

Slide 1

Address Stress
Take control of stress so it doesn't control you

"There is no health without mental health."



Slide 2

Mental Health America
of Eastern Missouri

Our Mission

To promote mental health and to improve the care and treatment of persons with mental illness through advocacy, education and service.


"There is no health without mental health."



Slide 3

What is Stress?

- "Our physical, emotional and mental response to any perceived threat --real or imagined"
- Anything that alters our homeostasis – for good or bad



Slide 4

Fight or Flight Response



- Increases Blood Pressure
- Increase Heart Rate
- Increase Breathing
- Pupils dilate
- Cortisol, Norepinephrine, Epinephrine kick in to provide the energy to fight or flee

Slide 5

Stress & Effects

Workplace/Financial
Mind
Body
Emotion



Slide 6

Workplace Statistics on Stress



Slide 7

Unmanaged Stress can cause...

- Physical
 - Allergies
 - High blood pressure
 - Heart attack
 - Stroke
 - Migraines
 - Arthritis
 - Diabetes



Slide 8

Unmanaged Stress can cause...


- Mental
 - Over riding pessimistic thoughts
 - Preoccupation
 - Racing thoughts
 - Difficulty making decisions
 - Sleeping problems
 - Thought distortion
 - Memory loss



Slide 9

Unmanaged Stress can cause...


- Emotional
 - **Anger** – feeling helpless that you can't resolve an issue that is outside of your control
 - **Anxiety** – feeling fearful or nervous about a situation resulting in an inability to function
 - **Depression** – internally giving up as a result of a stressful situation for which you have tried many options



Slide 10

Managing the Inevitable


- Some situations are inherently stressful
- How we *perceive* and *manage* this stress directly impacts our wellbeing
- Our wellbeing directly correlates to our ability to perform our jobs successfully



Slide 11

Types of Stress


- Eustress aka "good stress"
 - Stress that is deemed healthful or giving one the feeling of fulfillment
 - Pulse quickens, hormones change; no accompanying threat or fear



Slide 12

Types of Stress


- Acute (normally referred to as "stress")
 - Results from quick surprises that need a response
 - Also produces the body's "fight or flight response"; triggers aren't always happy or exciting



Slide 13

Types of Stress


- Chronic aka "serious stress"
 - Comes when we repeatedly experience stressors that feel inescapable
 - Can lead to negative health effects if experienced for an extended period of time



Slide 14

Types of Stress

- Think about it
 - Write your 5 biggest stressors, one per note sheet
 - Place each sheet under one of the 3 stress categories that best describes it
 - Discuss placement




Slide 15

Stress & Effects

Cortisol, The stress hormone and its effects:


- When in the system too long can cause an immune system drop that allows you to become ill
- The more life changes in a short period of time the more likely you are to become ill (Stress Test)



Slide 16

Strategies for Stress Management

- Recognize your triggers and the warning signs of stress
 - What causes you stress
 - How do you feel before, during and after stressful encounters
 - Physically
 - Emotionally



Slide 17

Strategies for Stress Management


- Increase amount of “Good Stress”
 - Develop relationships
 - Set a goal
 - Gain knowledge
 - Gratification



Slide 18

Strategies for Stress Management

- Manage your outlook
 - Focus on your existing resources
 - Look for the hidden potential benefits of a situation
 - Remind yourself of your strengths



Slide 19

Strategies for Stress Management


- Develop a personal stress management plan
 - Start a journal
 - Set aside time for yourself
 - Do something you enjoy
 - Do it with commitment



Slide 20

Stress at Work


- Job/Work-related
 - Harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources or needs of the worker



Slide 21

Stress Management Strategies at Work

- Recognize the warning signs of excessive stress at work
 - Interferes with job performance and satisfaction
 - Can lead to physical and emotional health problems



Slide 22

Stress Management Strategies at Work

- Take care of yourself
 - When your own needs are taken care of, you are stronger and more resilient to stress
 - Even small changes can make a big difference over time



Slide 23

Stress Management Strategies at Work

- Prioritize and Organize: Time management
 - Leave earlier in the morning
 - Create a balanced schedule
 - Don't over-commit
 - Plan regular breaks



Slide 24

Stress Management Strategies at Work

- Prioritize and Organize: Task management
 - Prioritize tasks
 - Break projects into small steps
 - Delegate responsibility
 - Be willing to compromise



Slide 25

Stress Management Strategies at Work

- Improve Emotional Intelligence
 - Self-awareness
 - Self-management
 - Social awareness
 - Relationship management



Slide 26

Stress Management Strategies at Work

- Break bad habits
 - Don't try to control the uncontrollable
 - Flip your negative thinking
 - Resist perfectionism
 - Clean up your act




Slide 27

Start Simple

Consider implementing the “Big 3” right away.

- **EAT**: try incremental changes to your eating habits
- **MOVE**: try incremental changes to your level of physical activity
- **REST**: try incremental changes to your sleep patterns




Slide 28

Stress SOS


If you find yourself in an immediate stress crisis consider the following "stress SOS" strategies

- Take time away
- Talk it over with someone
- Connect with others
- Look for humor in the situation



Slide 29

Address Stress



"Stress is like spice—in the right proportion it enhances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you."
Donald Tubising, author

"There is no health without mental health."

Slide 30

THANK YOU

For more information: Visit our website! www.mha-em.org Give us a call! 314.773.1399 Send us an email! info@mha-em.org	To stay connected: Find us on Facebook! Mental Health America of Eastern Missouri  Follow us on Twitter! @mentalhealthstl  
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