

LEAP 4

OPTIMAL HEALTH

Physical, Emotional, Social, Intellectual, Spiritual

# STRESS

**HANS SELYE:**  
The Non-Specific  
Response of the Body  
to Any Demand Made  
on It.

**STRESSOR:**  
Conditions that  
Induce Stress

*Such As:*

"SPICE" & "WEAR  
AND TEAR" OF LIFE

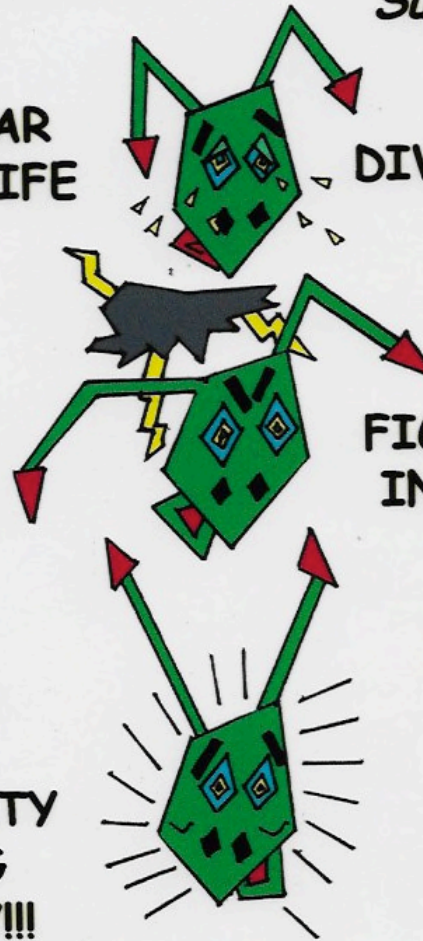
**DIVORCE**

**SPICE:**  
Eustress

**WEAR & TEAR:**  
Distress

**FIGHT or  
INJURY**

**SURPRISE**  
such as a  
**BIRTHDAY PARTY**  
or **WINNING**  
**THE LOTTERY!!!**



# LIFE EVENTS

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Death of Spouse.....	100
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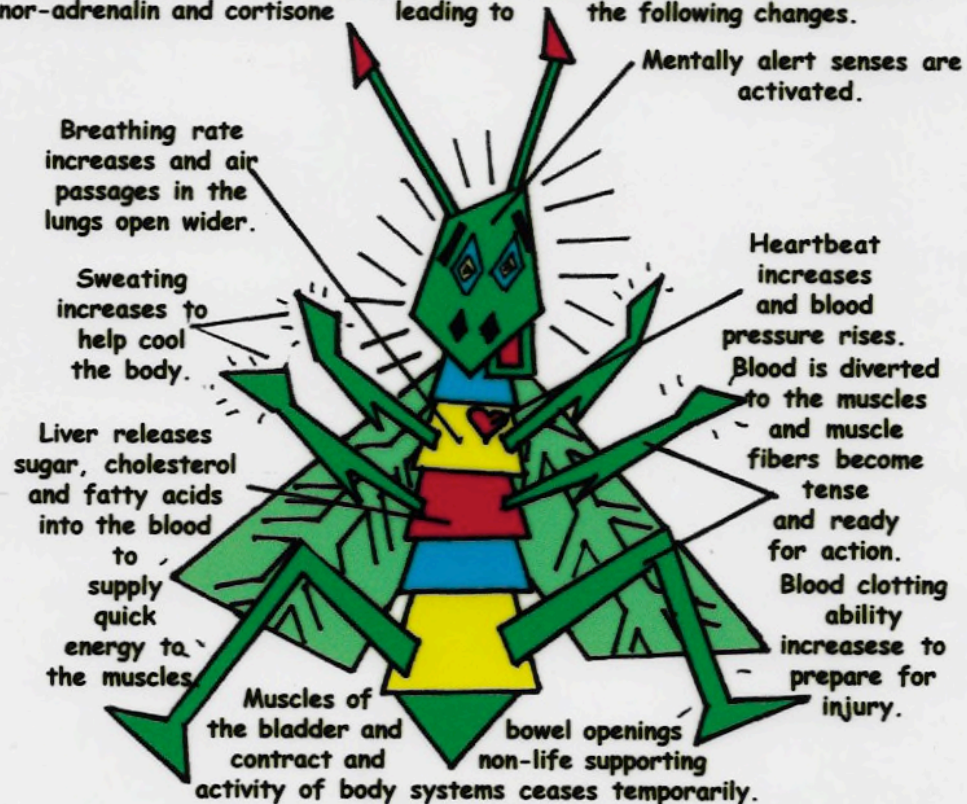
# ALARM STAGE

## What Happens To Me?

The front of the brain receives the stimulus from the eyes, ears, etc., that there is an awareness of danger.

The hypothalamus activates the pituitary gland to release hormones and the involuntary nervous system which then sends signals via nerves to various parts of the body.

These in turn cause the adrenal glands to release the hormones adrenalin, nor-adrenalin and cortisone leading to the following changes.



Innate responses decrease (useful for short term to allow massive response by body, but harmful over a long period).

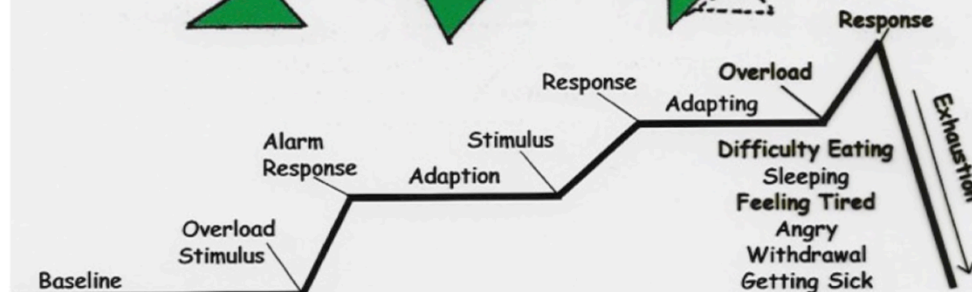
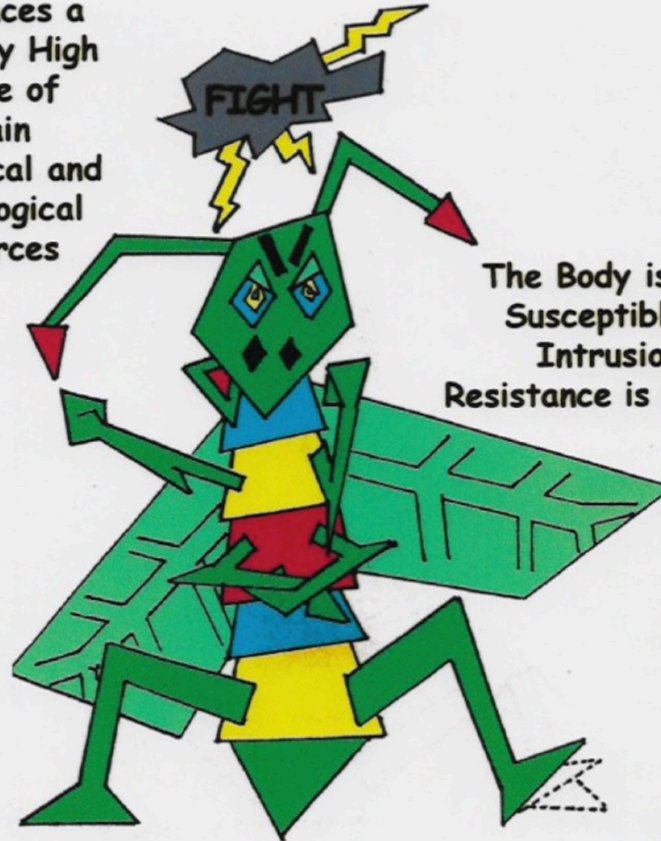
This is the FIGHT or FLIGHT Response.

# RESISTANCE STAGE

The Individual has Recovered from the Initial Emotional Response from Stressor but Stressors have Continued for an Extended Period

This Places a Relatively High Degree of Strain on Physical and Psychological Resources

The Body is Left Susceptible to Intrusions  
Resistance is Lowered

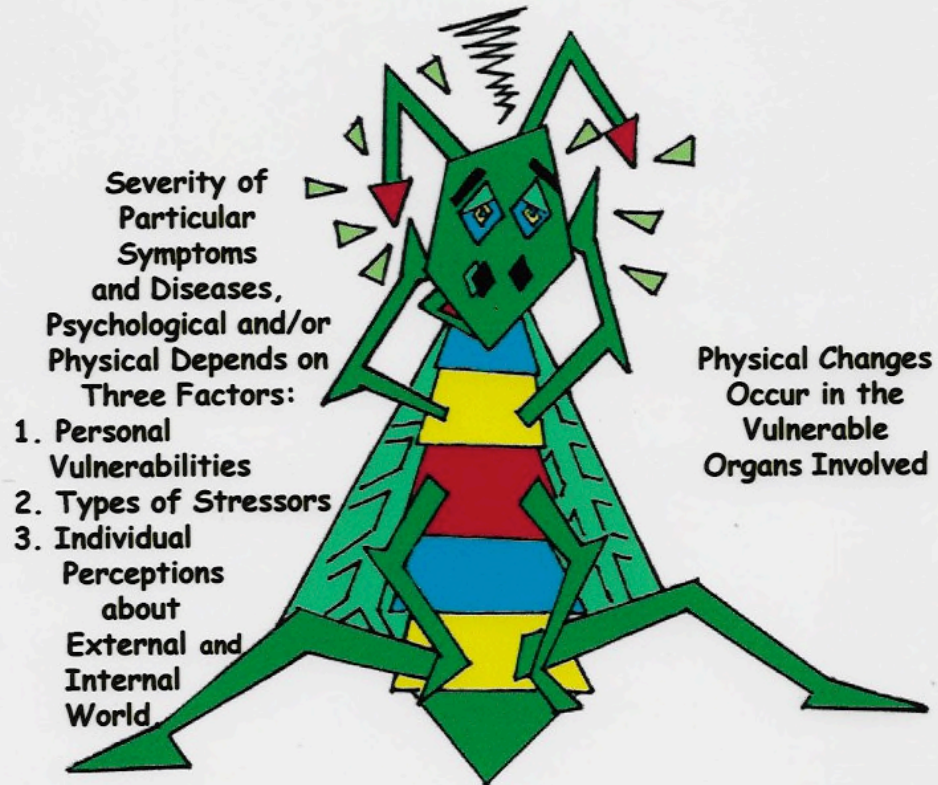


# EXHAUSTION STAGE

Stress Becomes Overwhelming

The Individual Can Become Unable to Cope  
Changes Occur in the Mind and Body

One Becomes Particularly Vulnerable to Disease



The Effects of Long-Term Stress can Result in Organic Illnesses such as Heart Disease, Cancer, Sudden Death and/or Psychomatic Illnesses

# STRESS RELATED ILLNESSES

## HEART DISEASE

### PRECONDITIONS

- \*Hypertension
- \*Obesity
- \*Heredity
- \*Inactive Lifestyle
- \*Diabetic Condition
- \*Smoking

*Decisive Factor: Excessive Stress*

Sudden Death - Dr. George L. Engel

## CANCER

Dr. Eugene Pendergrass observed patients cancer reactivate after successful treatment because of some acute form of stress.

Lawrence Leshan followed 450 cancer patients for 12 years. There were three psychological characteristics. They were as follows:

The majority had experienced loss of a very important relationship.

Half experienced an inability to vent hostile feelings.

One third had a high level of tension concerning death of one of their parents though death may have occurred long before.

# Physical Illnesses

*Many Illnesses are Stress Related*

## History:

Did the illness coincide with stressful periods of your life?

Have you had reoccurring ailments and health problems over the years?

Have you suffered different patterns of illness over your life span?

## Behavioral Signs

Poor Sleeping Habits

Excessive Drinking

Excessive Eating/Loss of Appetite

Missed Appointments/Lateness

Avoiding Contact with People/Time Off Work

Changes in Driving Behavior

## POSITIVE REACTIONS

Some people need the adrenaline to perform well.

Responding positively to stress enables you to FLOW with the pressure.

★ As with negative reactions to stress, avoid prolonged periods of stress to prevent “Burn Out”.



# Disruption Of Thought Processes

## 4 Processes Disrupted by Stress

- \* Receiving Information
- \* Problem-Solving & Decision-Making
- \* Creativity
- \* Retrieval of Information

### \* **Receiving Information**

Loss of Concentration  
Overstimulated  
Confused  
New Data Received Inaccurately

### \* **Problem-Solving & Decision-Making**

“Can’t Think Straight”  
Difficulty Thinking Clearly  
Make Wrong Decisions  
Vascillate  
Avoid Making Decisions

### \* **Creativity**

Feels Need to Focus Mind Instead of Letting Ideas Flow  
Inability to Relax  
Under Stress - Processes are Difficult

### \* **Retrieval of Information**

“You’re Name is on the Tip of My Tongue”

## **Developing Optimum Commitment**

- \* Do you like what you are doing?
- \* Daydream to find out what you really like.
- \* Learn to find a balance between dreams for the future and achieving current goals.

## **Developing Optimum Control**

- \* Learn what you can control and what is beyond your control.
- \* Positive thinking is not enough to acquire control.
- \* Focusing on what you can do now increases your control over the situation and builds confidence.
- \* Learn to anticipate situations rather than worry about what might happen.
- \* Maximize the situation when the unexpected happens. Do what you can, not what you can not.
- \* Learn to handle the anger which develops from focusing on situations outside your control.

# Time-Management

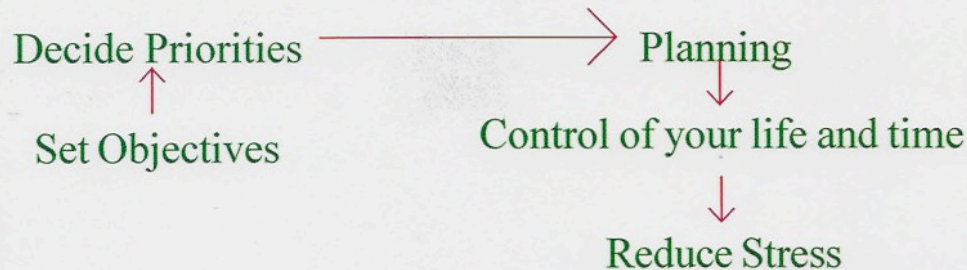
The process of actively structuring one's time in ways that facilitate the reduction of stress and increase the probability that personal and professional goals will be attained.

## RULES

- \* Do not OVERLOAD your schedule
- \* Schedule time for tasks that produce personal enjoyment
- \* Follow schedule conscientiously

When people say they “haven’t the time”, they really mean they have not sorted out their priorities.

It's not WHAT you plan but HOW you plan.



## A List

- \* Takes Away Worry
- \* Ensures You Do Not Forget
- \* Helps You Work What is Important

# Development of Stress-Management Skills

## Mind Skills

Believe in Yourself - "I CAN!"

Know your abilities  
and use them.

Develop your  
interests.

Set realistic goals.

Know limitations  
and restrictions

Do not compare  
yourself to others.

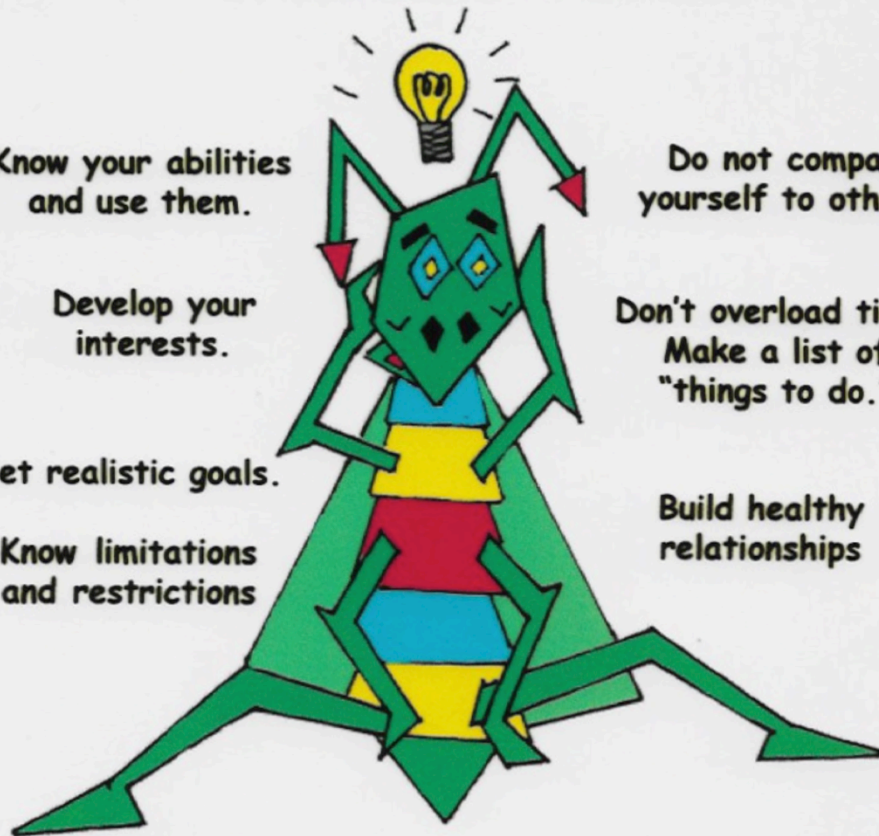
Don't overload time.  
Make a list of  
"things to do."

Build healthy  
relationships

Plan time for play and pleasure.

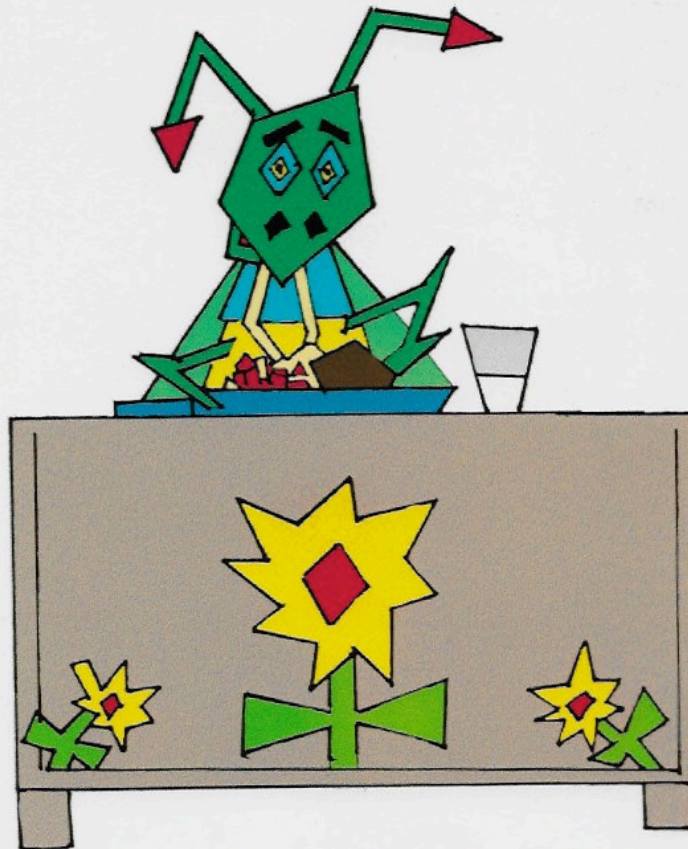
Give yourself compliments.

**You Are Worth It!**

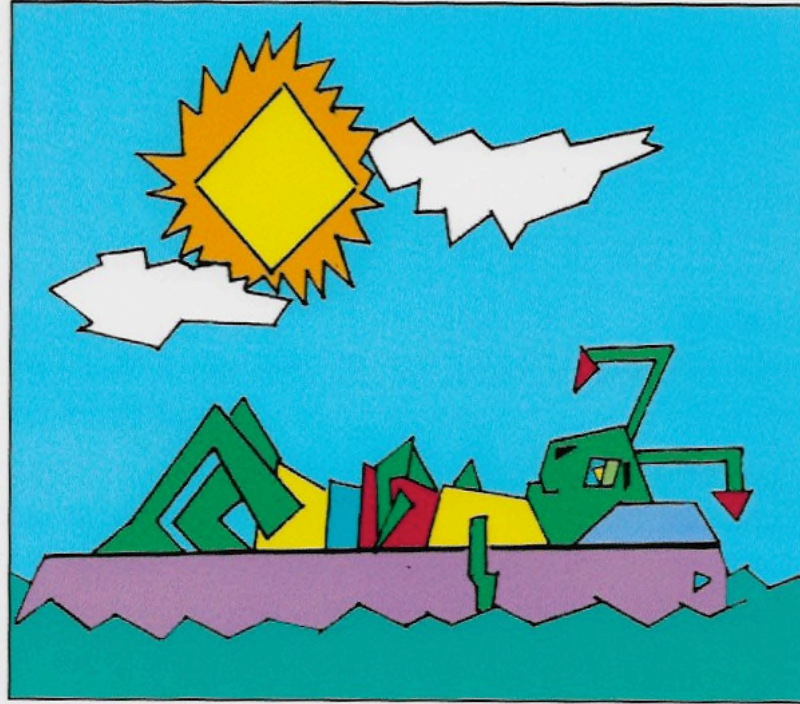


# Diet

**Eat Balanced Meals**  
**Eat a Nutritious Breakfast**  
**Maintain Recommended Weight**  
**Develop Appropriate Balance of**  
**Carbohydrates, Protein & Fats**  
**Drink Lots of Water**



## Relaxation



Learning the process of relaxing the body and mind is a response that can be transferred to everyday situations

No Cost

Reduces Stress Response

Reduces Pain

Helps You Sleep and Feel Less Tired

Lowers Blood Pressure

# Body Skills

## Exercise

### Physical & Psychological Benefits

Exercise is one of the best stress skills you can develop.

Vigorous activity in the right amount develops heart and lung fitness.

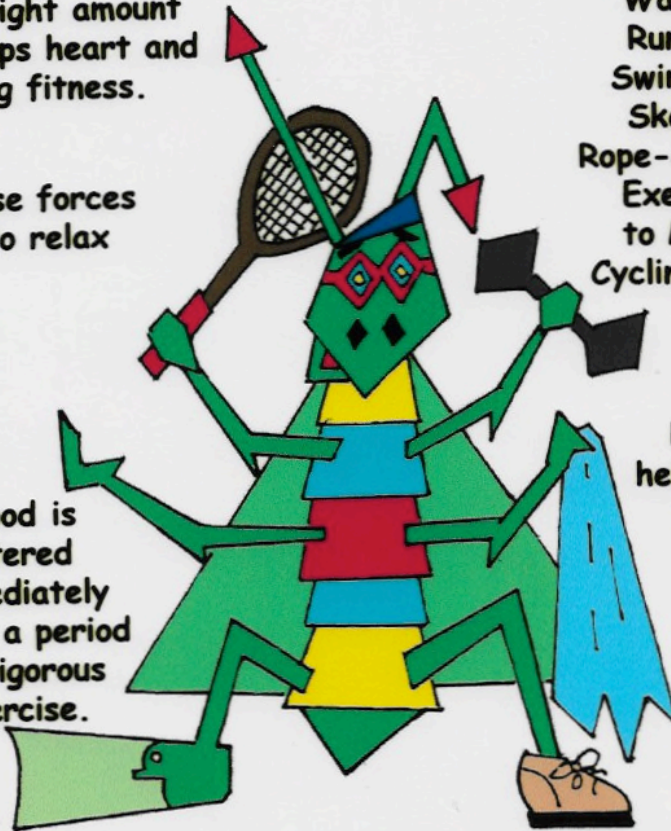
Exercise forces you to relax

Mood is altered immediately after a period of vigorous exercise.

Aerobic Exercises:

Walking  
Running  
Swimming  
Skating  
Rope-Jumping  
Exercise to Music  
Cycling, etc.

Exercise helps control weight.



## How Can I Manage?

**D**efine the problem, situation, event.

**E**xpress what you want to do, how you feel.

**C**ollect information from sources that can help.

**I**nterpret information, look at different results.

**D**ecide what to do, choose a solution.

**E**xamine your decision later.

**Do Not:**

**Ignore It**

**Runaway From It**

**Fight It**

**But Manage It!**

