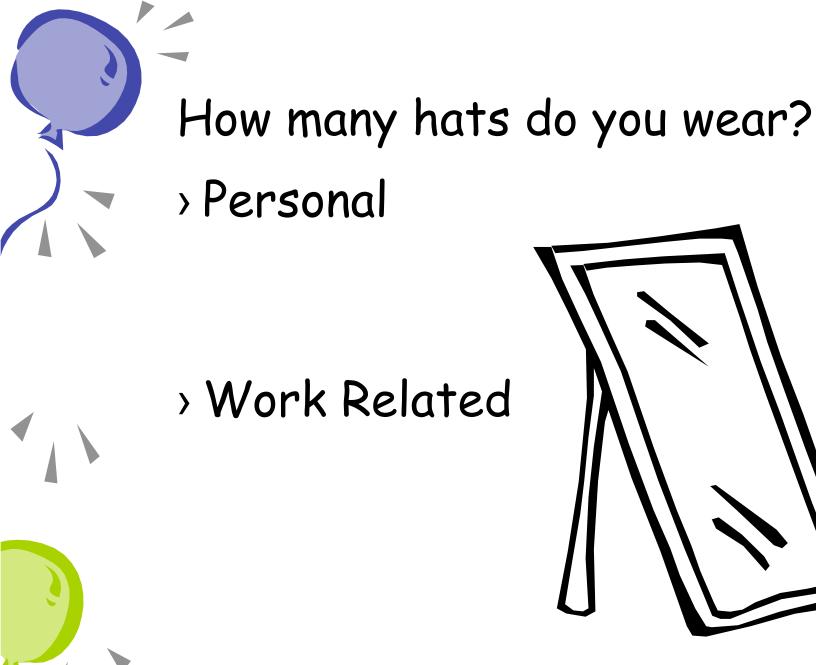
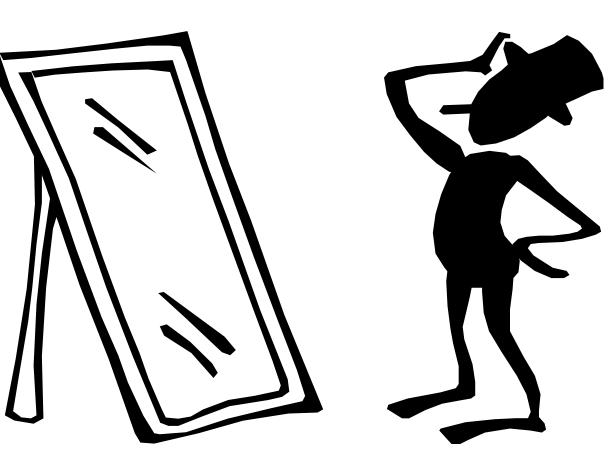


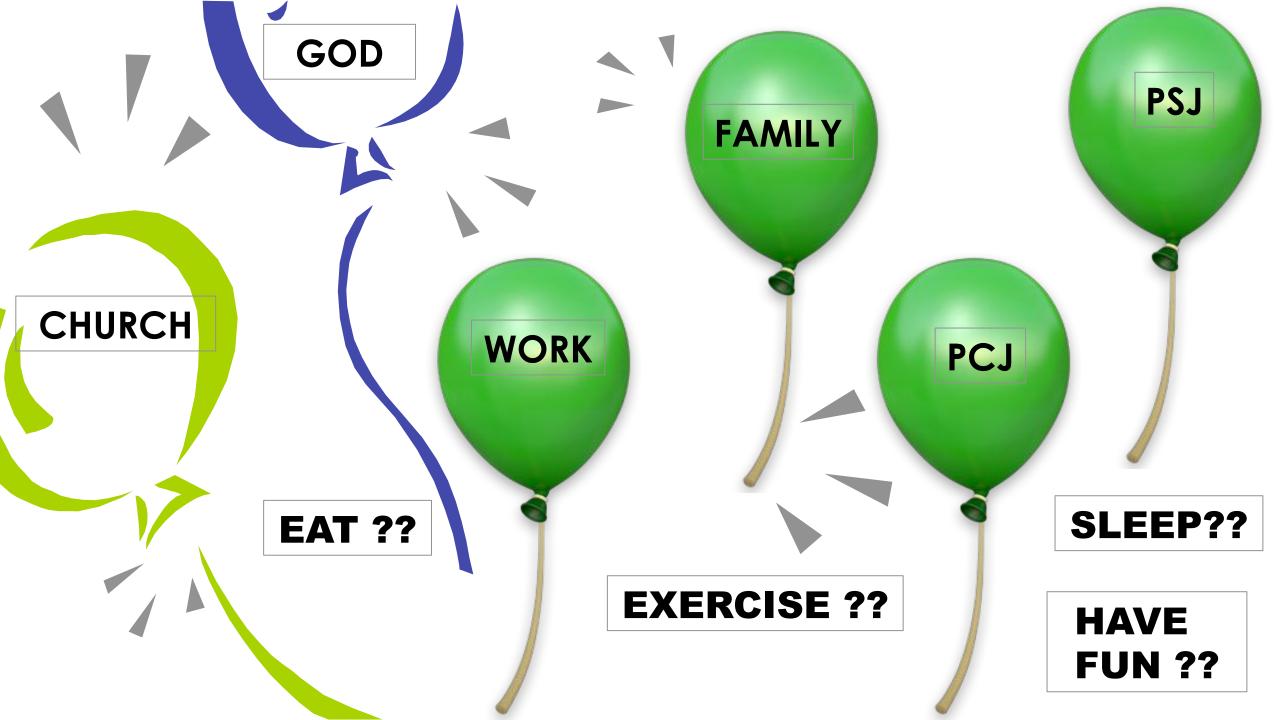


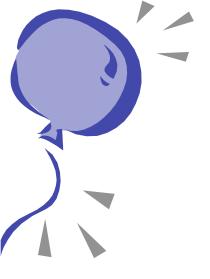
#### Objectives

- Define stress and recognize its psychophysical implications
- Identify the causes of stress and the most likely sources
- Identify techniques to reduce stress and increase relaxation
- > Illustrate ways to incorporate stress reduction practices at the work place and into our daily lives

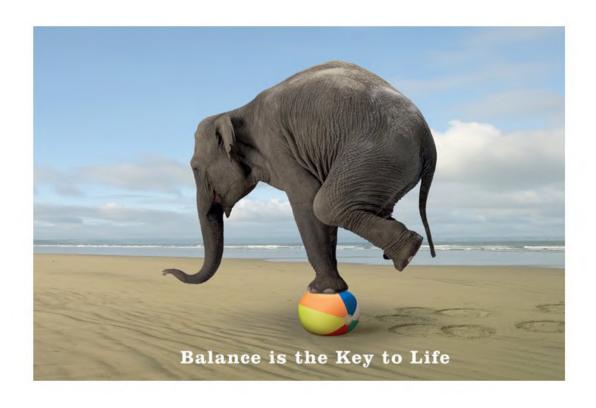


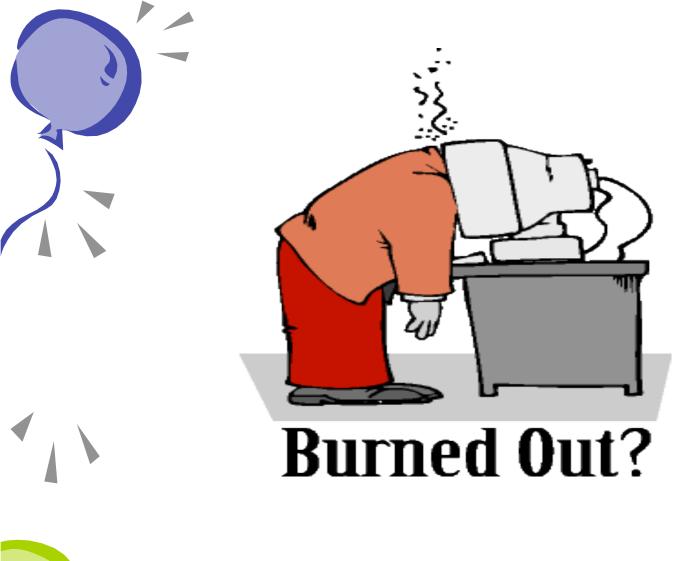




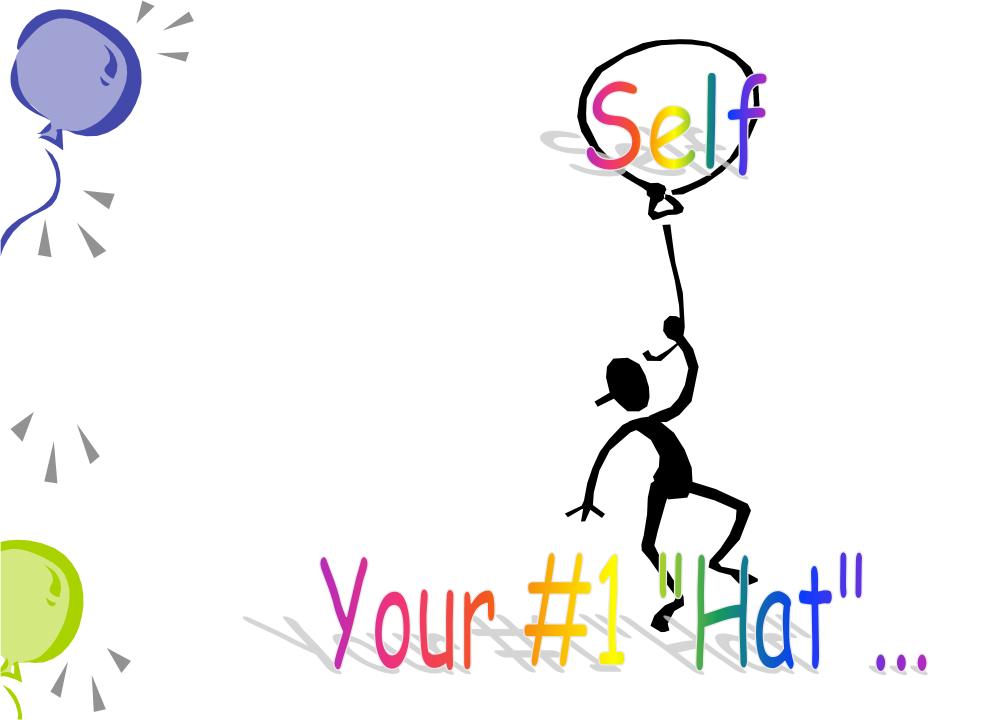


# The Key Word Is.... Balance









#### **WARM-UP ACTIVITY**

#### ONE OF MY "STRESS BUSTERS"



In pairs,

> Think for a minute about a time when you were stressed and you found a way to manage your reaction and feelings.

> Turn to your neighbor and finish this sentence:

"One of the best things I can do for myself when I am feeling stressed is....."



 Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension.

- Comes from a situation or a thought that makes you feel frustrated, nervous, anxious or angry
- Can be a good thing, examples
- Can also be harmful



 Moderate levels of stress may actually improve performance and efficiency

> Too little stress may result in boredom

> Too much stress may cause an unproductive anxiety level



#### Good vs Bad Stress

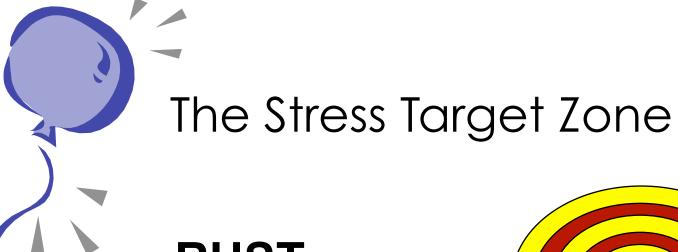
#### GOOD STRESS (EUSTRESS)

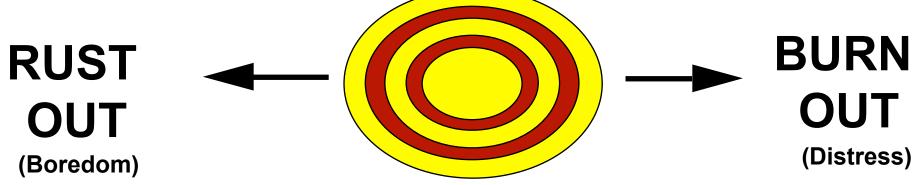
- > Travel
- > Falling in love
- Exposure to things that make us uncomfortable
- > Being a beginner

#### BAD STRESS (DISTRESS)

- > Worry over job
- > Death in family
- > Natural disaster
- > Health issue

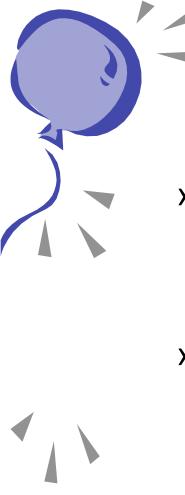






#### **EUSTRESS**

(The optimal amount of stress)

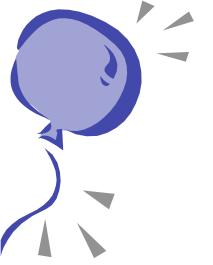


#### Stress Continuum

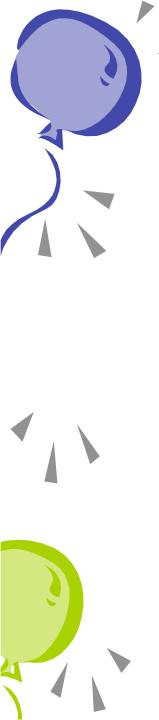
- > Rust Out (Boredom)
  - Fatigue, frustration, dissatisfaction

- > Eustress
  - Creativity, problem solving, change, satisfaction

- > Burn Out (Distress)
  - Over-stimulation, ineffective problem solving, exhaustion, illness, low self-esteem



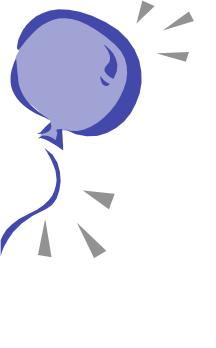
# 1. Psychophysical Implications of Stress



#### Responses to Stress

- > Cognitive/Mental
- > Emotional
- > Behavioral
- > Physiological



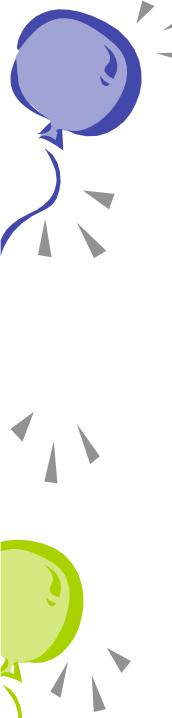


#### Negative Effects of Stress

- 1. Mental
  - Difficulty Concentrating
  - Increased Errors
  - Poor Decision Making
  - Worry
  - forgetfulness

#### 2. Emotional

- Mood swings, Irritability (short temper)
- Anxiety, Inability to relax
- Anger, sense of dread
- Feeling Down, Feeling overwhelmed
- Can lead to symptoms of depression



#### Negative Effects of Stress

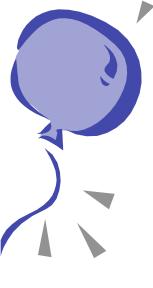
- > 3. Behavioural
  - Less patient, hurrying
  - Increase /decrease appetite
  - Nervous habits
  - Difficulty/irregular sleeping
  - Excessive use of alcohol, cigarettes or drugs, coffee (chronic stress)



#### Negative Effects of Stress

- > 4. Physical
  - Fatigue
  - Aches and Pains
  - Weight gain/loss
  - Unexpected hair loss
  - Heart palpitations /Increased HR
  - Tense muscles

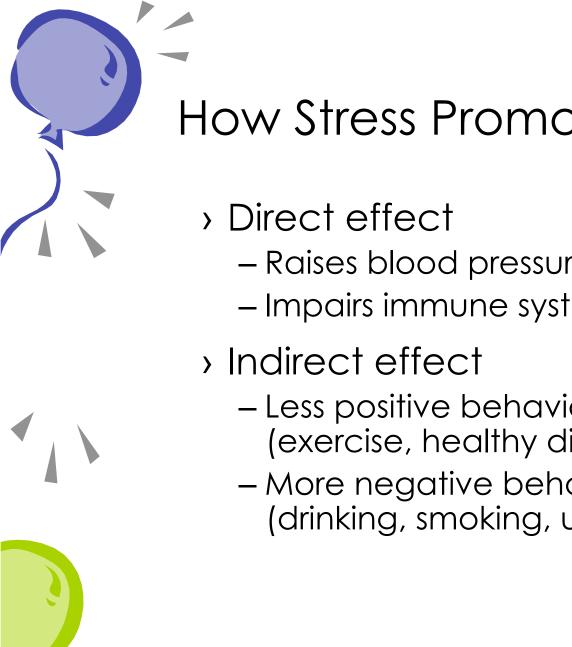




#### Health Problems with Excessive Stress

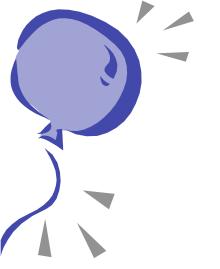
- > CHD and stroke
- Gastrointestinal problems such as ulcers





#### How Stress Promotes Illness

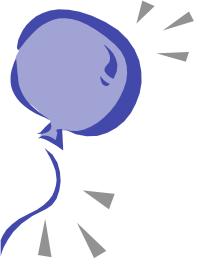
- Raises blood pressure
- Impairs immune system
- Less positive behaviors (exercise, healthy diet, lack of sleep)
- More negative behaviors (drinking, smoking, unhealthy diet)



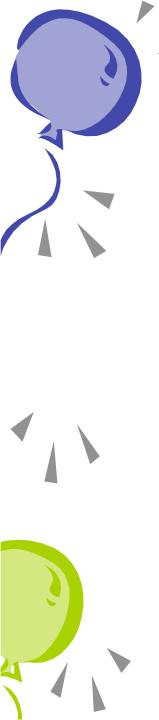
#### 2. Causes of Stress

#### Types of Stressors

- > Environmental
  - Heat, noise, crowding
- > Physiological
  - Drugs, caffeine, tobacco
- > Emotional (psycho-social)
  - Pressures, life events

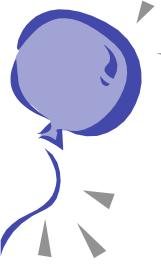


#### 2. Sources of Stress



#### Stressors

- > Work What makes the pharmacy workplace stressful for you?
- > School
- Family
- > Relationships
- Legal
- > Finances
- > Health/illness
- > Environment
- > Living Situation



#### Pharmacy Times

- A study of practicing pharmacists found that more that 68% experienced job stress and role overload.
- Almost half reported work– home conflicts.
- > they were often unable to provide ideal professional services because routine tasks took priority.
- Among the functions they perceived was affected was patient counseling, because they lacked time



#### Common Sources of Stress

7	Tension with children, parents or co-workers	Too much work to do and not enough time
	Having no time for yourself	Feeling unable to make use of your skills and abilities
	Environmental issues- noise, lack of space, disorganized, etc.	Children need things immediately
	Personal concerns – family, financial, health, etc.	Having few/no opportunities for personal or professional development or advancement
	Lack of clear communication with family, co- workers/supervisors/others in authority	Feeling like you have little control over your own decisions or how you perform your job



Situations, activities, and relationships that are 'stressors' to one's physical, emotional, or psychological self

#### **ACTIVITY 1:**

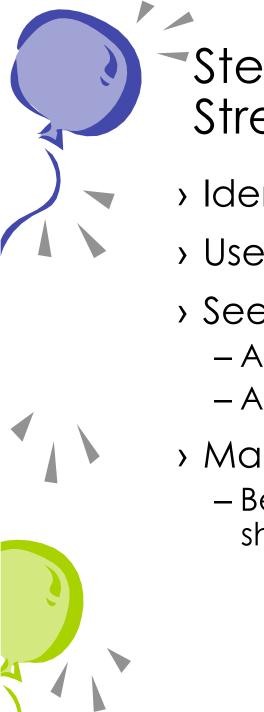
## KNOWING YOUR SOURCES AND SIGNS OF STRESS



#### In pairs:

- > What are my sources of stress?
- > How do I know when I am experiencing stress?
- > What are my stress reactions?

Be prepared to report back to the group

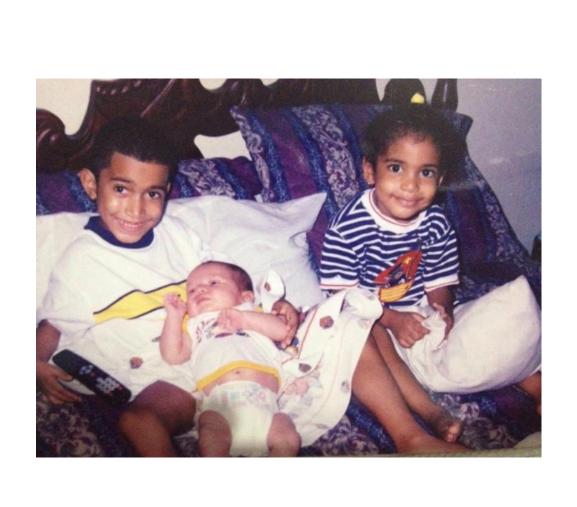


## Steps for Stress Management:

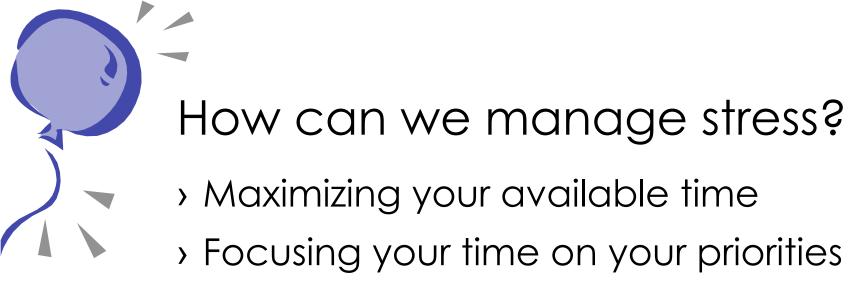
- > Identify causes and symptoms of stress
- > Use measures to reduce stress
- > Seek solutions for avoiding stressors
  - Accept what can't be changed
  - Act on what can be changed
- > Maintain fitness and health
  - Better able to cope with stress when rested and in good shape



Live with an Attitude of Gratitude Be Grateful for what you have.



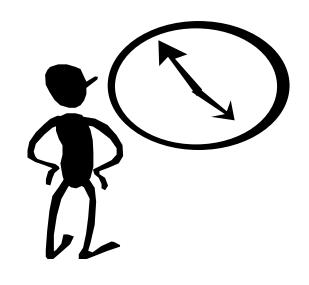






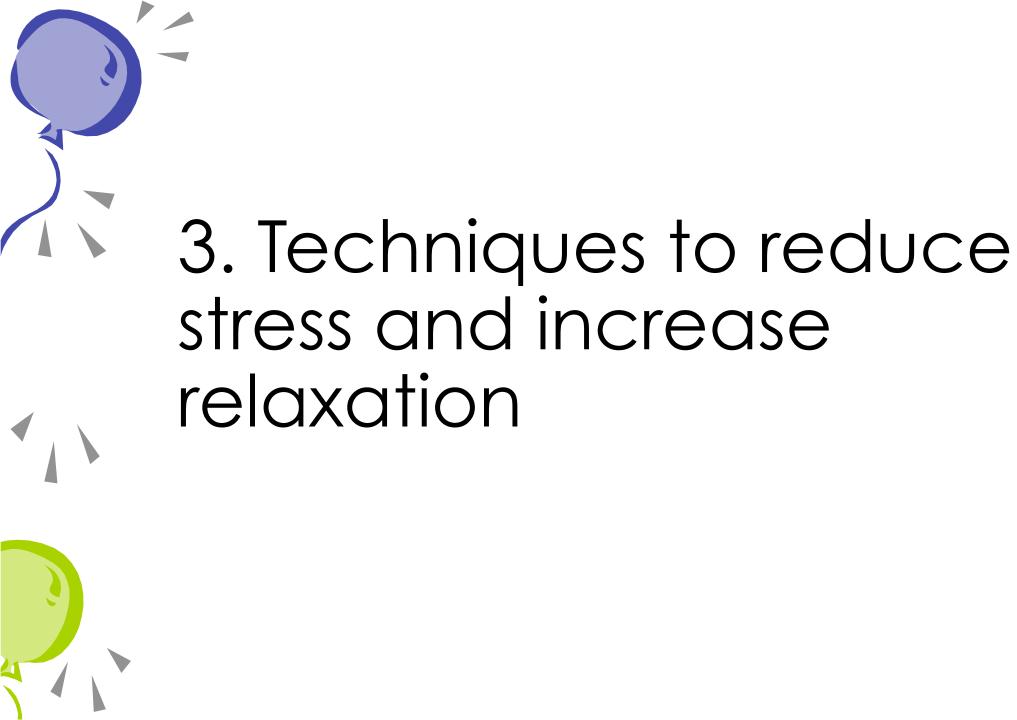


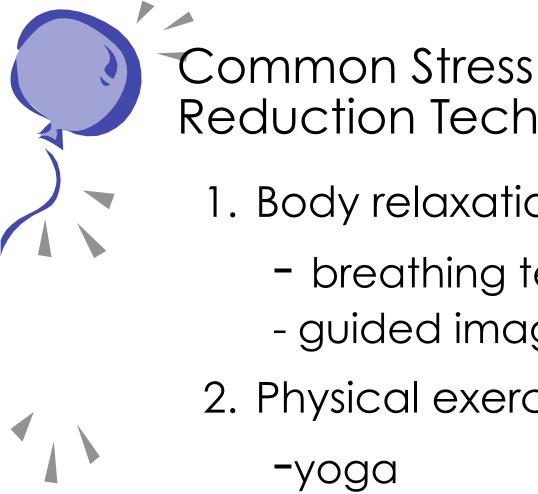
- > Get organized, Get structured
- > Set short term goals
- > Set long term goals
- > Use a planner:
- daily schedule and "To Do" list
- Monitor current time use



# How can we manage stress? > Changing perceptions and expectations > Set reasonable/realistic goals

- Avoid procrastination
- > Set boundaries
- > Schedule "me" time





## Reduction Techniques

- 1. Body relaxation exercises
  - breathing techniques
  - guided imagery
- 2. Physical exercise

- -work out routine
- 3. Meditation





4. Jacobson's progressive relaxation

5. Controlling your thoughts

6. Spiritual Connection

### Controlled or Deep Breathing

- > Simple, but effective!
- > Quick "time out"
- Can be done any time anywhere
- Controlled breathing helps us to calm down
- > To keep thoughts calm and relaxed while breathing, introduce the words "calm" or "relax" while breathing out
- > Imagine your other thoughts floating away in a balloon



#### Guided Imagery

- > Cognitive-behavioral technique in which a client is **guided** in imagining a relaxing scene or series of experiences and relies on deep breathing
- > Effective in helping individuals learn or modify behaviors such as:
  - learning to relax
  - controlling their negative emotions in response to a particular situation
  - preparing themselves for changes (children leaving home)
  - increasing effective pain management
  - coping with difficult situations









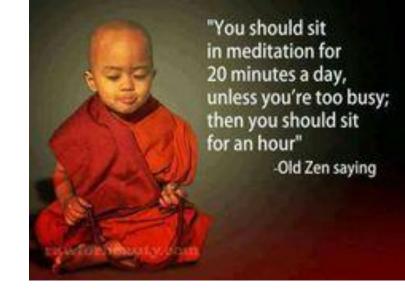
- > provides a break in the day
- > breathing, increased body temperature
- > Improves mood and self esteem











- > to spend time in quiet thought for contemplation or reflection
- broad variety of practices that includes techniques designed to promote relaxation, build internal energy
- used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety.
- > It may be done sitting, or in an active way

Name some forms of meditation?



- Focusing the attention on a single object during the whole meditation session.
- This object may be the breath, visualization, part of the body, external object, etc.
- As the practitioner advances, his ability to keep the flow of attention in the chosen object gets stronger, and distractions become less common and short-lived.
- > Both the depth and steadiness of his attention are developed.



Involves alternate contraction and relaxation of muscles

> Teaches person to identify stress-related tension in the body "Once the body achieves a state of neuromuscular homeostasis, the mind will follow suit"

- Edmund Jacobson



- The patients learn to voluntarily relax certain muscles in their body to reduce anxiety symptoms.
- Useful for relaxing the muscles when they feel tight because of emotional stress
- Progressive Muscle Relaxation provides the most optimal relaxation
   Chair Technique
   Standing Technique
- Key: tensing a group of muscles, hold in a state of extreme tension for a few seconds, relax the muscles



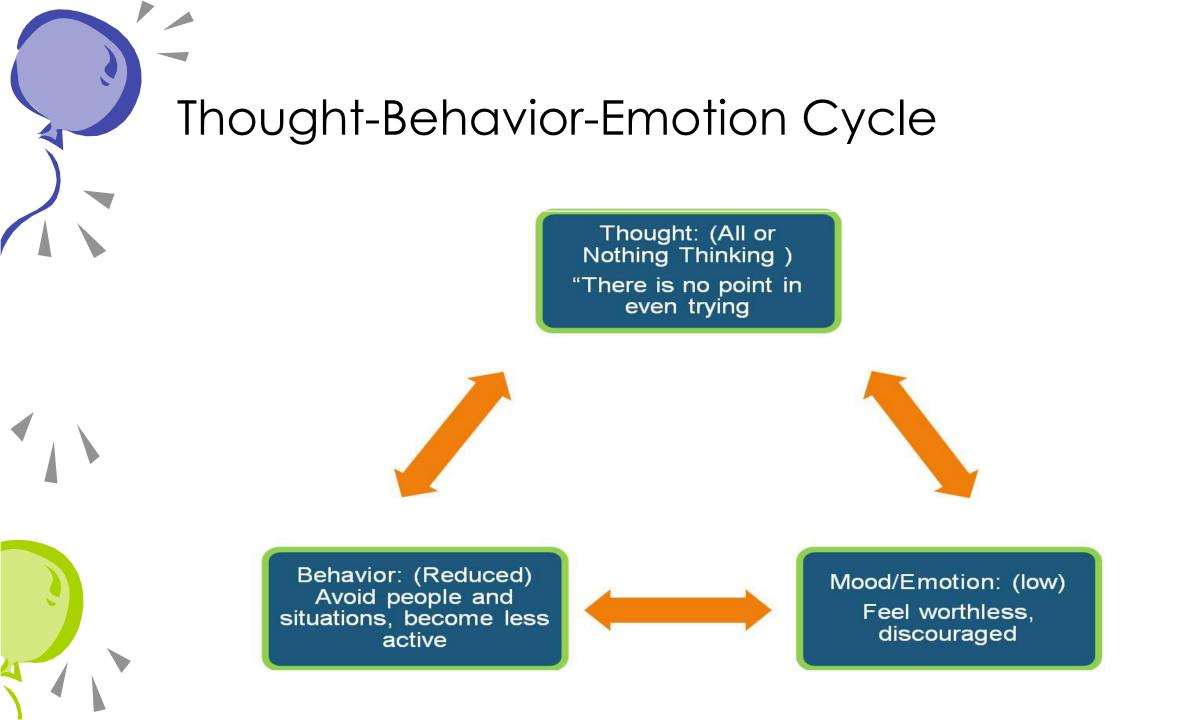
#### Your thoughts impact your behavior:

- > Stress comes from our perception of the situation
- Technically, the actual situation is not stressful, our perceptions MAKE IT stressful
- > Sometimes we are right, sometimes we are wrong!
- There are common unhelpful patterns of thinking

## Unhelpful Patterns of Thinking

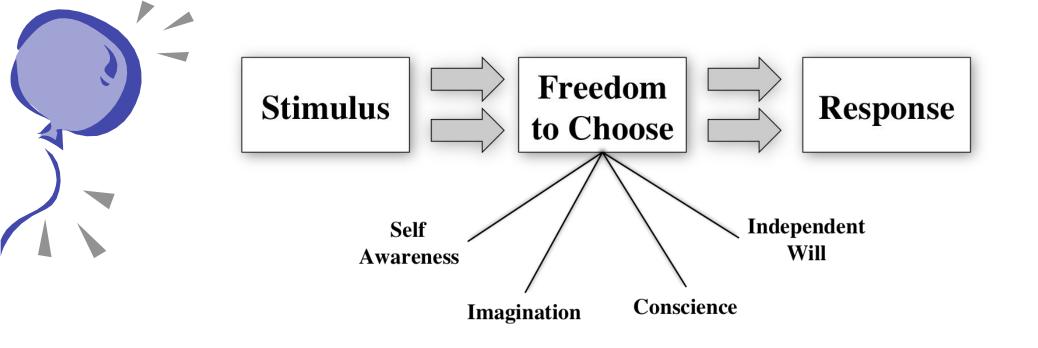
All or Nothing Thinking	Overgeneralization
Jumping to Conclusions	Filtering out the Positive
Emotional Reasoning	Should Statements

(Beck, 1995; Burns, 1989)



## Cognitive (Thoughts)

- > Pay attention to what you say to yourself
- > Identify negative thinking and irrational beliefs
- > Negative thinking leads to stress and anxiety
- > Teach thought-stopping techniques
- > Teach affirmations



# One negative thought leads to another........

then another.....

## The Role of Control in Stress Reduction

# FOCUS ON WHAT IS IN YOUR CONTROL

- Examples of areas in your control:
   Your reactions to events and people
   Your thoughts
  - Focusing on areas in your control results in:

Feeling empowered Feeling relief

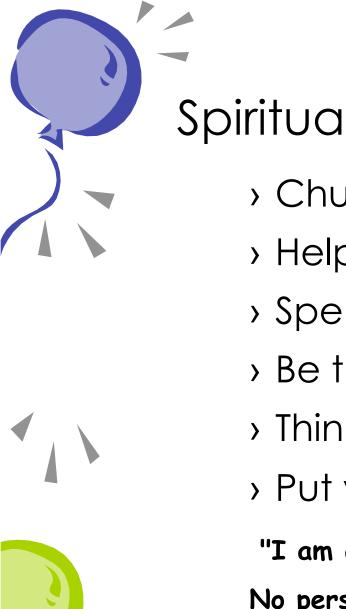
## PUT ASIDE WHAT IS OUT OF YOUR CONTROL

- Examples of areas outside of your control:
  - How people respond to you
- > Focusing on areas outside of your control results in:
  - Feeling anxious
  - Feeling STRESSED



#### **Positive Self-Statements**

- Introduce repetitive positive and motivating statements into your day and in reaction to your thoughts
- Examples of positive statements:
  - I am smart! I work hard! I always do my best.
- > Examples of positive thought replacements:
  - Instead of: "I need to be perfect or I fail."
  - Replace with: "I did a great job learning this new curriculum!"



### Spirituality

- > Church, etc
- > Help others
- Spend quiet time every day
- > Be thankful
- > Think positively
- > Put your faith to work!

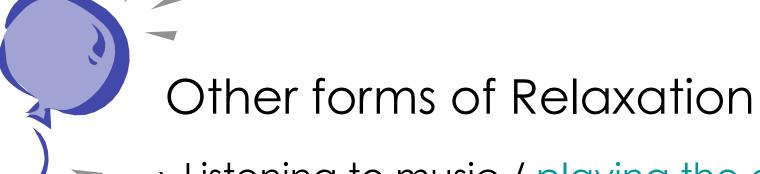
"I am at peace in the midst of chaos or madness.

No person, place or thing has the power to upset me.".



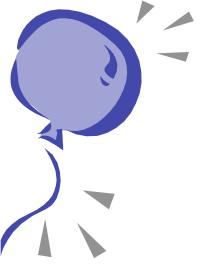
#### Favourite Scriptures

- Philippians 4:13
- > I can do all this through him who gives me strength.
  - Philippians 4:6-7
- On not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
  - Jeremiah 29:11
- > For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.



- Listening to music / playing the guitar
- > Watching TV
- > Playing games





# 4. Stress reduction practices

# ACTIVITY 2: STRESS REDUCTION TECHNIQUE PRACTICE



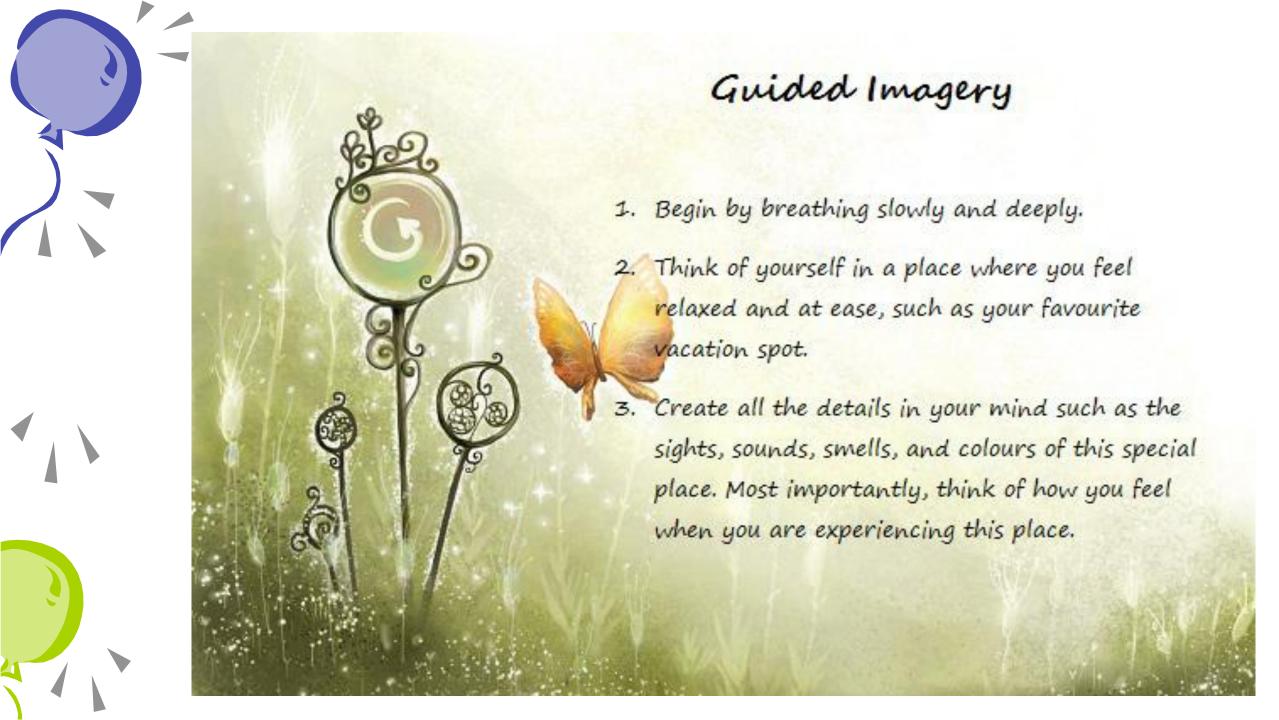
- Controlled or Deep Breathing
- › Guided Imagery
- > Progressive Relaxation

For more practice in these techniques, as well as Visual Imagery, with recorded audio guidance go to the ECMHC website –

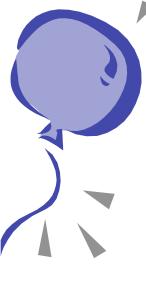
http://www.ecmhc.org/relaxation\_exercises.html

## Controlled or Deep Breathing > Sit down and relax > Close your eyes and relax your muscles Centre your attention on each muscle Concentrate on breathing - Inhale through your nose - Exhale slowly through your mouth > Release you worries

- > Repeat Five times
- > Beethoven in Harmony with the Sea (1:00)

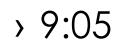






### Progressive Muscle Relaxation

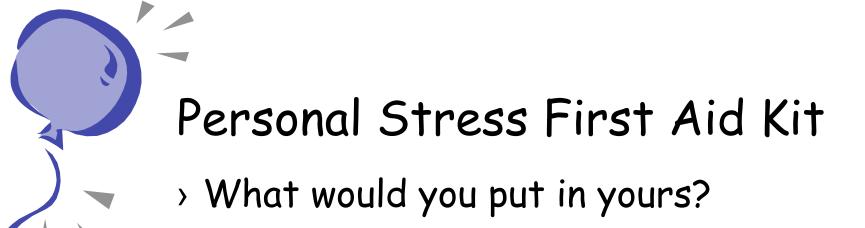
- > Straighten your right leg and lift it off the chair.
- > Feel the tension on the top of your leg and also in your stomach. Pay attention to that feeling of tension.
- > And now let go, let your leg relax and return to the chair, and note the difference between the relaxation you now feel and the tension that was there before.





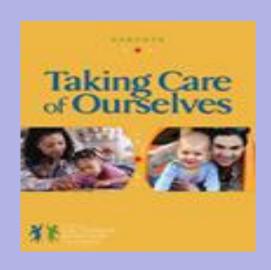
### Progressive Muscle Relaxation

- > Point toes back up toward your head. Feel the tension that occurs in your feet, ankles, and lower legs.
- > Pay close attention to the feelings of tightness and tension.
- And now relax your feet, let them return to their normal position.
- > Feel the difference in your feet, ankles, and lower legs; where it was tense, there is now a feeling of relaxation.



> I have in mine...

#### ACTIVITY 3: MY INDIVIDUALIZED ACTION PLAN



Individually,

Take a minute to develop your own action plan for future stressful situations

#### **Example:**

When [my stressor] & I begin to feel [sign of stress] (tension), I will [technique used]."



- > Physical health gets better
  - -more energy and stamina

- > Emotions stabilized
  - -positive attitude
  - -hopeful/happier

- Ability to focus improved
  - -able to learn and achieve



> Stress is a natural part of life but with appropriate stress management techniques you can learn to manage it more effectively.



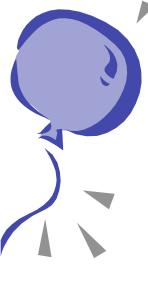


You may not be able to smooth out the surf, but you can learn to ride the waves!









#### References

- https://www.psychologytoday.com/blog/in-practice/ 201206/five-types-good-stress
- http://www.minddisorders.com/Flu-Inv/Guidedimagery-therapy.html