

STRESS SURVIVAL SKILLS

HOW STRESS AFFECTS MIND AND BODY

Sources of Stress

Internal

External

Lack of Control

Intense
Responsibility

Attitudes Beliefs

Internal

Expectations Behaviors

Unpredictability

Change



ATTITUDE

What you look for in life you will find.

You reap what you sow.

Where your focus goes, your energy flows.

BELIEFS

We see the world not how
it is, but how we are.

Ron Willis

Expectations

"Barton is a friendly place to study and learn."

"This job will be hard."

Behaviors

Diet

Exercise

Recreation

Support Systems

REACTIONS to STRESS

Alarm – Panic Button – Adrenaline Rush

Resistance

Physical – chemical stress reaction cycle

Mental

Defense Mechanisms

Avoidance (can't make up my mind)

Dependency (depend on others, drugs, alcohol, religiosity)

Projection (we see in others what we can't accept in ourselves – and become intolerant)

Child-Like (demanding, Irresponsible)

we

Irrational Myths

Perfectionism (set yourself up for failure)

Universal Acceptance (external locus of control – set yourself up for failure)

Helplessness (victim, anger, resentment)

Responsibility for the feelings of others (anger, resentment, despair, don't get your own needs met.)

Emotional Pitfalls

All or nothing thinking

Over-generalization

Personalization

“Shoulds”

Magnify or minimize issues

Stress Enhancers

Physical

- Lack of sleep
- Poor eating Habits
- Drug, alcohol, caffeine use
- Lack of exercise
- Type “A” personality

Psychological

- Hurry up
- Eating for comfort
- Always being strong
- Substance dependence
- Workaholism

GETTING BACK INTO BALANCE

MENTAL TOOLS TO MANAGE STRESS

Focus on the positive

Sense of Coherence (predictability that things will work out okay)

Hope

Joy – Taking pleasure in life.

Hardiness

Commitment - involvement , purpose, meaning

Control – sense of agency, proactive

Choice – I always have a choice in how I respond to life.

ADDITIONAL
THINGS YOU CAN
DO TO MANAGE
STRESS

ALTER

Organize
Problem Solve
Communicate
Plan
Time Management

ACCEPT MENTALLY

Allow to be what is (acknowledgment).

Accepting has nothing to do with liking it, wanting it, enjoying it, promoting it, agreeing with it, condoning it, approving of it, or understanding it.

AVOID

Say no

Delegate

Withdraw

Set Limits

BUILD RESISTANCE

Physically

- Diet
- Exercise
- Relaxation

Mentally

- Postive Affect
- Goals
- Values
- Priorities

Spiritually

- Meditation
- Prayer
- Faith
- Worship

CHANGE

(The way you perceive yourself and others)

Unrealistic Expectations

"I can add to my day and not have to let go of something."

"I should make straight "A's" or I'm not okay."

Irrational Beliefs

"Everyone should like me:

"I must be perfect."

"Life is fair."

Shoulds and Oughts

Reframing

Words of Wisdom

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Always read stuff that will make you look good if you die in the middle.

Drive carefully. It's not only cars that can be recalled by their maker.

If you can't be kind, at least have the decency to be vague.

It may be that your sole purpose in life is simply to be kind to others.

Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

The second mouse gets the cheese.

Birthdays are good for you. The more you have, the longer you live.

Some mistakes are too much fun to only make once.

We could learn a lot from crayons....some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour. (ATTITUDE)

You may be only one person in the world, but you may also be the world to one person.

So why not take just a moment to simply relax. Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.