

Chapter Three managing stress and coping with life's challenges

12th edition, pp. 71-95; 11th edition, pp. 71-97

Special Section:
Improving you sleep
 12th edition, pp. 98-110; 11th edition, pp. 98-108

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



types of stress

12th edition, pp. 72-73; 11th 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 types of stress

12th edition, pp. 72-73; 11th edition, pp. 72-73

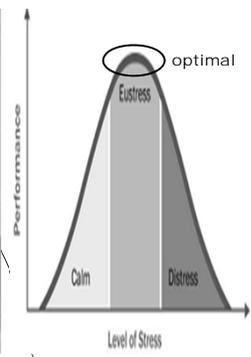
<p>Distress:</p> <ul style="list-style-type: none"> - work - exams - relationships - \$\$\$\$\$ - family - children - illness - addictions 	<p>Eustress:</p> <ul style="list-style-type: none"> - first date - job interview - exams - relationships - \$\$\$\$ - family - children - getting married - working out
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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

12th edition, pp. 73-74; 11th edition, pp. 74-75

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

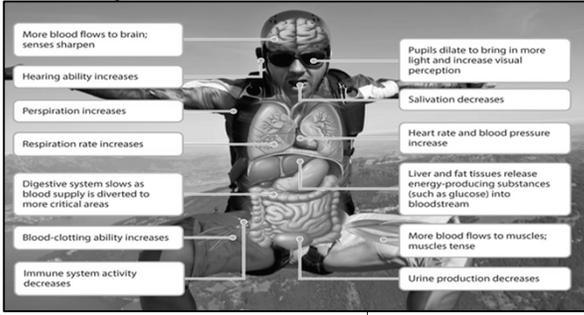
Stage 2
Resistance

Stage 3
Exhaustion

how our body reacts to stress

112th edition, p. 74; 11th edition, p. 75

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



- More blood flows to brain; senses sharpen
- Pupils dilate to bring in more light and increase visual perception
- Hearing ability increases
- Salivation decreases
- Perspiration increases
- Heart rate and blood pressure increase
- Respiration rate increases
- Liver and fat tissues release energy-producing substances (such as glucose) into bloodstream
- Digestive system slows as blood supply is diverted to more critical areas
- More blood flows to muscles; muscles tense
- Blood-clotting ability increases
- Urine production decreases
- Immune system activity decreases

can stress harm or kill us?

12th edition, pp. 75-76; 11th edition, pp. 76-77

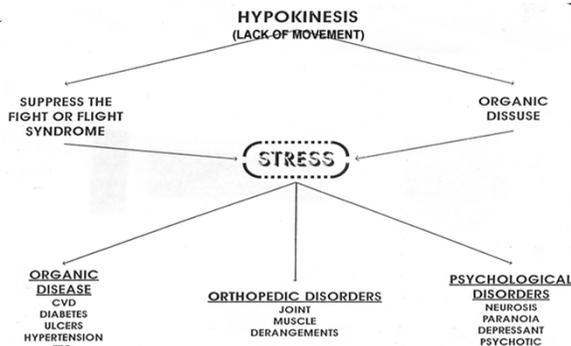
chronic or continual stress can lead to the following health related concerns:

- ✓ 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



how stress effects our bodies

12th edition, pp. 75-77; 11th edition, pp. 76-77 (diagram not in books)



causes of stress

12th edition, pp. 78-81; 11th edition, pp. 78-83

- ✓ **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

12th edition, pp. 78-81; 11th edition, pp. 78-83



Are you stressed?
 Take the stress test:
 12th edition, pp. 93-95; 11th edition, p. 93;

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

12th edition, p. 83; 11th 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 task the teacher for clarification
- want to become a more effective student? Enroll in STSK 78*

improving your sleep!

Special Section: *Improving your sleep*: 12th edition, pp. 98-109; 11th edition, pp. 98-109

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

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

- ✓ helps maintain 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 contribute to 100,000 deaths each year due to lack of sleep

what goes on when you sleep

Special Section: *Improving your sleep*: 12th edition, p. 102-103; 11th edition, p. 98-109

- ✓ **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

Special Section: *Improving your sleep*: 12th edition, pp. 103-104; 11th edition, p. 98-109

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

- ✓ **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 4-2 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

Sleep Sabotagers

- Partying late into the night, especially if alcohol is used.
- Too much caffeine. Turning to sodas and coffee to offset a bad night's sleep can make the problem even worse the next night.
- Vigorous exercise too close to bedtime.
- Depression, anxiety, or some chronic conditions, and the medications used to treat them.
- Late night snacking. While you don't want to go to bed hungry, a full stomach can keep you up.
- Odd work hours that interfere with your natural body clock, such as working the graveyard shift.



how to get better quality sleep

Special Section: *Improving your sleep*: 12th edition, pp. 103-104; 11th edition, p. 98-109

- ✓ **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
- ✓ **limit stimuli**: turnoff cell phones, avoid playing video-computer games, watching TV or other stimulating activities 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
- ✓ **don't take non-prescribed sleeping aids and ween yourself of prescribes ones**. Often interfere with your brain's 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)
- ✓ **2014: 1836 hours on the job** (37 hr wks)

World comparisons in 2014:

- 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?