

Psychology of Adjustment PSY 131

Chapter 5 Managing Stress

Managing stress: outline

- Stress: defined, sources and effects
- Stress and the hardy personality
- Ways of managing stress
- Time management
- Burnout

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Managing Stress

- STRESS AND EVERYDAY LIFE
 - Stress - an event or series of events that lead to strain, often results in physical and psychological health problems
 - Sources of stress are frustrations, conflicts, pressures, and change
 - Learning to cope with stress is essential to maintain wellness
 - Stress has both positive (eustress) and negative (distress) effects
 - Either we control stress, or stress controls us

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Effects Of Stress

- If stress is not handled in a constructive way, it often produces adverse physical and psychological effects
 - Under stress our bodies experience the “fight-or-flight” response
 - Chronic stress causes bodily wear and tear resulting in psychophysiological disorders
 - Negative emotional states of anxiety and depression may be the result of prolonged stress

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Stress and the Hardy Personality

- Some people seem to be especially resilient and are better able to cope with stress
- Distinguishing characteristics of hardy people are
 - A liking for challenge
 - A strong sense of commitment
 - An internal locus of control

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Some Constructive Paths to Managing Stress

- Time management
- Money management
- Challenging self-defeating thinking and negative self-talk
- Developing a sense of humor
- Learning to relax
- Mindfulness
- Meditation

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Suggestions for Managing Stress

- Think of ways to simplify your life
- Learn and practice a variety of relaxation exercises
- During the day – pause and remember to breathe
- Make the time each day to do what you really enjoy doing
- Keep your mind focused on what you are experiencing in the present
- Make the time to be alone on a regular basis
- Be kind to yourself --- and to others

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Some Hints on Time Management

- Time management can be a route to helping you set priorities and accomplishing your goals
- Actions you can take to remain in charge of your time:
 - Establish clear and attainable goals
 - Decide what you can accomplish in a given period of time
 - Keep a schedule book and organize your time
 - Before accepting a new project consider if you have a full plate
 - Be comfortable with what you do accomplish
 - Reward yourself

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Recognizing and Dealing with Burnout

- Burnout is a state of physical, emotional, intellectual, and spiritual exhaustion
- Striving for unrealistically high goals can lead to burnout
- The key is to recognize subtle sign of burnout
- Changing the way in which you approach school or work can prevent burnout
- Prevention is better than remediation
- Don't forget to take good care of yourself

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