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## WHAT IS STRESS?

- Stress is your body's way of responding to any kind of demand.
  - Such changes can be either positive or negative; and along a continuum of within, or outside, our control.
  - Stress is more short-term and has an identifiable trigger.
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## TYPES OF STRESS

- Eustress
    - Good things to which one must adapt and that can lead to a stress reaction.
    - Example: Job promotion, finishing a thesis, defending your dissertation
  - Distress
    - Bad things to which one must adapt and that can lead to a stress reaction.
    - Example: Death of a loved one
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## THINK ABOUT IT

- What are your current sources of distress and eustress?
  - Are they one-time events, or on-going sources of stress?
  - Do others contribute to these stressors, or are these self-provoked?
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## WHAT IS ANXIETY?

- Anxiety may be one of the results of prolonged stress, along with depression and panic attacks.
  - But stress is not necessarily anxiety; nor does stress automatically and/or consistently result in anxiety in all people.
- Unlike stress, anxiety persists even after a concern has passed. It can last much longer and doesn't always have an easily identifiable trigger.
- Anxiety can develop from a variety of sources including: genetics, personal temperament, one's environment, ect.

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## WHAT ARE SYMPTOMS OF STRESS AND ANXIETY?

### Stress

- High blood pressure
- Digestive issues
- Headaches
- Muscle aches and pains
- Tremors
- Sleep disturbances
- Depressed immune system (frequent colds, viruses)
- Skin problems (rashes, hives)
- Memory problems (forgetfulness)
- Lack of focus and concentration
- Bouts of depression

### Anxiety

- Increased heart rate
- Feelings of fear and nervousness
- Rapid breathing (hyperventilating)
- Feelings of panic
- Overwhelming feelings of doom or danger
- GI problems
- Avoidance (avoiding situations that may trigger anxiety)
- Sleep problems
- Inability to focus on anything but the trigger of anxiety
- Inability to control thoughts of worry
- Phobias (unwarranted fear of spiders, social situations, germs...etc.)

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## HOW DO YOU MANAGE YOUR STRESS?

Enter one word or  
phrase describing how  
you manage your stress!

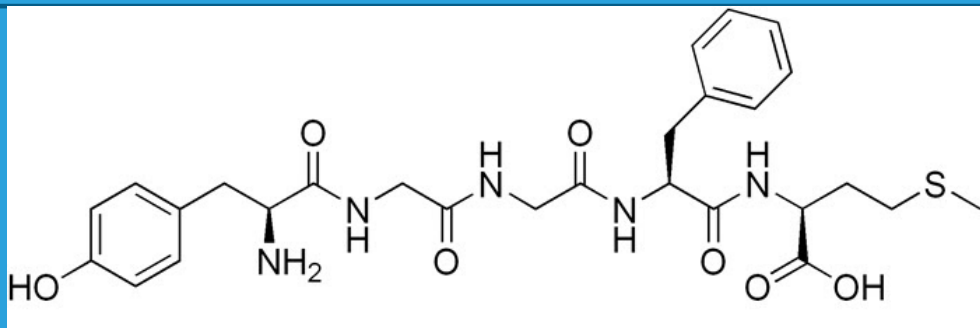
[https://www.polleverywhere.com/free\\_text\\_polls/65bTF7OBtPeMnDxP8iqkC?preview=true&controls=none](https://www.polleverywhere.com/free_text_polls/65bTF7OBtPeMnDxP8iqkC?preview=true&controls=none)

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## COMMON POSITIVE STRESS MANAGEMENT TECHNIQUES



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## FAST-ACTING

- Aromatherapy
- Physical contact (hugs)
- Playing with pets
- Laughing
- Sex

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## LONG-TERM

- Eat a balanced diet
- Make time for leisure activities
  - What are your hobbies?
  - What's your self-care?
- Develop positive self-talk
- Express gratitude
  - 3-day gratitude practice



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## GRATITUDE PRACTICE

- For the next three days, as soon as you wake up, before you get out of bed, let your first thought be one of gratitude.
- Start with a few deep breaths and then think about five people in your life you're grateful for. Engage in a gratitude meditation (we'll practice in a moment). Avoid rushing through the experience.
- After completing the gratitude meditation, bring your attention to your body and stretch. As soon as you get out of bed, feel the floor's texture. Rub your feet against the carpet or wood, as if you're feeling after a long time. Reconnect with your room.
- As you walk toward the bathroom, continue feeling the floor against your feet. Look at your reflection with kindness and acceptance. Attend to at least one item in the bathroom. Maybe there's a silk plant you haven't noticed for a month, or a liquid soap bottle that has a lovely design worthy of your attention.
- As you brush your teeth, enjoy the flavor of the toothpaste.
- [If you shower in the morning] In the shower, focus on the warmth of the water touching your skin. Hum your favorite tune if you feel like it. Pause for a few seconds and let the world stop as you feel the water falling on your head, trickling off your body. Imagine grace flowing into your home with the stream of water. Mentally visualize a river or creek as the source of the water. Pick up the soap and smell its rich fragrance. As you dry yourself, feel the towel's surface on your skin.

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## GRATITUDE MEDITATION

- Sit in a quiet, safe place with your eyes closed.
  - Settle into slow, deep breathing for a few minutes.
  - Take your mind to your earliest memory of someone helping you. Bring that person's face in front of your closed eyes for a few breaths and then send your silent gratitude.
  - Repeat this practice with as many people as you like.
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## PROBLEM-FOCUSED

- Re-assess your to-do list
  - Cut out things that add to your stress
    - Being constantly connected to your digital devices, the pages you follow
    - Drinking alcohol
    - Consuming too much caffeine
  - Should and will activity
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## SHOULD/WILL

- List 5 things that you “should” do or be doing.
  - Read your list out loud to yourself.
  - Now change the word “should” to “will.”
  - Read your list to yourself again.
  - Cross off any task that you will not do.
    - Consider your boundaries and energy.
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## ... ALSO COMMONLY USED...

- Nicotine, Alcohol, and Marijuana
  - Fighting
  - Reckless behaviors
  - Overeating
  - Binging Netflix
  - Avoiding social supports
  - Chewing fingernails
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### Negative Coping Strategies



Strategies that seem to temporarily relieve stress, but will also create more problems. The following are negative coping strategies.

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LET'S  
PRACTICE!



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## GUIDED IMAGERY

- Guided imagery helps you get to your "happy place"  
—maybe picturing yourself sitting on a beach, listening to the waves, smelling the ocean, and feeling the warm sand underneath you.
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## PROGRESSIVE MUSCLE RELAXATION

- Progressive muscle relaxation (PMR) is an anxiety-reduction technique first introduced by American physician Edmund Jacobson in the 1930s.
  - Involves contracting and relaxing muscle groups throughout the body.
  - Also called neuromuscular relaxation.
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- Find a quiet place free from distractions. Lie on the floor or recline in a chair, loosen any tight clothing, and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair. Take a few slow even breaths. If you have not already, spend a few minutes practicing diaphragmatic breathing.
  - Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.
    - Forehead
    - Jaw
    - Neck and shoulders
    - Arms and hands
    - Buttocks
    - Legs
    - Feet
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## QUESTIONS?

Before you go, please complete the workshop evaluation survey link in the chat.

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