

# Stress Management

## Activities

By

**Dr. Nagwa Souilm**

assistant professor of  
Psychiatric/Mental Health  
Nursing, Faculty of Nursing,  
South Valley University



# FACTS ABOUT STRESS



# Costs of stress 1/3

- It is estimated that **1** in **3** adult workers suffer from moderate to extreme stress overload and are at risk of stress-related health problems.
- **3.2** days per worker are lost each year as a result of workplace stress.
- **13.5** million work days are lost each year as a result of stress complaints (in Europe)
- Stress related absenteeism directly costs Australian employers \$10.11 billion a year.  
It costs the Australian economy approx. \$14.81 billion a year.

# Costs of stress 2/3

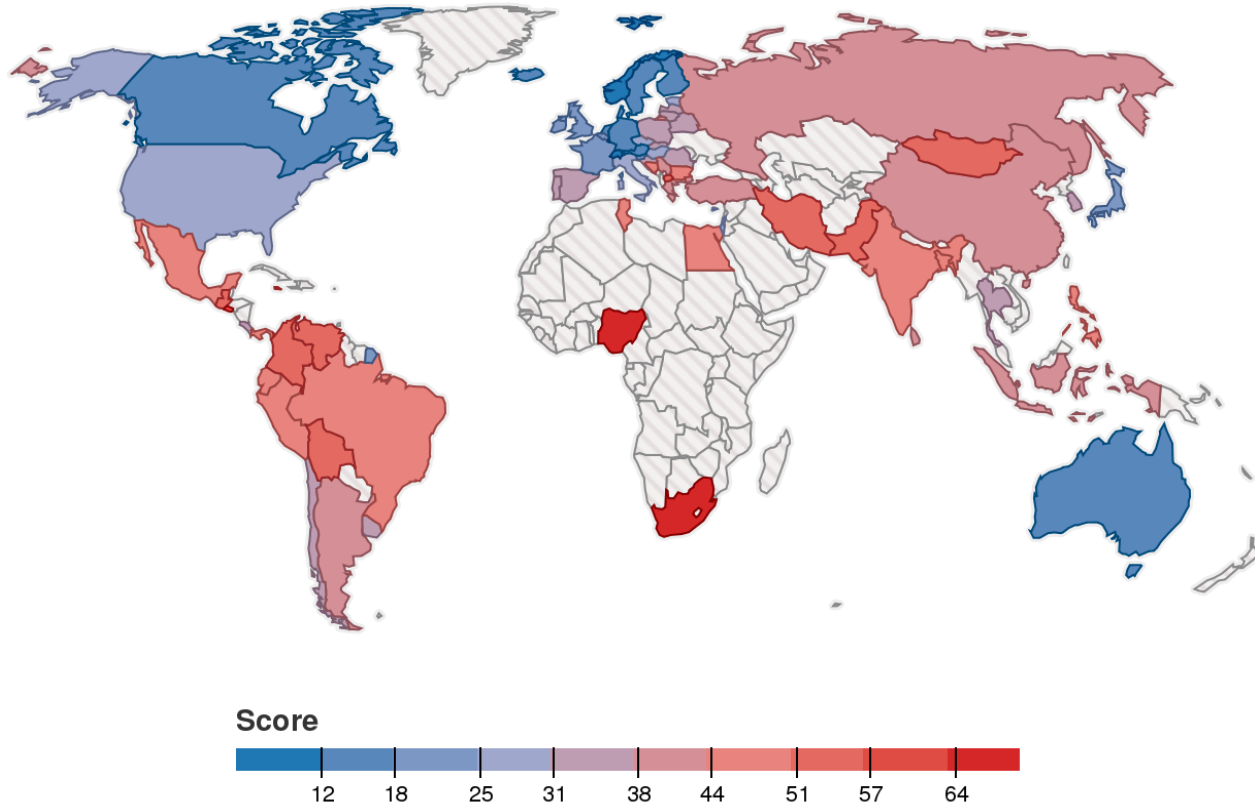
- **Stress is believed to account for 30% of all infertility problems. In women, stress can cause spasms in the fallopian tubes and uterus. In men, it can effect the sperm count and cause erectile dysfunction (Bouchez, 2018).**

# **Costs of stress 3/3**

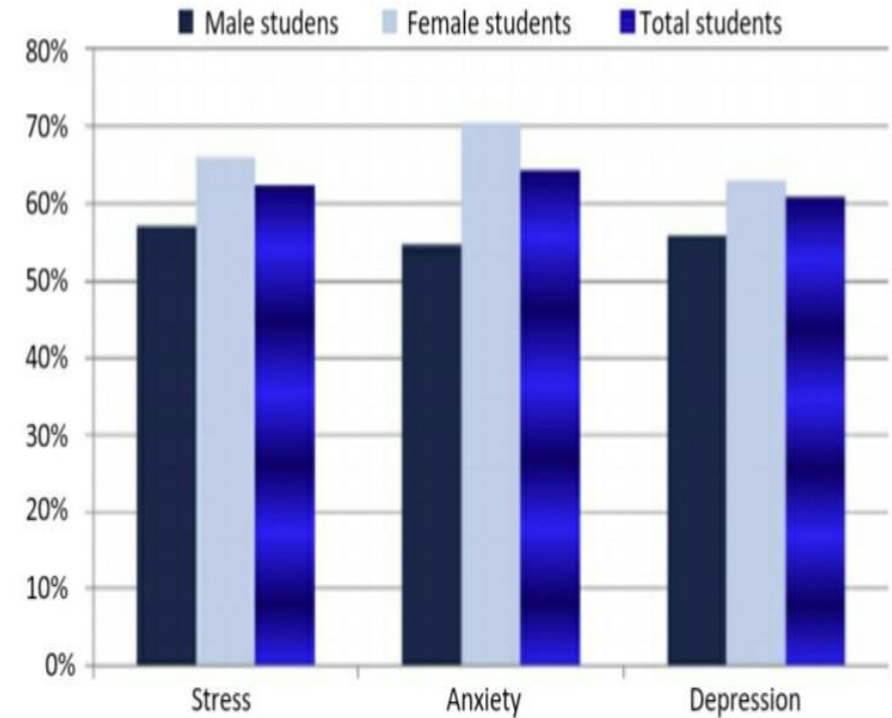
- **Correlations have been found between stress and the top six causes of death: cancer, lung ailments, heart disease, liver cirrhosis, accidents, and suicide (“How Does Stress Affect Us?”, 2016).**

# Prevalence of stress

The most stressful countries in the world to live in



Source: Bloomberg



**Figure 1** Prevalence of stress, anxiety, and depression among study participants.

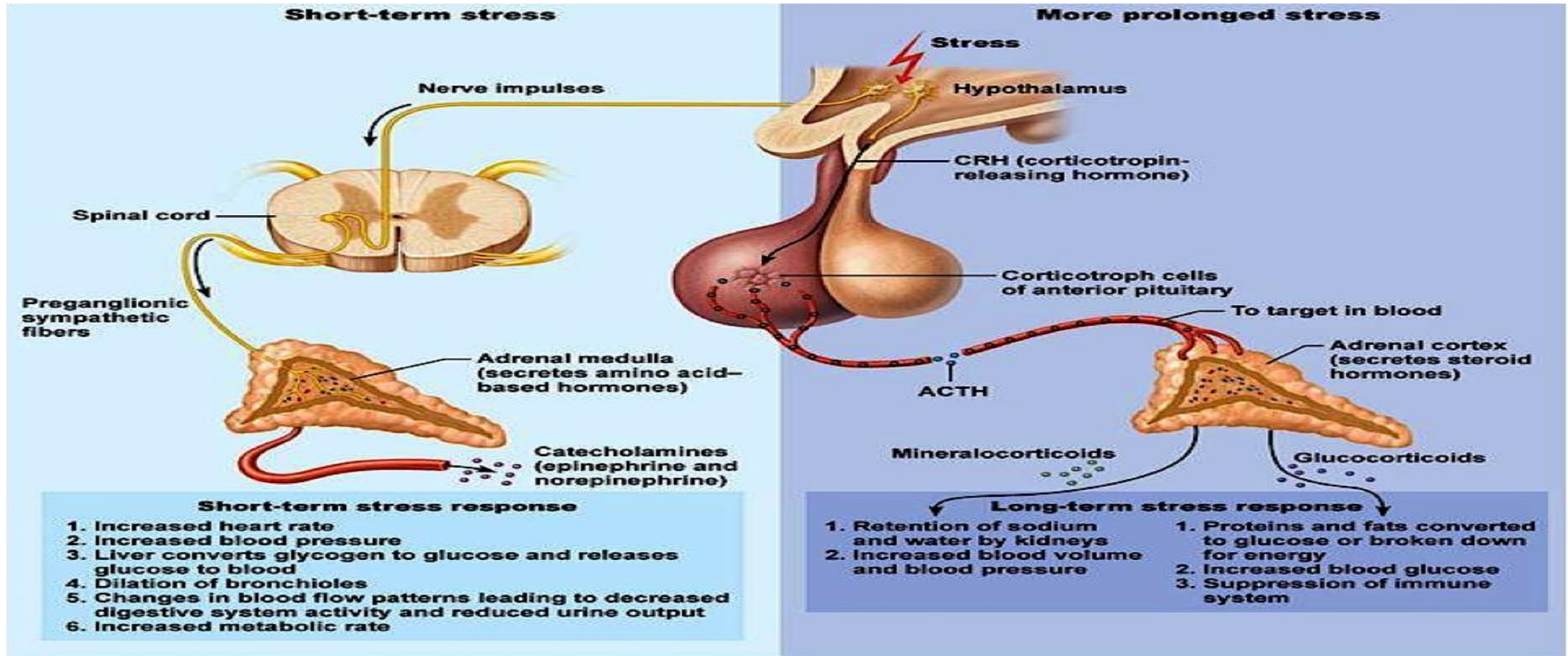


# What Is Stress

- Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.
- $S = P > R$

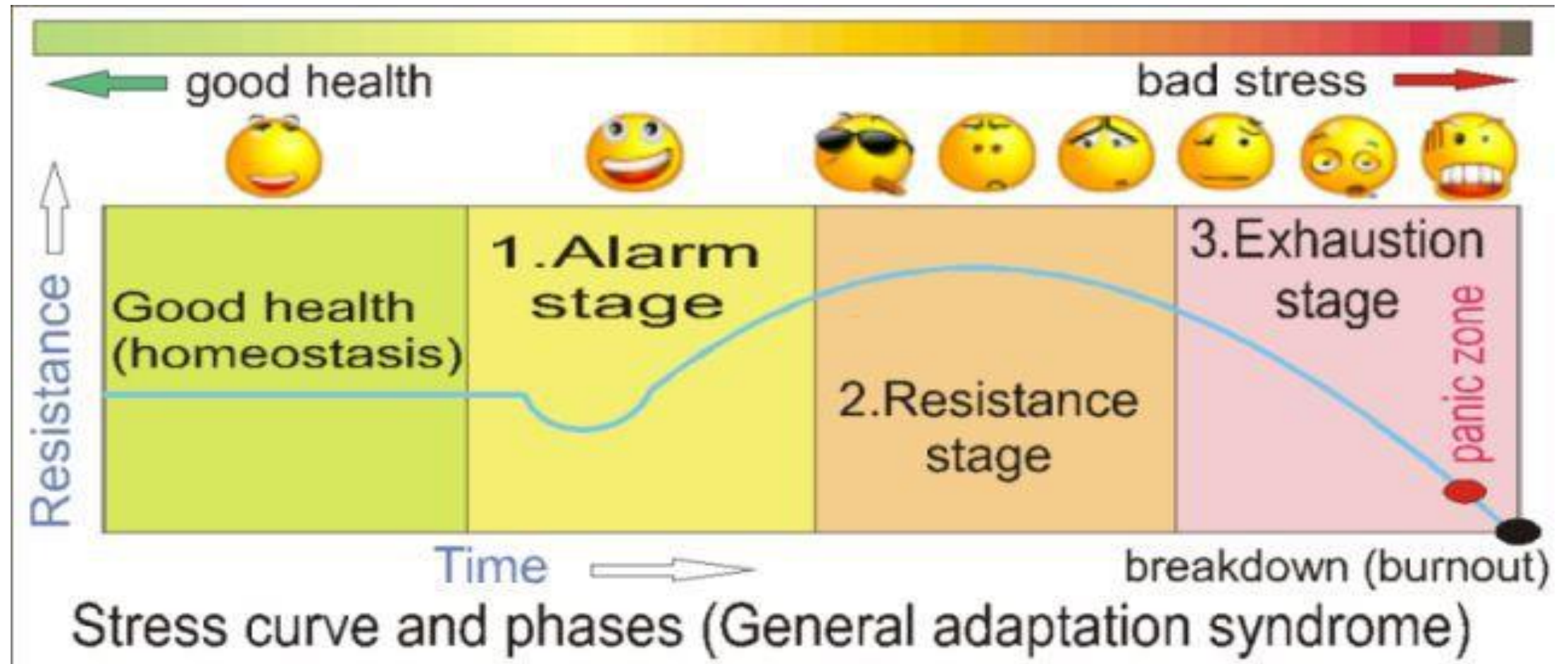


# Physiology of stress response





# general adaptation syndrome



# Alarm response



## The “Fight or Flight” Response

When situations seem threatening to us, our bodies react quickly to supply protection by preparing to take action.

This physiological reaction is known as the "fight or flight" response.

# Adaptation phase

- The body resists and compensates as the parasympathetic nervous system attempts to return many physiological functions to normal levels while body focuses resources against the stressor and remains on alert.



# Exhaustion

- If the stressors continue beyond the body's capacity, the resources become exhausted and the body is susceptible to disease and death.



# Common courses of stress

- **Personal Changes**

Illness, end of relationship, financial shifts

- **Family Changes**

Marriage/divorce, death, moving

- **Work Changes**

New Job/Boss, unemployment

- **Environmental Changes**

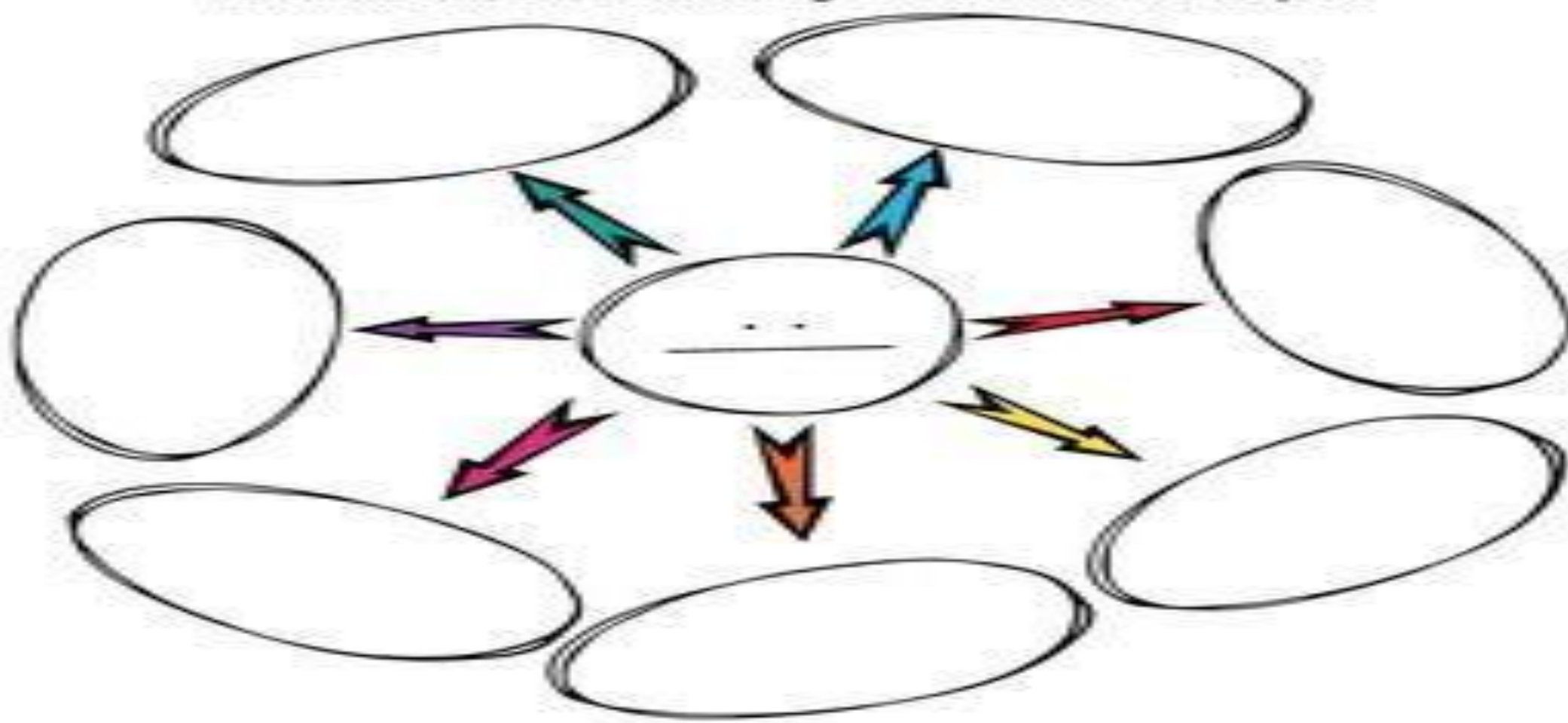
War, natural disaster, relocation





# What are things that cause me stress?

In each oval, add something that is a stressor to you.



# Not All Stress is Bad...

Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.



Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.



# All Stressors are not equal



# Stress and its Effects

Do you personally suffer from excessive stress

What are the signs of excessive stress

What can you do to help alleviate your stress



# How stress affects us differently

## Physical symptoms

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart rate
- Loss of sex drive
- Frequent colds or flu



## Behavioral symptoms

- Eating more or less
- Sleeping too much or too little
- Withdrawing from others
- Using alcohol, cigarettes,..
- Nervous habits





# Symptoms of stress

## Cognitive symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts



## Emotional symptoms

- Depression or general unhappiness
- Anxiety and agitation
- Moodiness, irritability, or anger
- Loneliness and isolation



# Determine Your Personal Level of Stress

**For each question choose from the following alternatives:**

**0 - never    1 - almost never    2 - sometimes    3 - fairly often    4 - very often**

- \_\_\_\_\_ 1. In the last month, how often have you been upset because of something that happened unexpectedly?
- \_\_\_\_\_ 2. In the last month, how often have you felt that you were unable to control the important things in your life?
- \_\_\_\_\_ 3. In the last month, how often have you felt nervous and stressed?
- \_\_\_\_\_ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?
- \_\_\_\_\_ 5. In the last month, how often have you felt that things were going your way?
- \_\_\_\_\_ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?
- \_\_\_\_\_ 7. In the last month, how often have you been able to control irritations in your life?
- \_\_\_\_\_ 8. In the last month, how often have you felt that you were on top of things?
- \_\_\_\_\_ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?
- \_\_\_\_\_ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

# Determine Your Personal Level of Stress

## Figuring Your PSS Score

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:  
$$0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.$$
- Now add up your scores for each item to get a total. **My total score is \_\_\_\_\_.**
- Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.
  - ▶ Scores ranging from 0-13 would be considered low stress.
  - ▶ Scores ranging from 14-26 would be considered moderate stress.
  - ▶ Scores ranging from 27-40 would be considered high perceived stress.



# Barriers To Managing Stress

- I just 'deal' with my stress, it's not a big issue.
- It's just stress, I don't need counseling.
- Stress is just a part of my job.
- I don't have time to deal with my stress.
- People who are stressed just can't cope with reality.
- I'll be OK.
- Dealing with my stress would just be too expensive.



# 1) Identify the sources of stress in your life

- identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. **Write down:**
- What caused your stress, How you felt, both physically and emotionally How you acted in response, What you did to make yourself feel better.

## 2)The four A's ( Avoid, Alter, Adapt & Accept 1/2)

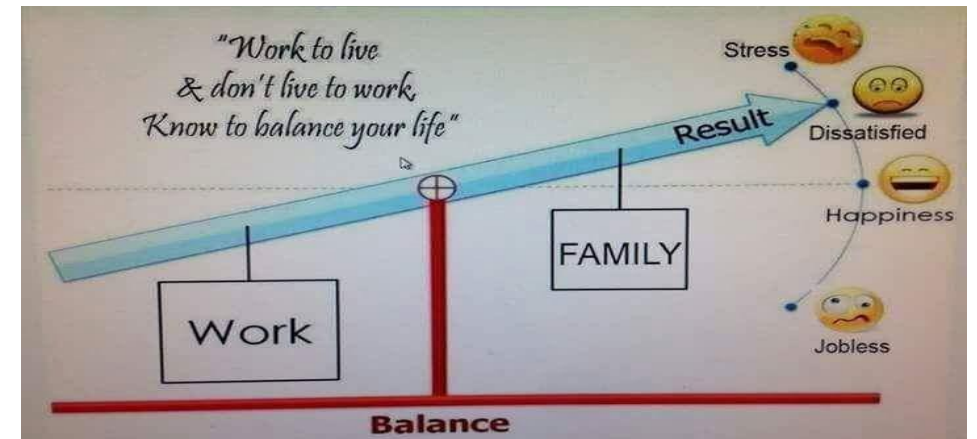
### Avoid unnecessary stress

- ✓ Avoid people who stress you out.
- ✓ Take control of your environment.
- ✓ Learn how to say "no"



### Alter the situation

- ✓ Express your feelings instead of bottling them up
- ✓ Be willing to compromise
- ✓ Create a balanced schedule



## 2)The four A's ( Avoid, Alter, Adapt & Accept 2/2)

### **Adapt to the stressor**

- ✓ Reframe problems
- ✓ Look at the big picture
- ✓ Practice gratitude

### **Accept the things you can't change**

- ✓ Don't try to control the uncontrollable
- ✓ Look for the upside
- ✓ Learn to forgive





# 3) The ability to tap into your senses



## 4) Stress and diet 1/3

*Foods that can have negative effects on the body when under stress include:*

- Caffeine
- Foods high in fat and sugar
- Alcohol



# Stress and diet 2/3

***Stress relieving foods to eat more of:***

**Fruit and vegetables**

- **B vitamins**
- **Vitamin C**
- **Magnesium**

# Stress and diet 3/3

## *Stress relieving foods to eat more of:*

- **Complex carbohydrates** (to enhance levels of serotonin - the mood-boosting hormone that helps you to feel happy and more relaxed).
- **Essential fatty acids** EFAs(Omega 3,6)
- **Calcium-rich foods**

## 5) Relaxation techniques

**A. Deep breathing**

**B. Massage**

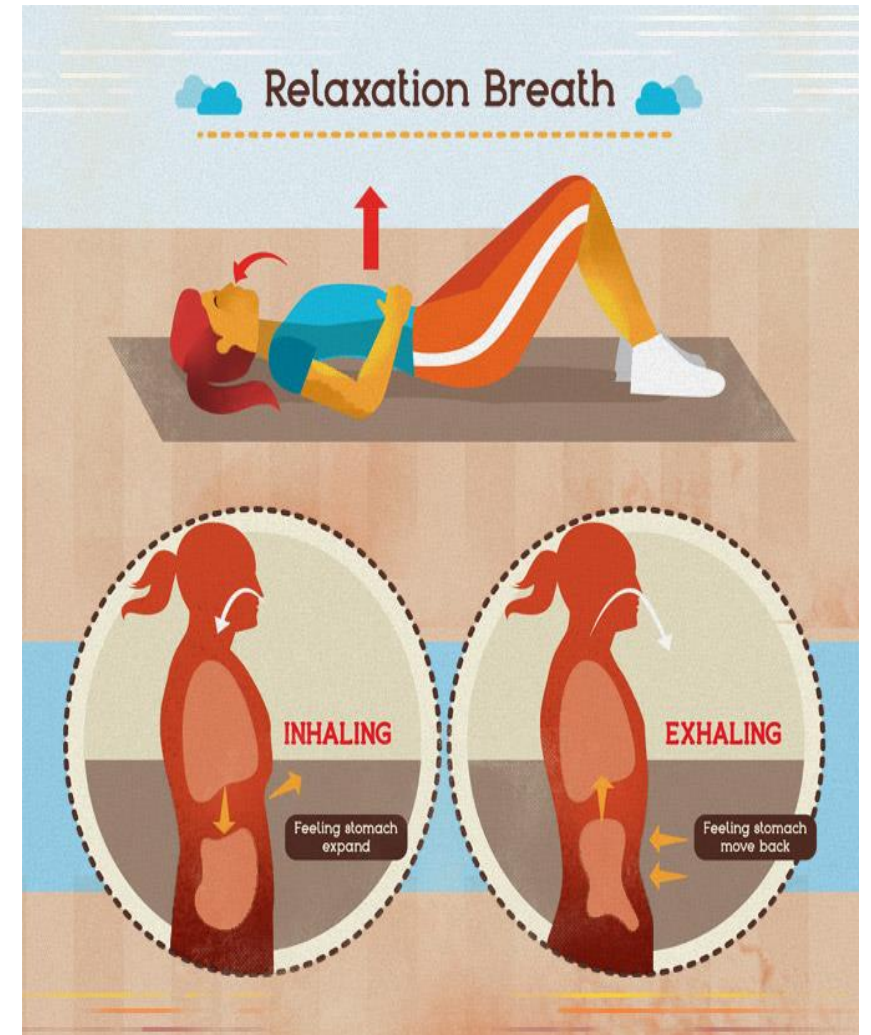
**C. Aromatherapy**

**D. Visualization**

**E. Yoga**

# A) Deep breathing

- Need to learn breathing technique until it becomes an automatic habit!
- Practice 15 times a day for 1 minute
- Breathe every time you are waiting for something! Phone, kids, in line, at work...



## A) Deep breathing ( Con.....)

- **Slowly inhale counting one, pause for a moment and slowly exhale counting two**
- **Slowly inhale counting three, pause for a moment and slowly exhale counting four..**
- **Continue inhaling and counting four and exhaling...**







## B) Massage

- Quartz Massage
- Tranquillity Pro-Sleep
- Aromasoul Elements Massage
- Marine Mud Massage
- Warm Stone Ritual Massage
- Sole Focus Massage



# C)Aromatherapy



***Aromatherapy can be performed in several different ways:***

- Diffusing a combination of essential oils into the air (or just one single oil)
- Inhaling oils through the nostrils directly off of a cloth or from the bottle
- Receiving massage therapy utilizing oils
- Soaking in an oil-infused bath
- Rubbing oils directly onto the skin



## D) Visualization



**Visualization is simply a mental rehearsal. You create images in your mind of having or doing whatever it is that you want. You then repeat these images over and over again, daily for about five minutes a day. In your five-minute practice, use your imagination to see yourself being successful in whatever goal you may have.**

# Visualization Techniques

- **Visualize with the 'Mental Rehearsal' Technique**
- **Create Goal Pictures**



## E) yoga



- 1) Improves your flexibility
- 2) Builds muscle strength
- 3) Betters your bone health
- 4) Maintains your nervous system
- 5) Lowers blood sugar

- 7) Drains your lymphs and boosts immunity
- 8) Ups your heart rate
- 9) Drops your blood pressure
- 10) Regulates your adrenal glands



Questions?

**Thank You**