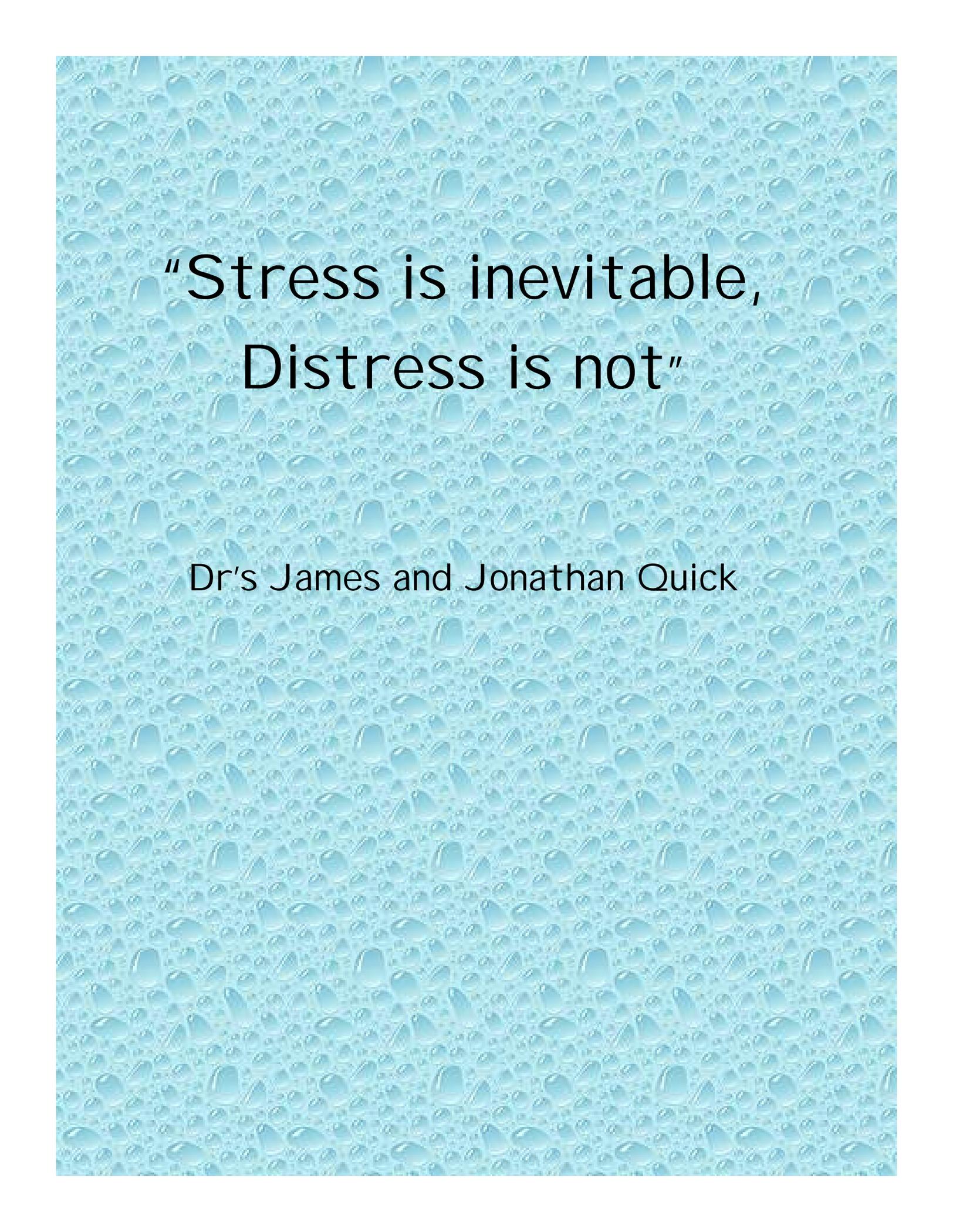


MANAGING STRESS



Mark A.D. Long, Ed. D.

Navy Environmental Health Center



"Stress is inevitable,
Distress is not"

Dr's James and Jonathan Quick

Stress

Stress Modifiers

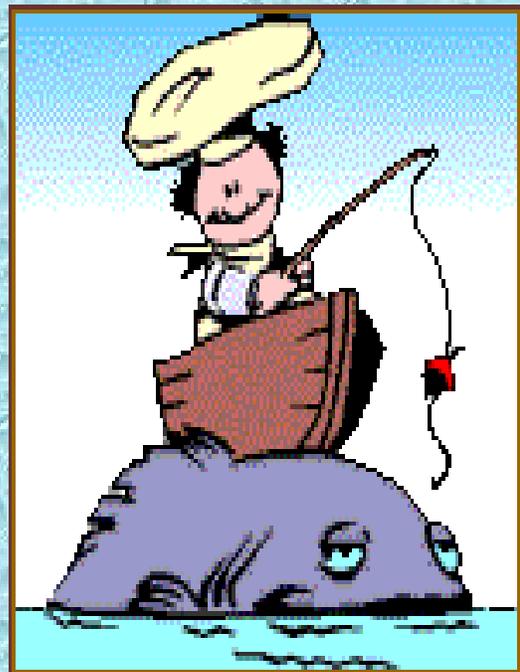
- Achilles heel

Personality Traits

- Locus of Control
 - Internal vs External

Personality Traits

- Hardiness
 - Commitment
 - Control
 - Challenge
- Optimism
- Self-esteem



Individual Response to Stress

Distress results from frequent,
intense arousal of stress response
and the inability to find suitable outlets

Dr. James Quick and
Dr. Jonathan Quick

Consequences of Stress

- Psychological
- Behavioral
- Medical



Managing Perceptions of Stress

- Optimism
- Positive self talk
- Transformational coping



“Men are disturbed not
by things but by the
views they take of
them”

Epictetus
Greek Philosopher



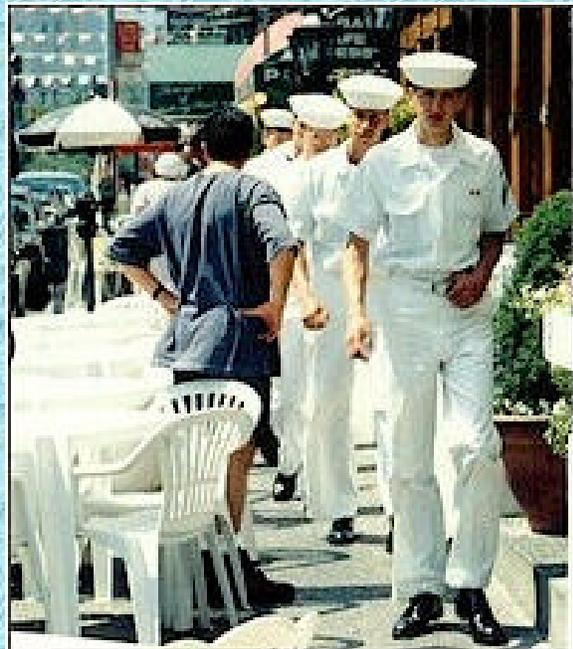
Lifestyle Management

- Leisure time
- Balance
- Breaks



Work Management

- Planning
- Time management
- Overload avoidance
- Social Support



Stress Management Methods

- Relaxation training
 - Progressive muscle relaxation
 - Relaxation response
 - Meditation
 - Brief relaxation strategies

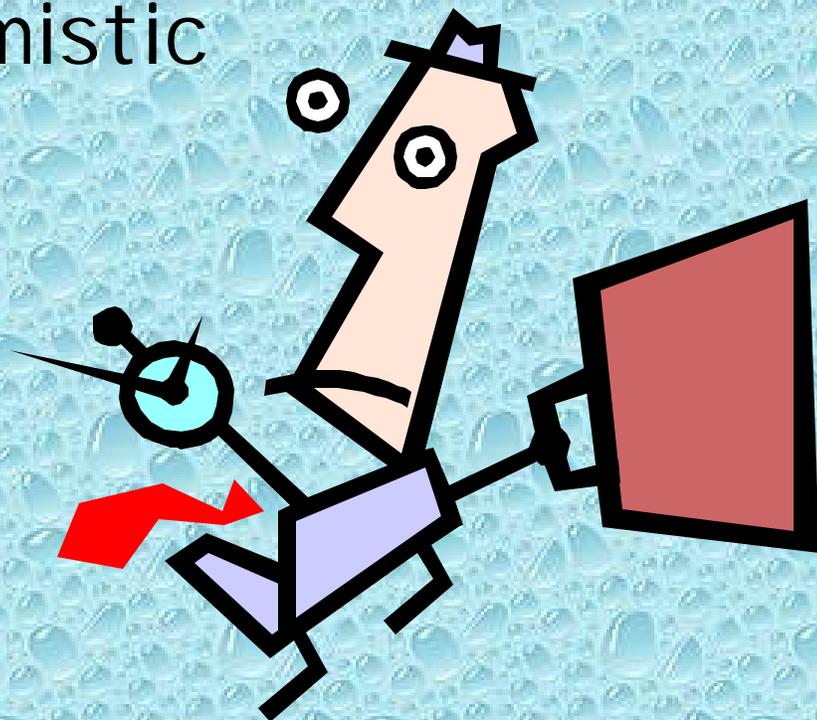
Coping Strategies

- Talk
- Humor
- Act on it
- Nutrition
- Spirituality



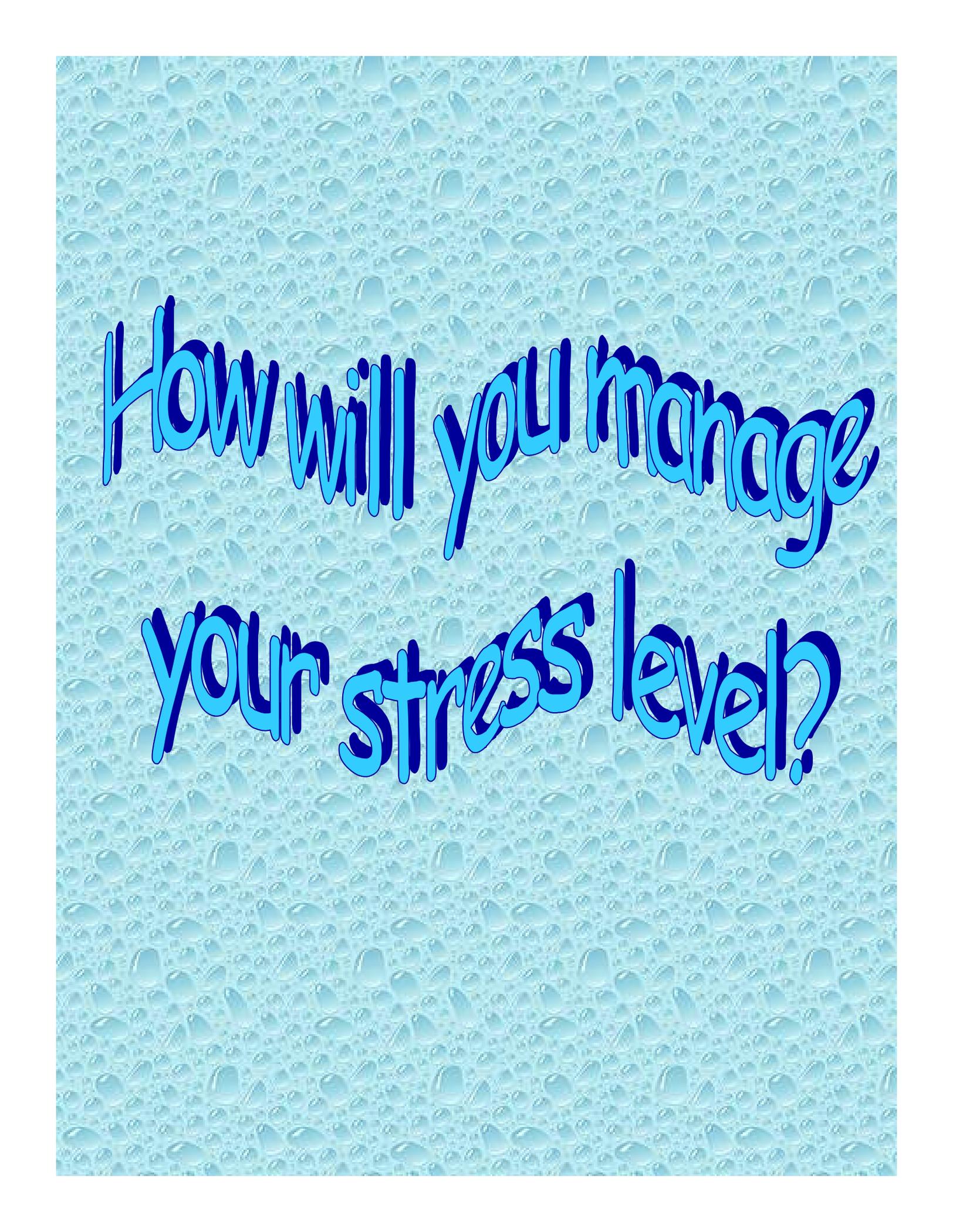
How to stay stressed out

- Rigidity
- Dogmatic
- External locus of control
- Feel alienated, powerless, threatened
- Pessimistic



Stress Management Plan

- I identify stressors
- I identify stress responses
-
- I identify action alternatives
- Develop a plan
- Modify plan



How will you manage
your stress level?

Stress

Challenge or threat?

