

STRESS

Everyone has heard of it.....
BUT WHAT IS IT REALLY?

The body's reaction to threats or demands either REAL or PERCEIVED

Can we get rid of stress?

STRESSOR

Choose that stressor.....

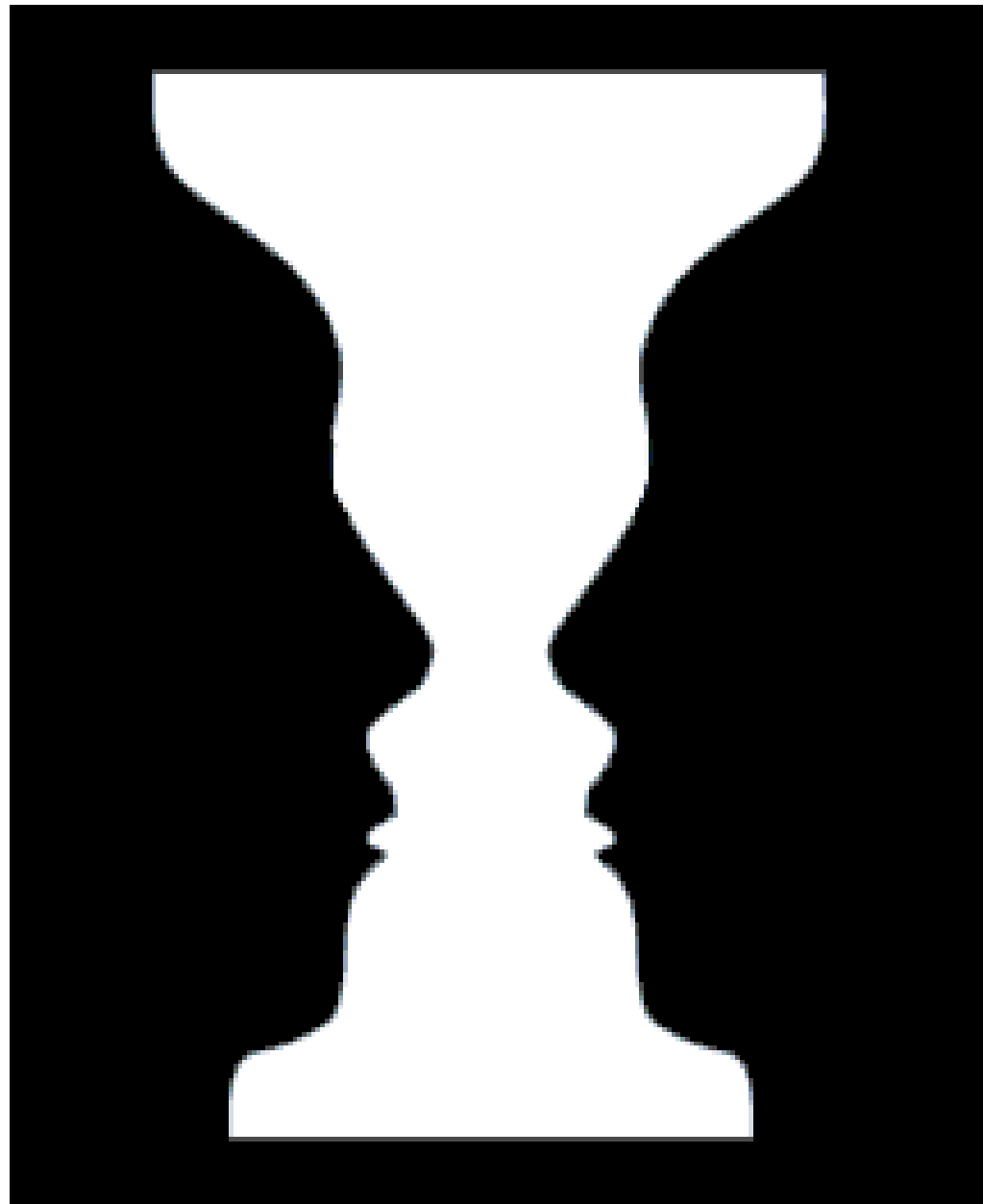
- You make the varsity team
- 7th period teacher gives you your 4th HW assignment for tonight
- Mean post on face book
- You go to a fun party `till 2am
- You earn an A+
- GF or BF pushing you to have sex
- Getting bullied
- Did something wrong tell parents or no??

**STRESSOR- Anything that causes stress!
It's all comes down to how you PERCEIVE it!**

PERCEPTION

What influences a person's perception?

1. Previous experiences
2. Personality
3. Level of Optimism or Pessimism





Stressor

Anything that causes stress

2 Types of Stressors

- **Acute Stressor-**
- examples.....

- **Chronic Stressor-**
- examples.....



Is Stress Positive or Negative?

- Positive Stress = **Eustress**
- Negative Stress = **Distress**

Examples.....

The Body's Reaction To Stressor

What happens?

Alarm Stage- "Fight or Flight"

"General Adaptations Stage"

- Release hormones
- Increase in heart rate
- Liver releases glucose (sugar) more energy
- Respiration increases
- Pupils dilate allowing better vision
- Hearing becomes more acute
- Muscle tension increases which increases strength
- Thrombin (blood clotting hormone) is released
- Palms and soles of feet become sweaty
- Mouth has less saliva and digestive juices



- Why do you think the body reacts in these ways?
- What is the body preparing for?
- Can you think of a time when you were in this situation? What was the stressor and how did you react?

Resistance Stage- Attempts to regain state of internal balance....called homeostasis.
-the body returns to normal

Exhaustion Stage-
wear and tear on the body
Immune system weakens
Can cause a nervous breakdown and even DEATH



Signs of Stress

Physical

-rapid pulse

-headaches

-sweaty palms

-muscular tension

-stomach cramps

-teeth grinding

-finger/foot tapping

-appetite loss

-fatigue

-dizziness

-nausea

-fever

-chills

Signs of Stress

Psychological-

- Poor concentration*
- excessive worrying about future events*
- depression*
- anxiety*
- withdrawal*
- poor memory recall*
- easily distracted*

Signs of Stress

Behavioral

- crying for no reason*
- displays of anger*
- withdrawal from social activities*
- increase in accidents*
- sleep disturbances*
- increased use of drugs alcohol, smoking and eating*



“Burnout”

- feeling under pressure to always succeed*
- need for constant excitement*
- tensed muscles*
- inability to relax*
- loss of self esteem*
- diminished sense of humor*

Stress Related Disorders and Diseases

SHORT TERM Systems

Headaches

-Hair loss

Shoulder and neck pain

-Sexual disorders

Ulcers

-Constipation, diarrhea

PMS

-Allergies worsen

Rashes

-Cold sore and viruses



Stress Related Disorders and Diseases

Long Term

- heart disease (increase fats and cholesterol in blood (eat/drink/smoke more)
 - > chance of becoming obese
- Cancer
- Depression
- Diabetes (increase in blood sugar)
- Anorexia
- Divorce
- Suicide

Stress Related Disorders and Diseases

- Strictly dependent upon:
 - *genetic make up*
 - *level of fitness*
 - *attitude- positive vs. negative*
 - *tolerance for pain*

Stress Management

What kinds of things can you do to reduce stress?

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“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Coping Methods

- 1. Exercising**
- 2. Diet**
- 3. Diversion and evasion**

Coping Strategies

- 1. Change Response to stressor**
- 2. Change Situation**
- 3. Lifestyle Change**

Relaxation

1. Deep breathing- Inhale slowly and deeply with your mouth closed and expand your stomach, allowing it to fill with air.

2. Progressive Relaxation

3. Meditation