

Stress Management



What is **Stress** ?

- Pressure perceived to be from the outside that can make you feel tense inside.
- The rate of wear & tear on the body.
- The nonspecific response of the body to any demand made upon it.
- It's the way your mind and body react to any new, threatening or exciting situation.
- “It's what you feel when there's just too darned much going on!”

Stress Can Be Helpful or Harmful

Helpful (eustress): extra energy to meet physical challenges, solve problems and reach goals

Harmful (distress): can cause headaches, backaches, loss of appetite, fatigue, digestive problems, depression, difficulty focusing thoughts and impaired memory

Physical Symptoms of Stress

- Allergies
- Change in appetite
- Back pain
- Chest pain
- Breathlessness
- Clammy hands
- Dizziness
- Fatigue
- Racing heartbeat
- Muscle tension
- Restlessness
- Rashes
- Sleeping problems
- Stomach aches
- High blood pressure
- Nightmares

Behavioral Symptoms of Stress

- Neglecting appearance
- Arguing
- Avoiding tasks and responsibilities
- Difficulty concentrating
- Being late to work
- Overeating
- Snapping at people
- Increasing use of alcohol or other drugs
- Crying easily
- Watching more TV
- Withdrawing from family and friends

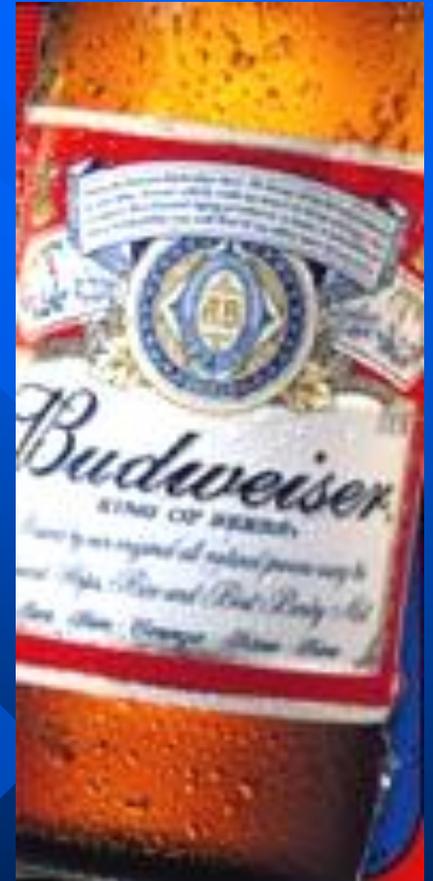
Emotional Symptoms of Stress

- Anger
- Anxiety
- Denial of a problem
- Depression
- Difficulty making decisions
- Loneliness
- Nervousness
- Feeling powerless
- Feeling unhappy for no reason
- Being easily upset
- Worrying frequently
- Feeling trapped

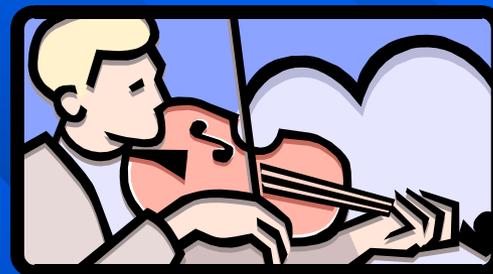
Events do not cause stress.
Stress is caused by our
beliefs about the events.

How can I manage
my stress?

NO!!!



YES!!!



Good personal habits are essential for stress management.

- Eat right – balanced, nutritious diet, with something from all 5 food groups.
Minimize sugar, fats, caffeine and alcohol.
- Exercise regularly – 30 minutes or more of moderate physical activity 3-5 days a week.
An active mind benefits from an active body.
- Get enough sleep – 6-9 hours per night.
- Take time to relax.

Fats, Oils & Sweets
USE SPARINGLY

KEY

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

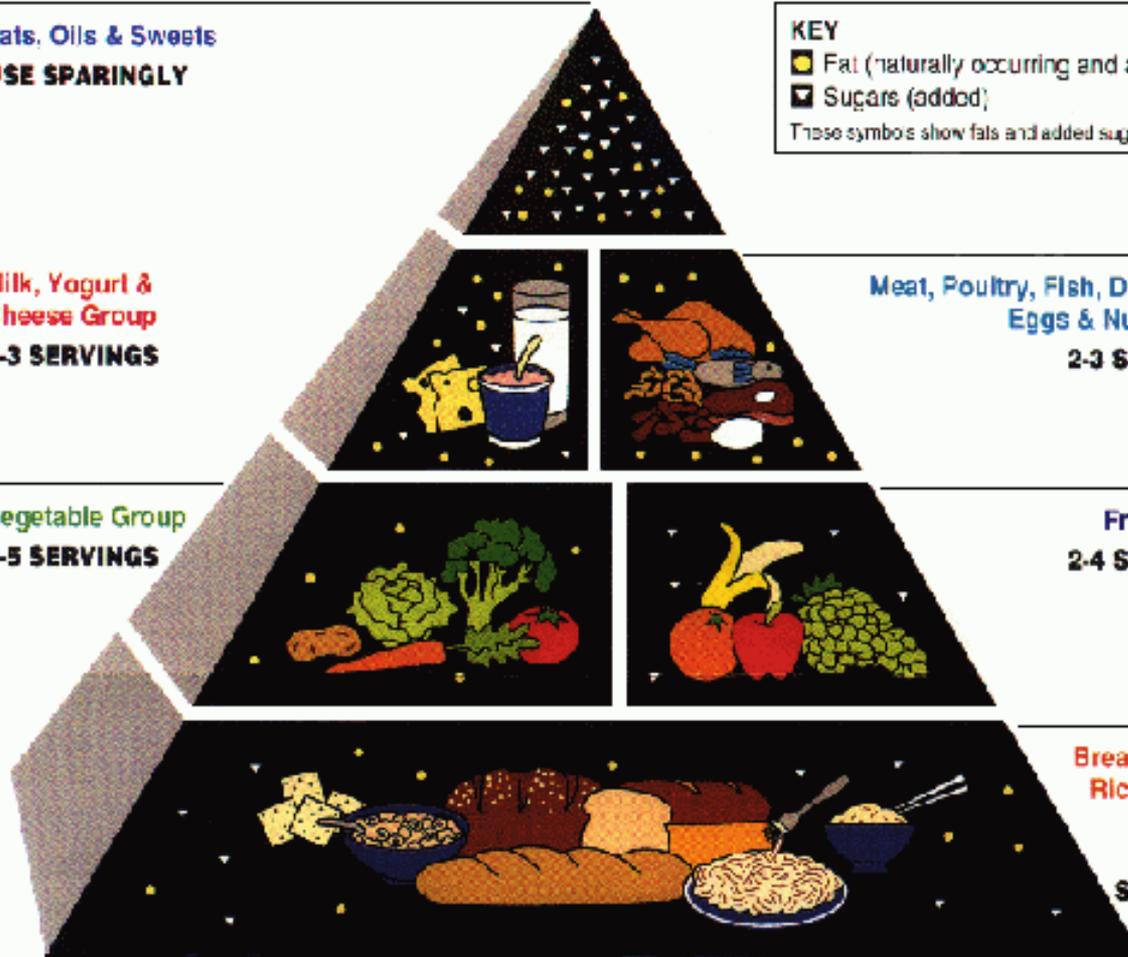
Milk, Yogurt & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS



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A Life Skills Workshop
Presented by
Dr. Lowell G. Roddy, LMFT
Assistant Director,
Counseling & Testing Center
Austin Peay State University