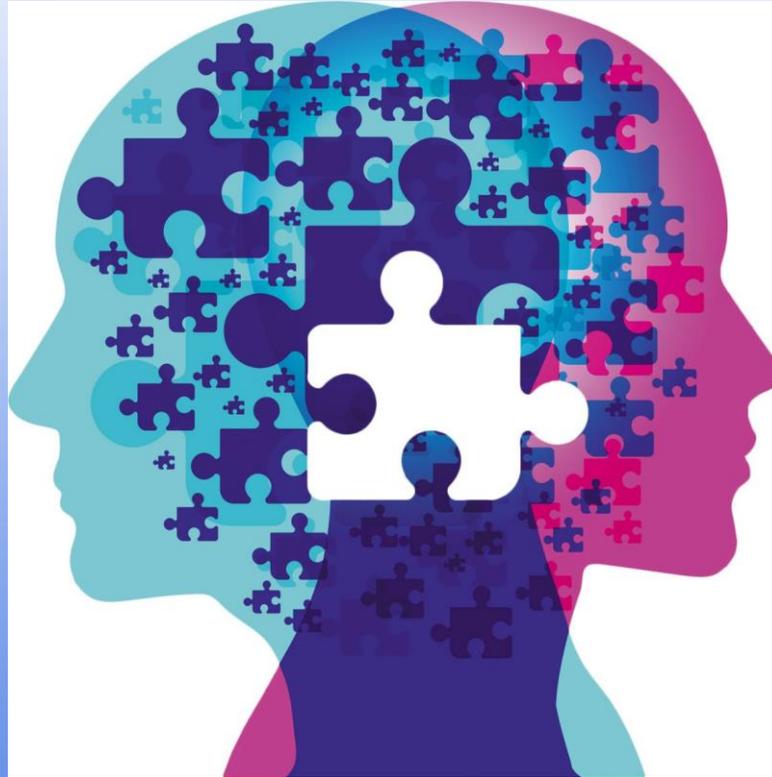


STRESS & MANAGEMENT



Mrs. Preethi Ramesh
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BGI

STRESS IN THE CHANGING WORLD

- ✓ Pressure at work
- ✓ College stress
- ✓ Stress and retired population
- ✓ Too many obligations
- ✓ Negative thoughts
- ✓ Poor skills to deal with conflicts
- ✓ Pessimism
- ✓ Too many commitments



STRESS

- ❖ Stress is a condition in which the human respond to change in normal balanced state.
- ❖ Stress is a process of adjusting to or dealing with circumstances that disrupt or threats to disrupt a persons physical or psychological functioning

- Hans Selye



TYPES OF STRESS

POSITIVE STRESS

- ❖ Stress can have a positive effect, spurring motivation and awareness, providing the stimulation to cope with challenging situations.
- ❖ Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations.



TYPES OF STRESS

NEGATIVE STRESS

- ❖ It is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaints, insomnia and ulcers.
- ❖ Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.



STRESSORS

- ❖ Stressors are psychological or physical stimuli that are precipitating a change.
- ❖ Stressors are anything that is perceived as challenging, threatening or demanding
- ❖ Stressor are themselves neither positive nor negative but they can have positive and negative effects as the persons responds to the changes.



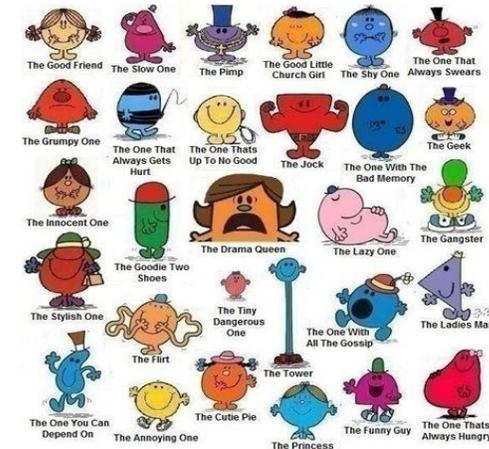
TYPES OF STRESSORS

STRESSORS RELATED TO PERSONALITY

- ✓ Irrational beliefs, values and attitudes
- ✓ Type A personality
- ✓ Perfectionistic attitude
- ✓ Poor time sense
- ✓ Poor decision making
- ✓ Poor habits

Stress and Personality Types

Describe personality factors that have been shown to influence the way people respond to stress.



TYPES OF STRESSORS

PERSONAL STRESSORS

- ✓ Improper life style
- ✓ Loneliness
- ✓ Marital conflicts
- ✓ Poor physical health
- ✓ Financial problems



TYPES OF STRESSORS

ENVIRONMENTAL STRESSORS

- ✓ Pollution
- ✓ Noise
- ✓ Overcrowding
- ✓ Extreme heat or cold



TYPES OF STRESSORS

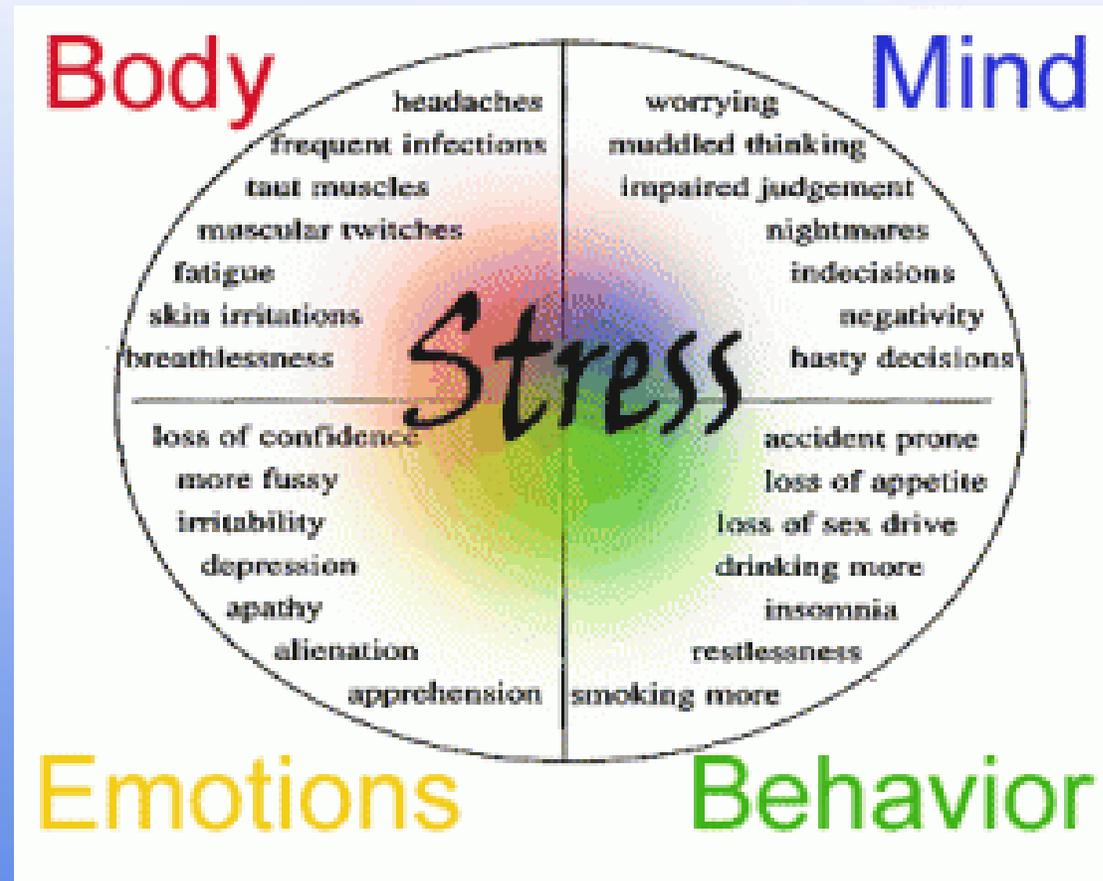
STRESSORS RELATED TO JOB

- ✓ Poor knowledge of job
- ✓ Unwanted job
- ✓ Shift work
- ✓ Low salary
- ✓ Job insecurity



CAUSES OF STRESS

- ❖ Internal causes
- ❖ External causes



INDICATORS OF STRESS

PHYSIOLOGIC INDICATORS

- ✓ Pupil dilates to increase visual perception
- ✓ Sweat production increased to control the elevated body heat
- ✓ The heart rate and cardiac output increase
- ✓ The rate and depth of respirations increase
- ✓ Urinary output decreases.
- ✓ Blood sugar increase because of release of glucocorticoids.
- ✓ Muscle tension increases.



INDICATORS OF STRESS

PSYCHOLOGICAL INDICATORS

- ✓ **Anxiety** -state of mental uneasiness, apprehension or a feeling of helplessness related to an impending or anticipated threat.
- ✓ **Fear**- Fear is an emotion or feeling of apprehension aroused by impending or seeming danger, pain or other perceived threat.
- ✓ **Depression** -Depression is a common reaction to events that seem overwhelming or negative



INDICATORS OF STRESS

COGNITIVE INDICATORS

- ✓ **Problem solving:** Problem solving involves thinking through the threatening situation, using specific steps to arrive at a solution.
- ✓ **Structuring:** Structuring is the arrangement or manipulation of situation so that threatening events do not occur.
- ✓ **Self-control/self-discipline:** Assuming a manner and facial expression that convey a sense of being in control or in charge

INDICATORS OF STRESS

COGNITIVE INDICATORS CONT...

- ✓ **Suppression:** Suppression is consciously and willfully putting a thought or feeling out of the mind
- ✓ **Fantasy:** Fantasy or day dreaming is like make believe unfulfilled wishes and desires and imagined as fulfilled or a threatening experiences reworked or replace so that it ends differently from reality.



SIGNS AND SYMPTOMS

Physiological and Physical

- ✓ Increased heart rate
- ✓ Increased blood pressure
- ✓ Dilated pupil
- ✓ Muscle tension
- ✓ Nausea and dizziness
- ✓ Aches and pain



SIGNS AND SYMPTOMS

Cognitive symptoms

- ✓ Memory problem
- ✓ Inability to concentrate
- ✓ Anxious thoughts
- ✓ Constant worrying



SIGNS AND SYMPTOMS

Emotional symptoms

- ✓ Moodiness
- ✓ Irritability and short tempered
- ✓ Agitation or inability to relax
- ✓ Sense of loneliness



SIGNS AND SYMPTOMS

Behavioral symptoms

- ✓ Eating more or less
- ✓ Sleeping too much or too little
- ✓ Isolating yourself from others
- ✓ Neglecting responsibilities
- ✓ Using alcohol, cigarettes, or drugs to relax
- ✓ Nervous habits (e.g. nail biting, pacing)

COMMON STRESS REACTIONS

B

BEHAVIORAL

- Changes in activity level
- Substance use or abuse
- Difficulty communicating or listening
- Irritability, outbursts of anger, frequent arguments
- Inability to rest or relax
- Decline in job performance; absenteeism
- Hyper-vigilance or excessive worry

P

PHYSICAL

- Gastrointestinal problems
- Headaches, other aches and pains
- Visual disturbances
- Weight loss or gain
- Sweating or chills
- Tremors/muscle twitching
- Being easily startled
- Chronic fatigue or sleep disturbances
- Immune system disorders

P

PSYCHOLOGICAL/ EMOTIONAL

- Feeling heroic, euphoric, or invulnerable
- Denial
- Anxiety or fear
- Depression
- Guilt
- Apathy
- Grief

T

THINKING

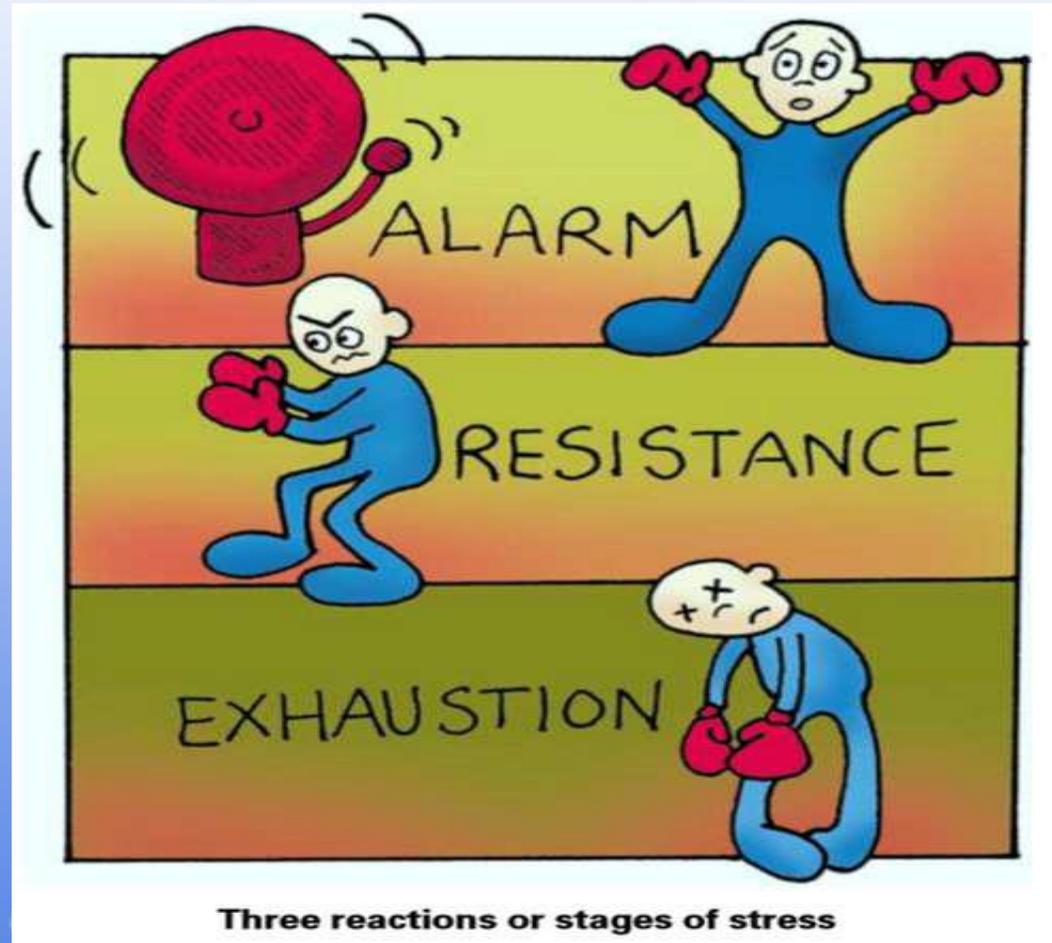
- Memory problems
- Disorientation and confusion
- Slow thought processes; lack of concentration
- Difficulty setting priorities or making decisions
- Loss of objectivity

ADAPTATION

- ❖ Adaptation is an on-going process as a person strives to maintain balance in his / her internal or external environments
- ❖ when person is in a threatening situation immediate response occur, those response are often involuntary are called coping response. The change that take places as a result of the responses to a stressor is adaptation.



GENERAL ADAPTATION SYNDROME



ALARM RESPONSE

This is the “ Fight or Flight” response that prepares the body for immediate action



RESISTANCE STAGE

If the source persists, the body prepares for long-term protection, secreting hormones to increase blood sugar levels. This phase is common and not necessarily harmful, but must include periods of relaxation and rest to counterbalance the stress response. Fatigue, concentration lapses, irritability and lethargy result as the stress turns negative.

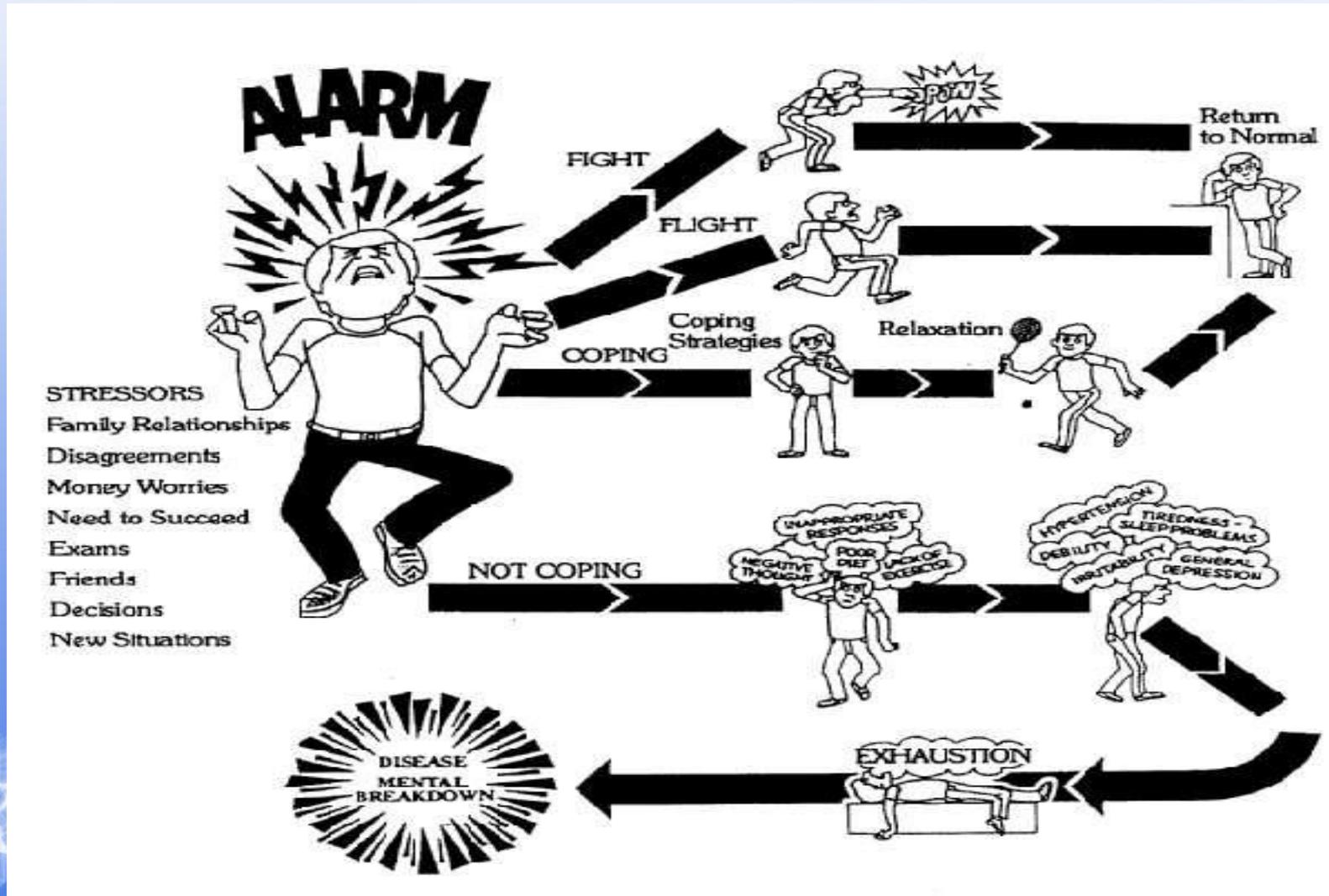


EXHAUSTION PHASE

In chronic stress situations, sufferers enter the exhaustion phase: emotional, physical and mental resources suffer heavily, the body experiences 'adrenal exhaustion' leading to decreased stress tolerance, progressive mental and physical exhaustion, illness and collapse.



GENERAL ADAPTATION SYNDROME



STRESS MANAGEMENT

ADAPTIVE COPING STRATEGIES

- ✓ Awareness
- ✓ Relaxation
- ✓ Meditation
- ✓ Interpersonal communication with caring others
- ✓ Problem solving
- ✓ Pets
- ✓ Music
- ✓ Breathing exercises
- ✓ Guided imagery

COURAGE

**TAKE
RESPONSIBILITY**

AWARENESS

**STRESS
MANAGEMENT**

BALANCE

**PHYSICAL
ACTIVITY**

FLEXIBILITY

1.AVOID 2.ALTER 3.ADAPT 4.ACCEPT

STRESS MANAGEMENT FOR NURSES

- ❖ **Alter** the situation
- ❖ **Avoid** unnecessary stress
- ❖ **Adapt** to the stressor
- ❖ **Accept** the things you can't change



INTERVENTION TO REDUCE THE ANXIETY

- ❖ **Exercise:-** Regular exercises help to maintain physical & emotional health.
- ❖ **Rest and sleep:-** Rest and sleep helps the body to maintain homeostasis & restore energy levels.
- ❖ **Nutrition:-** It plays an important role in maintaining the body's homeostatic mechanisms & in increasing resistance to stress. Obesity & malnutrition are major stressors & greatly increase the risk of illness.
- ❖ **Encouraging the use of support system:-** Support system provides emotional support that helps a person to identify & verbalize feelings associated with stress.

**THANK YOU FOR YOUR
ATTENTION**



YESSSS, FINALLY OVER!

by/memes.net