

Chapter Three
 managing stress and coping with life's challenges
 12th edition, pp. 71-95; 13th edition, pp. 72-98

Chapter Four
 improving you sleep
 13th edition, pp. 99-117; 12th edition, pp. 98-110



types of stress
 13th edition, pp. 74-75; 12th edition, pp. 72-73

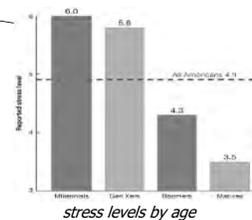
Eustress: stress that presents the opportunity for **positive** personal growth and satisfaction

Distress: stress or incidences in our lives that are perceived as **negative**. Can have a negative effect on our health and self esteem

- ✓ **Acute stress:** demands/pressures for recent past or near future (most common)
- ✓ **Episodic acute stress:** regularly reoccurring (test anxiety)
- ✓ **Chronic stress:** often not as intense, but constant affecting health
- ✓ **Traumatic stress:** intense experience such as a major incident, and symptoms can last years

you cannot always control what happens to you, although you can control how you react!

defining stress
 13th edition, p 73



Largest sources of stress for 18-32 individuals

- Work
- Relationships
- Money
- Job stability

Definition of stress:
 "The mental and physical response and adaptation by our bodies to real or perceived change and challenges"

defining types of stress
 13th edition, pp. 74-75; 12th edition, pp. 72-73

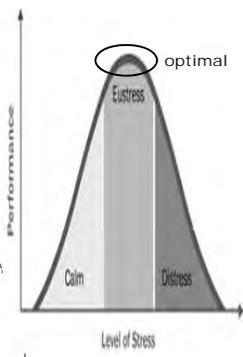
Distress:	Eustress:
- work	- first date
- exams	- job interview
- relationships	- exams
- \$\$\$\$\$	- relationships
- family	- \$\$\$\$
- children	- Family
- illness	- Children
- addictions	- getting married
	- working out

often how you 'frame' a stress is how you perceive it!

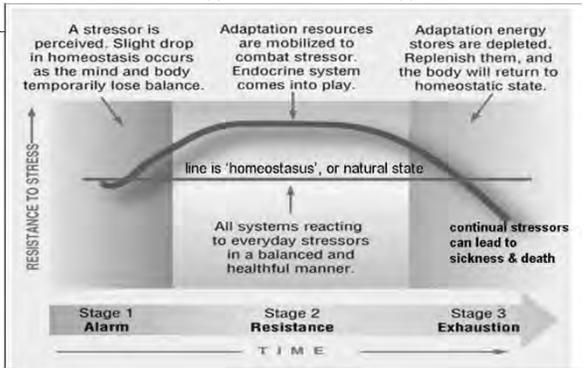
what makes an event stressful?
 not in texts

Any event that requires a person to adjust, make changes, or expend resources has the potential to be stressful. Some types of events are more likely to be perceived as stressful than others:

- Negative or unpleasant events (distress)
- Uncontrollable or unpredictable events
- Ambiguous events (uncertainties)



general adaptation syndrome
 13th edition pp. 75-76; 12th edition, pp. 73-74



A stressor is perceived. Slight drop in homeostasis occurs as the mind and body temporarily lose balance.

Adaptation resources are mobilized to combat stressor. Endocrine system comes into play.

Adaptation energy stores are depleted. Replenish them, and the body will return to homeostatic state.

line is 'homeostasis', or natural state

All systems reacting to everyday stressors in a balanced and healthful manner.

continual stressors can lead to sickness & death

Stage 1 Alarm **Stage 2 Resistance** **Stage 3 Exhaustion**

TIME

how our body reacts to stress

13th edition, p. 76; 12th edition, p. 74

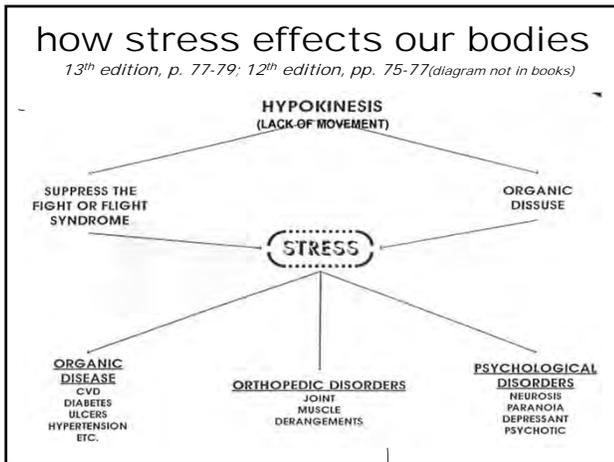
Whenever we react to a stressor, our adrenal glands secrete adrenaline or epinephrine into our bodies and initiate the 'fight or flight syndrome' for survival

can stress harm or kill us?

13th edition, pp. 78-79; 12th edition, pp. 75-76

chronic or continual stress can lead to the following health related concerns:

- ✓ tension headaches & migraines
- ✓ asthma
- ✓ some types of ulcers
- ✓ loss of intimacy and sex drive
- ✓ joint, muscle and lower back pain
- ✓ weight management issues
- ✓ weakened immune resistance
- ✓ continual stress can weaken our bodies against the onset of Diabetes
- ✓ cardiovascular concerns:
 - ✓ hypertension
 - ✓ increased 'plaque' build-up and hardening of the arteries



- ### causes of stress
- 13th edition, pp. 79-82; 12th edition, pp. 78-81
- ✓ **change:** we are creatures of habit, and any time our normal routine changes, we experience stress
 - ✓ **hassles:** petty annoyances and frustrations: traffic, family, relationships, inconsistent expectations
 - ✓ **peer-family pressure:** we feel we have little or no control with sometimes inconsistent values
 - ✓ **Self Esteem & Self Efficacy:** perception of self, and ability
 - ✓ **inconsistent goals and behaviors:** do we want good grades, but fail to act effectively obtaining them
 - ✓ **overload:** excessive time pressure, responsibility, high expectations
 - ✓ **environments:** where we live, work, or go to school
 - ✓ **bias and discrimination:** discrimination, violence, inability to control the environment
 - ✓ **personality:** Type A, controlling-aggressive-cynical v. Type B, more relaxed

causes of stress, con't

13th edition, pp. 80-81; 12th edition, pp. 78-81

Adjusting to change for college students:

- New competitive school environment
- Less scheduled day
- Work/school balance
- Money
- Relationships (family + intimate)
- Living situations

Are you stressed? Take the stress test:
 13th edition, pp 94-95;
 12th edition, pp. 93-95

taming technostress:

not in texts

- ✓ back-up computer files, don't assume
- ✓ resist need to have the newest and flashiest
- ✓ avoid 24/7 dependence: manage time on the phone or texting to avoid 'iDisorders'. Turn technology off when you want a break...don't drive and use your phone to talk or text!
- ✓ don't lose yourself or your identity with technology by facebooking or texting
- ✓ take breaks and exercise
- ✓ don't take technology on holidays or breaks

work to control technology, don't let technology control you!

overcoming test taking anxiety

13th edition, p. 85; 12th edition, p. 83

- ✓ **Manage your time:** begin studying well in advance, and write down potential questions and answers, reading them aloud to enhance retention
- ✓ **Build your test taking self-esteem:** on a 5x3 card write down the reasons why you'll pass the exam in addition to test question and answer flash cards
- ✓ **Eat a balanced meal before:** avoid high sugar meals or drinks that may cause an energy 'crash' during the exam
- ✓ **Manage your time during the test:** budget your time, allotting a certain amount of time per question or section to avoid spending too much time on one section
- ✓ **Answer the questions you know first:** then go back and use a process of elimination, and as a last resort write down an educated guess...use the entire allotted time
- ✓ **Slow down:** take deep breaths, and focus. Make sure you understand the question...do not be afraid to ask the teacher for clarification

want to become a more effective student? Enroll in STSK 78

managing your stress

13th edition, pp. 86-88; 12th edition, pp. 84-91

- ✓ **assess your stressors:** recognize your stressors and alter your behavior to deal with them more effectively
- ✓ **changing your response:** look for the appropriate response...anger is not one of them
- ✓ **learn to cope:** emotional 'inoculation': looking long term, seeking solutions, working to change the environment
- ✓ **downshift:**
determine your ultimate goal...control the static;
make goals to simplify your life...
trinkets v. treasures
simplify your financial life...resist buying on credit
choose the right career for you
clear out/clean out
be organized...touch paper only once
- ✓ **Develop a support network:** create a network of friends and family who you can share and confide in, and deflect stress (next slide)



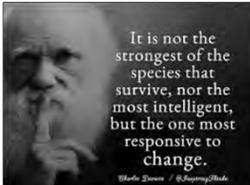
did you know?

Stress is caused by many factors including change, and we live in 'exponential times'.

Are you positioned to make the most of the technological changes we will all confront in our future?



1943-first programmable computer
Colossus - Bletchley Park, England



It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.

<https://youtu.be/wT2D-6-7kSk>

find friends who will help reduce stress in your life

13th edition, p. 87; 12th edition, p. 85

- ✓ keep friends whom you can trust
- ✓ those who have similar values and share common interests
- ✓ those who are good listeners
- ✓ those who are supportive rather than critical
- ✓ those who are responsible
- ✓ those who have 'balance' in their lives
- ✓ invest time with your most important friends and loved ones



taking physical action to reduce stress

13th edition, pp. 88-93; 12th edition, pp. 87-88

- ✓ **exercise:** reduces stress by elevating levels of endorphins, improves mood and mental alertness
- ✓ **get enough sleep:** sleep is one of the biggest stress busters of all...(next chapter)
- ✓ **relaxing:** Yoga, Qigong, Pilates, tai chi, feng shui, all calm your body to better cope while raising endorphins
- ✓ **eating healthfully:** less caffeine and additives from fast food place your body in greater balance and maintains health



changing the way we think

13th edition, pp. 86-88; 12th edition pp. 86-87

- ✓ **worry constructively:** don't worry about things beyond your control
- ✓ **fight the anger urge:** plan ahead to avoid, learn to vent, leaving anger in the past
- ✓ **look at life being fluid or ever changing**
- ✓ **consider alternates:** 'plan B' is often as good if not more appropriate for the situation
- ✓ **moderate your expectations:** set realistic goals and continually re-evaluate
- ✓ **tolerate your own and others mistakes**
- ✓ **live simply:** trinkets v. treasures - moderate your financial expectations
- ✓ **Cultivate your Spiritual side:** find your purpose and live more fully...seek out like minded individuals

MHE-110: Chapter Three & Four - Managing Stress & Improving Your Sleep

Dr. Dave Shrock

time management strategies

13th edition, p. 90; 12th edition, pp. 88-89

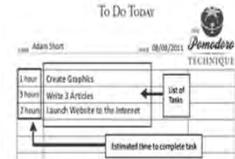
- ✓ Take on only one thing at time
- ✓ clean off your desk
- ✓ prioritize your tasks...make lists
- ✓ find a clean, comfortable place to work
- ✓ reward yourself for work completed
- ✓ avoid interruptions
- ✓ work when you are at your best... are you a morning or night person?
- ✓ remember that time is precious
- ✓ take a study skills or guidance class to become more efficient



time management strategies

13th edition, p. 90; 12th edition, pp. 88-89

- ✓ Write down tasks for each week...writing down tasks helps you 'own' the tasks and frees up problem solving room in your brain
- ✓ Write down daily tasks the evening before...this will help you formulate action plans while sleeping
- ✓ break overwhelming tasks into manageable smaller tasks – **Pomodoro Technique** from 15-25min periods with physical breaks in between
- ✓ Determine a 'finish time' which gives you time for working-out or leisure
- ✓ Complete your least favourite, or most timing task first and the rest of day 'falls into place'



improving your sleep

Chapter 4

13th edition pp. 99-115; 12th edition, pp. 98-109

Why we need 7-8 hours of sleep each night:

- ✓ helps maintains immune system, lessening susceptibility to colds & infections
- ✓ reduces risk of high blood pressure and cardiovascular disease
- ✓ contributes to healthy metabolism and body weight, by regulating hormones
- ✓ contributes towards better neurological functioning
- ✓ such as thinking, decision making, class work, being less irritable
- ✓ contributes towards better motor tasks such as sports and driving
- ✓ reduces depression, anxiety attacks, helps raise self-esteem
- ✓ Only 1-3% of us can effectively survive on less than 8hrs of sleep



Over 1,500 accidents- 20% of total contribute to 100,000 deaths each year due to lack of sleep

sleepless in America

13th edition, pp. 100-102

- 20-40% of U.S. population has trouble sleeping
- 88% of college students don't feel rested most days of the week
- Only 10.6% reported getting enough to feel rested

Why are we so sleep deprived? Contributing factors:

Shift work: changes from day-to-day disrupt our biological clocks

Drugs and medications: can lead to excessive sleeplessness

Sleep habits: too much screen time, exercise or eating right before bed

Gender: Women with hormonal shifts tend to have more sleep problems

Sleep disorders: chronic disruption of circadian rhythms, ex: sleep apnea



TABLE 4.1 | Adults Reporting Selected Sleep Behaviors in 12 States

Age (Years)	Unintentionally Fell Asleep during the Day at Least Once in the Past Month	Woke Up or Fell Asleep While Driving in the Past Month
18 to 25	43.7%	4.5%
25 to 35	36.1%	7.2%
35 to 45	34.0%	5.7%
45 to 55	35.3%	3.9%
55 to 65	36.5%	3.1%
>65	44.6%	2.0%

what goes on when you sleep

13th edition, pp. 104-106; 12th edition, p 102-103

- ✓ **circadian rhythms:** or our 'internal clock' that determines our 24-hour clocks when we sleep, eat, and feel best to do activities
- ✓ **sleep:** defined as a reversible state of reduced responsiveness
- ✓ **non REM (rapid eye movement) sleep:** approx. four 90 minute cycles that restore our body's metabolism interspersed with REM sleep. Brain waves, Heart rate, breathing slows, body rebuilds torn tissue, restores energy
- ✓ **REM (rapid eye movement) sleep:** distinguished by brain wave activity and eye movement behind eye lids. The brain processes/consolidates past events. Some experts say the brain is as active as when we're awake! Muscles are paralyzed, except respiratory during REM Sleep
- ✓ Experts say we need as much as 3-4 hrs of REM sleep a night
- ✓ **Most effective hours for sleep: 10:00pm-8:00am**
This is when growth hormones are most active in the body's recovery and restoration process



how to get better quality sleep

13th edition, pp. 110-113; 12th edition, pp. 103-104

These strategies will help you to get to this relaxed state more quickly:

- ✓ **chill:** Turn down the thermostat to approx. 65°
- ✓ **establish consistent schedule:** if you must complete tasks, it's better to go to sleep at a regular time, and wake up early
- ✓ **honour your circadian rhythms:** or your personal 'body clock'
- ✓ **exercise:** but not 2-4 hours before going to bed
- ✓ **limit caffeine and alcohol:** 6-2 hours before going to sleep
- ✓ **avoid eating a heavy meal:** 3-2 hours before going to sleep
- ✓ **let there be light:** during the day stay in natural or effective indoor lighting to stay alert
- ✓ **associate bed with sleep:** limit technology, school work or activities not associate with sleep in the bedroom
- ✓ **Limit screen time before bed:** Ideally do not have a TV, computer, or mobile device in your bedroom. Screen emit a blue tinged light which stimulates the brain, making it harder to sleep.
Review 'Technology's toll on our sleep on p. 103 in 13th edition

how to get better quality sleep

13th edition, pp. 113-114; 12th edition, pp. 103-104

- ✓ **avoid late afternoon naps longer than 20 minutes:** best is a less than 30min nap in the early afternoon
- ✓ **spend time before going sleep 'winding down':** reading, yoga, meditation-prayer...also remember to breathe which relaxes our bodies
- ✓ **sleep tight:** create a comfortable sleeping environment with a comfortable mattress, pillow and sheets
- ✓ **avoid screens** before going to bed
- ✓ **create your sleep cave:** less light, cooler temperatures, and perhaps low constant or white noise are an ideal sleep environment
- ✓ **make your bedroom and mental escape:** Clear your mind of worries you can't fix, focus on unwinding
- ✓ **Say no to animals on your bed:** Though good companions, animals often prevent a full night's sleep
- ✓ **don't take non-prescribed sleeping aids and ween yourself of prescribes ones:** Often interfere with your brains natural sleep progression.



work stress & 'no-vacation nation'

not in texts

- ✓ Increasingly Americans view vacations an unnecessary luxury
- ✓ 61% of Americans do not use allotted holiday time
- ✓ Reasons: Needed the money if not a paid vacation, too much work, 2 working adults creating work conflicts, over scheduled children often lead to less time for holidays
- ✓ Results in 'staycations' or long weekends when workers stay tethered to work via technology
- ✓ 39% of workers returned to work as stressed as they left
- ✓ Continual studies show workers perform best with disconnected holiday time of one week or more per year



world comparisons of holidays

not in texts

Historical perspective in US:

- ✓ **1970: 1547 hours on the job** (32 hr wks)
- ✓ **1980: 1665 hours on the job** (34 hr wks)
- ✓ **1990: 1720 hours on the job** (35 hr wks)
- ✓ **2016: 1836 hours on the job** (37 hr wks)

World comparisons in 2016:

USA: 37 hours p.w. - no stated holiday leave

So. Korea: 45 hours p.w. - 2 week holiday

Germany: 36 hours p.w. - 4 week holiday

Norway: 30 hours p.w. - 4-6 week holiday

Ideal work week for optimal output is 36 hrs. per week

do we work to live or live to work?