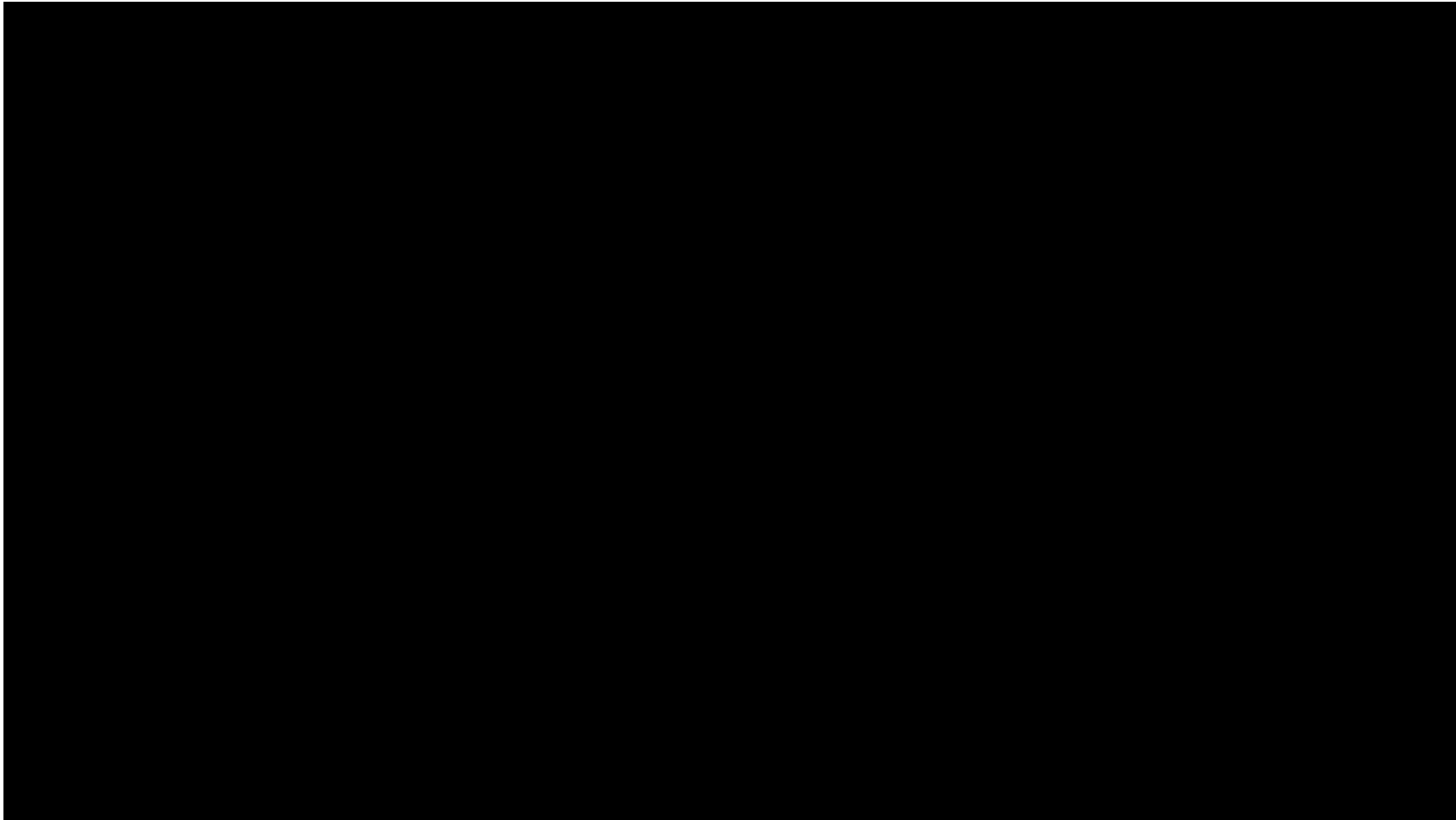


Dealing with **STRESS**

Everyone knows what stress is, but no one really
knows.”

Hans Selye



Definition of Stress



- **Stress:**

- *mental, physical, emotional, & behavioral* reactions to any perceived demands or threats.
- From a situation or a thought that makes you feel frustrated, nervous, anxious or angry
- Can be a good thing
- Can also be harmful



- **Harmful Stress:**

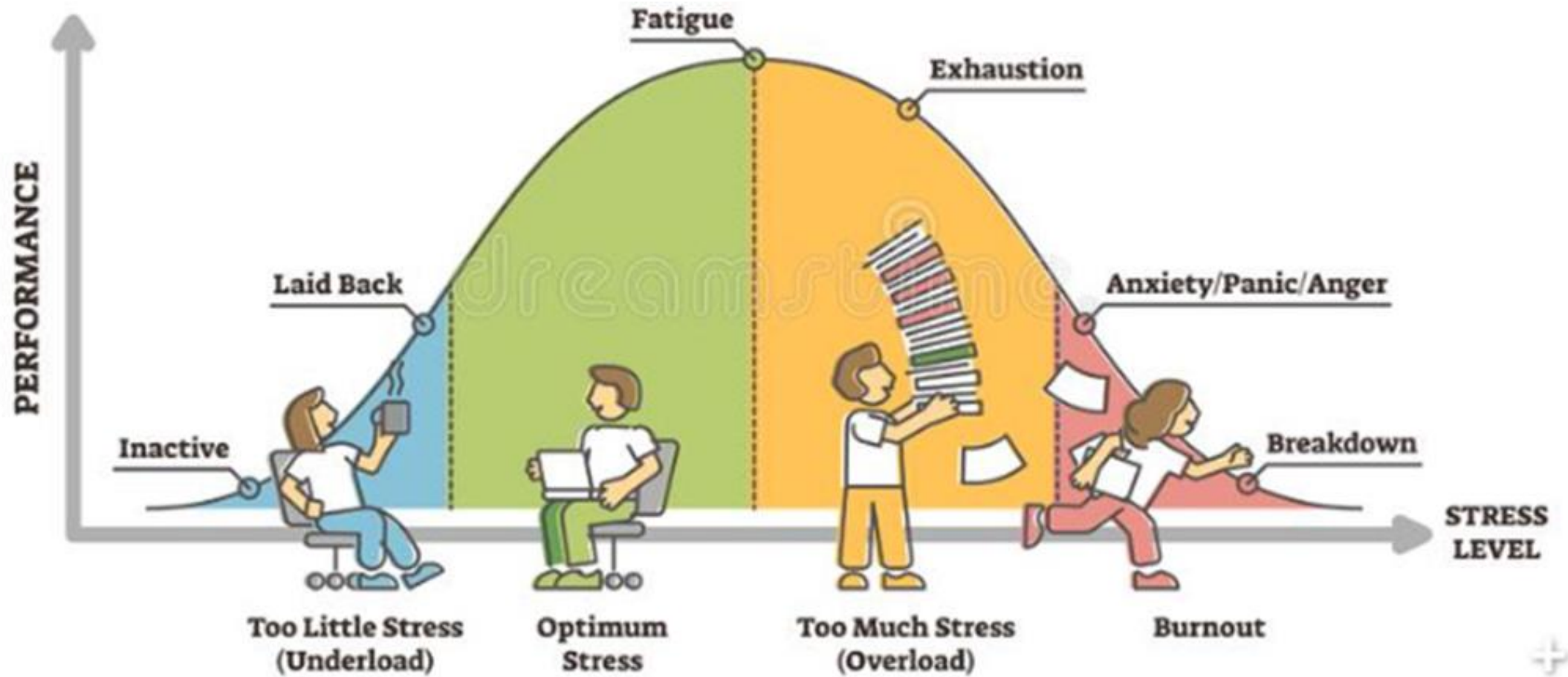
This is the kind of stress that would be helpful to limit and learn to manage in a healthy way

Not All Stress is Bad...



- **Distress** is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities. It is the all-encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.
 - Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.
- **Eustress** is the other form of stress that is *positive* and *beneficial*. We may feel challenged, but the sources of the stress are opportunities that are meaningful to us. Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.
 - Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.

STRESS CURVE



Common Life Stressors

- **Major life events:** *loss of loved one, divorce*
- **Trauma:** *abuse, natural disaster*
- **Social:** *relationships, family, loneliness, social anxiety*
- **Financial:** *bills, debt, retirement*
- **Work:** *operational tempo, deployments, job change, moves*
- **Health:** *poor eating habits, lack of sleep, chronic health problems*
- **Substance abuse:** *caffeine, alcohol, medications, smoking, drugs*



Why Healthcare Students Feel Stressed



- Heavy workload
- Competition
- Lack of control
- Strenuous clinicals
- Exposure to illness and infection
- No time to address physical and mental health
- Poor sleep cycles
- Death and dying
- Disillusionment
- Ethical and moral dilemmas
- Stigma surrounding mental health issues
- Pressure to put patients first
- Feeling inadequately trained for necessary tasks
- No time for hobbies, friends, and family
- Social isolation

Stress: physio-pathological effects:

1. *Nervous:*

Flight, Fight, Fawn, freeze

2. *Musculoskeletal:*

Muscle spasm, tension headaches

3. *Respiratory:*

Hyperventilation

4. *Cardiovascular:*

Increased heart rate, stronger heart contractions, coronary artery disease

5. *Endocrine:*

Hypothalamus: ACTH, Adrenal: cortisol, epinephrine,
Liver: glucose

6. *Gastrointestinal:*

Emotional eating, drugs, alcohol, tobacco
Stomach butterflies, nausea
Irritable bowel syndrome



TRIGGERED COMMUNICATION RESPONSES

FIGHT

"I want to prove why I'm right"

- Interrupting
- Gaslighting
- Hyper-aggression
- Lack of listening skills
- Controlling behaviors

FLIGHT

"I don't want to deal with this"

- Avoidance
- Deflecting
- Putting issues off
- Not wanting to talk
- Perfectionism

FREEZE

"I don't know what to do"

- Feeling stuck
- Feeling numb
- Dissociation
- Not listening
- Not replying

FAWN

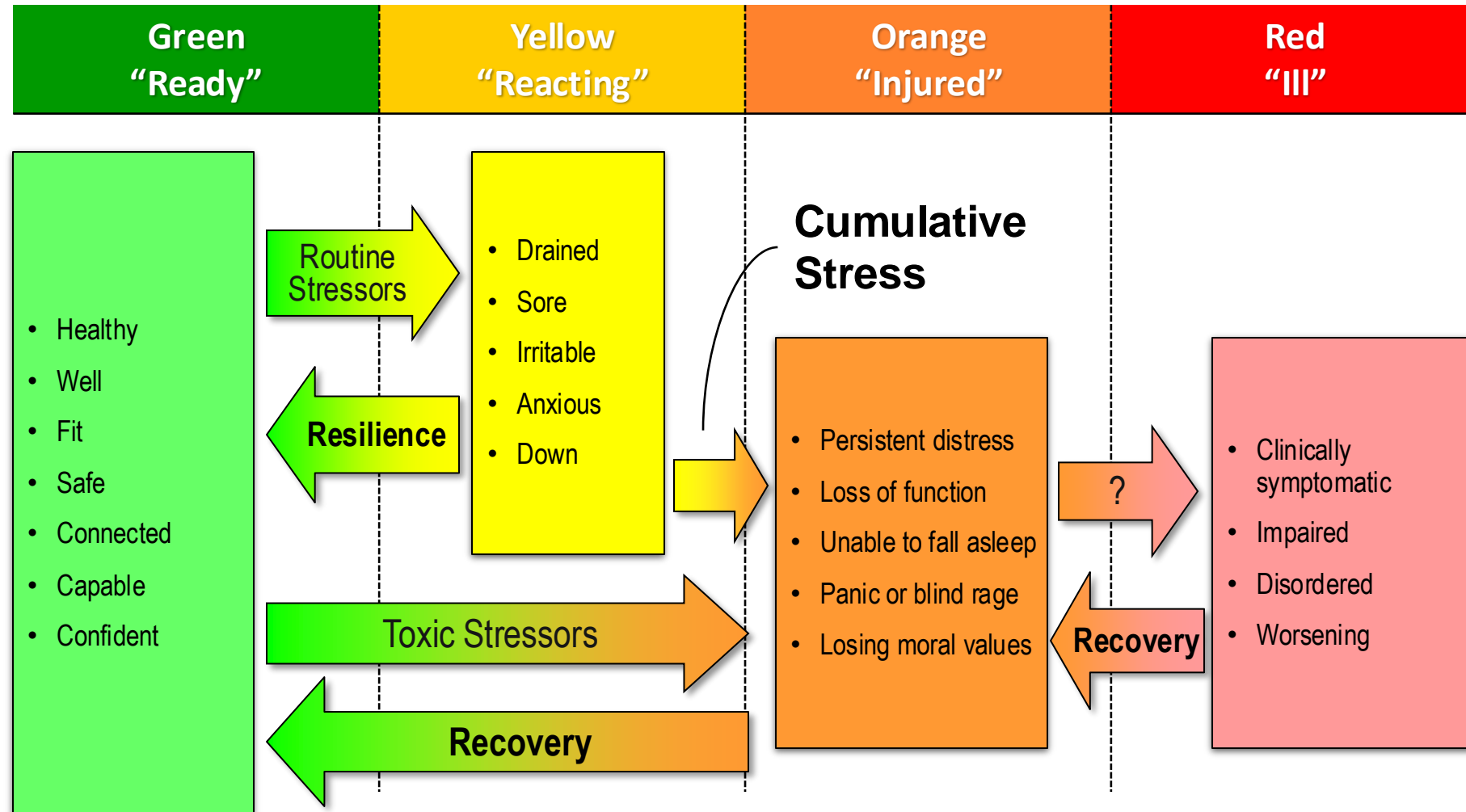
"I want everyone to be happy"

- No boundaries
- Lack of assertiveness
- Prone to codependency
- Negotiating against self
- Saying "yes" to everything



DEBRIEF
Your thoughts

THE STRESS SCALE



Know Your Zone



ILL

Stress is constant and disabling.
Ongoing trouble functioning.
seek medical treatment

INJURED

Behavioral and emotional
changes become more severe
and more persistent.
*talk to a chaplain, counselor or
medical provider*

REACTING

Changes from normal behavior
in response to temporary and
mild distress.
*get adequate sleep, talk to
someone you trust*

READY

Not stress free, but mission ready.
Emotionally and physically healthy.
keep fit, eat right, relax



THE STRESS SCALE

Ready

Adaptive coping
Optimal functioning
Wellness

Features

Well trained and prepared
Fit and focused
In control
Optimally effective
Behaving ethically

**Train hard
Build the team**

Reacting

Mild and transient distress or
loss of optimal functioning
Temporary & reversible
Low risk for illness

Features

Irritable, angry
Anxious or depressed
Physically too pumped up or
tired
Reduced self-control
Poor focus
Poor sleep

**Talk to someone
you trust**

Injured

More severe and persistent
distress or loss
Higher risk for illness

Causes

Wear and Tear, Inner Conflict,
Loss, Trauma

Features

Panic or rage
Loss of control of body/ mind
Can't sleep
Recurrent nightmares/ bad
memories
Persistent shame, guilt
or blame
Loss of moral values
and beliefs

**Talk to chaplain,
counselor, or
medical**

Ill

Persistent and disabling distress
or loss of function

Unhealed stress injuries

Mental disorder

Types

PTSD

Major Depression

Anxiety

Substance abuse

Features

Symptoms and disability persist
over many weeks

Symptoms and disability get
worse over time

**Seek medical
attention**

Common Symptoms of Stress



Cognitive:

Memory problems
Inability to concentrate
Continuous worry
Racing thoughts

Emotional:

Feeling Down
Feeling overwhelmed
Irritability (short temper)
Inability to relax

Physical:

Excessive Perspiration
Chest pains/ elevated heart
Frequent colds/illness
Nausea, dizziness or headaches

Behavioral:

Increase /decrease appetite
Nervous habits
Difficulty/irregular sleeping
Excessive use of alcohol, cigarettes or drugs



Activity 1:

Knowing Your Sources and Signs of Stress



In pairs or small groups:

- What are my sources of stress?
- How do I know when I am experiencing stress?
- What are my stress reactions?

Be prepared to report back to the group

Unhelpful Patterns of Thinking



All or Nothing Thinking	Overgeneralization
Jumping to Conclusions	Filtering out the Positive
Emotional Reasoning	Catastrophizing
Should Statements	Personalization

(Beck, 1995; Burns, 1989)

Thought-Behavior-Emotion Cycle



Thought: (All or Nothing Thinking)
"There is no point in even trying"



Behavior: (Reduced)
Avoid people and situations, become less active



Mood/Emotion: (low)
Feel worthless, discouraged

The Role of Control in Stress Reduction



Focus on

what is in your control

- Examples of areas in your control:
 - Your ability to prioritize work & personal obligations
 - Your reactions to events and people
 - Your thoughts
- Focusing on areas in your control results in:
 - Feeling empowered
 - Feeling relief

Put aside

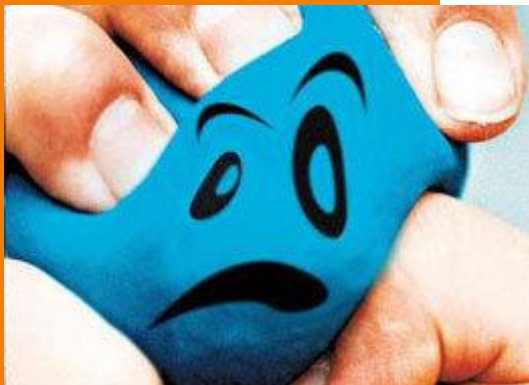
what is out of your control

- Examples of areas outside of your control:
 - How people respond to you
 - Other people's feelings
- Focusing on areas outside of your control results in:
 - Feeling hopeless
 - Feeling anxious
 - Feeling STRESSED



Activity

One of My “Stress Busters”



In pairs,

- Think about a time when you were stressed, and you found a way to manage your reaction and feelings.
- Turn to your neighbor and finish this sentence:

“One of the best things I can do for myself when I am feeling stressed is.....”

Be prepared to share with the large group

Strategies to Reduce Stress



- **What is a coping strategy?**
 - Process of managing stressful situations
 - Deliberate and planned approach
 - Goal: reduce, tolerate, or minimize stress
 - Individualized
- **Create a coping strategy toolbox**
 - A real or imaginary “box” collecting coping strategies that are successful for you

From 900 responses:

The most commonly reported workplace stressors

- Supervisor relationship (40%)
- Amount of work (39%)
- Work-life balance (34%)
- Coworker relationships (31%)

Methods found for dealing with stress:

- Get angry 47%
- Eat more 43%
- Cry 38%
- Drink more 34%
- Smoke more 23%




The most common methods of coping with work-related stress include:

- Talking to a friend/colleague/spouse (55%)
- Exercising (40%)
- Eating (35%)
- Stepping away from work (35%)
- Taking a day off (32%)
- Drinking after work (24%)



Expert Tips for Reducing Stress in School

- 
- Find a support system.
 - Change your attitude
 - Be realistic. Set practical goals for dealing with situations & solving problems
 - Keep your health in check. Take good care of yourself
 - Manage your time effectively.
 - Laugh, use humor
 - Stick to a healthy sleep schedule
 - Journal at the end of the day
 - Volunteer in your community.
 - Seek professional counseling or therapy.
 - Find a relaxation technique that works for you
 - Get regular exercise.
 - Get a hobby, do something different
 - Slow down

Everyday Strategies to Reduce Stress



- Eat a well- balanced diet; drink fluids low in sugar, calories, and caffeine;
- have healthy snacks; and drink water!
- Sleep well
- Exercise: any activity that you find enjoyable
- Create time each day to decompress
- Talk with friends, peers, avoid gossip and hurtful conversations
- Write in a journal
- Pair enjoyable activities or tasks with less enjoyable activities or tasks
- Reward yourself for a job well done

Mental Techniques



Thought Stopping

- Helps break the cognitive distortion cycle
- Gets you back on track
- Key: Notice your thoughts, use a trigger word to stop the thought
- Replace with a more helpful thought
- Example: “There is no point in trying”

STOP!

“ This situation could be easier if I first talked with

Mental Techniques



Positive Self-Statements

- Introduce repetitive positive and motivating statements into your day and in reaction to your thoughts
- Examples of ***positive statements***:
 - I am smart! I work hard! I always do my best.
- Examples of ***positive thought replacements***:
 - Instead of: “ I need to be perfect or I fail.”
 - *Replace with: “ I did a great job learning this new curriculum!”*

Develop a Self-Care Plan

- Four self-care domains
 - *Physical, Emotional, Social, Spiritual*
- Make a commitment to yourself
- Don't suffer in silence – talk about what is troubling you
- Recognize your personal limitations by establishing boundaries
- Build positive personal and professional support systems that energize you
- Develop your own self-care plan



Activity 2: Every Day Ways of Taking Care of Myself



- Select one or two ways of taking care of yourself that you want to try during the next week.
 - Take a few minutes to develop your own
 - action plan for future stressful situations
 - Example:
 - When [my stressor] (I am frustrated for making a mistake) & I begin to feel [sign of stress] (tension), I will [technique used] (use positive self statements).”
- Be prepared to share the one/two that you've chosen with the group





GOD

grant me the

SERENITY

to accept the things

I can not change,

COURAGE

to change

the things I can,

✦ And ✦

WISDOM

to know the

DIFFERENCE



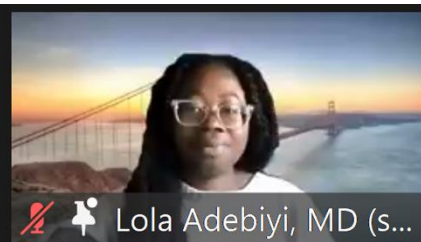
Olusegun Ajayi



Valerie Nwanji



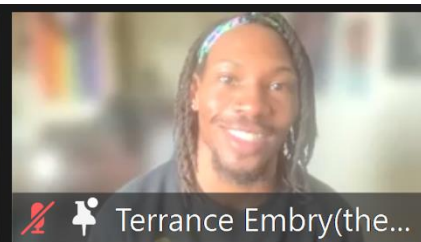
Carolyn Njeri Kuria



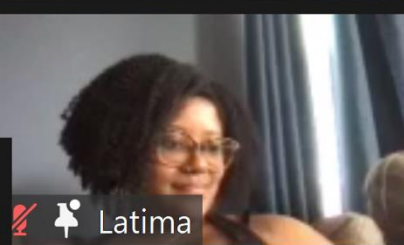
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Andrew Mitchell



Terrance Embry(the...



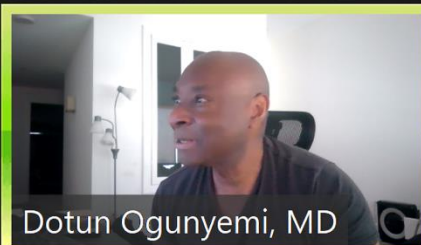
Latima



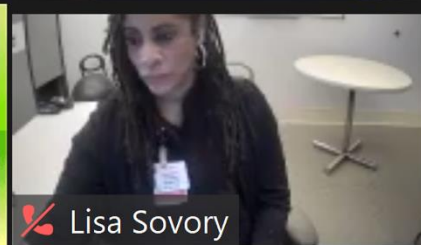
Theodore Jones



Michael On'Gele



Dotun Ogunyemi, MD



Lisa Sovory



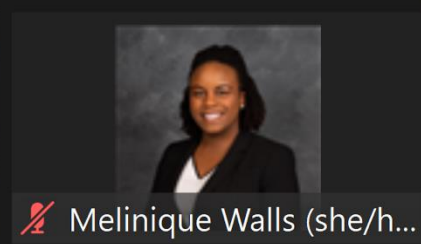
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Letori McMullen



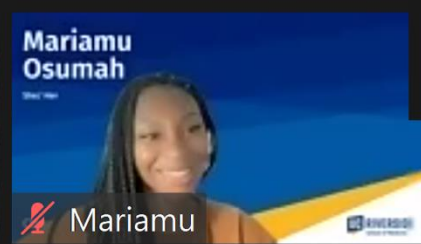
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Shania Louis-Byron



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Mariamu Osumah



Perpetua Uzuegbu



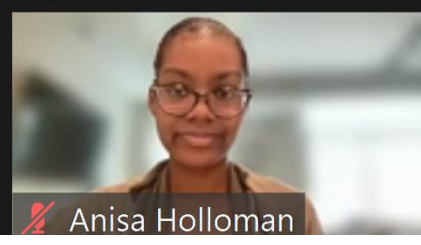
Kayla Cooper



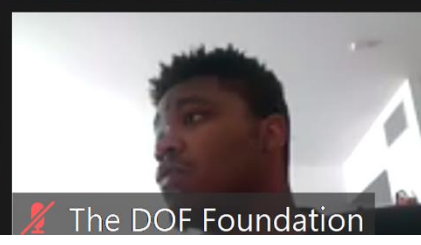
Danelle Richard



Jenny Juarez



Anisa Holloman



The DOF Foundation



Jenny Juarez



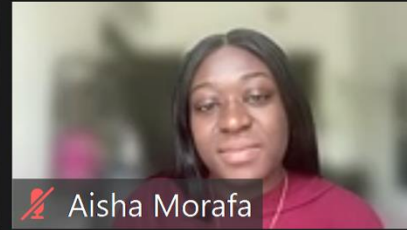
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Brianae Garcia



Aisha Morafa



Tonia (TJ) Rhone



Atang Koodirile



Cesar Aguilar



Axelle Atchade



Ashanay Allen (She/Her)



Tayler Payton



Breon Wise



IVIE ODIASE



Ashlee M. Thibaud-W...



Rita Irakiza



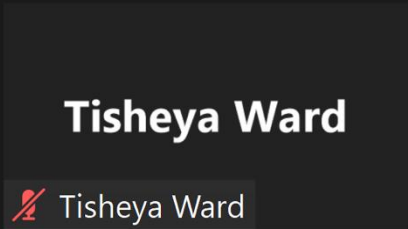
Erin Igwacho



Madison Keller



Xaida Wright



Tisheya Ward

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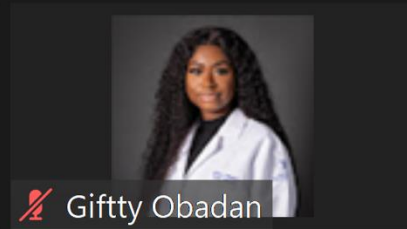


Heather M. Duplessis (...)



Shakera Thomas

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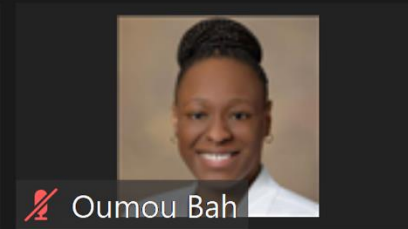


Gifty Obadan



Jepkoech Kottutt

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Oumou Bah

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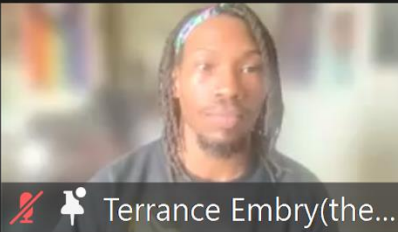



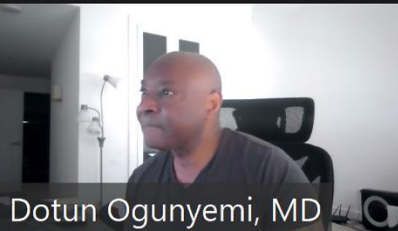
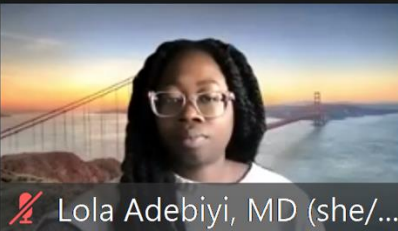
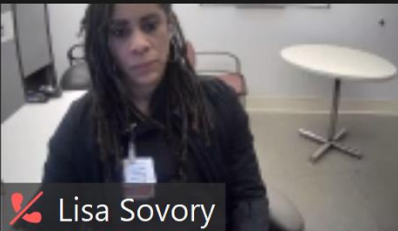



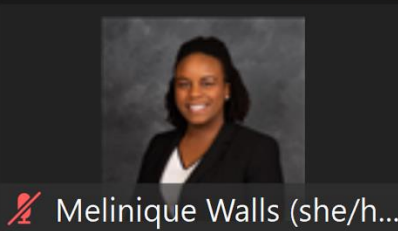





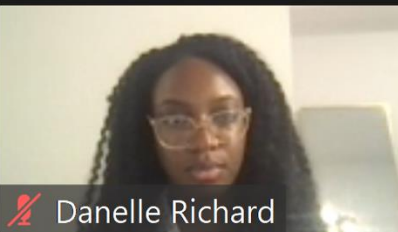

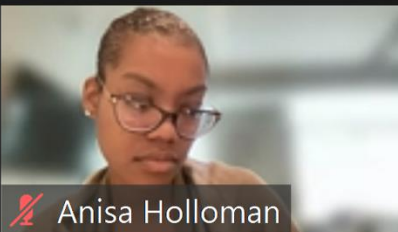

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