

Stress

It is everywhere and it affects
everything we do!

What is the best way to deal
with stress?

What is Stress

- The body's response to demands placed upon it
 - Response can be positive Eustress
 - Response can also be negative Distress

Everything will cause stress
there is nothing we can or
want to do about that

Stress is essential for life
Stress is a part of who we are
everyday

Stress can present in many different ways

- Exercise
 - Physical stress
- Working to get a paper written
 - Intellectual stress
- Having a fight with your best friend
 - Social stress
- Standing next to someone smoking
 - Environmental stress

Everyone responds to stress

- You are programmed to respond to stress
- This can not be avoided
- Your body will go through a series of predictable changes when stressed
- Knowing what is happening is a big part of learning to deal with it effectively

GAS

- General
- Adaptation
- Syndrome

Three stages of GAS

- Alarm stage
- Resistance Stage
- Exhaustion Stage

Alarm Stage

- First stage
- Body gets ready for quick action
- Adrenaline response
 - Increase in HR, BP, Resp, Sweat, Mental activity
 - Digestion slows
 - Muscles contract
 - Pupils dilate and hearing sharpens

Resistance Stage

- Second stage
- Body system begin to return to normal
 - Decrease in HR, BP, Resp, Sweat, Mental activity to near normal levels
 - Digestion returns
 - Muscles relax
 - Pupils and hearing return to normal
- This is where the body returns to normal

Exhaustion stage

- Not everyone reaches this stage
 - Many people return to the resting state after the resistance stage
 - Stress gone cycle stops
- Some people remain under high stress
- Some people do not deal with stress and stay in alarm stage
- Prolonged time in Alarm will eventually lead to exhaustion

What results do you expect from the exhaustion stage?

Exhaustion will
greatly increases risk of
injury, illness, and premature
death

So stress can present in many ways, does it remain in the area it was first felt?

Nope

- Stress in one area can begin to alter health status in all areas of your health
- For example imagine a divorce
 - Difficult to study
 - Problems sleeping
 - Changes in eating habits
 - Problems talking with peers or parents

How we deal with stress may be one of the biggest factors in determining our health status

Why?

To answer that question we need to cover how we learn

- Basic biology
 - Brain thinks and controls how and when we do something
 - Think of the brain as two systems
 - Rudimentary (brain stem)
 - Higher function (cerebral cortex)
 - Basic functions controlled through rudimentary (breath, heart beat, etc...)
 - Thinking, learning are controlled by Higher

This is good, why?

- Imagine if you had to think through the digestion process every time you ate something
 - Chew, chew, chew
 - Swallow
 - Secrete gastric juices
 - Churn stomach
 - Etc...

This rudimentary system
frees you up to learn and
discover many more new and
exciting things everyday with
the Higher function parts of
your brain

How do you know what you know?

- We learn
 - Something happens which then results in something else happening
 - You throw a ball hard it goes fast
 - You fall down it hurts so you try not to fall down
 - This can be to you or something you just observe

Learning means the action or activity has become something you know how to do and it is something you can do!

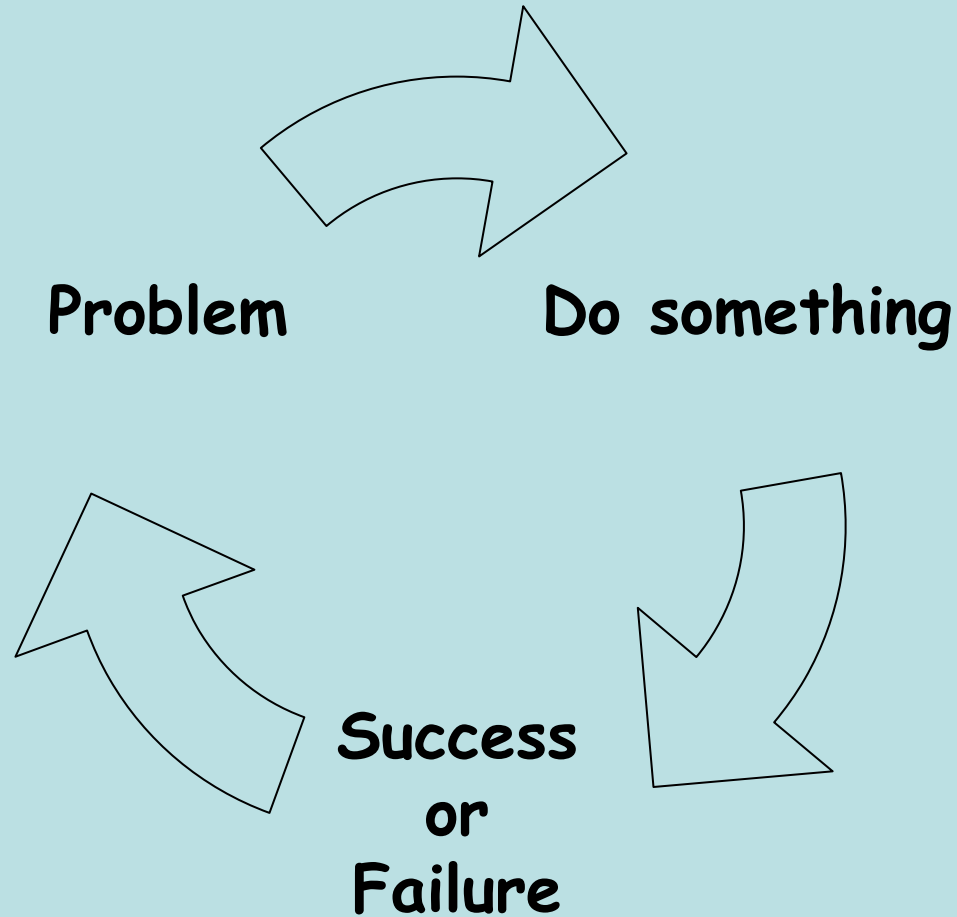
On a neural level

- Learn a new activity takes time and practice
- Must establish the pathways that allow your brain to control the actions you want
- Practice allows these pathways to become established
- Once established much less attention needs to be given to achieve the desired results

You have learned how to deal with stress

- This has been going on since the day you were born
- It continues everyday
- Establishing pathways to get this done is one of our major focus in this class
- An activity that leads to negative consequences is **not** the best way to deal with stress

Cycle of Learning



Poor stress management

- Think of people you know who deal with stress poorly
- Think of a person who deals with stress in a healthy way
 - Who Why
 - What Where
 - When How come

Stress primarily affects the rudimentary system but is felt through out the entire system

- Stress spreads
- Not dealing with it is not the answer
- Learn to recognize symptoms
- Find a strategy that works for you
- Be consistent, be patient, it will take time

Your brain can be against you

- Stress tends to be thought of as external pressures coming at you
- Stress can be generated from within
- Stress can run backwards at times
 - What you think you will feel
 - Rollercoaster
 - Public speaking
 - Trying something new

Review of our major focus
areas in relation to stress

Access information

- You've just been provided a small bit of info are other sources available?
 - Parents
 - Family doctor
 - Teachers
 - Counselors
 - Yep, even Google, a search turned up 211,000,000 results in 0.7 seconds

Analyze information

- Does that mean that all of the sources are reliable, valid, and right for you?
 - NOPE!
 - You are you, not me, your, mom, your doctor, etc...
- Your way of dealing with stress will be your way
- Media literacy

Comprehend health concepts

- Do you get it?
- It seems easy but you need to really think about this concept
- Look for additional help, information, ideas as needed

Goal Setting

- What are you going to do now?
- Choice to make, learn to deal with stress or suffer the consequences down the line
- What you choose to do may change over time

Interpersonal communication

- What others do will have an affect on you
- Learn to deal with it early
- Verbal, nonverbal, behavior, expression of needs wants feelings, healthy relationships, conflict skills,
- Practice, Practice, Practice

Self maintenance

Do it

Advocacy

- What around you causes stress?
- Does it affect others
- What prevents you from doing something to prevent it
- Work with people to fix problems
- **Be a role model**

Assignment

- Talk with your mom and/or dad
 - Find out what stresses them out and how they deal with stress
 - Is their behavior health or unhealthy
 - Write up what they say
 - Needs to be a paragraph
 - Intro, 2-3 sentences, conclusion
 - Neatly done
 - Have it signed by the person you interviewed