

Stress Management

Presented by St. Vincent EAP

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Myths about Stress:

- **It's the same for everybody**
- **It is always bad for you: positive versus negative.**
- **Only major symptoms require attention**
- **"There's nothing I can do, I just have to deal with it"**

**Negative stress...when
the demands being made
on us are greater than
our ability to cope at that
particular time**

**Fire and stress...both
potentially destructive or
helpful forces, influenced by
human control**

**Uncontrolled, fire
sweeps through forests
or buildings, leaving
devastation in its wake**

**Controlled, fire provides
energy to heat our homes,
cook our food, fire our
jets and power our cars**

**Controlled stress is a
potent source of creative
energy which can
increase our efficiency**

**Allow stress to get out
of control and risk
burn out**

Warning Signs!

- ▶ Headaches, muscle tension, neck or back pain
- ▶ Upset stomach
- ▶ Dry mouth
- ▶ Chest pains, rapid heartbeat
- ▶ Difficulty falling or staying asleep
- ▶ Fatigue
- ▶ Loss of appetite or overeating “comfort foods”
- ▶ Lowered immune system
- ▶ Lack of concentration or focus
- ▶ Memory problems or forgetfulness
- ▶ Jitters
- ▶ Irritability
- ▶ Short temper
- ▶ Anxiety

Stress comes from...

- ▶ **Situations**
- ▶ **The body**
- ▶ **The mind**

**Stress...interaction
between what happens
to us and our perception
of it**

**“Things are neither
good nor bad but
thinking makes them
so”...**

Shakespeare

Stress from situation...

- ▶ people around us
- ▶ activities around us
- ▶ sounds we hear
- ▶ air we breathe
- ▶ environment we live in

Stress from our bodies....

- ▶ what we eat
- ▶ how we eat
- ▶ how we sleep
- ▶ how much we exercise

Stress from our minds...

- ▶ jumping to conclusions/making assumptions
- ▶ taking things personally
- ▶ exaggerating problems

Balancing Our Energy Account

Our energy account is like our checking account

If all we do is take and never replenish we end up overdrawn!

How Do We Make “Deposits” Into Our Energy Account?

What's Your Stress Management Plan ?

3 C's of stress management...

- ▶ **Commitment**
- ▶ **Control**
- ▶ **Challenge**

As always,
**remember your
St. Vincent EAP
as a resource!**

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