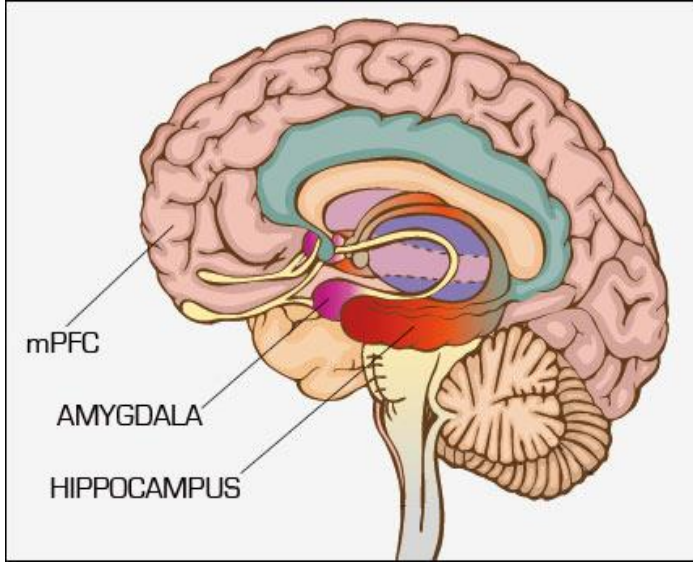


Stress Management

Belief System
(irrational beliefs)

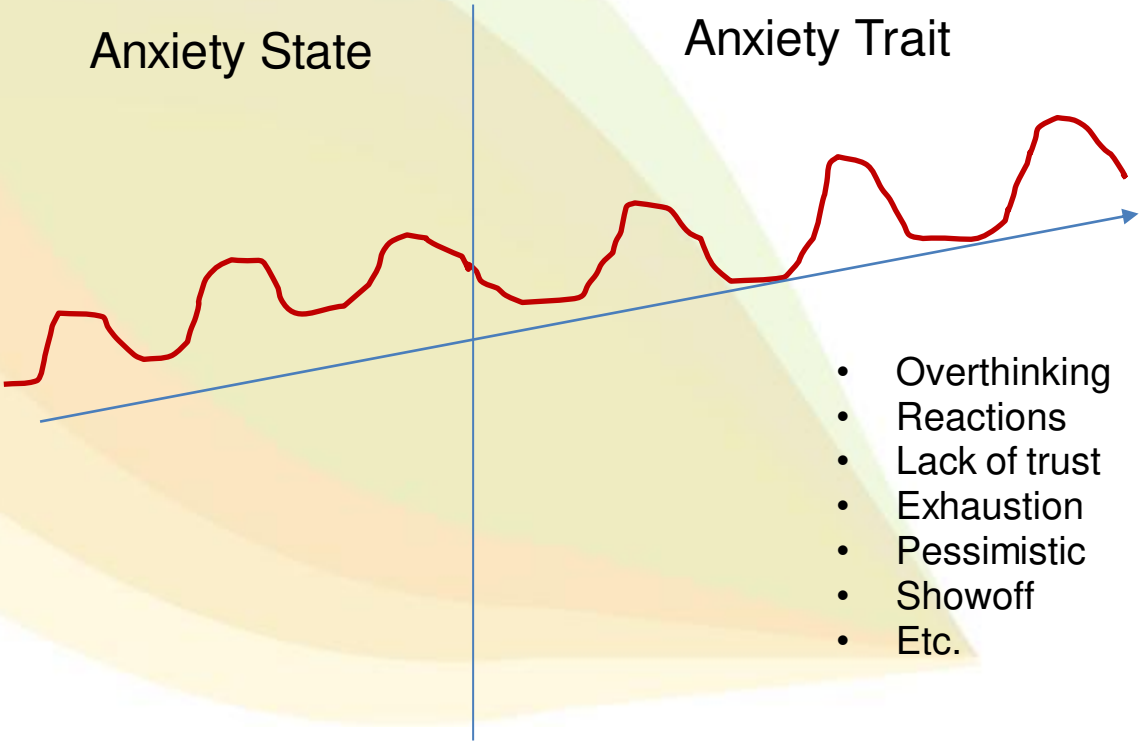
Body Depletion Routine
Lack of sleep, exercise, etc.

Environmental Stressors
EG, Aggression, workload



Anxiety State

Anxiety Trait



Stress Hormones

Symptoms of High Cortisol Levels

- Wired or fatigued
- High blood pressure
- Hyperglycemia
- Worsening memory and concentration
- Difficulty sleeping (insomnia)
- Decreased sex drive
- Erectile dysfunction
- Weight gain and obesity
- Weakened immune response

Symptoms of Adrenal fatigue (Low Cortisol Levels)

- Fatigue
- Worsening memory and concentration
- Difficulty sleeping (insomnia)
- Sugar and salt cravings
- Decreased sex drive
- Depressed mood
- Weight gain
- Bone and muscle loss
- Anxiety
- Irritability



More About Brain In Stress

Structures of the brain

Corpus callosum

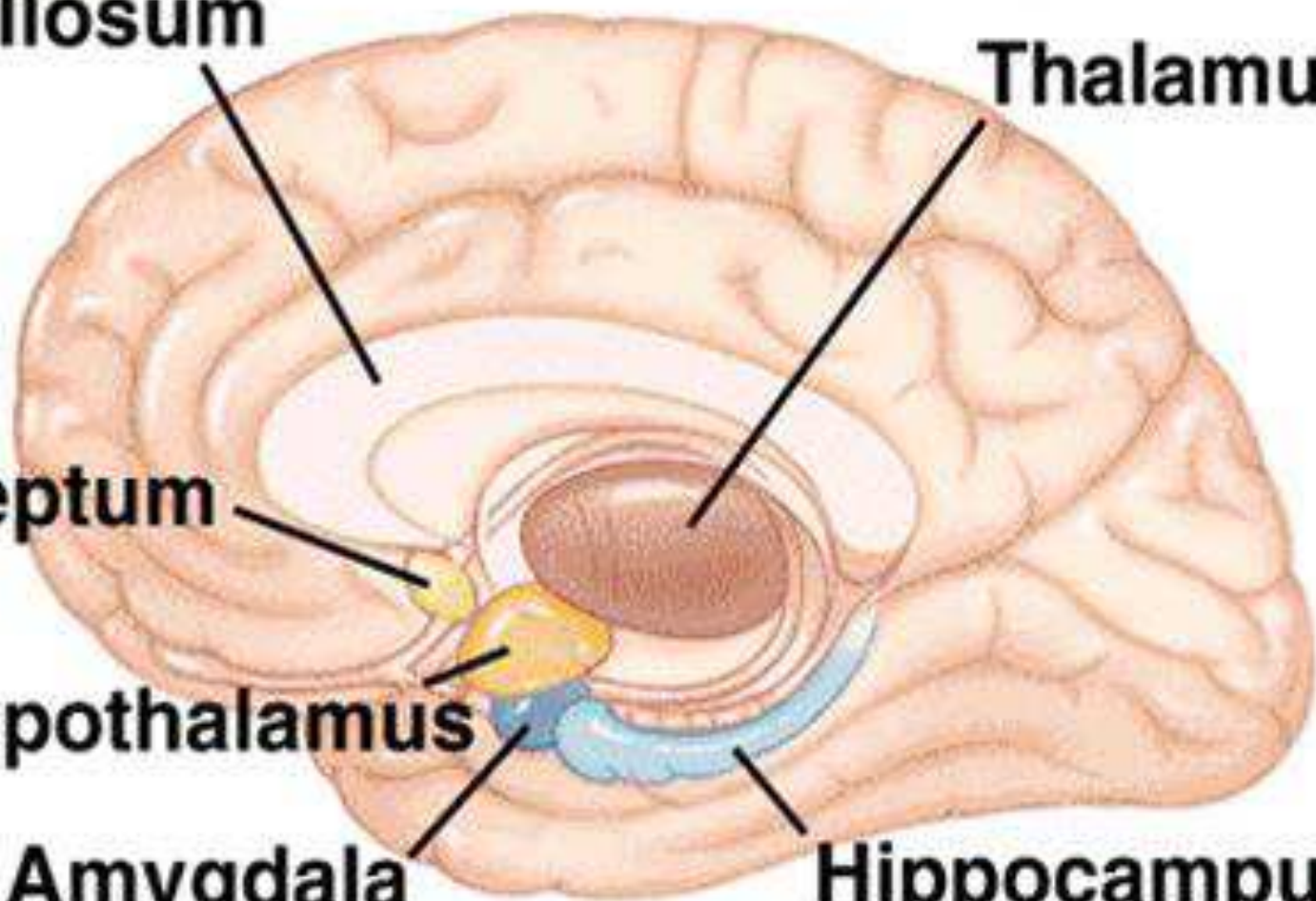
Thalamus

Septum

Hypothalamus

Amygdala

Hippocampus



- **State anxiety:**
 - Anxiety based on specific situations
- **Trait anxiety:**
 - Ongoing anxiety regardless of situation

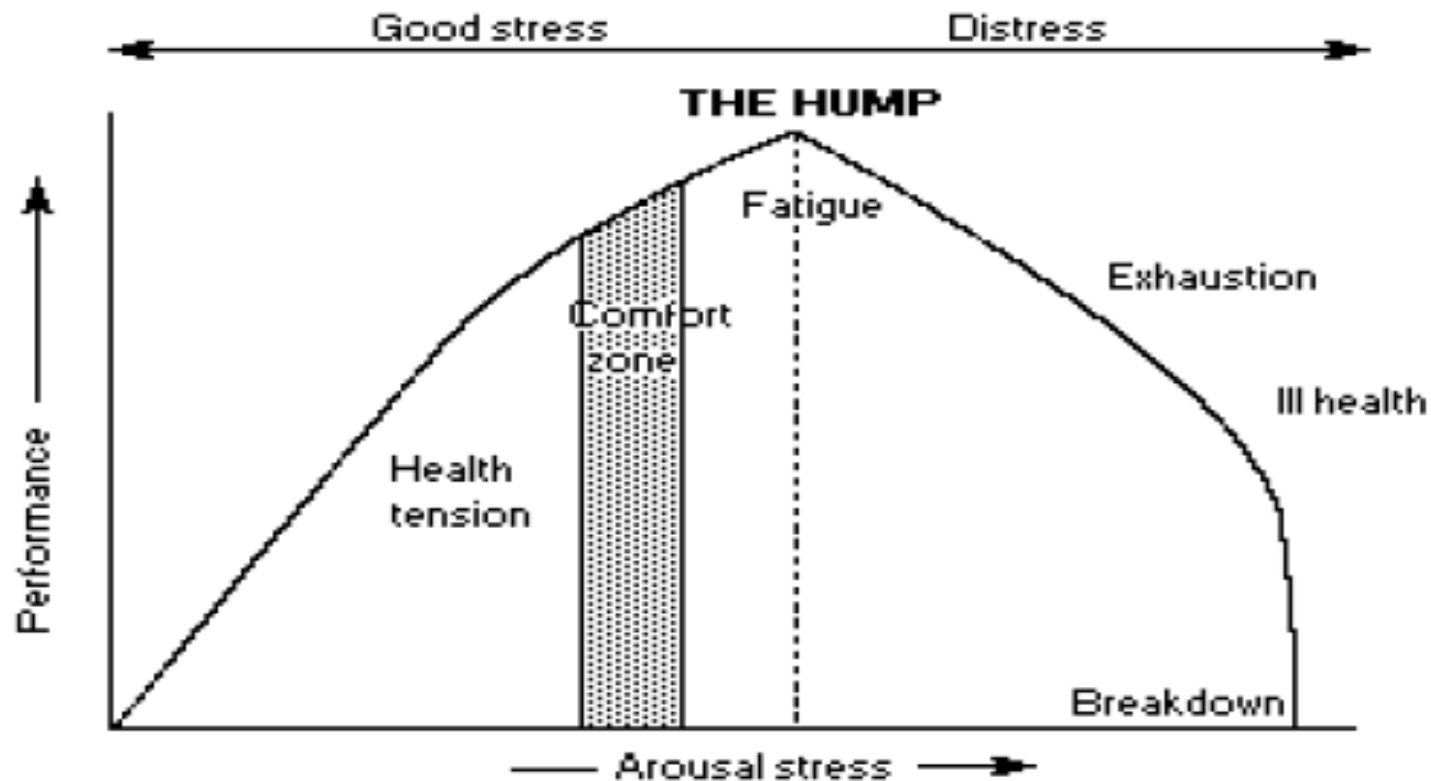
Trait Anxiety

- Amygdala: forms implicit memories – exists beneath conscious awareness
- As it becomes more sensitized, it shades the residues with fear
- The result is ongoing anxiety without an apparent situation


- Deplete Norepinephrine that helps you feel mentally alert. In turn, it causes feeling apathetic
- It lowers dopamine which impact your level of enjoyment in activities
- Feeling of depression symptoms
- Stress reduce serotonin which impact: sleep, memory, good mood, alertness, etc.

- Most of choric illness problems:
 - Heart attacks
 - Blood pressure
 - Muscles stiffness
 - Etc.

THE HUMAN FUNCTION CURVE



Adapted from: Nixon, P: Practioner, 1979.



Distress Symptoms

Physically

- Feeling of constant fatigue
- Headaches, skin rashes, digestive disorder
- changes in eating habits: Overeating
- Lack or weak sexual desire
- Lack of sleep: Insomnia, nightmares, disturbing dreams
- Neck ache, back pain, muscle spasms
- Light headedness and dizziness
- Frequent use of over-the-counter drugs
- Weight gain or loss without diet
- Increased smoking, alcohol or drug use
- Frequent blushing, sweating
- Cold or sweaty hands, feet
- Dry mouth, problems swallowing
- Frequent colds, infections,
- Heartburn, stomach pain, nausea
- Excess flatulence

Interpersonal


- Social withdrawal and isolation
- Increased anger, frustration, hostility
- Becoming unnecessarily aggressive in conflict situations (over-emotional)
- Excessive defensiveness or suspiciousness
- Problems in communication, sharing

Intellectual

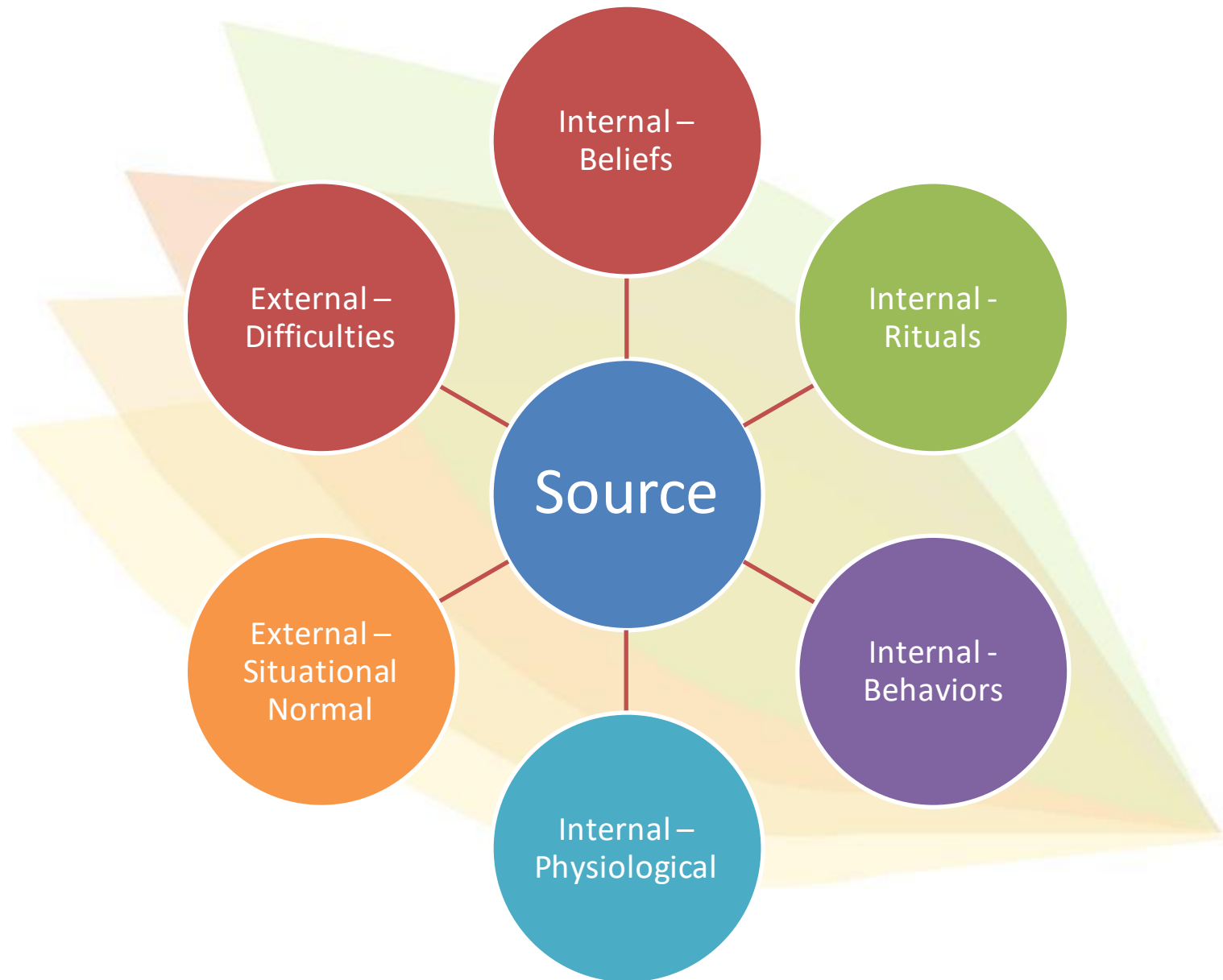
- Difficulty concentrating, racing thoughts
- Trouble learning new information
- Forgetfulness, disorganization, confusion
- Difficulty in making decisions.
- Feeling overloaded or overwhelmed.

self-confidence

- Excess anxiety, worry, guilt, nervousness
- Depression, sadness, guilt, fatigue, laziness, lacking enthusiasm for or interest in things generally
- Feelings of loneliness or worthlessness
- Feeling of helplessness or failure
- Loss of confidence in personal ability, often coupled with a lack of self-worth or loss of self-esteem
- Frequent crying spells or suicidal thoughts
- Little interest in appearance, punctuality



Stressors



Stressors

- **Distorted and maladaptive core beliefs**

- **Time Stressors**

- Work overload
- Lack of control

- **Encounter Stressors**

- Role conflict
- Interaction conflicts

- **Situational Stressors**

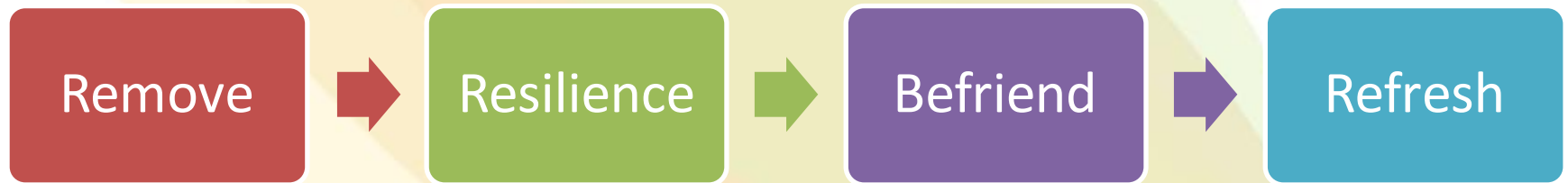
- Unfavorable working conditions
- Rapid change

- **Anticipatory Stressors**

- Unpleasant expectations
- Fear

Stress Management Strategies

Response Strategies



Resiliency: Moderating the Effects of Stress

Physiological Resiliency	Psychological Resiliency	Social Resiliency
<ul style="list-style-type: none">• Cardiovascular conditioning• Proper diet	<ul style="list-style-type: none">• Balanced lifestyle• Hardy personality• Small-wins strategy	<ul style="list-style-type: none">• Supportive social relations• Mentors• Teamwork

