



# Stress Management

Woodford County Adult Education



# Is this stressful?



In this session, we hope to acknowledge and confront some of the problems that stress causes in our lives.

Let's take a short quiz and see if stress may be a part of your life.



# Do you have stress?

## Take this short quiz....

1. Do you worry about the future?
2. Do you sometimes have trouble falling asleep?
3. Do you often reach for a cigarette, a drink, or a tranquilizer in order to reduce tension?
4. Do you become irritated over basically insignificant matters?

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# Do you have stress?

5. Do you have less energy than you seem to need or would like to have?
6. Do you have too many things to do and not enough time to do them?
7. Do you have headaches or stomach problems?
8. Do you feel pressure to accomplish or get things done?

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# Do you have stress?

9. Are you very concerned about being either well-liked or successful?
10. Do you perform well enough in life to satisfy yourself?
11. Do you get satisfaction from the small joys or simple pleasures of life?
12. Are you able to really relax and have fun?

# Scoring

- ▶ #1-9: one point for each yes answer.
- ▶ #10-12: one point for each no answer.
- ▶ A score of 4 or more suggests that you may be under significant stress.

# What is stress?



Stress is the response of the body to any demand made upon it.

- ▶ Stress affects everyone
- ▶ Therefore, stress management is one of the most important skills for a learner

**There are many things in life that we cannot change—**

**But we can *improve our ability to cope* with stress.**

# Stress can be good and bad

- It causes us to grow and expand , and helps us to get things done
- But, it can be harmful if we have too much of it.



# Common Misconceptions About Stress



- ▶ **We always know when we are under stress.**
  - Often people are so used to stress that they are no longer aware of it.
  - Many of us suffer the bad effects of stress even though we don't feel tense.
  - Stress can change the way you treat others without having a feeling of frustration or anxiety.



- ▶ **Myth: Stress is something which affects only those who have high-pressure lives.**

Many ordinary individuals experience the constant stress of worry, while dealing with everyday life.



- ▶ **Myth: The only way to lower stress is to change your surroundings or to take medication.**

Stress comes from the way we *perceive* the world, not from the way the world really is.

Try changing your outlook on life.



- ▶ **Myth: Stress is caused by events that happen to us.**



It is not events that cause our distress,  
but rather  
**how we react or respond** to them.

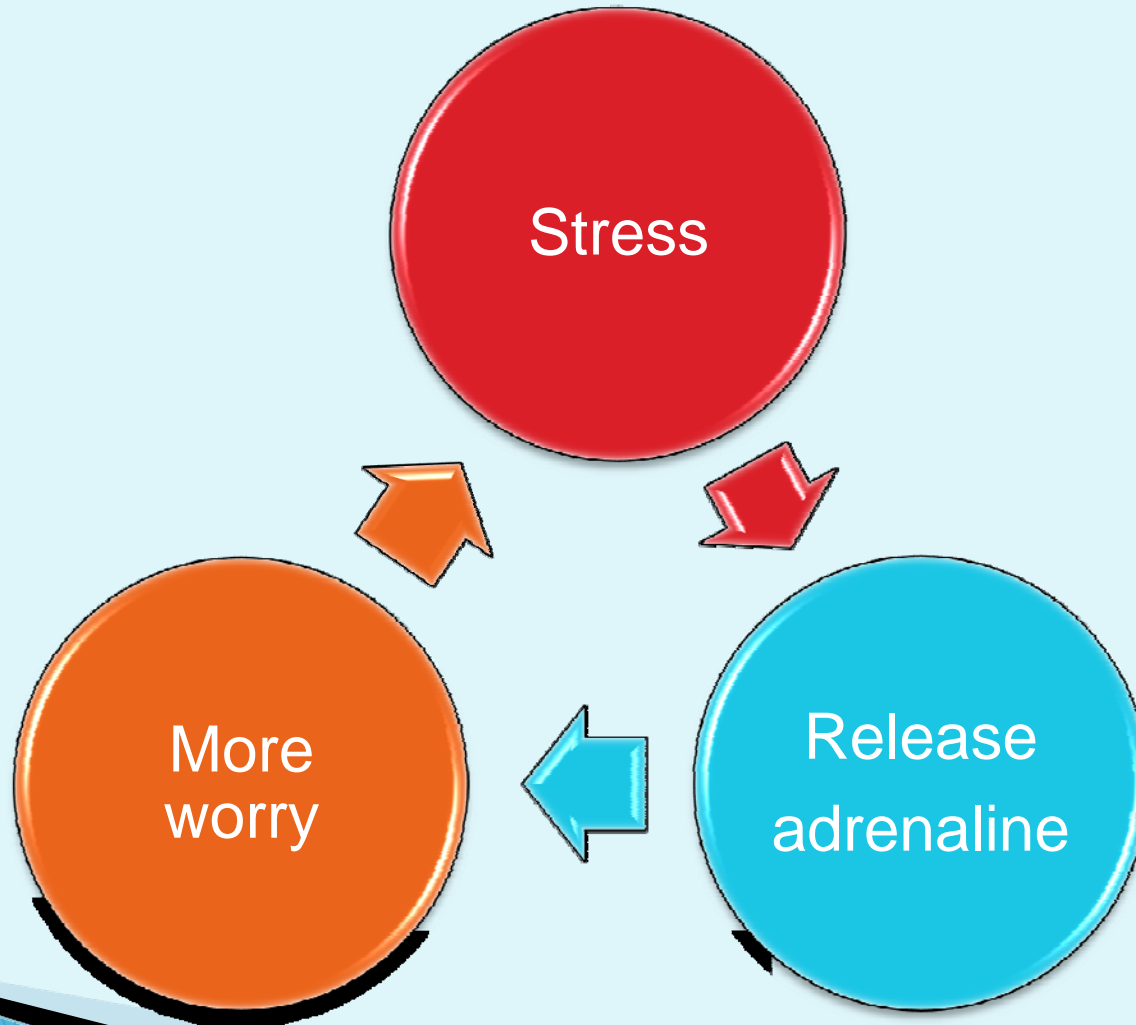


- ▶ **Myth: Emotions have a will of their own and cannot be controlled.**

Creating a new understanding of a situation can make it less threatening or stressful.

For example, getting some work done can keep us from worrying about it.

# The Viscous Cycle of Stress



# Reducing Stress

- ✓ Review your schedule
- ✓ Delegate responsibility
- ✓ Set priorities
- ✓ Try different routines
- ✓ Use physical activity





# Coping with Stress

Try these !

- ▶ Change your negative self-talk into positive statements
- ▶ Relax through deep breathing and visualization
- ▶ Get your feelings “out in the open.”

# Negative vs. Positive



## ▶ Negative thinking:

"I'll never get this assignment done on time."

"I made a mistake on page 3 of my paper. Now the whole thing is ruined."

## ▶ Positive thinking:

"If I stay focused and take one step at a time, I'll make progress."

"No one is perfect. I did my best. I'm overreacting to one mistake when the overall paper is fine."

# One last thought:

- ▶ Remember, stress **CAN** be controlled.  
It takes patience and practice, but the effort will definitely be worth it!





Adapted from

- ▶ Learning Enhancement Center, Coconino Community College
- ▶ Learning Skills Center at University of Texas at Austin  
Available: <http://www.utexas.edu/students/lsc>. 20 May 1998.
- ▶ Center for Anxiety and Stress Treatment/Stress Health Enterprises  
Available: <http://stressrelease.com/>. 20 May 1998.
- ▶ New England Mindbody Institute  
Available: <http://www.ne-mindbody.com/>. 20 May 1998.
- ▶ Modern Life Guide  
Available: <http://www.modlife.com/>. 20 May 1998.