



Stress Management

August 11, 2016

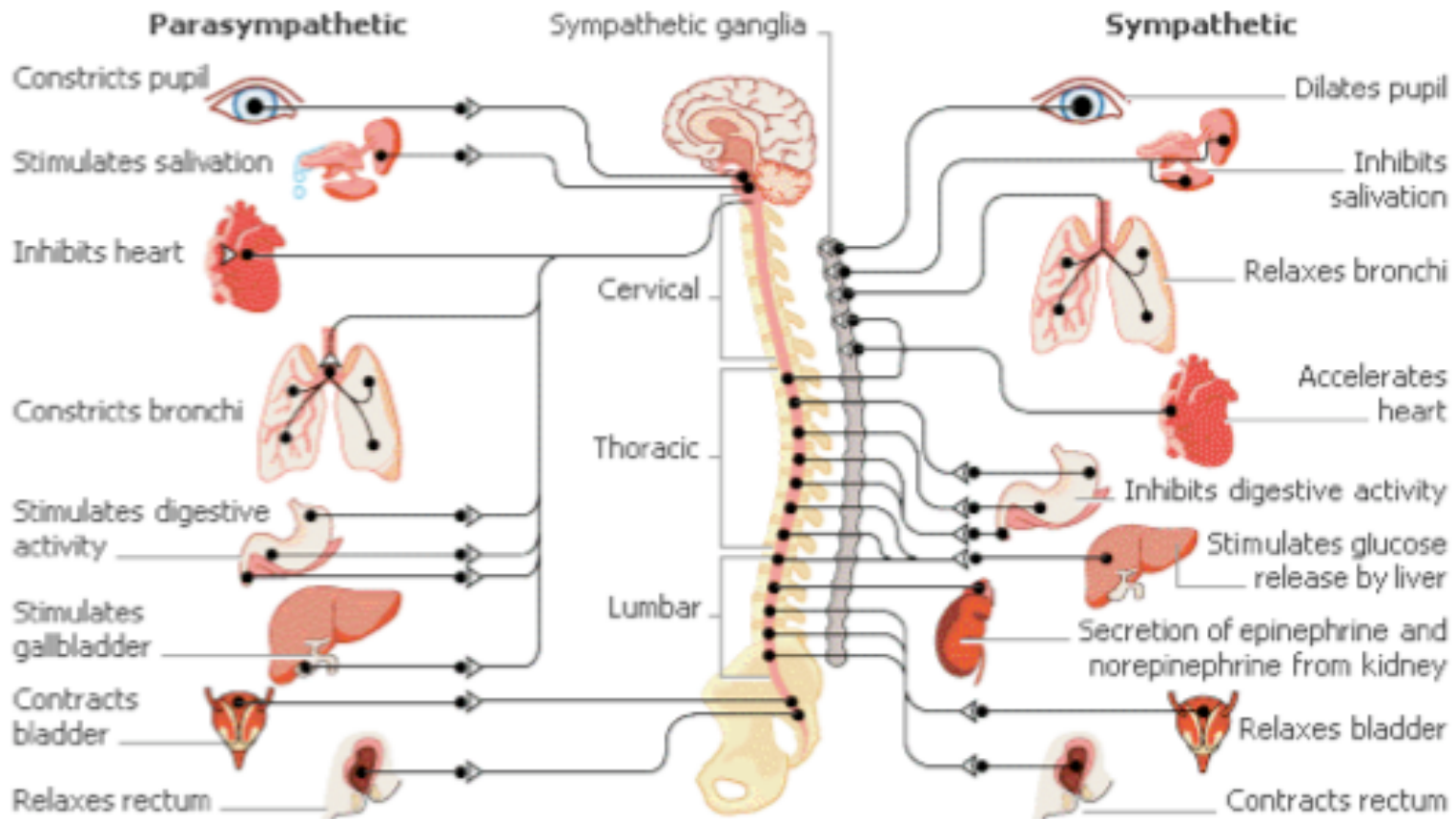


+ What is stress?

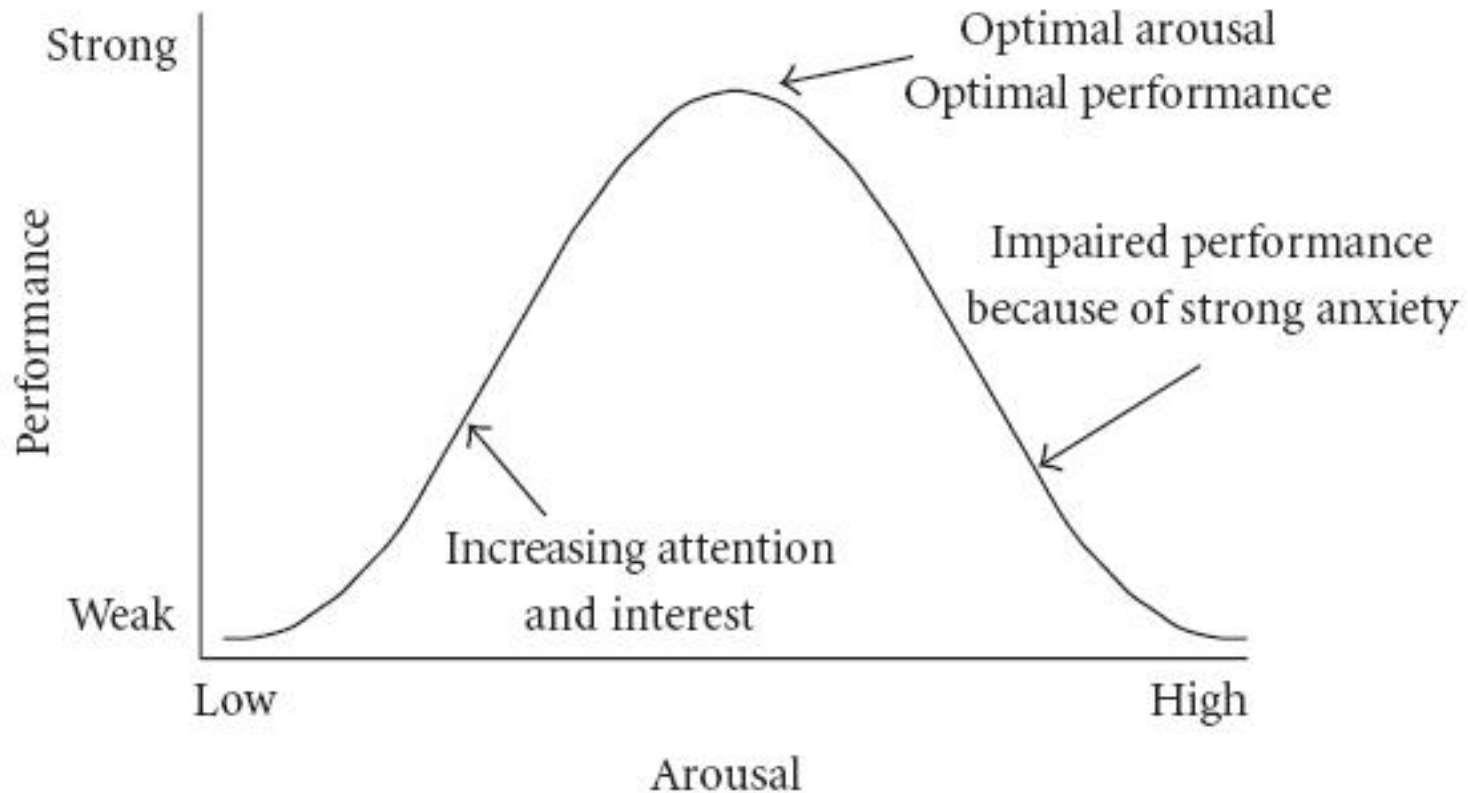


- Stress = DEMANDS > RESOURCES
 - Can be real or perceived
- Can be acute (short term) or chronic (long term)
- Stress is an inherent part of life so learning how to deal with it effectively is important

+ Fight or Flight Response



+ Stress is not always bad



+ Types of Stress



- Physical stressors (fever, pain, illness)
- Environment stressors (weather, noise, housing concerns, traffic)
- Social and emotional stressors (financial concerns, job and family demands, having to make a big decision, guilt, loss)
- **LEARN TO RECOGNIZE WHAT TRIGGERS YOUR STRESS**



High levels of stress can be a barrier to making healthy changes in your exercise and eating behaviors. Stress can cause people to:

- Lose motivation to exercise
- Become very inactive and withdrawn
- Increase sedentary behaviors such as spending a lot of time watching television, playing on the computer, or sleeping
- Eat or drink too much



+ Ways to prevent or reduce stress

+ Types of coping

Problem-focused

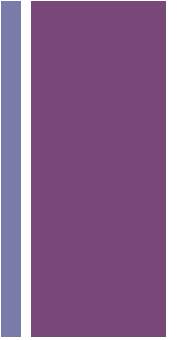
- Better for situations that you can actively play a role in changing
- Figure out what is causing you stress
- Address the stressor directly
- Goal setting, time management, saying “no”, etc.

Emotion-focused

- Better for situations that you cannot change (stressors that will not go away)
- Focus on changing your perception of them
- Emotional regulation, relaxation, social support, etc.

+ 1. Practice saying “no”

- Try to say “yes” only when it is important to **you**
- The more you take on, the less energy you can give to any one activity



+ 2. Share some of your work or responsibilities with others

- Learn to delegate
- Don't be afraid to ask for help when you need it
- Take advantage of other people's strengths



+ 3. Set goals you can reach



- Try making SMART goals
 - Specific
 - Measurable
 - Attainable
 - Realistic
 - Timely



4. Take charge of your time



- Make schedules with the real world in mind
- Get organized
- Prioritize
 - Don't schedule plans if they aren't necessary or don't add value to your life

+ 5. Use problem solving



- Describe the problem in detail
- Brainstorm your options
- Pick one option to try
- Make an action plan
- Try it, see how it goes
- Re-evaluate based on the outcome



6. Plan ahead



- Think about the kind of situations that are stressful for you
- Plan for how to handle them or work around them
- Make contingency plans (plan a, b, c) so you can anticipate barriers and know how to deal with them
 - If...then



7. Keep things in perspective



- Think of all the good things in your life
- Maintain a positive attitude
- Glass half full vs. half empty

+ 8. Reach out to people



- Social support is important when dealing with friends
- Know who you can talk to (friends, family, etc.) for support
- Be specific in telling them how they can help you
 - Let them know what your needs are

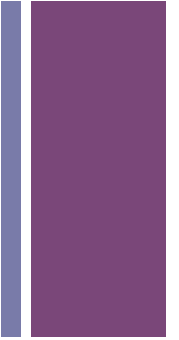
+ 9. Focus on wellness



- Eat a healthy diet
- Get adequate sleep
- Practice relaxation techniques/meditation
- Improve your spiritual health. Many people find spirituality through religion. Others find it in art, music or connecting with nature.
- Laughter, lots of laughter!

+ 10. Be physically active

- Exercise is one of the first things to go when we are stressed, yet it is one of the most important things to make time for
- Schedule exercise in advance, especially when you anticipate a stressful period
- Do an activity that you enjoy – exercise should be fun!



+ Healthy responses to stress



- Catch yourself feeling stressed as early as you can.
- Take a 10-minute “time out.”
 - Move those muscles!
 - Pamper yourself. Just take 10 minutes for **YOURSELF**.
 - For example, take a bath, call a friend, read the funnies, or go for a walk.
 - Try a relaxation technique like meditation, yoga, muscle relaxation, or a breathing exercise.
- Can you think of other healthy responses to stress?

+ Sleep hygiene



- Create a routine
- Avoid activities other than sleeping in your bed
- Avoid vigorous activity, eating, drinking alcohol, caffeine, etc. before going to sleep
- If you are awake in bed for more than 30 minutes, get up and do a calm activity
 - Go back to bed when you are feeling tired

+ Relaxation



- 5-minute mindfulness (e.g., smartphone apps)
- Breathing exercises (belly breathing)
- Progressive muscle relaxation
- Guided imagery
- Yoga/meditation



Questions?

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