

# 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?

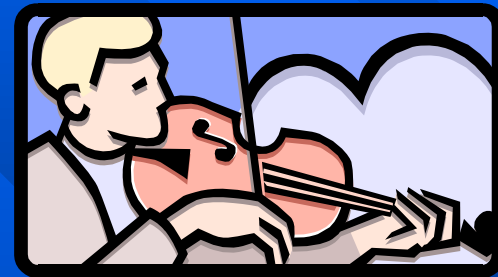


# NO!!!





# 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.

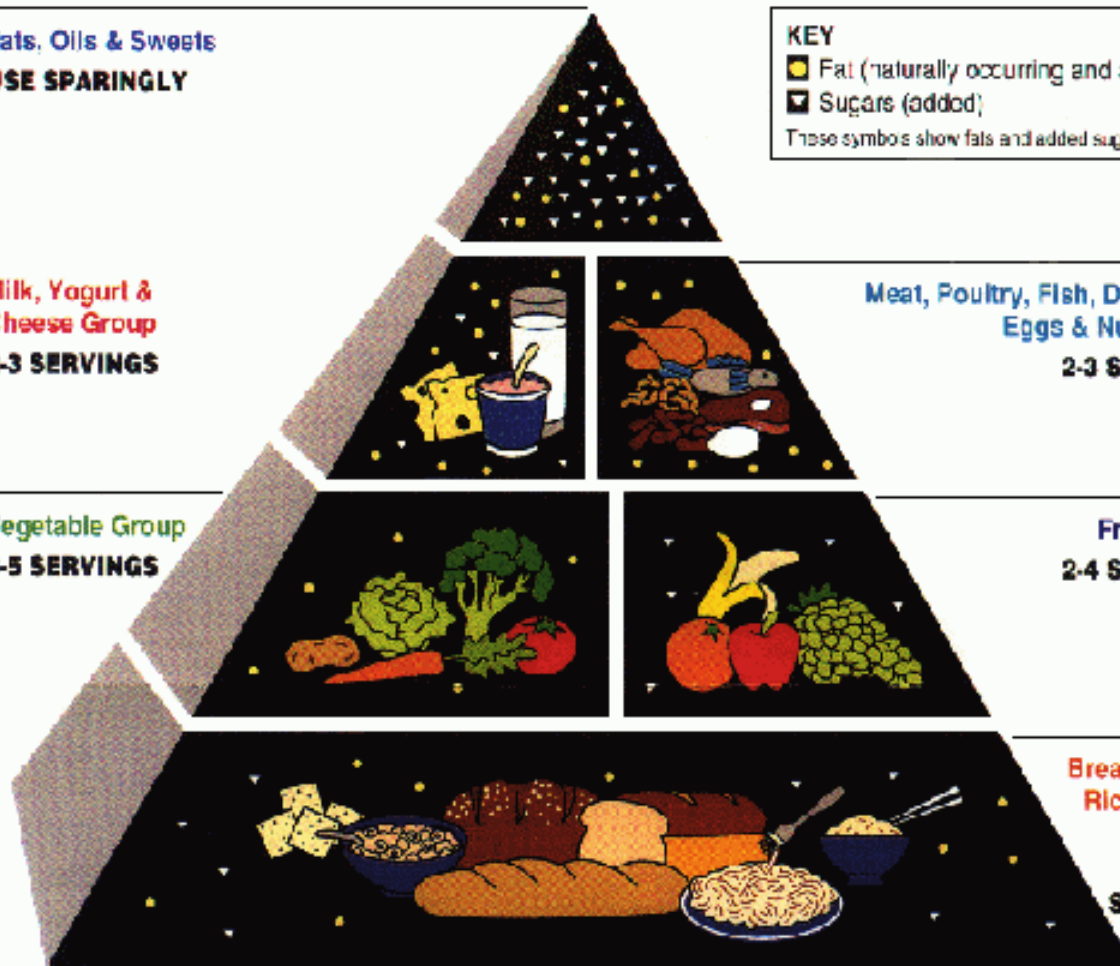
**Milk, Yogurt &  
Cheese Group**  
**2-3 SERVINGS**

**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**



# Stress Management

A Life Skills Workshop  
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