

STRESS MANAGEMENT



INTRODUCTION

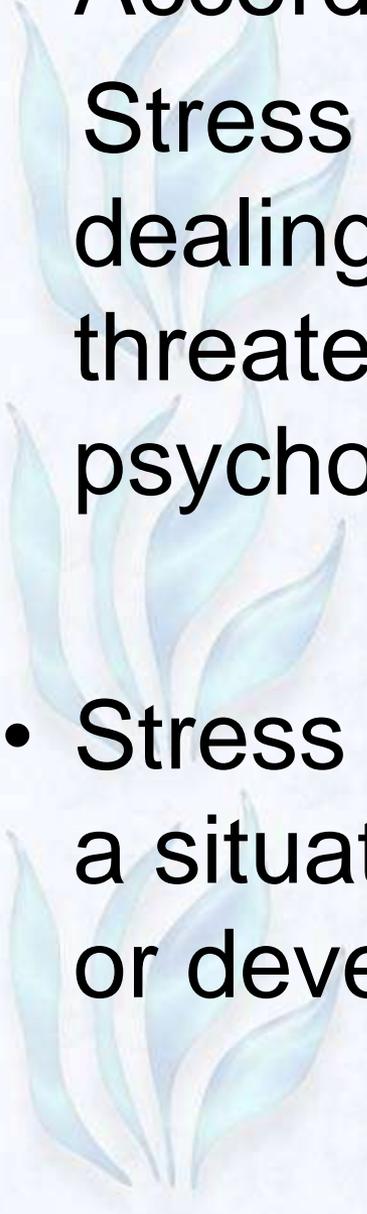
- Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situations. The modern world which is said to be a world of achievement is also a world of stress and has been called the –
Age of Anxiety and Stress.

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- The word stress was originally used by Selye in 1956 to describe the pressure experienced by a person in response to life demands. These demands are referred to as stressors. Stress can be positive or negative.

DEFINITION

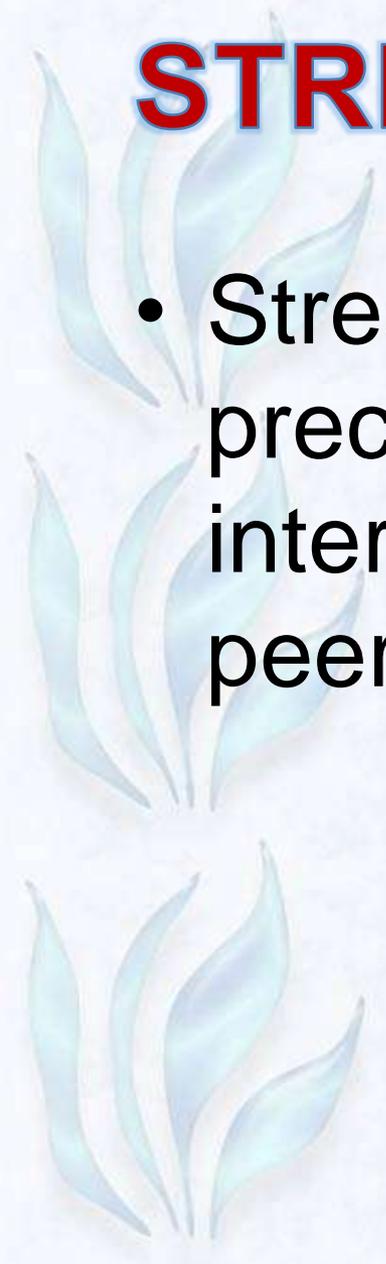
STRESS:

- According to Selye (1956), —Stress is defined as the pressure experienced by a person in response to life demands. These demands are referred to as stressors and include a range of life events, physical factors (e.g.: cold, hunger, haemorrhage, pain), environmental conditions and personal thoughts.

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- According to Selye (1976)
Stress is a process of adjusting to or dealing with circumstances that disrupt or threaten to disrupt a person's physical or psychological functioning.
 - Stress is tension, strain, or pressure from a situation that requires us to use, adapt, or develop new coping skills.

STRESSOR

- Stressor is the stimuli proceeding or precipitating a change. It may be internal (fear, guilt) or external (trauma, peer pressure, etc).

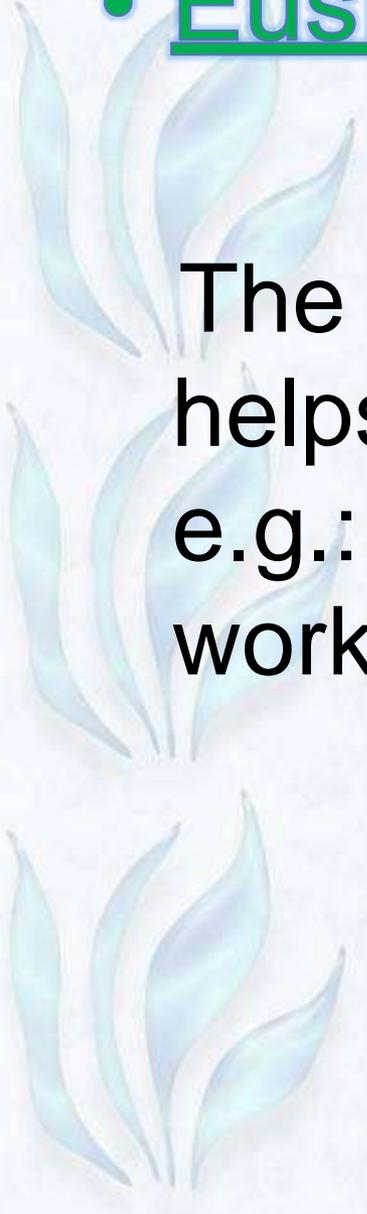


TYPES OF STRESS

- Distress:

Stress due to an excess of adaptive demands placed upon us. The demands are so great that they lead to bodily and mental damage.

e.g.: unexpected death of a loved one.



- Eustress:

The optimal amount of stress, which helps to promote health and growth.
e.g.: praise from a superior for hard working.

TYPES OF STRESSORS:

- Physiological stressors:

- a. Chemical agents

- b. Physical agents

- Illness, injuries, hormonal fluctuations, inadequate sleep or nutrition

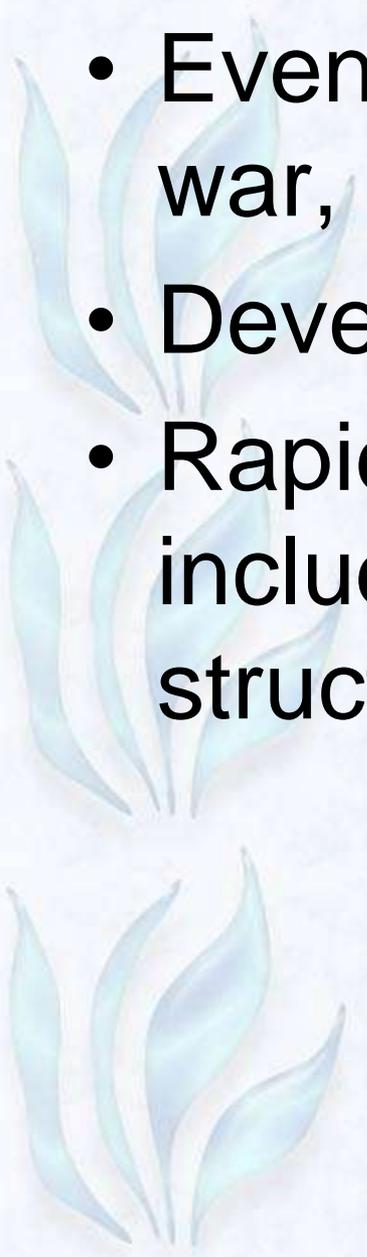
- c. Infectious agent

- d. Nutrition imbalances

- e. Genetic or immune disorders

PSYCHOLOGICAL STRESSORS:

- Accidents can cause stress for the victim, the person who caused the accident and the families of both
- Stressful experiences of family members and friends
- Fear of aggression or mutilation from others such as murder, rape, terrorist and attacks.

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- Events that we see on T.V. such as war, earthquake, violence
 - Developmental and life events
 - Rapid changes in our world, including economic and political structures and technology

SOURCES OF STRESS

There are many sources of stress, these are broadly classified as:

- **Internal stressors**: they originate within a person e.g.: cancer, feeling of depression.
- **External stressors**: it originates outside the individual e.g.: moving to another city, death in a family.

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- **Developmental stressors**: it occurs at predictable times throughout an individual's life. e.g.: child- beginning of school.
 - **Situational stressors**: they are unpredictable and occur at any time during life. It may be positive or negative. e.g.: death of family member, marriage/ divorce.

INDICATORS OF STRESS

It may be physiological, psychological and cognitive:

- Physiological indicators:

The physiological signs and symptoms of stress result from activation of sympathetic and neuro- endocrine systems of body.



Pupils dilate to increase visual perception

Sweat production increases

Heart rate and cardiac output increases

Skin is pallid due to peripheral blood vessel constriction

Mouth may be dry

Urine output decreases

Psychological Indicators:

The manifestations: of stress includes anxiety, fear, anger, depression and unconscious ego defense mechanism.

Anxiety: state of mental uneasiness, apprehension, dread or feeling of helpless. It can be experienced at conscious, subconscious or unconscious level



Fear: It is an emotion/ feeling of apprehension aroused by impending or seeming danger, pain or threat.

Depression: It is an extreme feeling of sadness, despair, lack of worth or emptiness.

Unconscious ego defense mechanism: It is a psychological adaptive mechanism developing as the personality attempts to defend itself and allay inner tensions.

Cognitive Indicators:

Problem solving: the person assesses the situation or problem analyzes, chose alternatives, carries out selected alternatives and evaluates.

Structuring: arrangement/ manipulation of a situation so that threatening events do not occur.



Self-control: assuming a manner and facial expression that conveys a sense of being in control or in charge.

Suppression: willfully putting a thought or feeling out of mind.

Day dreaming: unfulfilled wishes and desires are imagined as fulfilled or a threatening experience is reworked or replayed so that it ends differently from reality.

STRESS CYCLE



TECHNIQUES OF STRESS MANAGEMENT

- Stress management involves controlling and reducing the tension that occurs in stressful situations by making emotional and physical changes. The degree of stress and the desire to make the changes will determine how much change takes place.

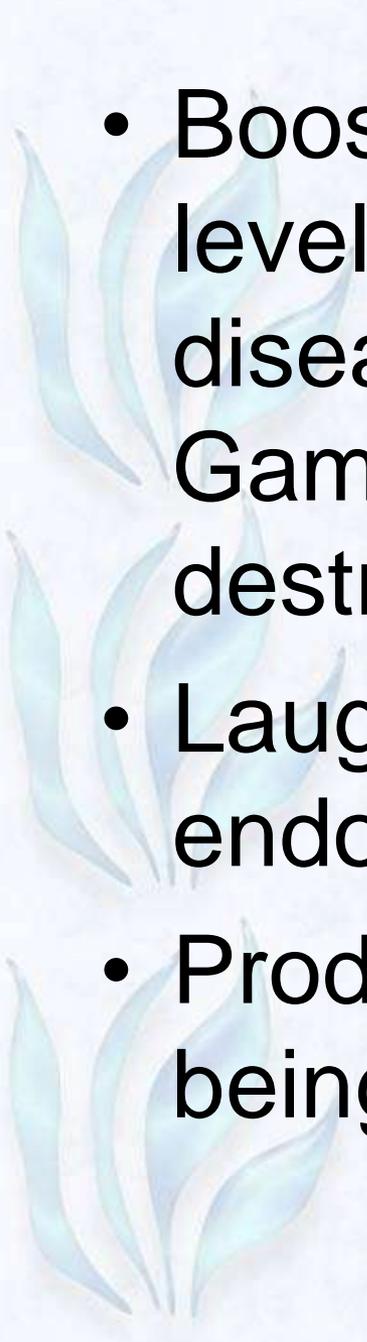
LAUGHTER

- Adopting a humorous view towards life`s situations can take the edge off everyday stressors. Not being too serious or in a constant alert mode helps maintain the equanimity of mind and promote clear thinking. Being able to laugh stress away is the smartest way to ward off its effects.

Benefits of laughter:

Laughter lowers blood pressure and reduces hypertension.

- It provides good cardiac conditioning especially for those who are unable to perform physical exercise.
- Reduces stress hormones (studies shows, laughter induces reduction of at least four of neuroendocrine hormones—epinephrine, cortisol, dopamine and growth hormone, associated with stress response).

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- Boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and disease-destroying antibodies called B-cells.
 - Laughter triggers the release of endorphins—body`s natural painkillers.
 - Produces a general sense of well-being.

AUTOGENIC TRAINING:



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- It is a relaxation technique developed by the German psychiatrist Johannes Heinrich Schultz and first published in 1932. The technique involves the daily practice of sessions that last around 15 minutes, usually in the morning, at lunch time, and in the evening.

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- During each session, the practitioner will repeat a set of visualizations that induce a state of relaxation. Each session can be practiced in a position chosen amongst a set of recommended postures (for e.g.: lying down, sitting meditation). The technique can be used to alleviate many stress-induced psychosomatic disorders.

E.g. of an autogenic training session are:

- Sit in the meditative posture and scan the body
- "my right arm is heavy"
- "my arms and legs are heavy and warm"
(repeat 3 or more times)
- "my heartbeat is calm and regular" (repeat 3 times)
- "my forehead is cool"
- "my neck and shoulders are heavy" (repeat 3 times)
- "I am at peace" (repeat 3 times)

Effects of autogenic training:

- Autogenic Training restores the balance between the activity of the **sympathetic** (flight or fight) and the **parasympathetic** (rest and digest) branches of the **autonomic nervous system**. This has important health benefits, as the parasympathetic activity promotes **digestion** and bowel movements, lowers the **blood pressure**, slows the **heart rate**, and promotes the functions of the **immune system**.

GETTING A HOBBY:

- Hobby is an activity or interest that is undertaken for pleasure or relaxation, typically done during one's leisure time. eg: collecting, games, outdoor recreation, gardening, performing the arts, reading, cooking and etc.

MEDITATION:

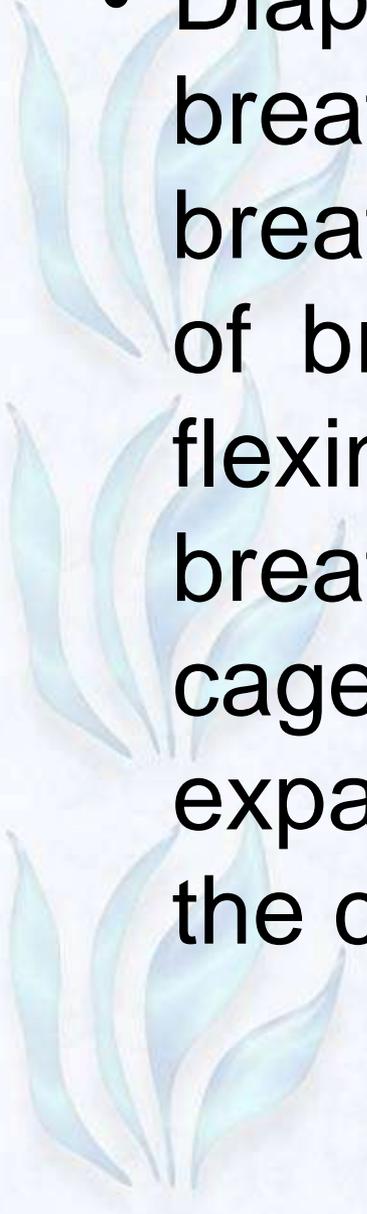


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- Meditation is a holistic discipline during which time the practitioner trains his or her mind in order to realize some benefit. Meditation is generally a subjective, personal experience and most often done without any external involvement, except perhaps prayer beads to count prayers.

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- Meditation often involves invoking and cultivating a feeling or internal state, such as compassion, or attending to some focal point, etc. The term can refer to the process of reaching this state, as well as to the state itself.

DEEP BREATHING:



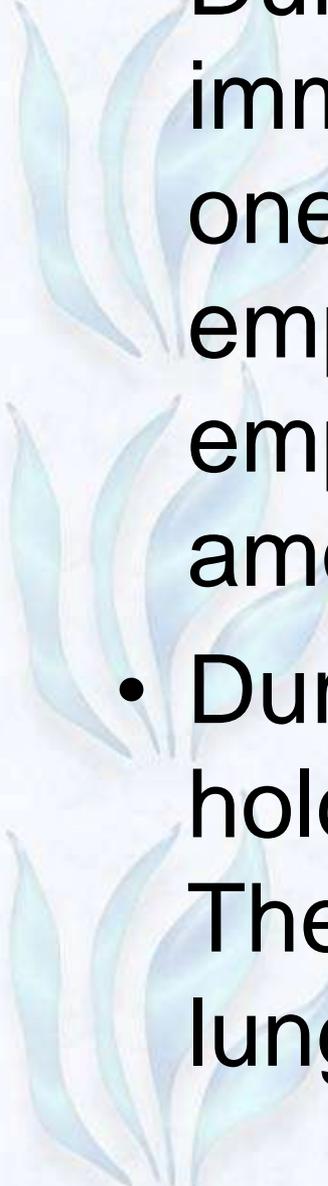
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- Diaphragmatic breathing, abdominal breathing, belly breathing, deep breathing or costal breathing is the act of breathing deep into one's lungs by flexing one's diaphragm rather than breathing shallowly by flexing one's rib cage. This deep breathing is marked by expansion of the abdomen rather than the chest when breathing.

A common diaphragmatic breathing exercise is as follows:

1. Sit or lie comfortably, with loose garments.
2. Put one hand on your chest and one on your stomach.
3. Slowly inhale through your nose or through pursed lips (to slow down the intake of breath).

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4. As you inhale, feel your stomach expand with your hand.
 5. Slowly exhale through pursed lips to regulate the release of air.
 6. Rest and repeat.

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- Another diaphragmatic breathing exercise for raising oxygen levels in the blood and energy in the body is to take several negative breaths, immediately followed by an equal number of positive breaths.

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- During negative breaths, one inhales, immediately exhales and then holds one's breathe for a short time. The emphasis is on keeping one's lungs empty. Negative breaths reduce the amount of oxygen in one's blood.
 - During positive breaths, one inhales, holds one's breath, and then exhales. The emphasis is in keeping one's lungs full of air.

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- Positive breaths increase the oxygen in one's blood. Although not always taught, continuing to breathe into the chest at the same time can provide an ever more "fulfilling" exercise. The goal is to have the entire torso move in & out when breathing, as if one is surrounded by an expanding and contracting inner tube.

YOGA NIDRA

- Yoga-nidra may be rendered in English as "yoga sleep". These aspects may include relaxation and guided visualization techniques as well as the psychology of dream, sleep and yoga.

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- The practice of yoga relaxation has been found to reduce tension and anxiety. The autonomic symptoms of high anxiety such as headache, giddiness, chest pain, palpitations, sweating, abdominal pain respond well.

NOOTROPICS

- Nootropics also referred to as smart drugs, memory enhancers, and cognitive enhancers, are drugs, supplements, nutraceuticals, and functional foods that improve mental functions such as cognition, memory, intelligence, motivation, attention, and concentration.

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- Nootropics are thought to work by altering the availability of the brain's supply of neurochemicals (neurotransmitters, enzymes, and hormones), by improving the brain's oxygen supply, or by stimulating nerve growth. However the efficacy of nootropic substances, in most cases, has not been conclusively determined.

RELAXATION TECHNIQUES:

- Relaxation technique (also known as relaxation training) is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce levels of anxiety, stress or anger.

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- Relaxation techniques are often employed as one element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breath rates, among other health benefits.

FRACTIONAL RELAXATION:



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- Fractional relaxation is a method of releasing muscular tension in one small part of the body at a time.

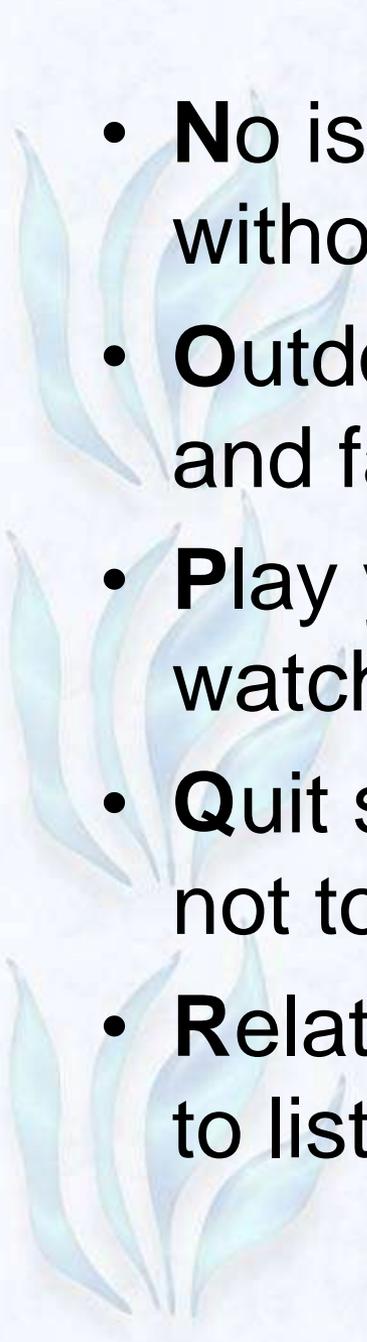
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- The fractional relaxation approach is often used in preparation for trance induction and hypnosis, but is very useful as a relaxation technique by itself. The theory behind this tension release method is that it is easier to relax a fraction of the body than it is to relax the whole body all at once.

ABC OF STRESS MANAGEMENT:

- **A**lways take time for yourself at least 30 min/ day.
- **B**e aware of your own stress meter; know when to step back and cool down.
- **C**oncentrate on controlling your own situation, without controlling everybody else.

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- **D**aily exercise will burn off the stress chemicals.
 - **E**at lots of fresh fruit, veggies, bread and water; give your body the best for it to perform at its best.
 - **F**orgive others, do not hold grudges and be tolerant; not everyone is capable as you.
 - **G**ain perspective on things, how important is the issue?
 - **H**ugs, kisses and laughter; have fun and don't be afraid to share your feelings with others.

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- **Identify stressors and plan to deal with them better next time.**
 - **Judge your own performance realistically; don't set goals out of your own reach.**
 - **Keep a positive attitude, your outlook will influence outcomes and the way others treat you.**
 - **Limit alcohol, drugs and other stimulants, they affect your perception and behavior.**
 - **Manage money well, seek advice and save at least 10% of what you earn.**

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- **No** is a word you need to learn to use without feeling guilty.
 - **Outdoor activities** by yourself, or with friends and families, can be a great way to relax.
 - **Play** your favorite music rather than watching TV.
 - **Quit smoking**; it is stressing your body daily, not to mention killing you too.
 - **Relationships**; nurture and enjoy them, learn to listen more and talk less.

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- **Sleep well, with firm mattress and supportive pillow; don't over heat yourself and allow plenty of ventilation.**
 - **Treat yourself once a week with a massage, dinner out and the movies.**
 - **Understand things from the other person point of view.**
 - **Verify information from the source before exploding.**

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- **Worry less**, it really doesn't get things completed better or quicker.
 - **Yearly goal setting**; plan what you want to achieve based on your priorities in your career, relationships etc
 - **Zest for life**; each day is a gift, smile and be thankful that you're the part of the bigger picture.



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ASSIGNMENT

- Write down Nurse manager's role in stress management



Conclusion

BIBLIOGRAPHY





Thank You