### MANAGING STRESS

Presented By:
Sunanda Pattnaik
Assistant Professor,
Department of Psychology,
Utkal University

### What Is Stress?

- > Stress is the body's reaction to any change that requires an adjustment or response.
- ➤ Adrenaline is a chemical naturally produced in our body as a response to stress .
- > Fight or Flight response is illicited.

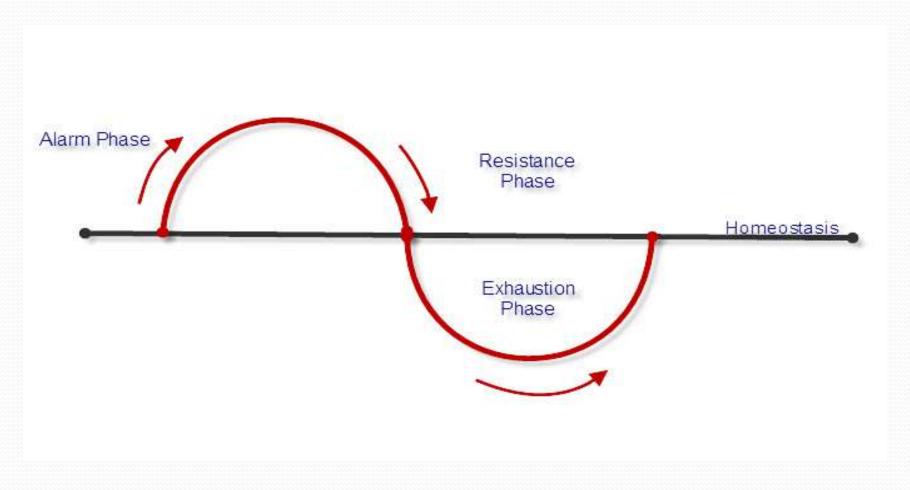
### Is All Stress Bad?

- >"Eustress"
- 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 (Distress)

### Stress as a response

- General Adaptation Syndrome (Hans Seyle, 1956)
- 3 Phase of GAS Model
- Alarm reaction
- Resistance
- Exhaustion

### A Graphical Representation of the General Adaptation Syndrome



### Transactional model of stress

- Lazarus & Folkman, 1984
- Stressed when demands exceeds our resources
- Appraisal of the stressors as critical factor.
- 3 stage model:
- Primary appraisal
- Secondary appraisal
- Reappraisal

### Model of stress (Indian context)

 Pestonjee (1992): Social factors play pivotal role as stressors

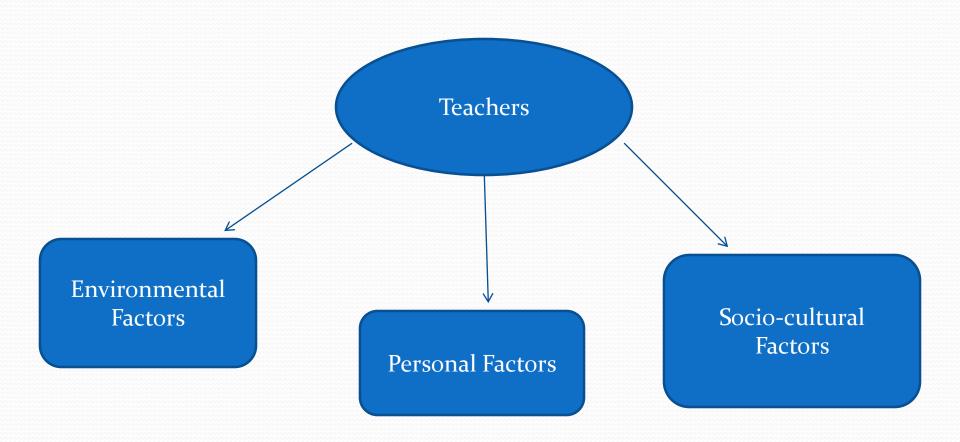
- Stress originates in 3 sectors:
- Job and organization
- Social sector
- Intrapsychic sector

#### Stressors

- School
- •Work
- Family
- Relationships
- Legal
- Finances
- Health/illness
- Environment
- Living Situation



### Sources of Stress



### Sources of Stress

- Environmental
   Personal **Factors:**
- Working conditions
- Classroom size
- Availability of resource
- Classroom transactions

- **Factors:**
- Physical health
- Psychological factors (beliefs, temperament, self esteem)
- Life events

- Socio-Cultural **Factors:**
- Technology
- Pandemic
- Changing ideologies

# Variables determining the effects of stressors

- Intensity (high or low?)
- Duration (short or continuation?)
- Predictability (unpredictability?)
- Controllability (control over?)

### **Identifying Stressors**

Situations, activities, and relationships that cause 'trauma' to one's physical, emotional, or psychological self.

Can we identify the sources of stress?

# Causes of Stress in Students we teach

### **Effects of Stress**

Physiological & Behavioral Manifestation

Affective Manifestation

Cognitive Manifestations

Inter-personal manifestations & others

# Physiological & Behavioral Manifestation

- Changes in sleep cycles & eating pattern
- Changes in weight
- Feeling fatigued
- Changes in menstrual cycle
- Headache
- Dependence on substance
- Breathlessness
- Frequent illness

### **Affective Manifestations**

- Irritability
- Mood swings
- Emotional outbursts
- Feeling anxious, worried, panic
- Depressive features: low mood, decreased interest
- Frustration and guilt
- Feeling of hopelessness and helplessness

### Cognitive Manifestations

- Problems in concentration
- Poor memory
- Low attention span
- Disorganization
- Poor decision making
- Mental overload
- Reduced creativity

# Inter-personal manifestations & others

- Poor communication
- Poor self care
- Self harm or destructions
- Suicidal ideas
- Harm to others

#### Burnout

 "State of physical, emotional, and physiological exhaustions"

Eg: feeling tired, giving up, becoming detached

 Burnout is characterized by exhaustion, depersonalization and low sense of accomplishment in one's work

### Coping Strategies to deal with Stress

- AFFECTIVE COPING MECHANISM
- Focuses on feelings and emotions
- Venting out is needed; talk with someone
- Practice mindfulness
- BEHAVIOURAL COPING STRATEGIES
- Focuses on skills, actions, habits
- Exercise, yoga, meditation
- Time management tips, systematic desensitization

#### COGNITIVE COPING STATEGIES

- Focus on thoughts, beliefs, perceptions
- Self talk and positive affirmations
- Eg; if you think you can, you can
- Self efficacy: belief in our capabilities
- Cognitive assessment of resources
- Growth mindset approach

#### SYSTEMIC COPING STATEGIES

- Focuses on interactions and relationship with systems such as family and school
- Support system
- Building resilience (bouncing back)
- Counseling & Life coaching

### Benefits of Stress Management

- Physical health gets better
  - > more energy and stamina
- > Emotions stabilized
  - positive attitude
  - hopeful/happier
- Ability to focus improved
  - > able to learn and achieve

### Instructions: Consider how well the following statements describe your behavior and actions.

- (1) Does not describe me at all
  - (2) Does not describe me (3) Neutral (4) Describes me (5) Describes me very well
- I look for creative ways to alter difficult situations.
- Regardless of what happens to me, I believe I can control my reaction to it.
- I believe I can grow in positive ways by dealing with difficult situations.
- I actively look for ways to replace the losses I encounter in life.

#### BRIEF RESILIENT COPING SCALE

Sinclaire and Wallston, 2004

- BRCS Interpretation
- Low resilient copers
- Medium resilient copers
- High resilient copers

#### Score range

4-13 points

14-16 points

17-20 points

# Thank Mou