


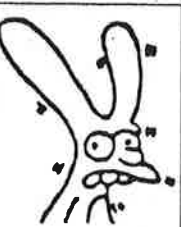


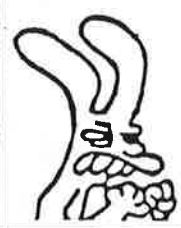
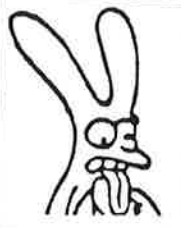

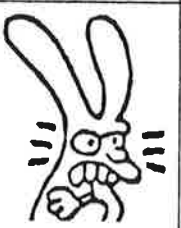




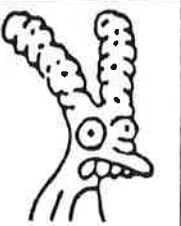






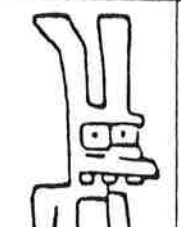




# WHAT IS STRESS \*



- \* Body's physical and psychological response to anything perceived as overwhelming
- \* What goes on inside your body when you experience a frustrating situation or person
- \* Non-specific response to a demand
- \* Wear and tear on the body as it adapts to change
- \* Physical, chemical, emotional reactions to circumstances that arouse, frighten, excite, confuse, irritate, etc.
- \* Cause of emotional or physiological strain, usually resulting from a perceived struggle or mismatch between what a person would like to happen and what the world delivers
- \* Reality is the leading cause of stress among those in touch with it (Lilly Tomlin)

## THE 24 WARNING SIGNS OF STRESS

					
LINGERING ANGER	COLD SWEAT	ENLARGED PUPILS	TREMBLING	THE SHAKES	URGE TO BITE SELF
					
AGGRESSIVE BODY LANGUAGE	DRY MOUTH	PANIC ATTACKS	HATRED	SELF-HATRED	STRANGE NEW CLOTHES
					
ODD RASHES	TWISTY EYES	TWISTY EARS	TWISTY HEAD	BOXED-IN FEELING	INCREASED APPETITE
					
WEIRD DREAMS	VERY WEIRD DREAMS	FEELINGS OF INSUBSTANTIALITY	STIFF MUSCLES	OVERALL STIFFNESS	ALL OF THE ABOVE

## Quick Stress Test

*Below is a list of items to help you evaluate how much stress you may be experiencing. After reading each item, mark the ones you have felt during the past week.*

- Numbness or tingling. \_\_\_\_\_
- Feeling hot. \_\_\_\_\_
- Shakey legs. \_\_\_\_\_
- Unable to relax. \_\_\_\_\_
- Fear of the worst happening. \_\_\_\_\_
- Dizzy or lightheaded. \_\_\_\_\_
- Heart pounding or racing. \_\_\_\_\_
- Unsteady. \_\_\_\_\_
- Nervous feeling. \_\_\_\_\_
- Feelings of choking. \_\_\_\_\_
- Trembling hands. \_\_\_\_\_
- Fear of losing control. \_\_\_\_\_
- Difficulty breathing. \_\_\_\_\_
- Fear of dying. \_\_\_\_\_
- Scared. \_\_\_\_\_
- Indigestion. \_\_\_\_\_
- Faint. \_\_\_\_\_
- Sweating (not due to heat). \_\_\_\_\_

*Mark if any of these items have occurred in the past year...*

- Death of a loved one \_\_\_\_\_
- Divorce. \_\_\_\_\_
- Marital separation. \_\_\_\_\_
- Relational Problems. \_\_\_\_\_
- Jail Term. \_\_\_\_\_
- Personal injury or illness \_\_\_\_\_
- Marriage. \_\_\_\_\_
- Fired from work. \_\_\_\_\_
- Family illness. \_\_\_\_\_
- Pregnancy \_\_\_\_\_
- Change in financial status. \_\_\_\_\_
- Marital arguments. \_\_\_\_\_
- Change in job. \_\_\_\_\_
- Job Difficulties. \_\_\_\_\_
- Moved residences. \_\_\_\_\_
- Change in normal routine. \_\_\_\_\_
- Daily commute over 5 miles. \_\_\_\_\_
- Angry at family member. \_\_\_\_\_
- Vacation. \_\_\_\_\_
- Christmas Season. \_\_\_\_\_
- Life! \_\_\_\_\_

## SELF ASSESSMENT EXERCISE 10

- 1. Give yourself 10 points if you feel that you have a supportive family.
- 2. Give yourself 10 points if you actively pursue a hobby.
- 3. Give yourself 10 points if you belong to some social or activity group that meets at least once a month (other than your family).
- 4. Give yourself 15 points if you are within five pounds of your "ideal" bodyweight, considering your height and bone structure.
- 5. Give yourself 15 points if you practice some form of "deep relaxation" at least three times a week. Deep relaxation exercises include **meditation**, **imagery**, **yoga**, etc.
- 6. Give yourself 5 points for each time you exercise 30 minutes or longer during the course of an average week.
- 7. Give yourself 5 points for each nutritionally balanced and wholesome meal you consume during the course of an average day.
- 8. Give yourself 5 points for each time you do something that you really enjoy, "just for yourself," during the course of an average week.
- 9. Give yourself 10 points if you have some place in your home that you can go in order to relax and/or be by yourself.
- 10. Give yourself 10 points if you practice time management techniques in your daily life.
- 11. Subtract 10 points for each pack of cigarettes you smoke during the course of an average day.
- 12. Subtract 5 points for each evening during the course of an average week that you take any form of medication or chemical substance (including alcohol) to help you sleep.
- 13. Subtract 10 points for each day during the course of an average week that you consume any form of medication or chemical substance (including alcohol) to reduce your anxiety or just calm you down.
- 14. Subtract 5 points for each evening during the course of an average week that you bring work home; work that was meant to be done at your place of employment.
- Total Score

Self Assessment Exercise 10 was developed by Dr. George Everly for the U.S. Dept. of H.E.W. in conjunction with the National Health Fair.

If you have not calculated your total score, do so now. A "perfect" score would be 115 points. If you scored in the 50–60 range, you probably have an adequate collection of coping strategies for most common sources of stress. However, you should keep in mind that the higher your score, the greater your ability to cope with stress in an effective and healthful manner. Also pay particular attention to the adaptive-versus-maladaptive coping dichotomy. Items 1 through 14 are all maladaptive, health-eroding ways of coping with stress. How did you do? Ideally, you would limit your coping strategies to only adaptive techniques. The remaining chapters in this text show you how to increase the control you have over stress and how to cope adaptively with it.

## 52+" Ways to Reduce Stress and Depression In Your Life

### The Big Four...

- Exercise Regularly!
- Get Enough Rest
- Eat a healthy and balanced Diet
- Work on overcoming Internal Stress and DEPRESSION Process
  - Write down stress indicators. ((what are symptoms and causes?))
  - Discover connected negative distorted thoughts. (Distortions of reality!)
    - My biggest one is: \_\_\_\_\_.
    -
  - Do thought stopping technique!
  - Get rid of G.T.!! (See I Peter 5:8..."be alert and sober mind...your adversary the devil walks about as a roaring lion...")
- Refocus your thoughts on reality and stay aware of internal and external triggers!

### Plus seek God...

- Focus on scripture: Phil. 4:6,7; Matthew 6:25-32
- Continue to develop a biblical perspective toward life: James 1:2-3

### And 52 other ways to reduce stress...

*(Integrate one of the following ideas into your routine each day...)*

- Face Problems with a Positive Attitude (Proverbs 14:30)
- Tense and Relax Your Muscles (beginning with your toes, tense each set of muscles for a count of 7 counting slowly...and then relax those muscles and tense the next group. Sequence: toes, bottom of feet, lower legs, upper legs, buttocks, lower and middle back, shoulders, stomach, chest, upper arms, lower arms, hands, neck, facial muscles)
- Take a Mini Vacation (go in your mind to a place that you have vacationed before that is very relaxing...and focus on specific things you see, feel, hear, smell, and taste) (a great exercise to follow the muscle relaxation technique above)
- Take Time Out! (take a short break from what you are doing and do something fun!)
- Work on Resolving Ongoing Conflicts
- Give Yourself Sufficient Time to do your task (be realistic vs. perfectionistic)
- Stop Over committing Yourself (learn to say no and keep personal boundaries)
- Seek Emotional Support (and don't try to be a loner superhero!)
- Manage Your Time (create a schedule, block interruptions, don't push it)
- Find Healthy Ways to Vent Suppressed Anger
- Get a Pet (petting an animal actually relaxes us!)
- Reduce Your Debts
- Express Your Feelings with Words or Writing
- Create a Calming Home Environment
- Go Fishing



- Get a Massage
- Treat Your Feet
- Use Commuting Time to Unwind (make it enjoyable...listen to music, etc.)
- Have a Warm Relaxing Drink (i.e. milk, warm herbal teas, hot cider, non caffeine drinks)
- Play Video Games (it can be a successful distraction from the rigors of real life!)
- Immerse Yourself in a Spa
- Make Yourself Laugh (think of things that make you laugh...watch a funny movie, read a joke book)
- Mediate on Things That do NOT Change (God, past pleasant memories)
- Reduce Role Overload at Home (clarify expectations, help one another, get rid of unnecessary ones)
- Stretch at Your Desk
- Choose Soothing Colors
- Tell Someone Your Secrets
- Practice Good Posture
- Pray
- Listen to Something Soothing
- Try Gardening, Enjoy the beauty of Nature
- Don't Make Commitments You Can't Keep (be realistic and live that way!)
- Stop Doing Too Much
- Have a Good Cry
- Escape with a Good Book
- Get Some Help
- Link into Community
- Develop and Draw from Friendships
- Reduce perfectionist Demands on Yourself
- Motivate Yourself with Attainable Goals
- Play!
- Reduce Worry
- Be Creative
- Rid Yourself of Spiritual Stressors (i.e. unforgiveness, bitterness, guilt, shame)
- See your M.D. and get rid of physical contributors
- Get Organized
- Stick to a Routine

#### **And Finally...**

#### **Identify and Eliminate specific Stressors by...**

- Make a list of specific stressors
- Evaluate the list (...things you can change and things you can't...focus on things you can)
- Brainstorm things how you can manage the things you can't change.
- Set a specific time!

#### **Practice the Serenity Prayer**

*God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

