

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

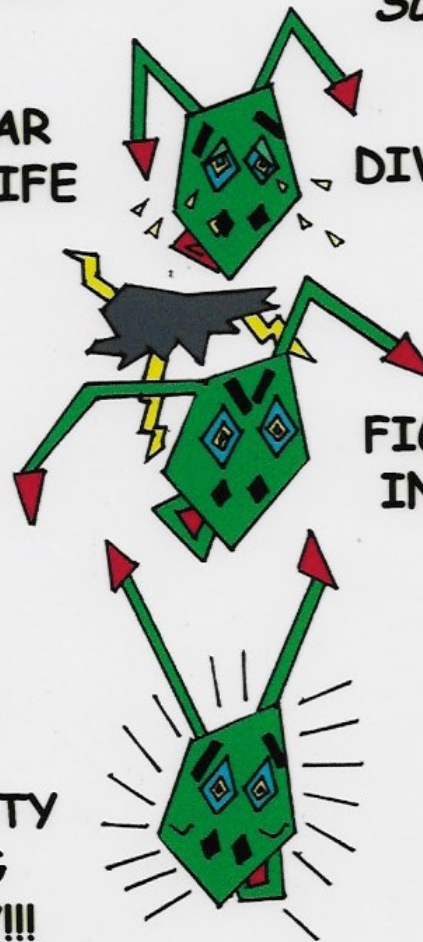
DIVORCE

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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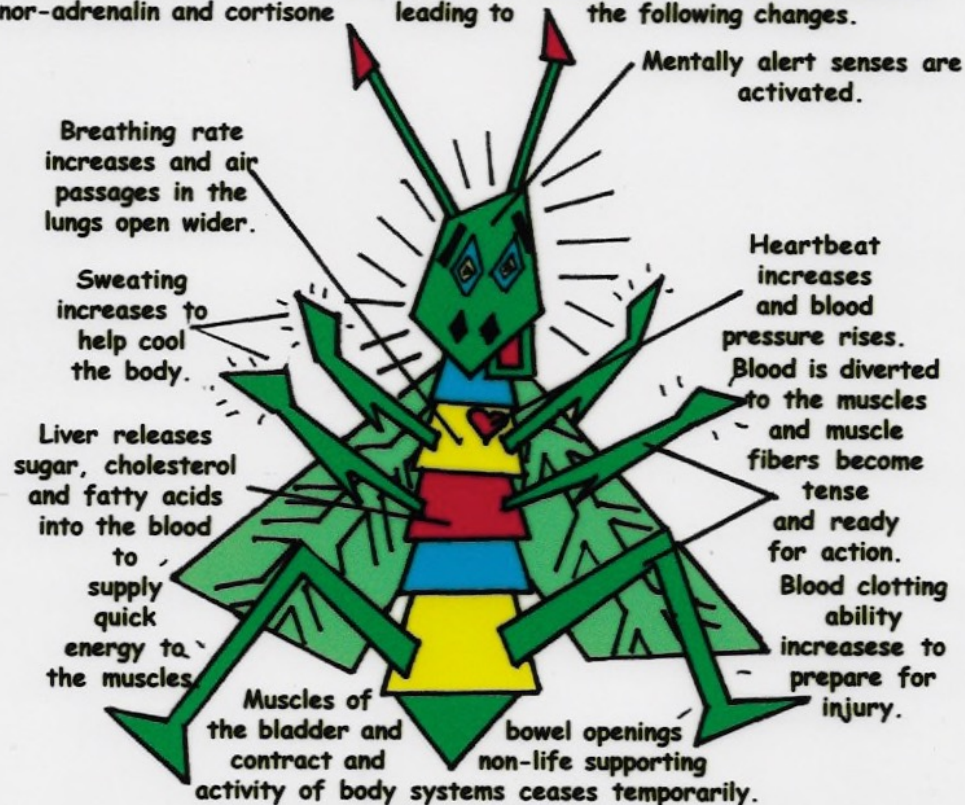
ALARM STAGE

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.



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

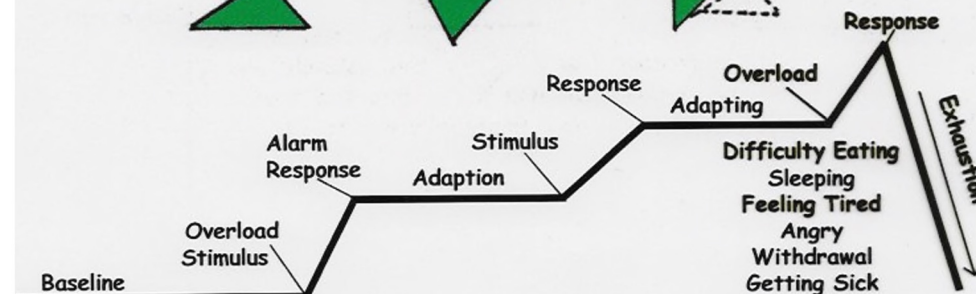
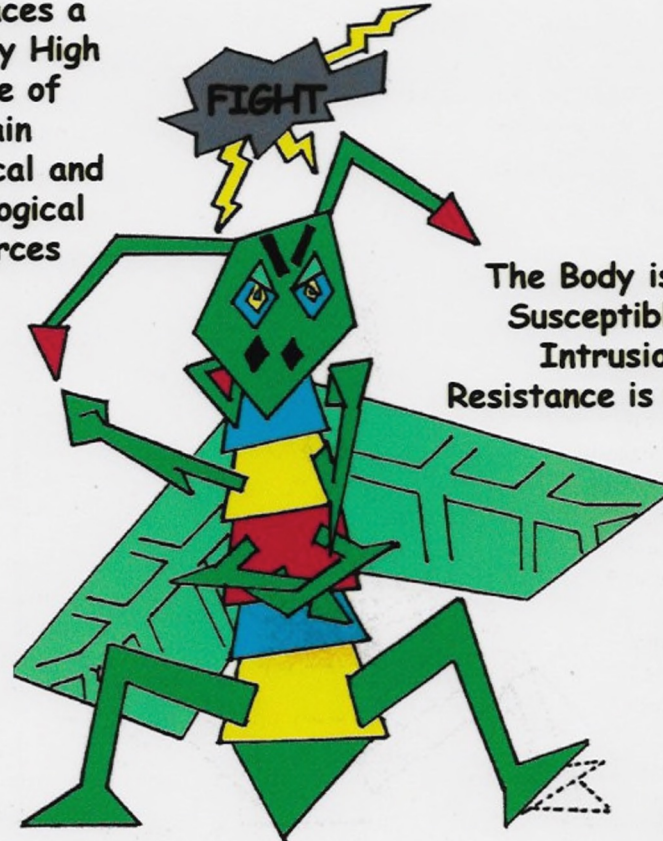
This is the FIGHT or FLIGHT Response.

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

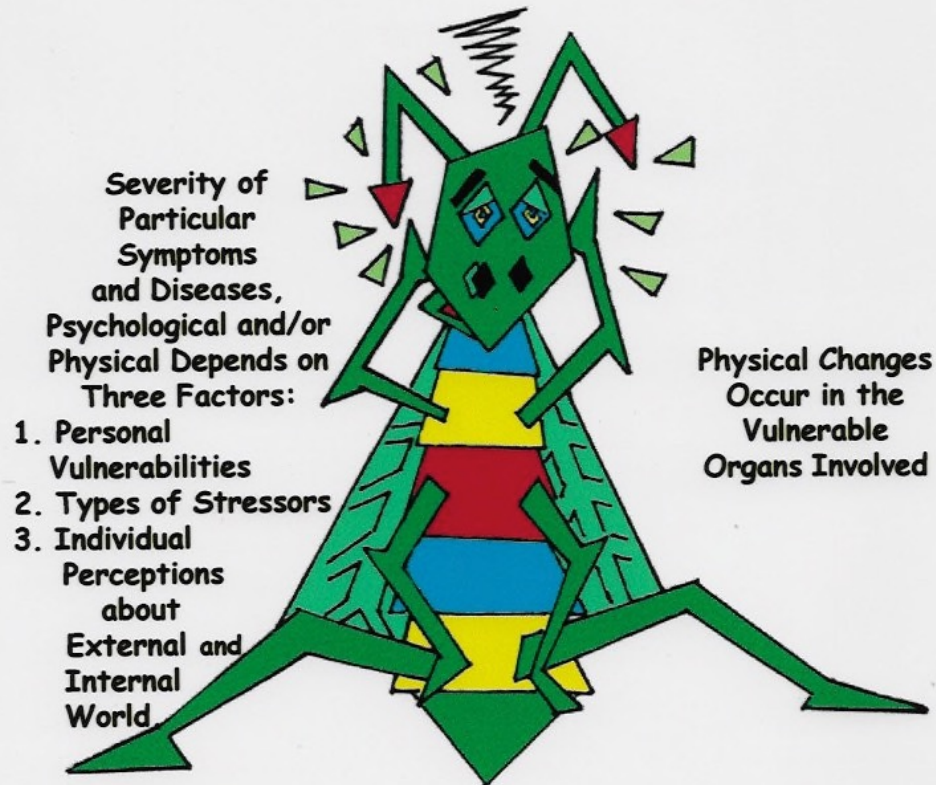


EXHAUSTION STAGE

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

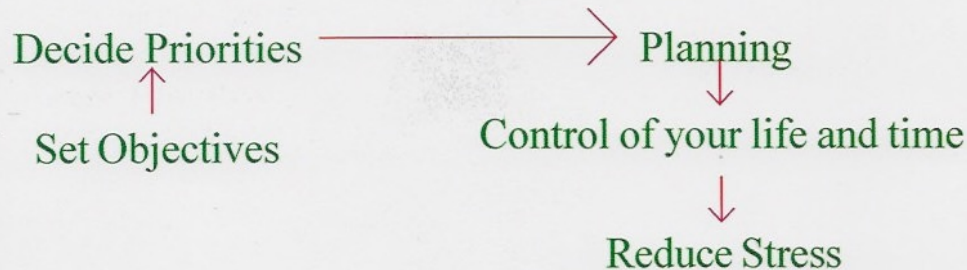
The process of actively structuring one's time in ways that facilitate the reduction of stress and increase the probability that personal and professional goals will be attained.

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

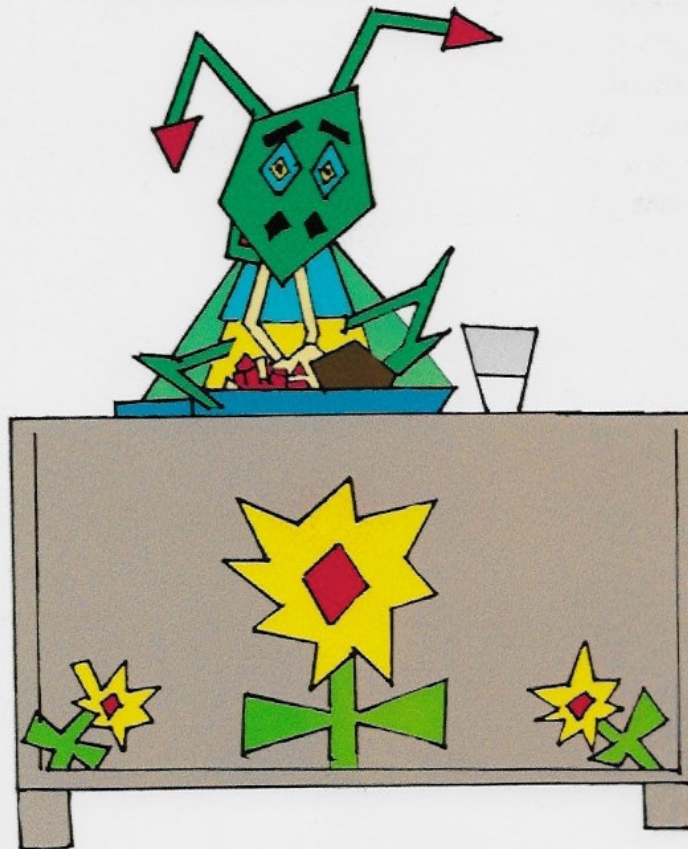
Believe in Yourself - "I CAN!"



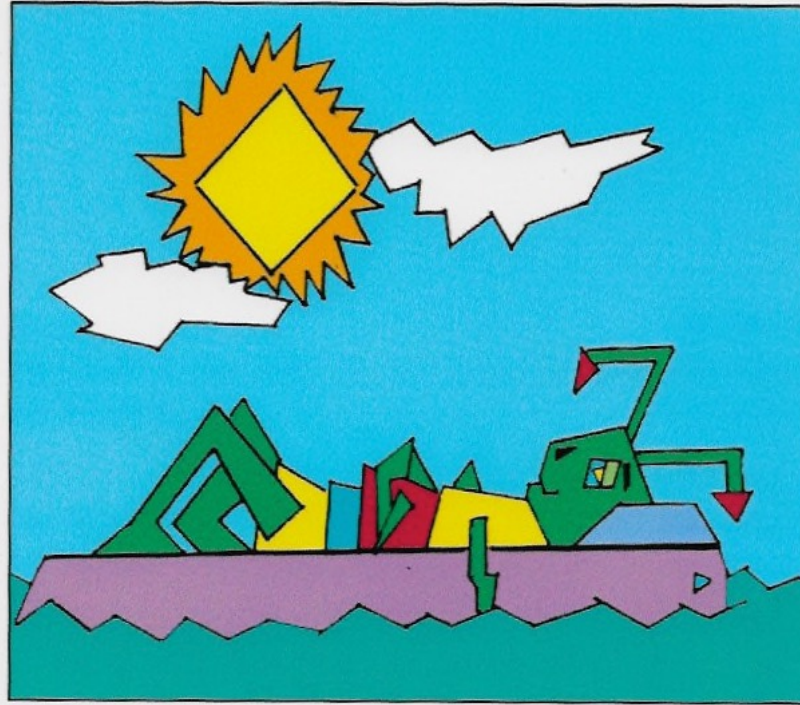
You Are Worth It!

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?

Define the problem, situation, event.

Express what you want to do, how you feel.

Collect information from sources that can help.

Interpret information, look at different results.

Decide what to do, choose a solution.

Examine your decision later.

Do Not:
Ignore It
Runaway From It
Fight It

But Manage It!

