

Understanding Stress

National Judicial Academy

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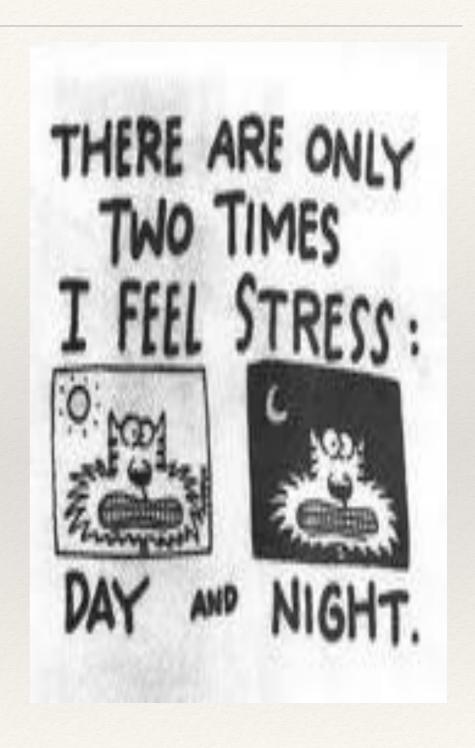


- Negative emotional experience
- Biochemical
- Physiological
- Cognitive
- * Behavioural
- Predictable changes
- Results in attempts to alter the stressful event or to accommodate to its effects



Stress

- EUSTRESS positive eg, promotion, marriage
- DISTRESS negative eg, bereavement, loss of job
- * Stressors are demands made by the internal or external environment that upset balance, thus affecting physical and psychological well-being and requiring action to restore balance (Lazarus & Cohen, 1977).



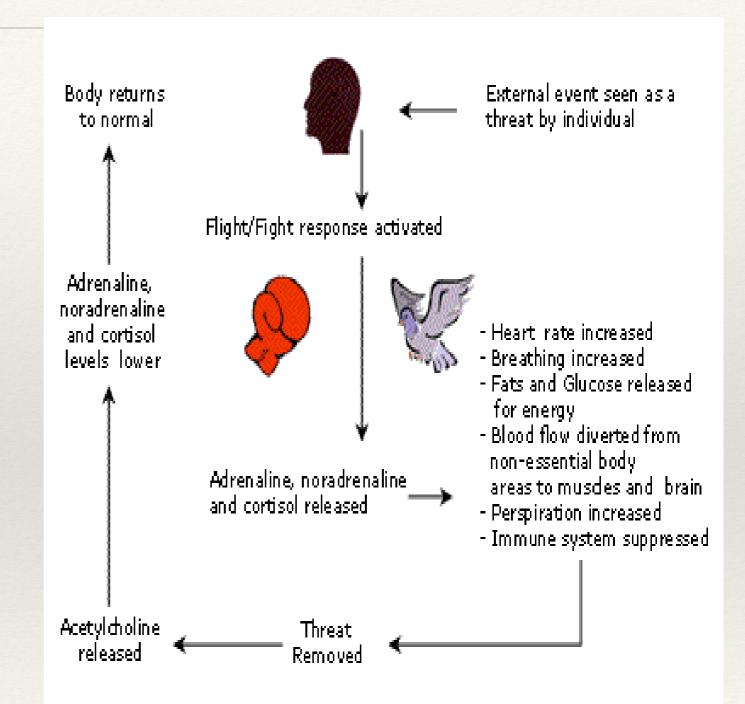
Healthy or Unhealthy Stress?

- Is the response based on a clearly perceived and real threat or is it based upon imagination taken to be real?
- * Is the response measured or are we over/under-reacting?
- Does the response assist coping or not?
- Does it empower us or hinder us?
- * Are our emotions and intelligence working together or in conflict?



Flight or Fight Response

- A natural, necessary and appropriate physiological response to a threatening situation
- Encoded into our physiology through the brain and Sympathetic Nervous System to preserve life
- High SNS reactivity to (perceived) stressful events



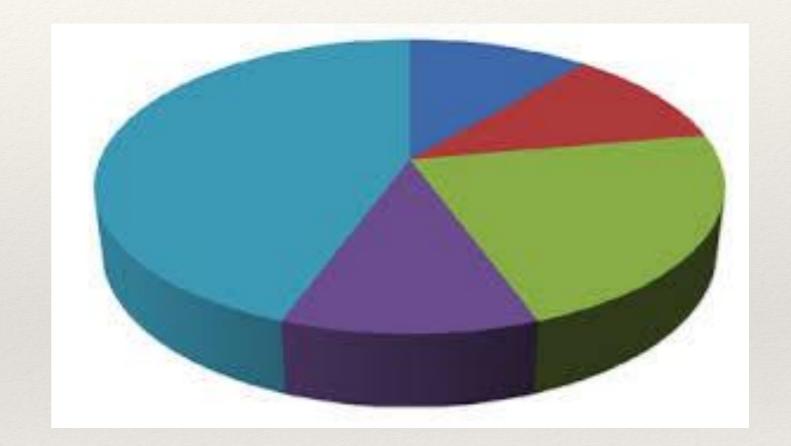
Stress Response

- Appropriate and Life Protecting providing:
 - It is only turned on when it needs to be
 - It is allowed to turn off when it is no longer needed
 - It is not prolonged
- Reducing reactivity, examining perceptions and switching off response crucial



Manifestations..

- Physical
- Emotional
- Cognitive
- Behavioural
- Social/Interpersonal



Task 1

- Individual: Questionnaire reg stress response :
- Physical: immediate, intermediate, long term responses
- Emotional
- Cognitive
- Behavioural

Body

headaches

frequent infections

taut muscles

muscular twitches

fatigue

skin irritations

breathlessness

worrying

muddled thinking

impaired judgement

nightmares

indecisions

negativity

Mind

hasty decisions

loss of confidence

more fussy

irritability

depression

apathy

alienation

apprehension

accident prone

loss of appetite

loss of sex drive

drinking more

insomnia

restlessness

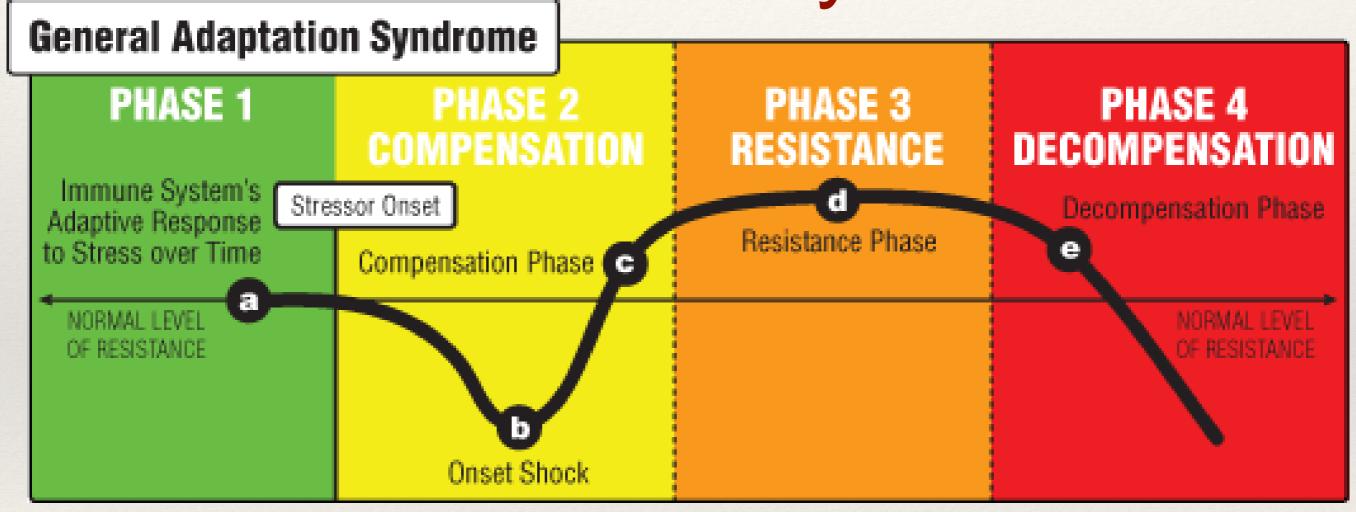
smoking more

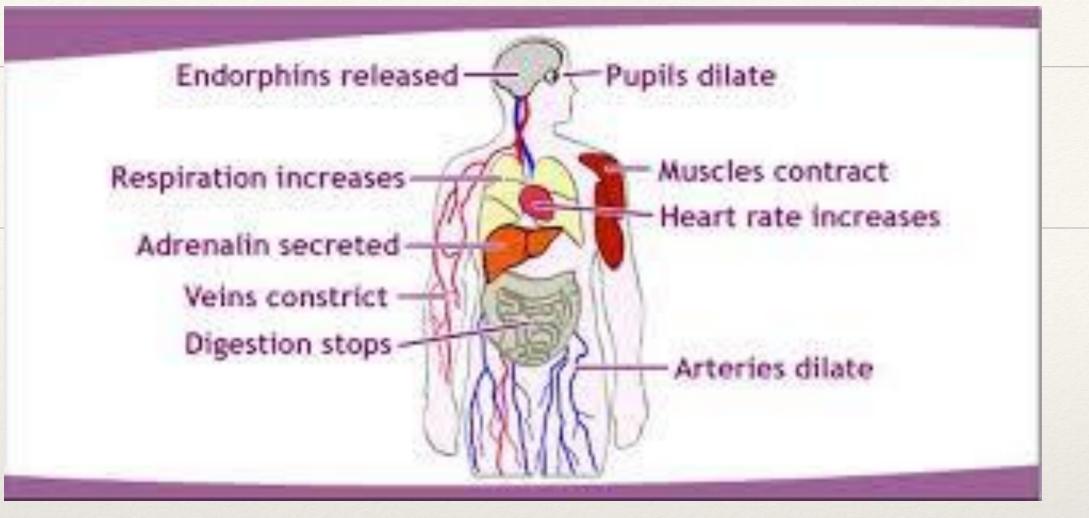
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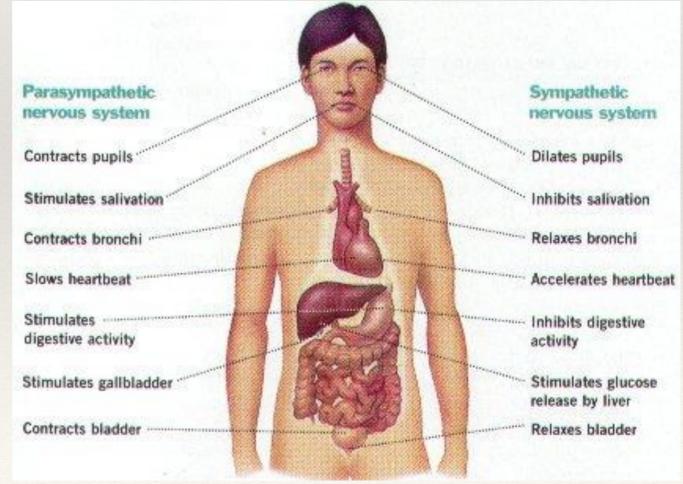
Emotions

Behavior

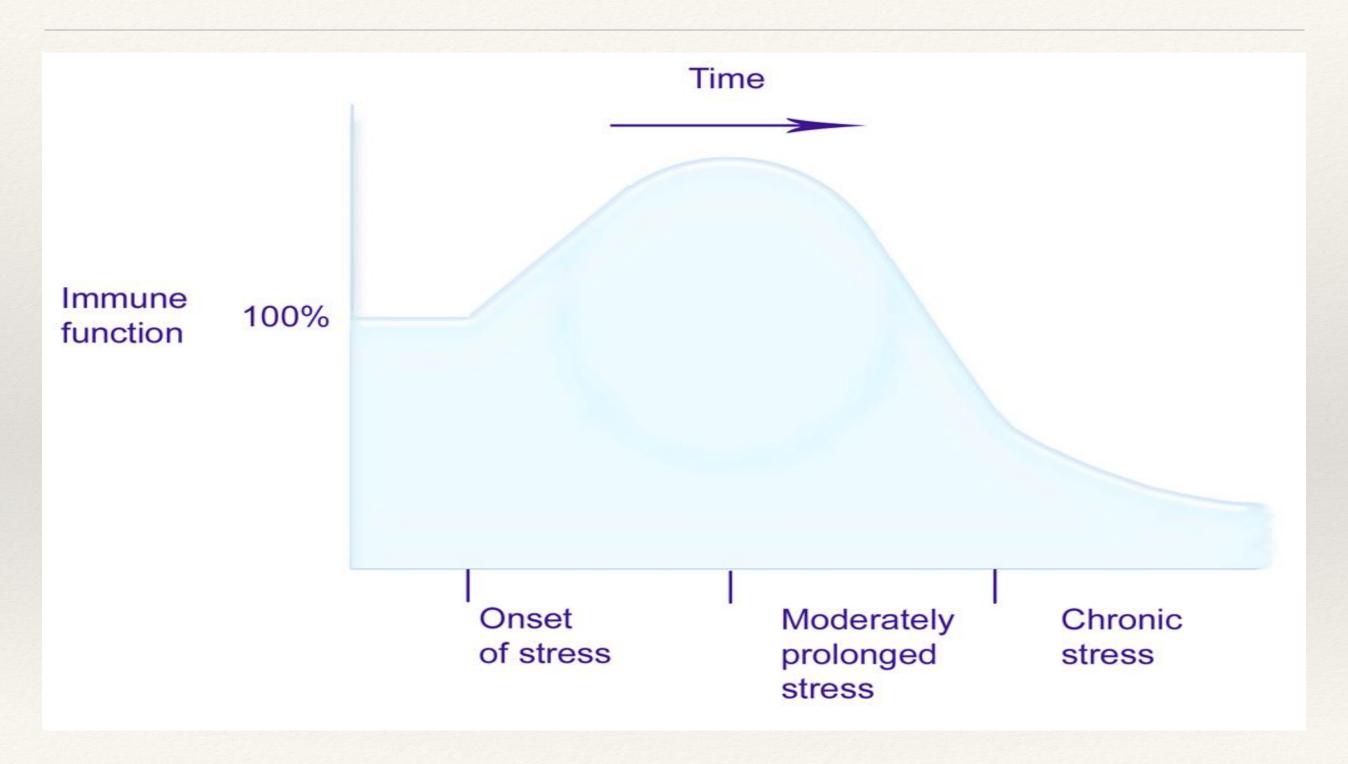
Hans Selye





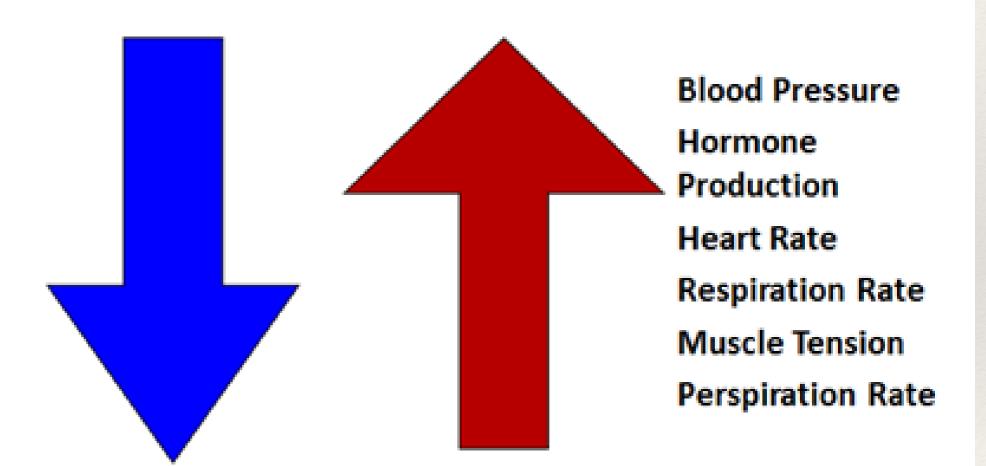


PsychoNeuroImmunology



STRESS RESPONSE

Immune Functions
Recuperative
Functions
Digestive Functions
Logical Thinking
Concentration and
Memory



Stressful Life Events

- Dramatic events
- Holmes and Rahe (1967)
- When a substantial adjustment to the environment is required, the likelihood of stress is high.







Chronic Strains

 Are experienced an extended period of time



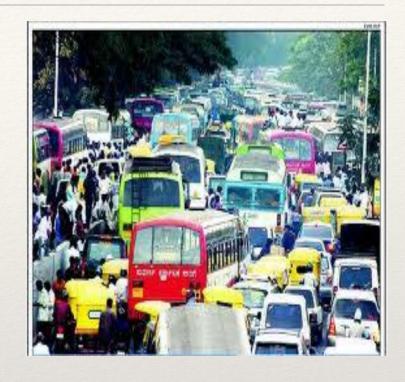
- Adaptation to chronic stressful events stretches the individual's resources
- People can adapt to a degree, but may show signs of stress responses in their physical and psychological spheres over time.





Daily Hassles

- Minor stressors that occur in day to day life
- Daily minor problems over a cumulative period
- Physical and psychological effects
- By wearing down an individual and predisposing him/ her to become ill.





The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

5. Major business readjustment 6. Major change in financial state (i.e., a lot worse or better off than usual) 7. Death of a close friend 8. Changing to a different line of work 9. Major change in the number of arguments w/spouse (i.e., either a lot more or a lot less than sual regarding child rearing, personal habits, etc.) 0. Taking on a mortgage (for home, business, etc) 1. Foreclosure on a mortgage or loan 2. Major change in responsibilities at work (i.e., promotion, demotion, etc.) 3. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Major change in responsibilities at work (i.e., promotion, demotion, etc.) 3. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Major change in responsibilities at work (i.e., promotion, demotion, etc.) 3. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, attending college, joined mil.) 2. Son or daughter leaving home (marriage, att	Life Event	Mean Value
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Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced, health breakdown

Stress and Performance

- No stress equals no performance
 - Inertia, procrastination etc
- Some stress associated with higher performance
- Too much stress leads to diminished performance
 - * Burnout, inefficiency, inability to prioritise, tension etc



Task 2

List observations of effect of Stress on performance:

* In Self

In Others

Gender and Stress

- Respond to stress differently
- Men respond to stress through 'fight or flight'
 - SNS arousal accentuated by testosterone
- Women experience 'tend and befriend' response
 - Fight and flight moderated through oxytocin and other hormones
 - Secreted at times of bonding, nurturing and breast feeding





Personality



- Neuroticism
- Extroversion
- Hardiness: Commitment,
 Control & Challenge
- Optimism
- Type A
- Perfectionism





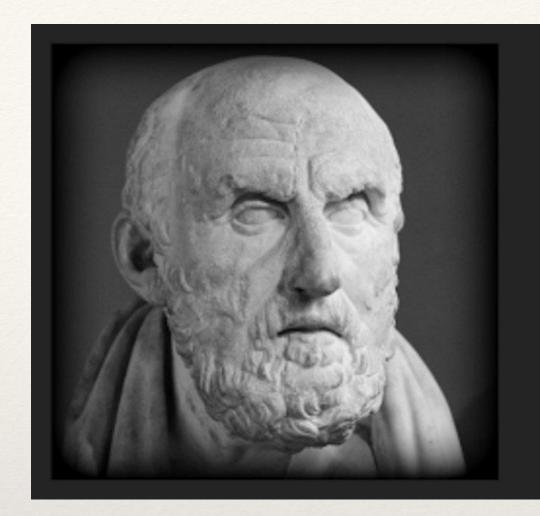


The Perfectionist's Guide to Results

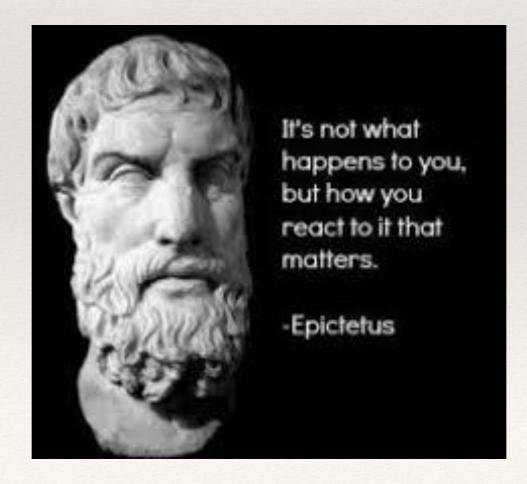
Task 3

 List 5 positive qualities within you that help you deal with Stress

 List 5 qualities within you that make you vulnerable to experience Stress



"Man is affected, not by events, but by the view he takes of them." - Epictetus -



Appraisal



- * The manner in which the individual views and evaluates the stressful experience that he/ she is faced with.
- Consequences positive, negative or neutral
- Negative or potentially negative events are further appraised
- Primary: When faced with a stressor, a person evaluates the potential threat.
- Secondary: What one can do about the situation.

Appraisal

Harm: damage already done

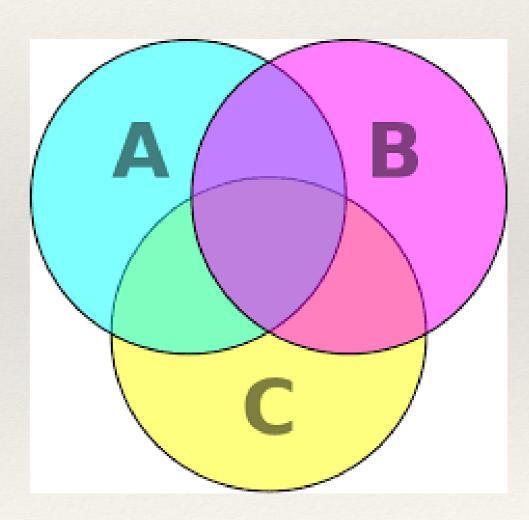
Threat: possible future damage

Challenge: potential to overcome + profit from

Determinants o



- Nature of event: Positive/Negative
- Predictability
- Control
- Ambiguity
- Domain
- Overload



Occupational Stress

- Stressful Job factors
- Sedentary work environment
- Work Overload : subjective & objective experience
- Work Pressure
- Responsibility for people rather than products
- Role conflict
- Role Ambiguity
- Quality of Social relationships at work
- Perceived inadequate career development
- Lack of control over work
- Unemployment

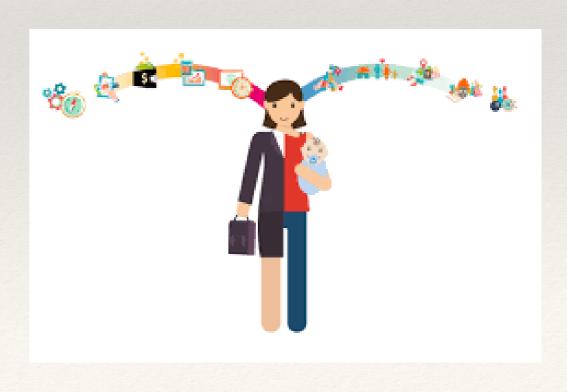


Occupational Stress

- Job Strain model Karasek et al, 1981
- High Psychological demands
- Low decision latitude
- Job strain
- Higher Cardiovascular risk

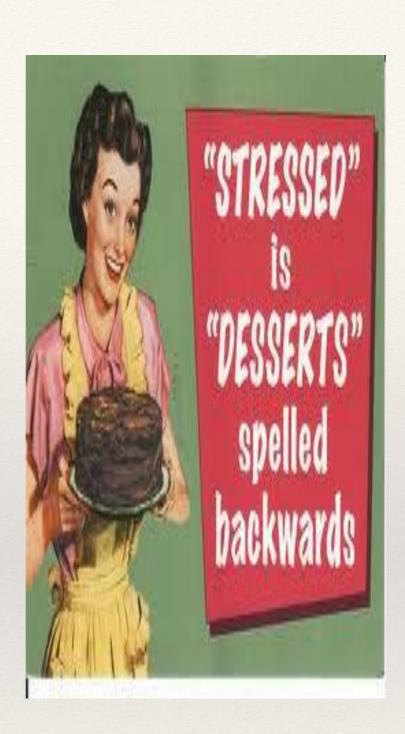
- Stress Contagion:
- Work
 Life











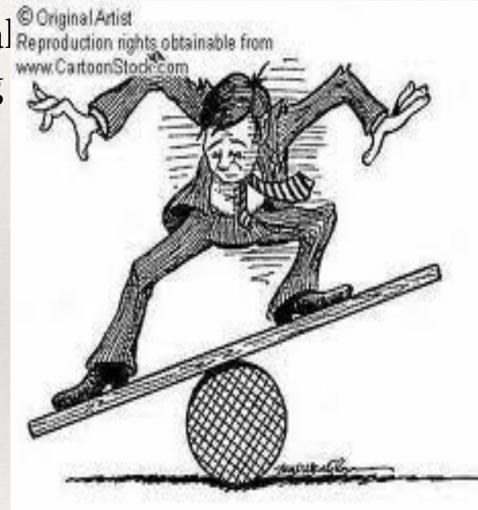
ANTI-STRESS KIT

- 1. PLACE ON A FIRM SURFACE
- 2. FOLLOW DIRECTIONS IN CIRCLE
- REPEAT UNTIL YOU ARE UNSTRESSED OR BECOME UNCONSCIOUS



Coping

- * Efforts to reduce, minimize, master or tolerate demands from the internal or external reproduction not sold as taxing or exceeding the resources of the individual
- Series of transactions between the individual and the environment
- Dynamic relationship
- Coping Styles "Bank Account" of available resources



Coping Strategies – "Specific withdrawals"

Coping: Types

WHERE
WHEN

WHO

WHAT

- Problem focused coping involves direct efforts to modify the problem causing the distress.
- * Emotion focused coping is directed toward regulating the feelings or affect surrounding a stressful experience.
- Social Support Seeking has PF and EF components
- Combination of behaviors used in any stressful situation

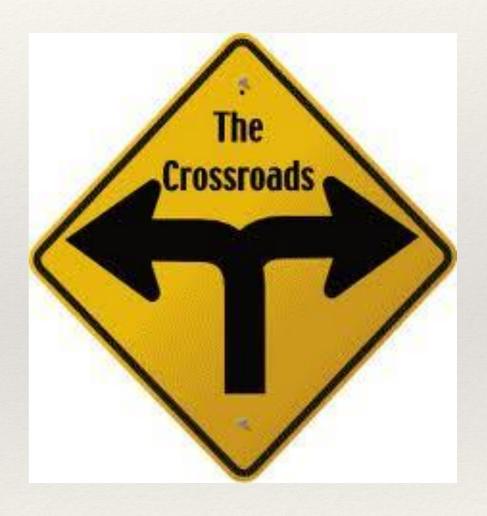






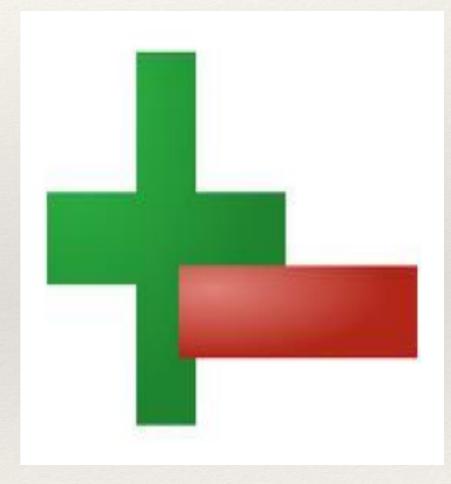
Coping: Types

- Approach and Avoidance Coping
- * Types of cognitive and emotional activity
- * Oriented either towards or away from threat.
- * Approach strategies allow for appropriate action and for ventilation of emotion.
- Avoidant strategies, on the other hand, seem useful in reducing stress



Maladaptive / Adaptive Coping

- * Denial
- * Blame
- Avoidance
- Passive coping
- Negative forms of distraction: using substances, risk behavior
- Using any form to the exclusion of others
- * Problem Solving
- * Social Support
- * Acceptance/Redefinition
- Related to Mental Health and Wellbeing



Task 4

 List 5 problem focussed behaviours you use when stressed

List 5 emotion focussed behaviours you use when stressed

 List 5 social support seeking behaviours you use when stressed The only difference between a diamond and a lump of coal is that the diamond had a little more pressure put on it.

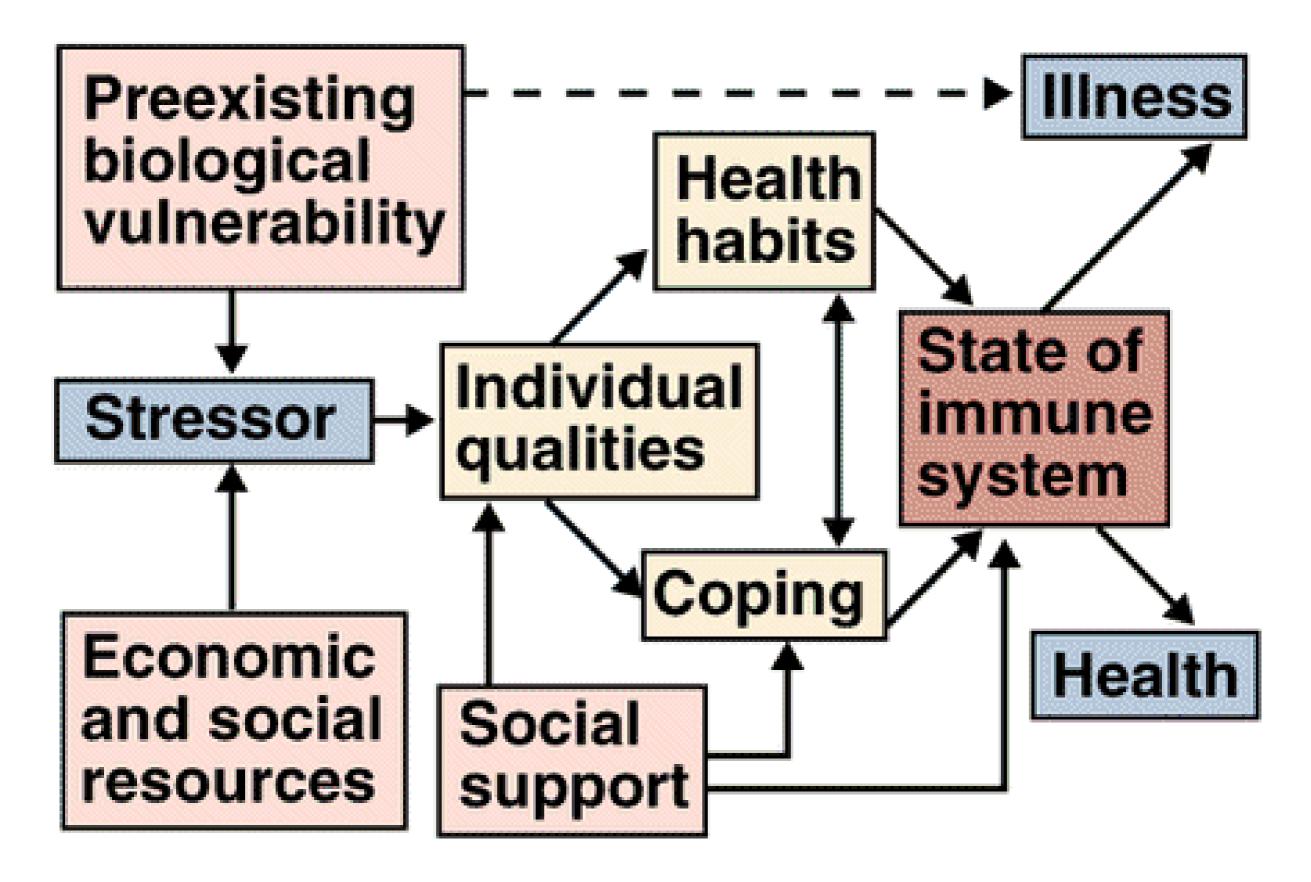
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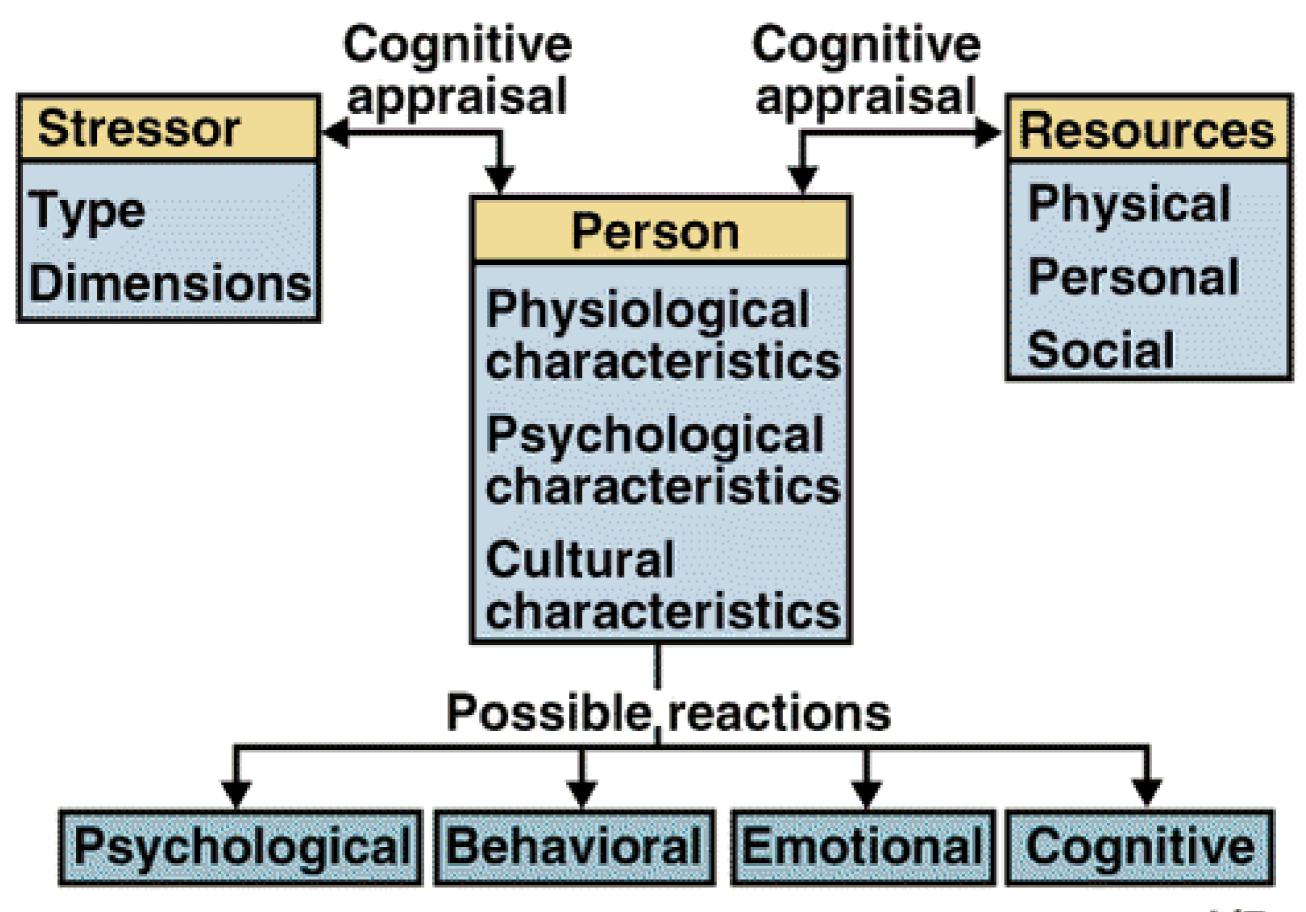






A Model of Stress and Illness





Conclusions

- Stress is inevitable in every stage of Life, Every Profession
- Important to be Aware of its causes, effects and influence on us
- External and Internal Situations and Demands

+

Appraisal of Stress and Perspectives

+

 Strengths and Vulnerabilities in our Personality

+

* Coping





Games

- Physical checks 5 minutes; notepad 1ce a day
- Emotion log over 1 week; notepad, 1ce a week
- Stress Check: Areas to Assess
- Environment
- Yourself
- Relationships
- Job
- Time management, Organisation, Self Care

Games

- Self Soothing
- Pick 2-3 simple activities that help you feel good
- 5 minutes, 3ce a day, everyday
- Stress Shelter
- 10, minutes, notebook, 1ce a day
- Find a quiet spot, spend 5 minutes thinking about personal elements of life that help you deal with stress - family photos, painting/prints of scenery, comfortable chair/spot