TEACHER HANDOUT ON STRESS MANAGEMENT

Our reactions to stress…

What we notice:

- HEART RATE SPEEDS UP
- BP RISES
- BREATHING SPEEDS UP
- BLOOD TO MUSCLES
- SWEATING
- BLOOD SUGAR INCREASES

Common Symptoms of stress…

1. Physical Symptoms
   MUSCLE TENSION
   NAUSEA, VOMITING
   HEADACHES
   JAW, NECK & BACK PAIN
   DIARRHEA
   SLEEP DISTURBANCES
   DRY MOUTH, SWEATY PALMS
   UPPER RESPIRATORY INFECTIONS
   COLD HANDS
   BREATHING CHANGES (E.G., SHALLOW, SIGHING)

2. Emotional/mental Symptoms
   ANXIETY, WORRY, GUILT, NERVOUSNESS
   ANGER, FRUSTRATION
   MOODINESS
   DEPRESSION
   APPETITE VARIES
   RACING THOUGHTS
   NIGHTMARES
   DIMINISHED CONCENTRATION
   IMPAIRED MEMORY OR FORGETFULNESS
   INDECISIVENESS
   CLOSE TO TEARS OR CRYING
   LONELINESS
   FEAR OF GETTING CLOSE
   SUICIDAL THINKING
   TROUBLE LEARNING NEW INFO
   CONFUSED/DISORGANIZED
Behavioral Symptoms

- TARDINESS
- SERIOUS APPEARANCE
- NERVOUS BEHAVIOR/HABITS
- RUSHING/PACING
- ON EDGE
- INCREASED FRUSTRATION/IRRITABLE
- MORE ACCIDENTS
- OVERREACTING
- REDUCED PRODUCTIVITY
- SOCIAL WITHDRAWAL
- DEFENSIVE
- SLEEP PROBLEMS/TIREDNESS
- INCREASED USE OF OTC DRUGS
- INCREASED TOBacco
- INCREASED ALCOHOL
- INCREASED RECREATIONAL DRUGS

Effects of Stress...

Though Long term effects are harmful, most of us bounce back...

UNDER LONG-TERM STRESS HOWEVER:

- OUR PERSONALITIES CHANGE
- MAY BECOME DEPRESSED
- FEEL HELPLESS/HOPELESS
- BECOME EXPLOSIVE/IMPULSIVE
- HAVE EXAGGERATED FEARS
- DEVELOP ANXIETY/PANIC
- DEVELOP PHYSICAL PROBLEMS INCLUDING CV DISEASE, HBP, ULCERS OR HEADACHES

STRESS MANAGEMENT STRATEGIES:

Deep Breathing

Slowly inhale through your nose. Expand your abdomen before permitting air to fill your lungs.

Slowly release the air from your abdomen and your lungs.

Repeat slowly for 3 to 5 minutes.

Enjoy the relaxed sensation!

Muscle Relaxation

You may use and practice this skill sitting or lying down.
Each muscle is tensed from 5 to 10 seconds and then relaxed for 10 to 20 seconds. If the muscle group remains tense, the exercise may be repeated for the muscle group to induce relaxation.

The major muscle groups are:

Arms, & hands;

Head, face, shoulders;

Chest, stomach & lower back

Thighs, calves, buttocks and feet

Practice twice daily for 10 to 15 minutes.

Deep Muscle Relaxation reduces tension.

Muscle Relaxation – Practice...

Step 1: Curl both fists, tightening biceps & forearms (Muscle man pose). Relax…

Step 2: Wrinkle up forehead. Press your head as far back as possible, roll it clockwise in a complete circle, reverse.

Step 3: Now wrinkle up face muscles like a walnut- frowning, squinting eyes, pressing tongue to roof of mouth, and hunching shoulders.

Relax…

Step 4: Arch back as you take a deep breath into the chest. Hold then relax. Take a deep breath, pressing out the stomach. Hold & Relax…

Step 5: Pull feet & toes back towards the face and tighten shins. Hold & Relax…

Step 6: Curl toes while tightening thighs, calves & buttocks. Relax…

Document prepared by: Ms. Aneesha Babani, Research scholar, SIAS
Some useful work tips…

• **GET ORGANIZED:** *Time Management*
  USE CALENDERS OR “TO DO LISTS”

• **KNOW YOUR LIMITS:**
  BE REALISTIC AND AVOID OVERLOAD

• **CHANGE ATTITUDE:** *More +ve and optimistic*
  LEARN TO SEE STRESSFUL SITUATIONS AS CHALLENGES

• **TALK IT OVER:** *Get some support*
  TALK THE SITUATION OVER WITH A FRIEND

• **LEARN TO SAY “NO”:**
  THERE ARE SOME DEMANDS THAT WE HAVE NO CONTROL OVER.
  SEPARATE THOSE FROM ACTIVITIES OVER WHICH WE HAVE SOME
  CONTROL, AND LEARN TO SAY “NO” TO DEMANDS.

• **POSITIVE SELF TALK:**
  LEARN THAT YOU CAN MANAGE A STRESSFUL SITUATION BY WHAT YOU
  SAY TO YOURSELF, “I CAN HANDLE THIS ONE STEP AT A TIME”.

• **TAKE CHARGE:**
  TAKE RESPONSIBILITY FOR MAKING YOUR LIFE WHAT YOU WANT.

Some positive self-talk statements

WHEN STRESSED:

• I can handle these symptoms!
• This too will pass!
• I’ll ride this through- I don’t need to let this get to me
• I can take all the time I need to let go and to relax…
• This is not dangerous!
• So what!!
**WHEN DEALING WITH STRESS:**

- Take 1 step at a time!
- I can handle the situation!
- Relax, I’m doing okay!
- Take a slow deep breath
- This nervousness is what I anticipated. It is a reminder to use my relaxation strategies.

**AFTER PLANNING AND HANDLING STRESS SUCCESSFULLY:**

- I did it!
- It worked!
- It was not as bad as I expected…
- I can’t wait to tell someone
- I’m improving each time I practice!

**My Stress Management Plan**

- Identify stressors
- Identify stress responses
- Identify action alternatives
- Develop a plan
- Modify plan

**Evaluate Plan**

- What did you do that you liked?
- What would you like to improve?
- What did you learn from the experience?
- Be kind, supportive and positive in your self-assessment!