STRESS AND COPING WORKSHOP

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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.

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

http://www.stress.org/daily-life/#sthash.ggpS7YVQ.dpuf
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.
Coping With Stress
WHAT IS THE WAY OF COPING WITH STRESS?
## Coping Strategies at a Glance

<table>
<thead>
<tr>
<th><strong>Physiological</strong></th>
<th><strong>Cognitive/Emotional</strong></th>
<th><strong>Behavioral</strong></th>
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<tr>
<td>- Controlled Breathing</td>
<td>- Challenging Thinking</td>
<td>- Time Management</td>
</tr>
<tr>
<td>- Relaxation</td>
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<td>- Diet and Exercise</td>
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<td>- Environmental Change</td>
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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.**
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

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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

http://www.helpguide.org/mental/stress_management_relief_coping.htm
STRESS MANAGEMENT STRATEGY #3
ADAPT TO THE STRESSOR

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

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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.

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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

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
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.

http://www.musictherapy.org/about/quotes/
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."

http://www.musictherapy.org/about/quotes/
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
Mindfulness Techniques
- Basic mindfulness meditation
- Body sensations
- Sensory
- Emotions
- Urge surfing

http://www.helpguide.org/harvard/mindfulness.htm
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](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)

http://www.helpguide.org/mental/stress_management_relief_coping.htm
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