

STRESS AND COPING WORKSHOP

Counseling and Wellness Services

Wright State University

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**FACTS
ABOUT
STRESS**



WHAT IS STRESS

Stress can be defined as the **brain's response to any demand**. Many things can trigger this response, including change. **Changes** can be **positive or negative**, as well as **real or perceived**. They may be **recurring, short-term, or long-term** and may include things like commuting to and from school or work every day, traveling for a yearly vacation, or moving to another home. Changes can be **mild and relatively harmless**, such as winning a race, watching a scary movie, or riding a rollercoaster. Some changes are **major**, such as marriage or divorce, serious illness, or a car accident. Other changes are **extreme**, such as exposure to violence, and can lead to traumatic stress reactions.

<http://www.nimh.nih.gov/health/publications/stress/index.shtml>



WHAT IS STRESS

There has been **no definition** of stress that everyone accepts. Therefore, it's **difficult to measure stress** if there is no agreement on what the definition of stress should be. People have very different ideas with respect to their definition of stress. Probably the most common is, **“physical, mental, or emotional strain or tension”**. Another popular definition of stress is, **“a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”**

<http://www.stress.org/daily-life/#sthash.ggpS7YVQ.dpuf>

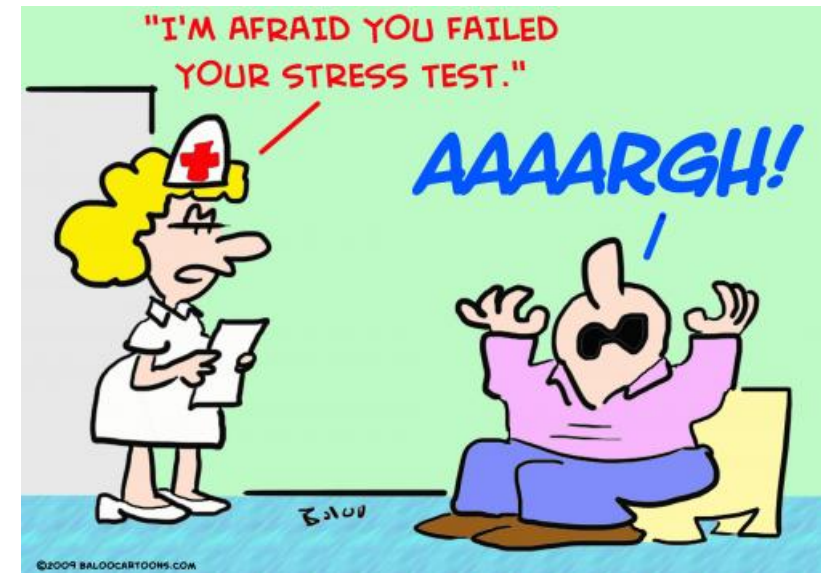


WHAT IS STRESS

- Stress is the **body's 911 system**.
- Stress in and of itself is *neither positive nor negative*.
- It is our *perception* of that stimulus which determines whether a situation is stressful.
- Some event that is **exciting and pleasurable** to one person may be **painfully stressful** to another.

WHAT IS STRESS

- How our **body** responds to pressures, responsibilities, and **threats** (real or imagined).
- Any kind of **change** that causes us to make adjustments.



TYPES OF STRESS

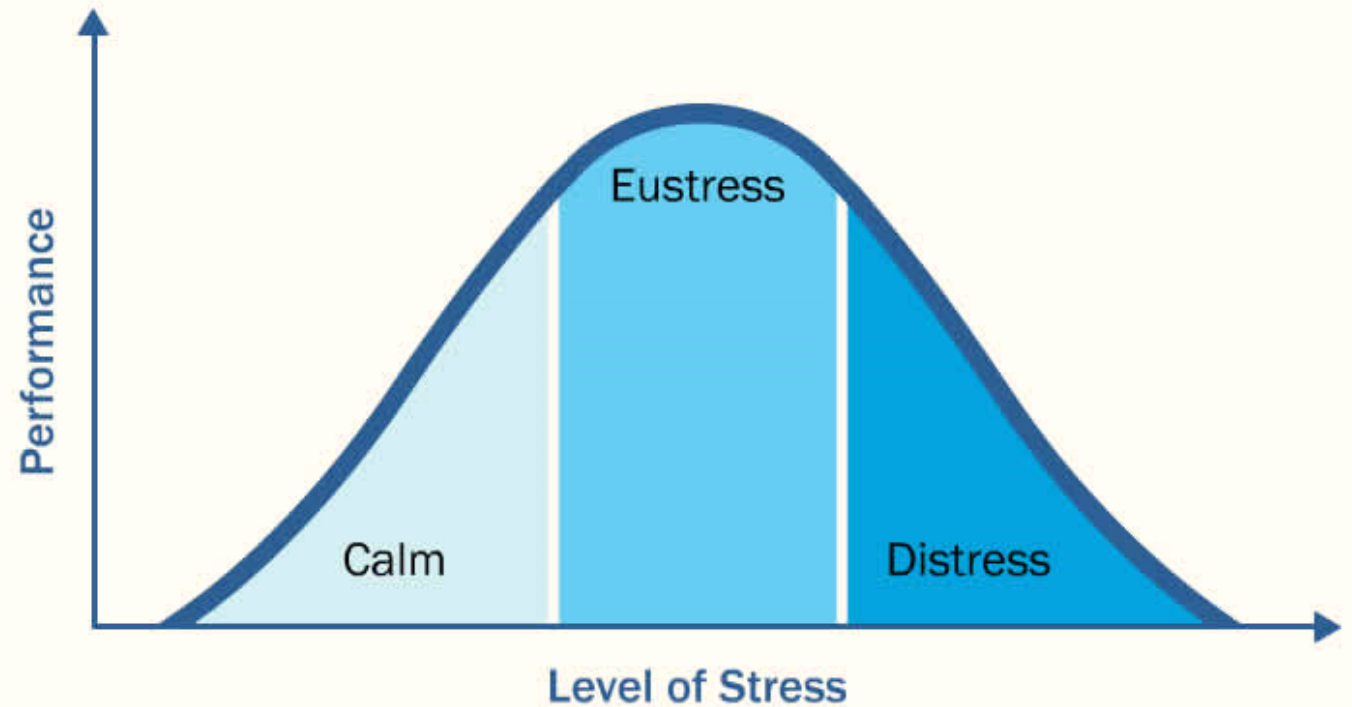
Acute Stress: Fight or flight. The body prepares to defend itself.

Chronic Stress: The cost of daily living. Left uncontrolled this stress affects your health- your body and your immune system.

Eustress: Stress in daily life that has positive connotations

Distress: Stress in daily life that has negative connotations

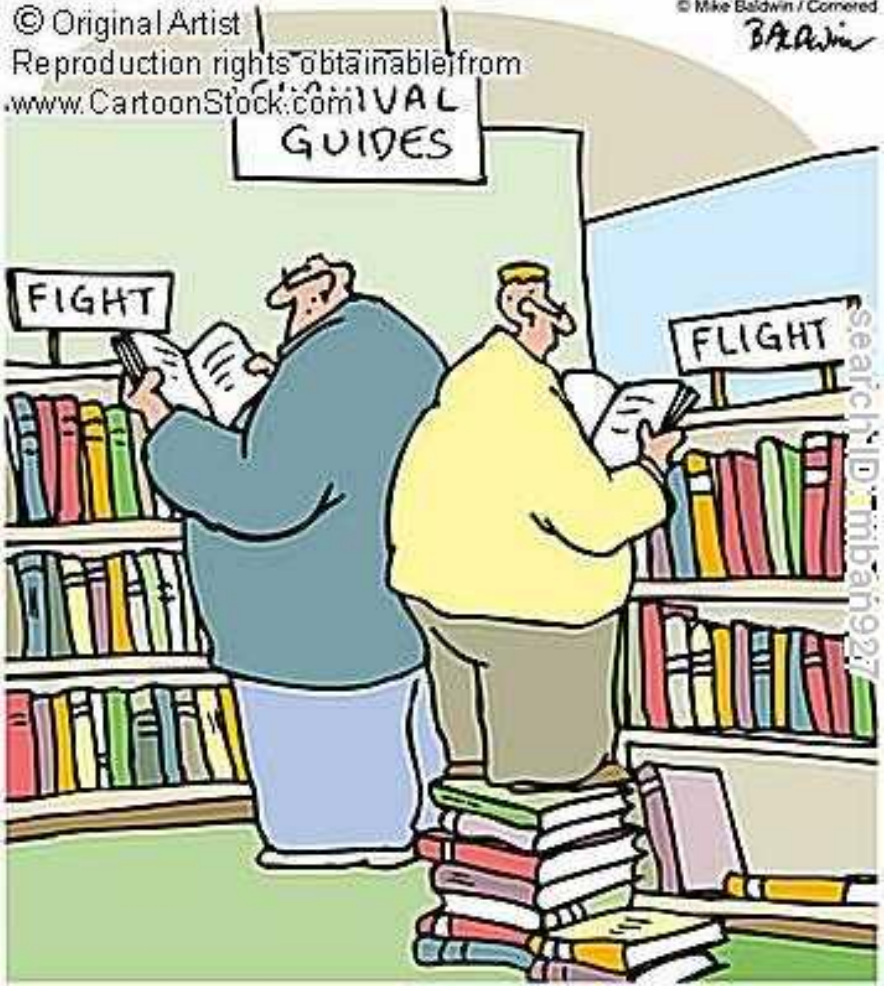
Yerkes-Dodson Law of Performance



FIGHT OR FLIGHT

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© Mike Baldwin / Corbis
Baldwin



The fight or flight response is our body's most basic instinct.

One option to survive in the presence of a threat is by fighting back.



COMMON STRESSORS

- **Personal Changes**
Illness, end of relationship, financial shifts
- **Family Changes**
Marriage/divorce, children, death, moving
- **Work Changes**
New Job/Boss, unemployment
- **Environmental Changes**
War, natural disaster, relocation





SYMPTOMS OF STRESS

Emotional

On edge
Irritable
Outbursts
Feeling low
Tearful
Resentful of demands
Anxiety
Depression

Behavioral

Urgency
Over-committed
Self neglect
Inefficiency
Nightmares

Physical

Muscle tension
Can't relax
Headaches
Fatigue
Minor illnesses
Indigestion
Weight loss/gain
Skin conditions
Raised blood pressure
Gastric ulcer

Cognitive

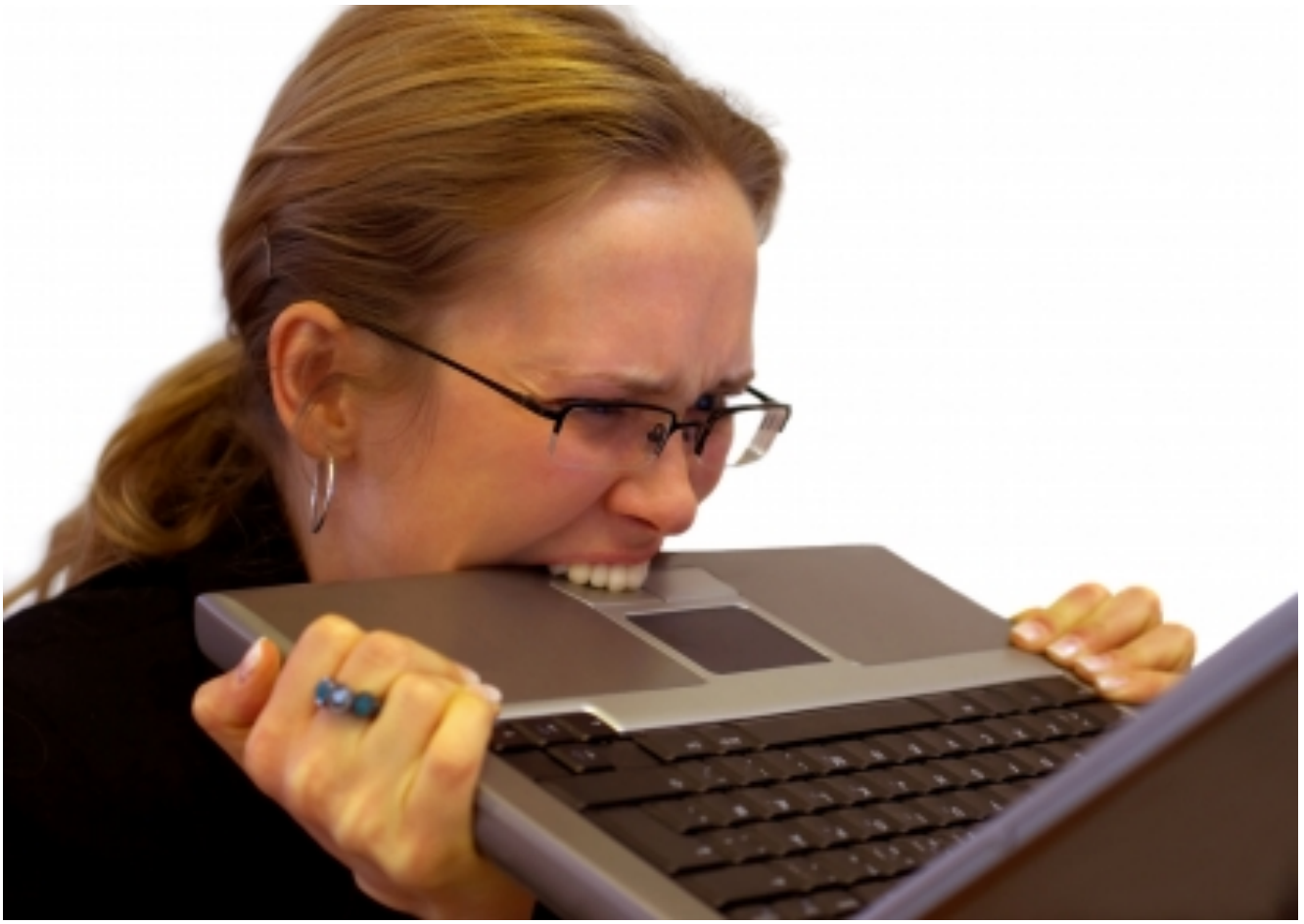
Concentration trouble
Easily distracted
Inflexible
Negative thoughts
Perception of hopelessness
Feeling of injustice

Relationships

Less able to cope with others needs
Problems at home
Impatient
Intolerant
Wanting to be left alone
Over controlling towards others
Need to "lean" on others



HOW VULNERABLE ARE YOU



HOW VULNERABLE ARE YOU TO STRESS?

Mark from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

- ___ 1. I eat at least one hot, balanced meal a day.
- ___ 2. I get 7 to 8 hours of sleep at least 4 nights a week.
- ___ 3. I give and receive affection regularly.
- ___ 4. I have at least one relative within 50 miles on whom I can rely.
- ___ 5. I exercise to the point of perspiration at least twice a week.
- ___ 6. I smoke less than half a pack of cigarettes a day.
- ___ 7. I take fewer than five alcoholic drinks a week.
- ___ 8. I am the appropriate weight for my height.
- ___ 9. I have an income adequate to meet my basic expenses.
- ___ 10. I get strength from my religious beliefs.
- ___ 11. I regularly attend club or social activities.
- ___ 12. I have a network of friends and acquaintances.
- ___ 13. I have one or more friends to confide in about personal matters.
- ___ 14. I am in good health (including eyesight, hearing, teeth).
- ___ 15. I am able to speak openly about my feelings when angry or worried.
- ___ 16. I have regular conversations with the people I live with about domestic problems, e.g., chores, money, and daily living issues.
- ___ 17. I do something for fun at least once a week.
- ___ 18. I am able to organize my time effectively.
- ___ 19. I drink fewer than three cups of coffee (or tea or cola) a day.
- ___ 20. I take quiet time for myself during the day.

___ SUBTOTAL - 20 = ___ TOTAL

To get your score, add up the figures.

Any number over 5 indicates a vulnerability to stress.

You are seriously vulnerable if your score is between 25 and 55, and extremely vulnerable if your score is over 55.

Adapted from a test developed by Lyle H. Miller and Alma Dell Smith at Boston University Medical Center.

A tropical beach scene with palm trees in the foreground and turquoise water in the background. The sky is blue with some clouds. The text is centered in a white box.

COPING WITH STRESS



WHAT IS THE WAY OF COPING WITH STRESS?



COPING STRATEGIES AT A GLANCE

Physiological

- Controlled Breathing
- Relaxation
- Diet and Exercise
- Sleep Management
- Environmental Change

Cognitive/ Emotional

- Challenging Thinking
- Controlling Emotions
- Positive Thinking
- Self Awareness

Behavioral

- Time Management
- Acting Relaxed
- Assertiveness
- Working with Others
- Changing behavior

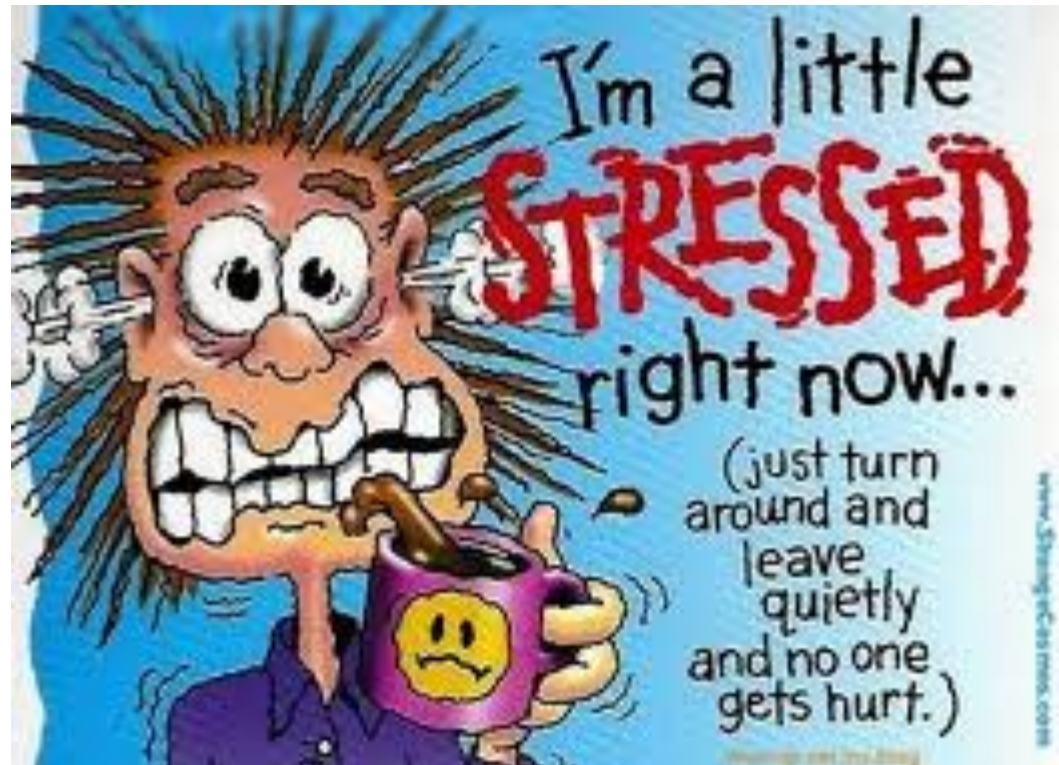


MINDSET

Our perceptions influence our stress level.

If you believe this to be true, then changing your mindset could help in addressing stress before it affects you.

Because most things are truly out of your control, one of the simplest coping skills is addressing your mindset regarding stress.



- People with positive feelings/ thoughts about themselves tend to cope with stress better and view their situations as a challenge rather than a threat.
- How might you increase your self confidence?


Self Confidence

- Events may be external, but how people interpret and handle them are personal. Assuming personal responsibility increases control which enhances coping ability.
- In what ways could you accept more personal responsibility?

Personal Responsibility

- Create a positive attitude to life and its challenges to replace negative or irrational thoughts with positive affirmations.
- When might be some good times to do this?

Think Positively

- 
- Goals need to be well defined and realistic. It is helpful to plan for each day and be flexible by making changes if necessary.
 - How might you increase the clarity and expectations for your goals?


Create clear goals and plans.

- Communication can improve relationships. If you are overwhelmed, feelings are often not expressed appropriately. Learn to clearly state what you want.

Effective Communication

- Good physical health assists in meeting life's challenges.
- What are some ways you might increase your physical health?

Take care of physical health.

The background of the slide is a soft-focus image of autumn leaves in various colors including red, orange, yellow, and green. A large, prominent leaf in shades of red and orange is on the left side. Other smaller leaves in yellow and red are scattered throughout the scene, creating a warm and seasonal atmosphere.

STRESS MANAGEMENT STRATEGIES

STRESS MANAGEMENT STRATEGY #1

AVOID UNNECESSARY STRESS



- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list



STRESS MANAGEMENT STRATEGY #2

ALTER THE SITUATION

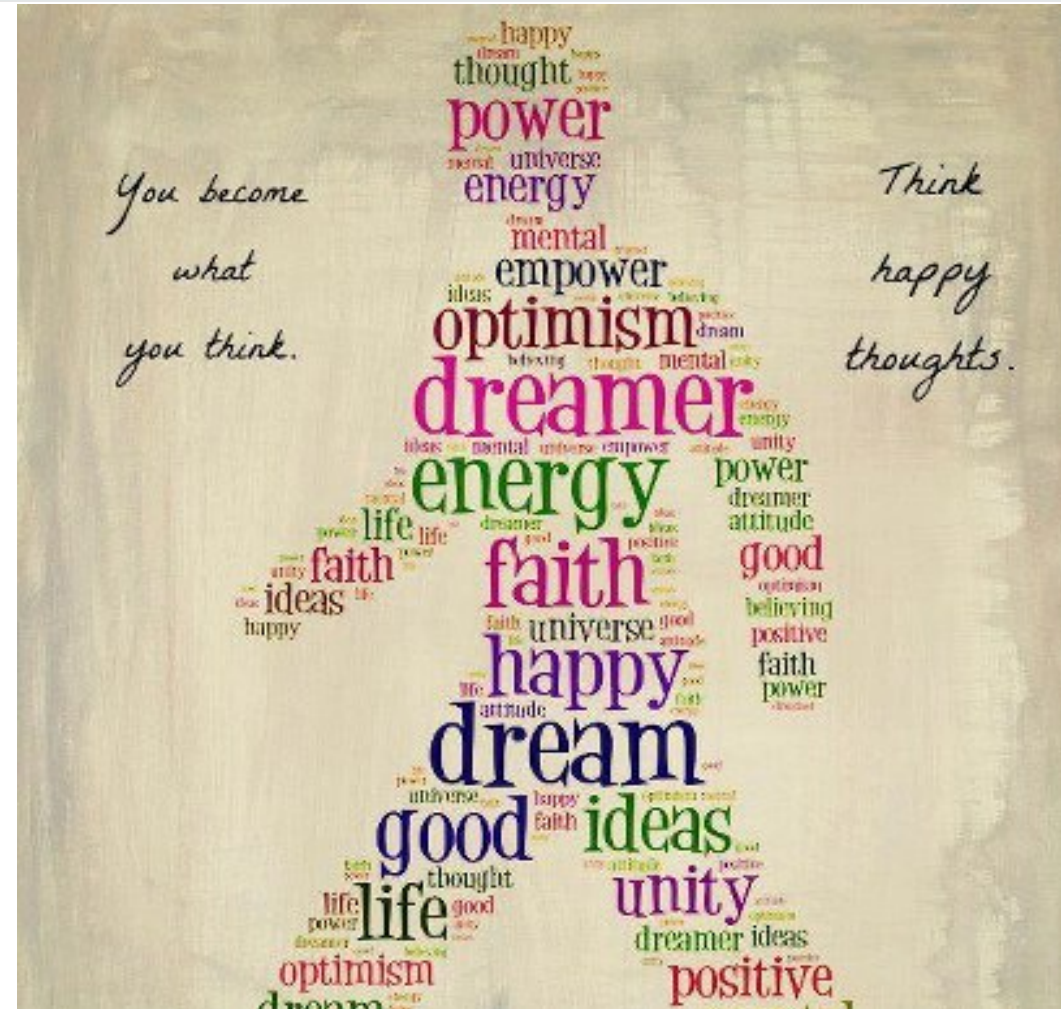
- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better



STRESS MANAGEMENT STRATEGY #3

ADAPT TO THE STRESSOR

- Reframe problems
- Look at the big picture
- Adjust your standards
- Focus on the positive



STRESS MANAGEMENT STRATEGY #4

ACCEPT THE THINGS YOU CAN'T CHANGE

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive



"I thought I'd stay home today and accept the things I can't change."

STRESS MANAGEMENT STRATEGY #5

MAKE TIME FOR FUN AND RELAXATION

- Set aside relaxation time
- Connect with others
- Do something you enjoy every day
- Keep your sense of humor





STRESS MANAGEMENT STRATEGY #6

MAKE TIME FOR FUN AND RELAXATION

Healthy ways to relax and recharge

- **Go for a walk.**
- **Spend time in nature.**
- **Call a good friend.**
- **Sweat out tension with a good workout.**
- **Write in your journal.**
- **Take a long bath.**
- **Light scented candles.**
- **Savor a warm cup of coffee or tea.**
- **Play with a pet.**
- **Work in your garden.**
- **Get a massage.**
- **Curl up with a good book.**
- **Listen to music.**
- **Watch a comedy.**

STRESS MANAGEMENT STRATEGY #6

ADOPT A HEALTHY LIFESTYLE



- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep

STRESS FRIENDLY DIET

- Eat fresh foods
- Eat regular meals
- Eat slowly
- Resist the temptation to overeat
- Eat a variety of foods
- Fluids
- Healthy Snacks
- Fiber



Baked Mozzarella Sticks

Servings: 12 • **Serving Size:** 2 pieces • **Old Points:** 1 pts • **Points+:** 2 pts*

Calories: 86.8* • **Fat:** 4.8 g • **Protein:** 7.4 g • **Carb:** 3.5 g • **Fiber:** 0.2 g • **Sugar:** 0.2

Sodium: 168.6

Ingredients:

12 sticks part-skim, reduced sodium mozzarella string cheese

1 large egg, beaten

2 tbsp flour

5 tbsp Italian seasoned breadcrumbs

5 tbsp panko crumbs

2 tsp parmesan cheese

1 tbsp dried parsley

olive oil cooking spray (I used my misto)

Directions:

Cut cheese in half to give you 24 pieces. **Place** cheese in the freezer until cheese is frozen.

In small bowl, **whisk** the egg. **Place** the flour on another small dish. In separate bowl, **combine** bread crumbs, panko, parmesan cheese and dried parsley.

Dip the frozen sticks in flour, shaking off excess, then into the egg, then coat with the crumbs.

Repeat this process with the remaining cheese placing them on a tray with wax paper. Place cheese back into the freezer until ready to bake (this is a must or they will melt before the crumbs get golden).

When ready to bake **preheat** oven to 400° F. **Line** a baking sheet with aluminum foil and lightly **spray** with oil.

Place frozen cheese sticks on baking sheet. **Spray** the tops of the mozzarella sticks with a little more oil and **bake** in the bottom third of your oven until crisp, about 4 to 5 minutes. **Turn** and **bake** an additional 4 - 5 minutes watching them closely so they don't melt.

Makes 24 pieces.

<http://www.skinnytaste.com/2012/02/skinny-baked-mozzarella-sticks.html>



Chicken Fried Rice

Better-Than-Takeout Chicken Fried Rice

Author: Rachel Schultz

Serves: 5-6

Ingredients

- 4 cups rice, prepared
- ½ pound boneless, skinless chicken breasts, cooked (I recommend using slow cooker teriyaki chicken)
- 1 cup peas & carrots, frozen
- 1 white onion, chopped
- 2 cloves garlic, minced
- 2 eggs
- 3 tablespoons sesame oil
- ¼ cup soy sauce

Instructions

- 1.Prepare rice according to package instructions to yield 4 cups cooked rice.
- 2.Heat sesame oil in a large skillet on medium heat.
- 3.Add onion, garlic, peas, and carrots. Stir fry until tender.
- 4.Crack eggs into pan and scramble, mixing throughout vegetables.
- 5.Add rice, chicken, and soy sauce to pan. Stir in soy sauce and remove from heat.

<http://rachelschultz.com/2012/07/14/better-than-takeout-chicken-fried-rice/>



Salmon With Siracha Sauce and Lime

INGREDIENTS

- Juice and zest of 1/2 lime
- 1 tablespoon maple syrup
- 1 1/2 teaspoons tsp sriracha sauce*
- 1/2 teaspoon coarse sea salt
- 1 1/4 lbs pounds salmon fillet, skin removed
- 2 tablespoons coarsely chopped cilantro

PREPARATION

- Heat oven to 425°. In a bowl, whisk together juice, zest, syrup, sriracha and salt. Place salmon in a baking dish lined with parchment paper; pour lime-maple mixture over top. Roast salmon until cooked through and flaky, 15 minutes. Sprinkle with cilantro; serve.
- **THE SKINNY**
- *217 calories per serving, 9 g fat (1 g saturated), 4 g carbs, 0 g fiber, 28 g protein*



<http://www.self.com/fooddiet/recipes/2013/04/salmon-sriracha-sauce-lime>

Other Food Resources:

Helpful Info About Nutrition:

<http://www.dineoncampus.com/wright/show.cfm?cmd=nutrition>

WSU Dining Hall Nutrition Facts:

<http://www.dineoncampus.com/wright/show.cfm?cmd=menus2>

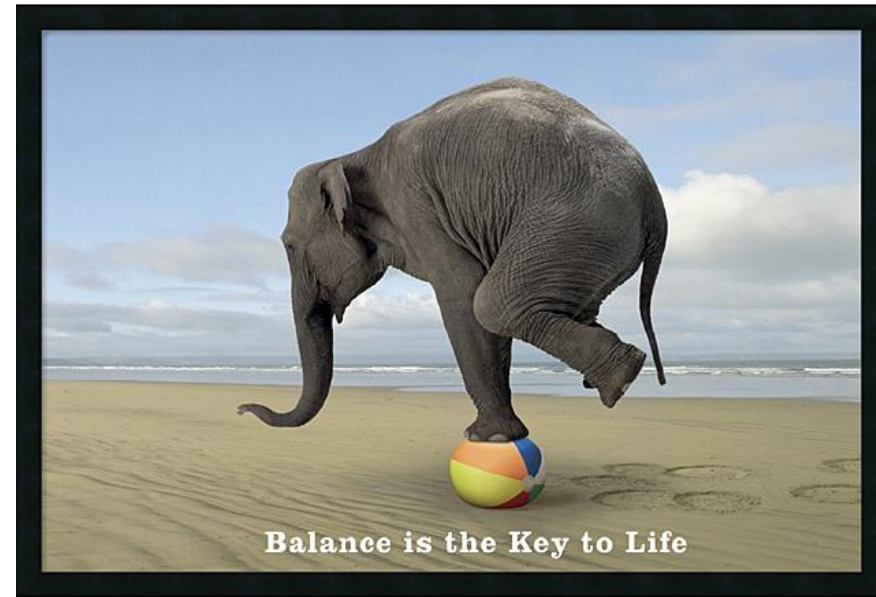


Check out this YouTube recipe for Healthier Buffalo Wings:

<http://www.youtube.com/watch?v=VsJ-exRMvcM>

INCREASE HEALTHY HABITS

- Nutrition
- Attention to Symptoms
- Exercise
- Sleep
- Recreation
- Stretching
- Social Support
- Humor



What other healthy habits might you incorporate?

Group Fitness Schedule:

[https://www.wright.edu/campus-recreation/fitness-and-wellness/
group-fitness](https://www.wright.edu/campus-recreation/fitness-and-wellness/group-fitness)

See all of WSU's student organizations:

<http://www.orgsync.com/>

Group Therapy at the Counseling and Wellness Center (including a stress reduction group):

<http://www.wright.edu/counseling/Group.html>



Student
Activities at
Wright
State!



RELAXATION TECHNIQUES

RELAXATION TECHNIQUES

- Abdominal Breathing
- Active Progressive Muscle Relaxation
- Visualization
- Self-Hypnosis
- Meditation
- Music
- Stretching
- Exercise





RELAXATION EXERCISE

MUSIC THERAPY

What is Music Therapy?

- Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals
- After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music
- Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives
- Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words
- Research in music therapy supports its effectiveness in many areas such as: increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings



RELAXATION EXERCISE

MUSIC THERAPY

Quotes about Music Therapy

- **Yo-yo Ma:**

- "And here too, we see an edge effect – as music therapists know, by combining two things many don't usually associate, music and health care – Arthur has discovered a new path to healing for these veterans." - *"Art for Life's Sake," 2013 Arts Advocacy Day, Washington, D.C.*

- **Jodi Picoult (Author of the bestselling book *Sing You Home*):**

- "Music therapy, to me, is music performance without the ego. It's not about entertainment as much as its about empathizing. If you can use music to slip past the pain and gather insight into the workings of someone else's mind, you can begin to fix a problem. "

- **Plato:**

- "I would teach children music, physics and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to learning."



RELAXATION EXERCISE

MINDFULNESS

- Mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment
- Mindfulness improves
 - well being
 - physical health
 - mental health



RELAXATION EXERCISE

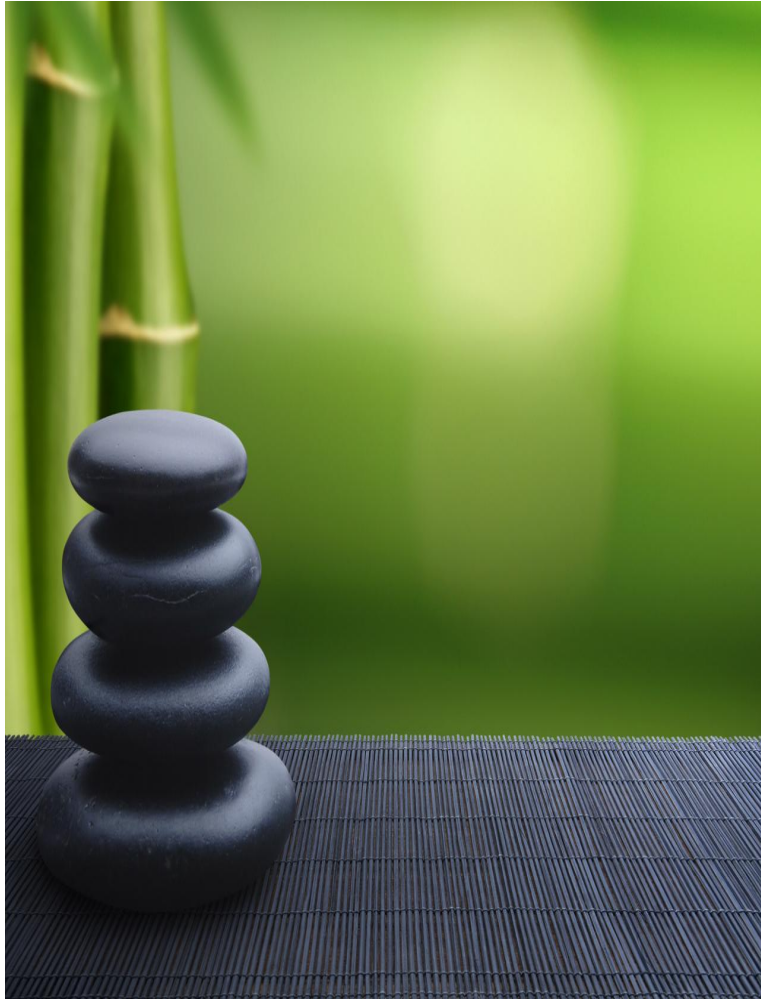
MINDFULNESS

- Mindfulness Techniques
 - Basic mindfulness meditation
 - Body sensations
 - Sensory
 - Emotions
 - Urge surfing





MINDFULNESS MEDITATION

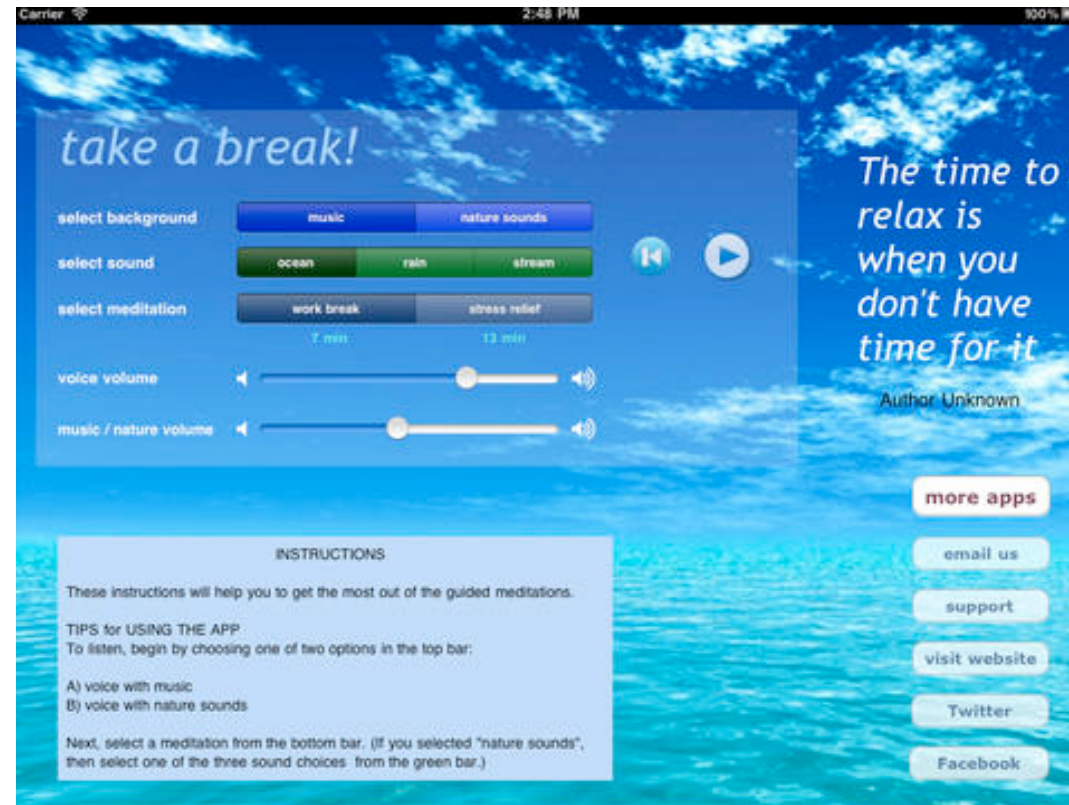


- Practicing mindfulness meditation
 - Sit on a straight-backed chair or cross-legged on the floor.
 - Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
 - Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and your ideas.
 - Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

Get Meditation Right on Your Phone!

Download the Take a Break! Guided Meditation App.

IT'S FREE!!!



RELAXATION EXERCISE

VISION GUIDED MINDFULNESS

- <http://www.umsystem.edu/curators/mindfulness/guided>
- Guided Mindfulness Practices





UNHEALTHY WAYS OF COPING WITH STRESS



Smoking

- Drinking too much
- Overeating or undereating
- Zoning out for hours in front of TV or computer
- Withdrawing from friends, family and activities



- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)



STRESS AGGRAVATING FOODS

- Sugar
- Salt
- Fats
- Additives
- Caffeine
- Alcohol
- Illegal Drugs/Some OTC Drugs





Please take time to write three ways you will change your lifestyle to reduce stress



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

Use lined paper in handout packet