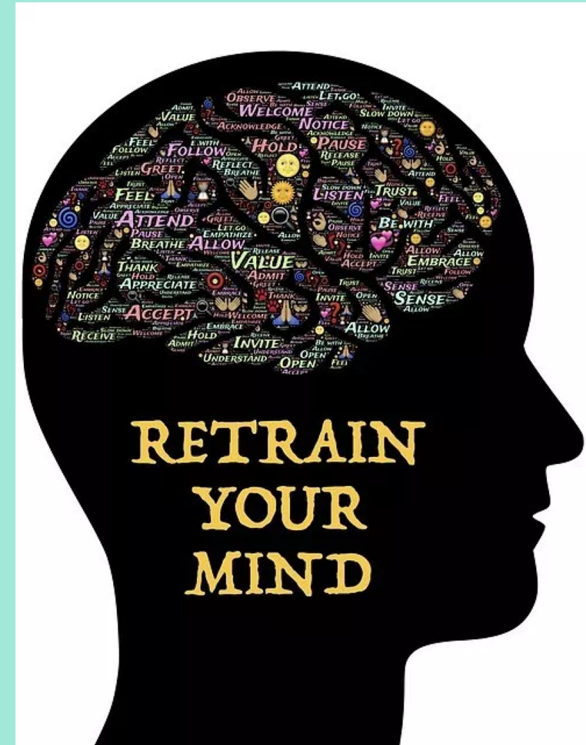

Stress Management



Three good things...



STRESS

5 Things to Know About Stress

1. Stress affects everyone
2. Not all stress is bad
3. Long-term stress can harm your health
4. There are healthy ways to manage stress
5. If you are overwhelmed by stress, ask for help from a health professional

Types of Stress

Eustress (positive stress)

Motivates

Focuses energy

Short-term

Perceived as within our coping abilities

Feels exciting

Improves performance

Distress (negative stress)

Causes anxiety or concern

Can be short- or long-term

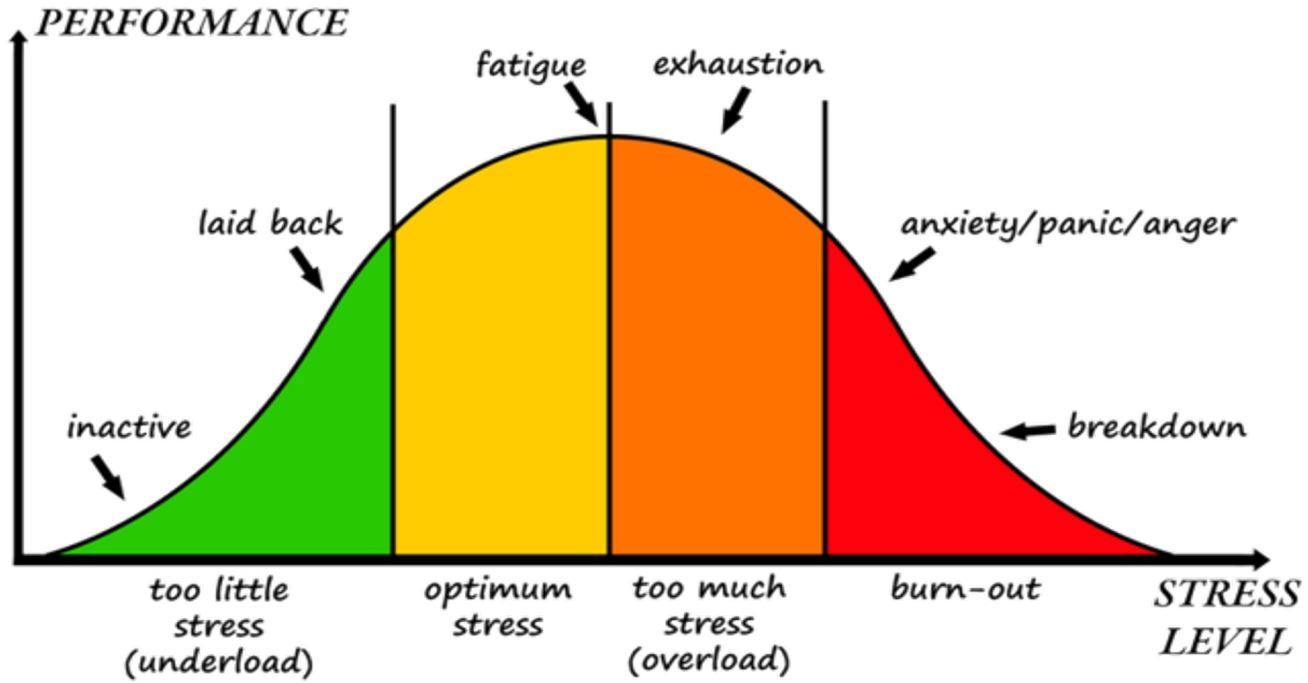
Perceived as outside of our coping abilities

Feels unpleasant

Decreases performance

Can lead to mental and physical problems

STRESS CURVE



Work-related Stress

One fourth of employees view their job as the number one stressor in their lives.

- *Northwestern National Life*

Problems at work are more strongly associated with health complaints than are any other life stressor- more so than even financial problems or family problems.

- *St. Paul Fire and Marine Insurance Co.*

Job stress- the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury.

- *CDC*

Frequent causes of work-related distress

- Excessive job demands
- Job insecurity
- Conflicts with teammates and supervisors
- Inadequate authority necessary to carry out tasks
- Lack of training necessary to do the job
- Presenting in front of colleagues or clients
- Unproductive and time-consuming meetings
- Commuting and travel schedules



Internal sources of distress

- Fears
- Repetitive thought patterns
- Worrying about future events
- Unrealistic, perfectionist expectations



Habitual behavior patterns that lead to distress

- Overscheduling
- Failing to be assertive
- Procrastination and/or failing to plan ahead



How Stress Affects your Health

Physical symptoms

Appetite loss

Headaches and back pain

Digestive problems

Difficulty sleeping

Higher incidence of disease later in life

Increased alcohol and drug use

Mental symptoms

Fear and anxiety about the future

Tension, irritability, anger

Feeling “numb”

Loss of interest in activities

Trouble concentrating

(many symptoms shared with depression)

Ways to help manage stress

- Take a break from the stressor
- Exercise
- Smile and laugh
- Get social support



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

-Viktor E. Frankl

Deep Breathing

Starting the Conversation

- Remember-- you're not alone!
- Document the situations that are causing you stress
- Review your job description
- Write down your ideas or suggestions to reduce stress
- Request a meeting with your supervisor or HR

Resources at Virginia Tech

- Hokie Wellness
- VT Recreational Sports
- Human Resources
 - Employee Assistance Program
 - Employee Relations
 - Retirement planning

Stress-Related Goal Setting

Take a moment to set two stress-related SMART goals for yourself:

- 1) Short-term goal
- 2) Long-term goal

Specific, **M**easurable, **A**ttainable, **R**elevant, **T**ime bound

Endorphin Release

Gratitude Practice

5-Minute Chair Yoga