



Stress Management

PERSONAL DEVELOPMENT

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The Leader Within
Full Development Package

• In simplest terms, stress is the opposite of relaxation. Both positive and negative aspects of life can be equally stressful. Stress comes from the external forces in our lives that push our buttons and provoke extreme emotions. Although we commonly think of stress coming from the frustrations and low points in life, high points and achievements are stressful as well

• In the above example, the first reaction is called *eustress*, or positive stress. The second is the all too familiar *distress*, or negative stress. While coping with eustress is easier than dealing with distress, the truth is that whether positive or negative, stress is stress!

Negative Stress

Proceptive stressors are those that elicit what is called the **fight or flight** reaction. When we believe we are in danger, the pituitary gland automatically sounds an alarm by releasing a burst of **adrenocorticotrophic hormone (ACTH)**, which in turn signals the adrenal glands to release the **stress hormones** **adrenaline and cortisol**. These hormones are actually a safeguard that help us focus on the situation at hand, speed up reaction times, and temporarily boost our physical strength and agility while we decide whether to retreat or stand firm.

- **Systemic stressors** are our bodies' automatic physiological responses to stress, such as the loss of equilibrium (dizziness) that you feel before you faint or the release of acid that turns and churns your stomach during a stressful situation. Systemic stressors may be released simultaneously along with proceptive stressors and can cause even more stress as they create a greater sensation of danger to your well-being



The symptoms of stress

The symptoms of stress are our physical, emotional, and behavioral reactions to life situations.

- The pounding of our hearts as the home team scores the winning point
- The feeling of frustration when the other team scores the winning point
- The boisterous hooray when we win and the angry curse when we lose

The Nine Stress Management Tips

- Know what stresses you most
- Say no.
- Learn to relax.
- Eat healthy
- Keep laughing
- Ask yourself WHY
- Stay active
- Follow your bliss.
- Organize and Prioritize.

Other Tips

- Get a good night's rest.
- Eat healthily.
- Listen to your favorite music.
- Exercise, participate in a sport or engage in fun activity.
- Plan out your time and prioritize.
- Talk to a friend about your problems, don't hold it in.
- Get a massage.
- Take a nap.
- Take a warm bath.
- Read a book or watch TV.

• The consequences of stress can cause specific disorders in both mind and body. In addition to raising levels of the stress hormones, adrenaline and corticosterone (lately much talked about as cortisol), a build up of stress can cause headaches, digestive problems, eating disorders, insomnia, fatigue, and lower our resistance to other illnesses like colds and flu.

