



Stress Management

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AGENDA

1. Definition
2. Stress Effect
3. Stressors (Causes of Stress)
4. Stress Curve
5. Managing Stress



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1. Definition

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Stress is a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize".



STRESS=PRESSURE–ADAPTABILITY



Some Facts About Stress:

1. It is called **“The Invisible Disease”**, as it may affect you, your family members, your friends, your organization, and any of the people you deal with so, you can’t afford to ignore it.
2. Stress is **contagious**, as it is stressful to live and work with people who are suffering from stress.



3. **Suffering from stress should not be considered a sign of weakness.**
4. **Stress can affect all of us at some time in our lives.**
5. **Learning how to reduce the stress that you suffer from as you reach your goals will allow you to achieve these goals without damaging your health.**



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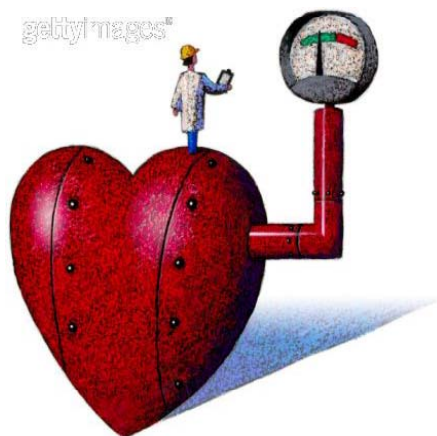
Stress Effect

- **SHORT** term effect
- **LONG** term effect



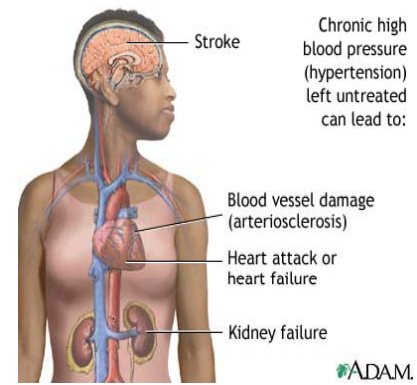
Short Term

- **Circulatory**
 - Increased heart rate and blood pressure
- **Respiratory**
 - Increased respiration rate & oxygenation
- **Skeletal**
 - Increased muscle tension
- **Digestive**
 - Nausea, vomiting



Long Term

- Multi-System affection
- Psycho-somatic disorders



How to recognize stress?

- Physical Signs:

High blood pressure, insomnia, constant fatigue, headaches, skin rashes, digestive disorders, ulcers, colitis, loss of appetite, nausea, breathlessness, and dry mouth.



- **Emotional Signs:**

- Acute anxiety attacks, depression, and loss of sense of humor.
- Loss of interest in personal appearance, other people, social events, or previously enjoyed activities.
- Difficulty in remembering, loss of self-confidence, and loss of concentration.



- **Behavioral Symptoms:**

As a temporary relief from stress, many people indulge to excess in eating, smoking or shopping.

(Escape Activities)



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Causes Of Stress

- 1-External Cause
- 2- Internal Cause



1-External Cause

Due to EVENTS:

- Acute Stress
- Episodic stress
- Chronic stress
- Traumatic stress



2- Internal Cause

Due to Thoughts:

- Perfectionism
- Control
- People Pleasing
- Competence



1. Changing Societies:

- Increasing Urbanization.
- Aging Populations.
(inc. proportion of over 60s)
- Changing Gender Roles.
(Woman occupy the larger part of the total labor force)



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2. Changing Organization:

In recent years, many companies are trying to increase their productivity so, employees are working harder than ever, and facing an uncertain future.

This is due to:

- Globalization.
- Information Technology.



3. Changing Practices:

- Reassessing Markets.
- Understanding New Technology.
- Relocating Offices.
- Diversifying Careers.
- Assessing Relationships.
- Assessing the Workplace.
- Coping with Daily Life.



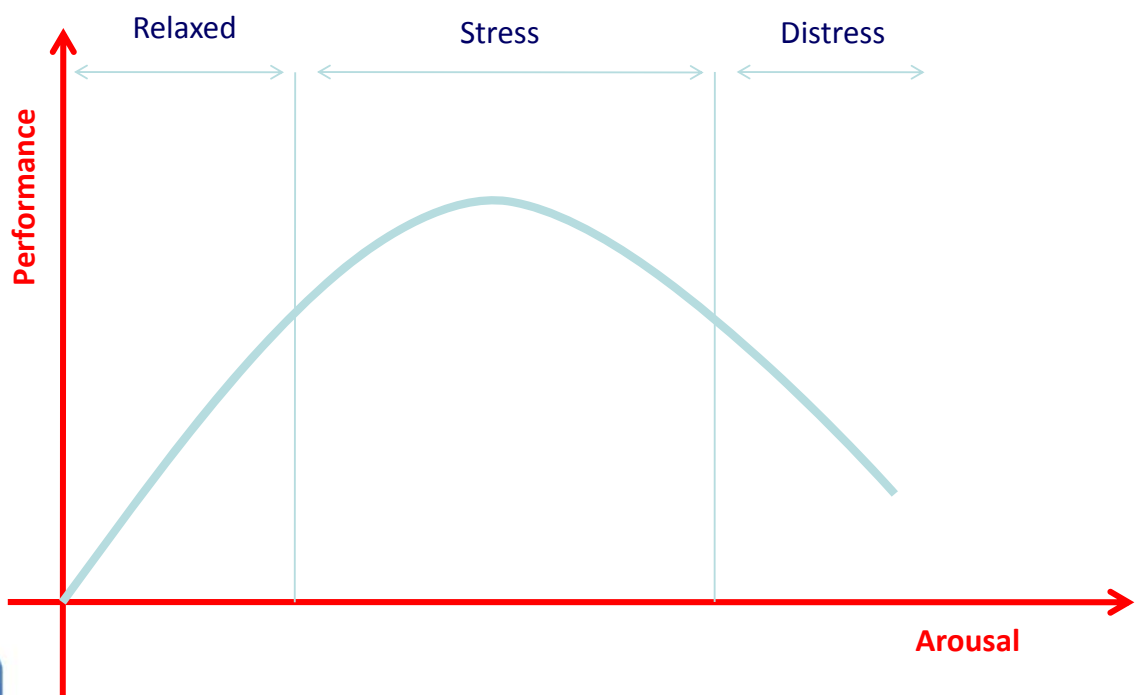
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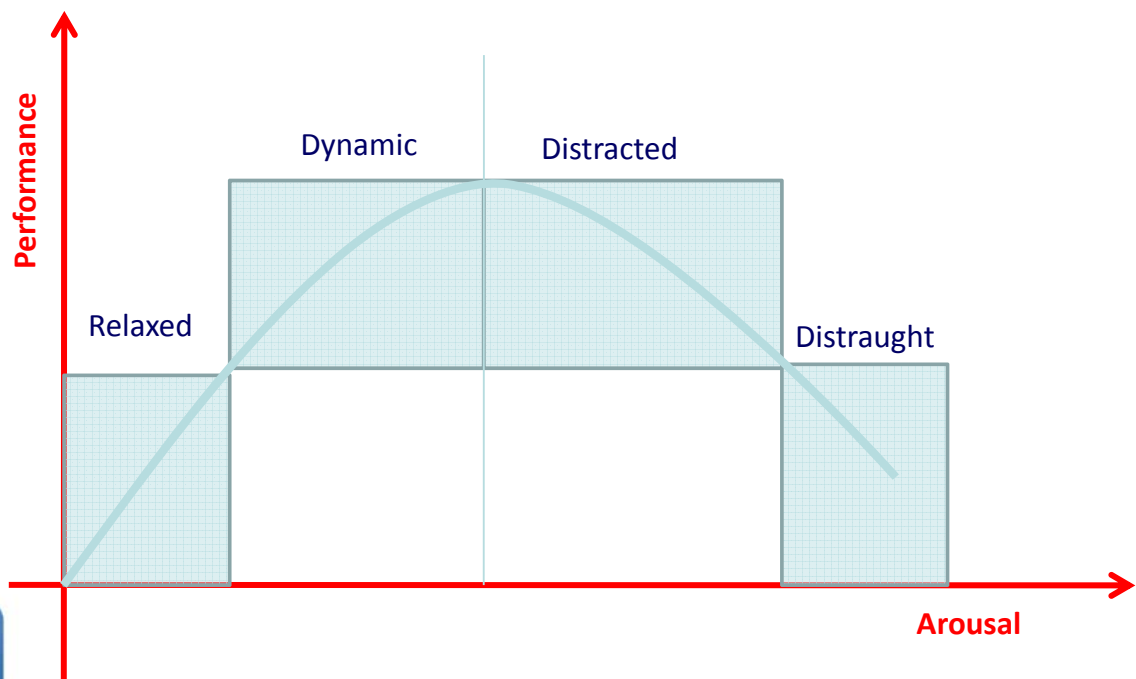
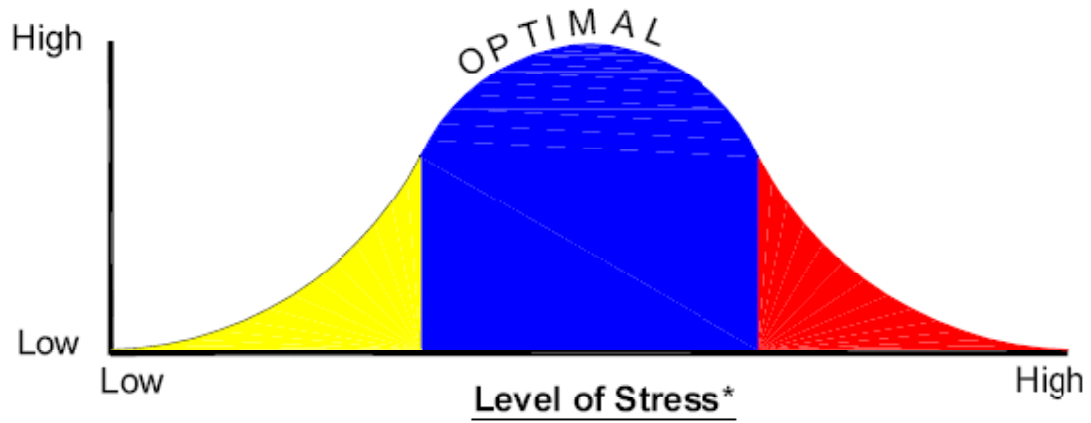
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Stress – 21st Century Definition



Relationship between stress and performance



- Then we have FOUR Zones:

1. Relaxed Zone.
2. Dynamic Zone.
3. Distracted Zone.
4. Distraught Zone.



1- Relaxed Zone – The Chill Zone

- It's not that important; not my problem.
- Life is good.
- Yeah, whatever; not bothered.
- Isn't the world a beautiful place?
- No need to worry, it'll all work out in the end.
- Bored, bored, bored.



2- Dynamic Zone –The Thrill Zone

- Excited or exhilarated / enjoying ourselves.
- Nervous.
- Under pressure / being tested / being pushed to our limits.
- Determined.
- Every moments counts.



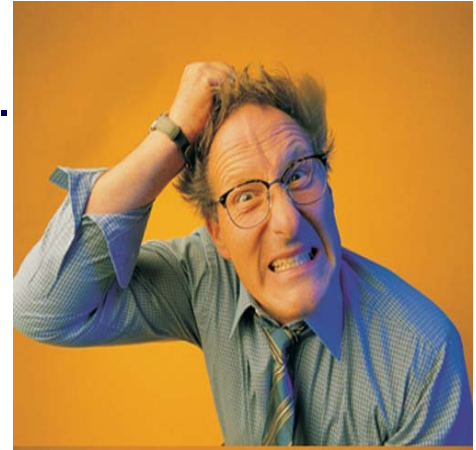
3- Distracted Zone – The Spill Zone

- I don't know where to start.
- No one appreciates the pressure I'm under.
- This is going to be disaster; I'm not sure that I can see a way out.
- I have got SO much to do; how on earth am I going to do it all?
- Or, quite simply, arghhhhh!



4- Distraught Zone

- My life is a mess / disaster.
- There's no way out.
- The world is out to get me / I am useless.
- I just can't cope any more.
- Everything I touch goes wrong.
- I can't concentrate on anything.
- Even simple tasks take ages.



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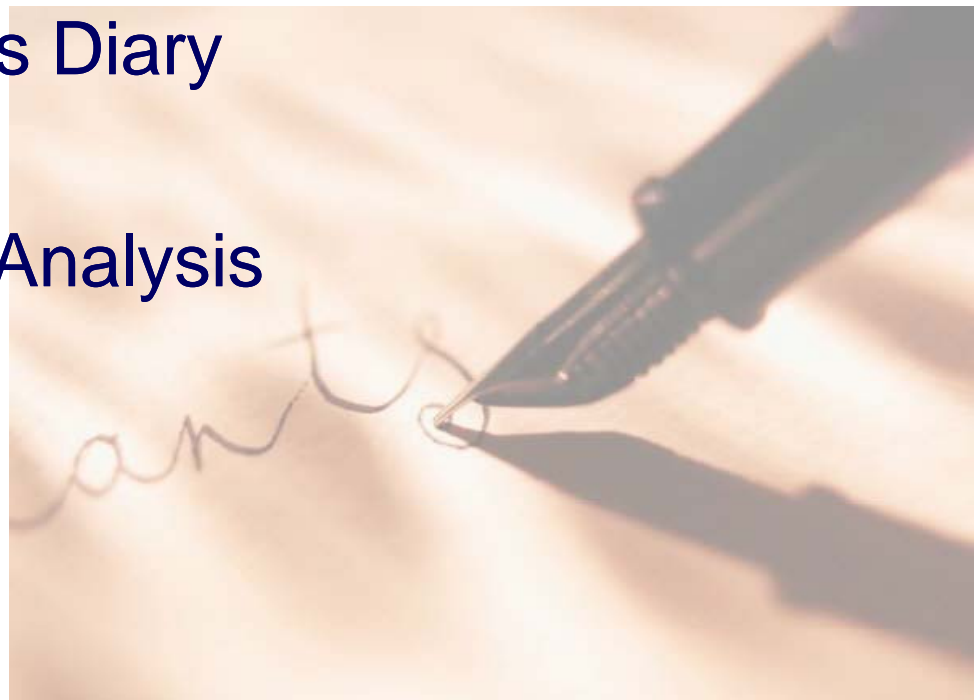
Managing Stress

- Action-oriented Skills
- Emotionally-oriented Skills
- Acceptance-oriented Skills



Action-oriented

- Stress Diary
- Role Analysis



Stress Diary

Day No.	date	time	How happy do I feel											what is my mood	Work efficiency														
			-5	-4	-3	-2	-1	0	1	2	3	4	5		0	1	2	3	4	5	6	7	8	10					
day1																													
day2																													
day3																													

Role Analysis

1. Review formal job documentation.
2. Understand the organization's strategy and culture.
3. Find out who the top achievers are, and understand why they are successful.
4. Check that you have the people and resources to do the job.
5. Confirm priorities with your boss.
6. Take action.



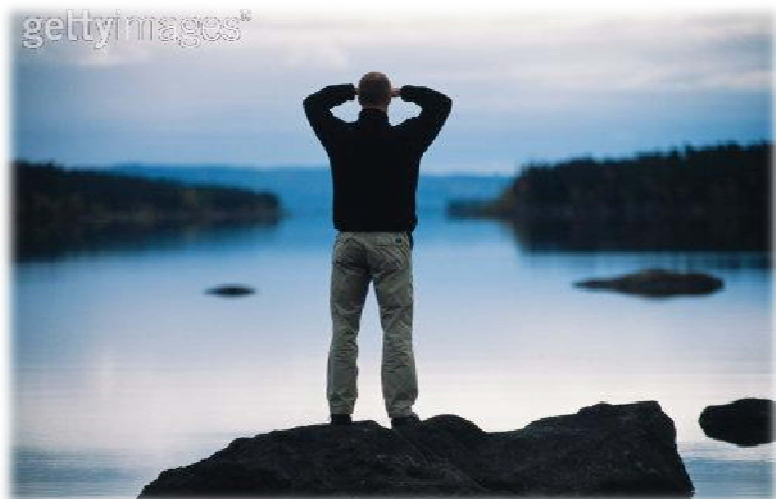
Emotionally-oriented

- Imagery Techniques.
- Physical Relaxation Techniques.



Imagery Technique – Mental Stress Management

- In relaxation
- In preparation and rehearsal



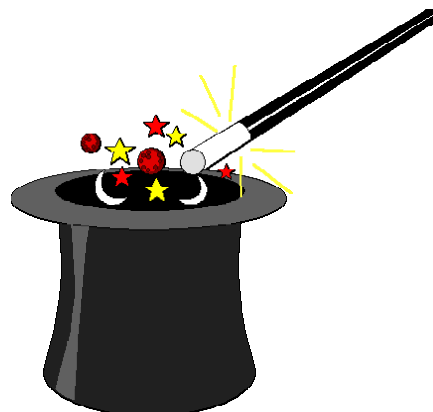
Physical Relaxation Techniques

- Deep Breathing
- Progressive Muscular Relaxation
- Relaxation Response



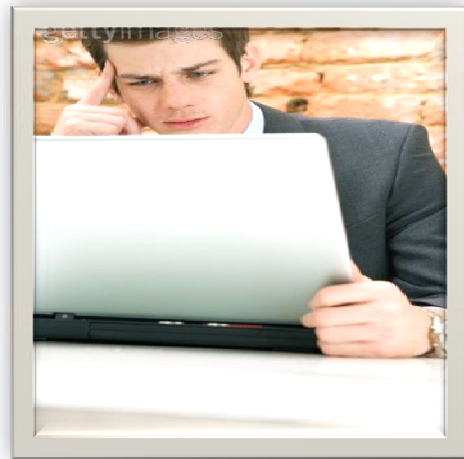
MAGIC TOOLS

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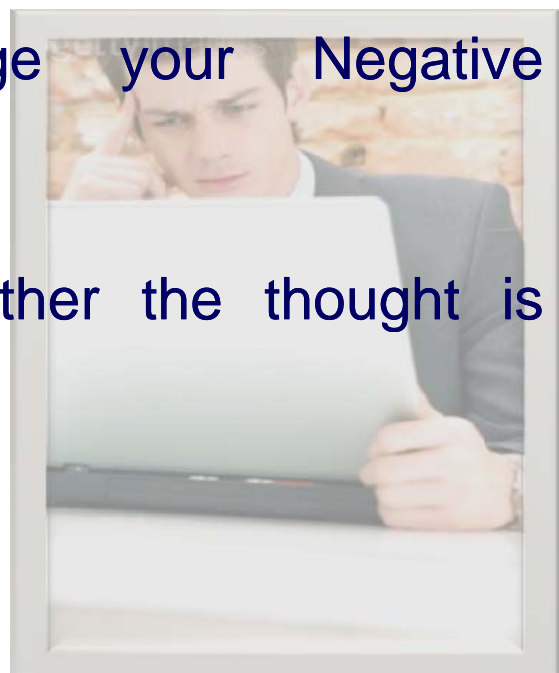
A- thought Awareness

- Is the process by which you observe your thoughts and become aware of what is going through your head.



B- Rational Thinking

- Try to challenge your Negative Thoughts.
- Ask yourself whether the thought is reasonable or not.



C- Positive Thinking

YOU ARE ABLE



Acceptance-oriented Skills



