



MANAGEMENT

Stress is something that caused disharmony or threat to homeostasis but is not compromising life or physical integrity. It is the developed world's illness. It is also regarded as the person's physical and emotional response to change.

TYPES OF STRESS

EUSTRESS is the good or positive stress that is normal in the life of a person and essential for healthy development and functioning. It is the motivator which provides incentive to get the job done.

Distress is the bad stress, it is when the good stress becomes too much to bear or cope with. Tension builds, there is longer any fun in the challenge, there is seems to be no relief, no end insight.

Psychological symptoms include and increase in blood pressure, rapid breathing and generalized tension.

Behavioral symptoms include overeating, loss of appetite, drinking, smoking and negative coping mechanisms.

BEHAVIORAL SYMPTOMS OF STRESS

Although we all experience stress differently, some common symptoms include:

- Difficulty sleeping
- Stomach pain
- Irritability
- Teeth grinding
- Panic attacks
- Headaches
- Difficulty concentrating
- Sweaty hands or feet
- Heartburn
- Excessive sleeping
- Social isolation
- Fatigue
- Nausea
- Feeling overwhelmed and obsessive compulsive behaviors.

WHY IS STRESS HARMFUL?

Repetitive exposure of the stress response on our body is proven to lead to longlasting psychological and physical health issues; these include cardiovascular disease, diabetes, anxiety and depression .

THE CONTRIBUTING FACTORS TO STRESS

- Status
- Facing big changes
- Being under lots of pressure
- Having responsibilities that you are find overwhelming
- Not having much or any control over the outcome of a situation.
- Unfulfilled dreams like job dream
- Times of uncertainty like Covid, chronic diagnosis etc.



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COPING MECHANISM/STRESS MANAGEMENT

1. Understand your stress

It can be different for everybody. By understanding what stress looks like for you, you can be better prepared and reach for your stress management toolbox when needed.

2. Identify your stress sources

What causes you to be stressed? Be it work, family, change or any of the other potential thousand triggers.

3. Learn to recognize stress signals

We all process stress differently so it's important to be aware of your individual stress symptoms. What are your internal alarm bells? Low tolerance, headaches, stomach pains or a combination from the above symptoms of stress.

4. Recognize your stress strategies

What is your go-to tactic for calming down? These can be behaviors learned over years and sometimes aren't the healthy option. For example, some people cope with stress by self-medicating with alcohol or overeating.

5. Implement healthy stress management strategies

It's good to be mindful of any current unhealthy coping behaviors so you can switch them out for a healthy option. For example, if overeating is your current go to, you could practice meditation instead, or make a decision to phone a friend to chat through your situation. The American Psychological Association suggest that switching out one behavior at a time is most effective in creating positive change.

6. Make self-care a priority

When we make time for ourselves, we put our well-being before others. This can feel selfish to start, but it is like the airplane analogy—we must put our own oxygen mask on before we can assist others. The simplest things that promote well-being, such as enough sleep, food, downtime, and exercise are often the ones overlooked.

7. Ask for support when needed

If you're feeling overwhelmed, reach out to a friend or family member you can talk to. Speaking with a healthcare professional can also reduce stress, and help us learn healthier coping strategies.