

COPING STRATAGIES




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What is Stress?

- “The nonspecific response of the body to any demand whether it is caused by or results in pleasant or unpleasant conditions” -Selye
- Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment





Reaction to Stress Depends on...

- Individual Interpretation
- Intensity of the stressor
- **Duration** of the exposure to it
- Frequency of the stressor
- Situation (environment, context, etc.)
- Social, spiritual, intellectual acceptances and taboos.

Kinds of Stressors

Acute stress

Reaction to immediate threat

Effects are short lived

Chronic Stress

Persistent worries

Effects are long lasting



Causes of Stress



Psychological



Environmental



Health issues



Environmental Stressors

- Daily hassles
Accumulation of small frustrations on a daily basis
- Financial worries
- Social support system
- Work pressures
- Family responsibilities
- Inter personal relationships



Factors Contributing to Personal Stress

- Negative thinking
- Personal disorganisation
- Inability to say “no”
- Procrastination
- Frustrated often
- Poor conflict resolution skills
- Lack of personal confidence



Work Stressors

- Feeling little or no control over work.
- Lack of recognition or rewards for good work
- Unclear or overly demanding job expectations.
- Doing work that's monotonous or unchallenging.
- Working in a chaotic or high-pressure environment



Work Stressors (contd.)

- Legal role conflicts
- Trivial Interruptions
- Managing mistakes of others
- Pressure to work at optimum levels – all the time!
- Poor communication systems/lack of transparency

Psychological Stressors

- Personality (Perfectionism, Type A)
- Past Experience
- Ambition
- Irresponsible behavior
- Negative attitudes & feelings
- Unrealistic expectations
perfectionism



Health Issues

- Chronic illness
- Accident
- Disability
- Care giver burden



Is stress always a bad thing?

Stress

Eu-stress

Distress



Ways of Coping

Emotion Focused Coping

- Activities to calm your bodily activities (use of drugs, relaxation)
- Cognitive focused activities (distraction, fantasy, positive thinking)
- Ignoring or distorting reality



Problem Focused Coping

- Destroy, remove or weaken threat
- Distance oneself from threat
- Negotiate/Bargain or Compromise
- Act in manner to increase resistance or decrease strength of anticipated stress

Methods of Coping

ACTIVE

INACTIVE

DIRECT

- Changing the Source of the stress
- Confronting Source
- Adopting a positive attitude

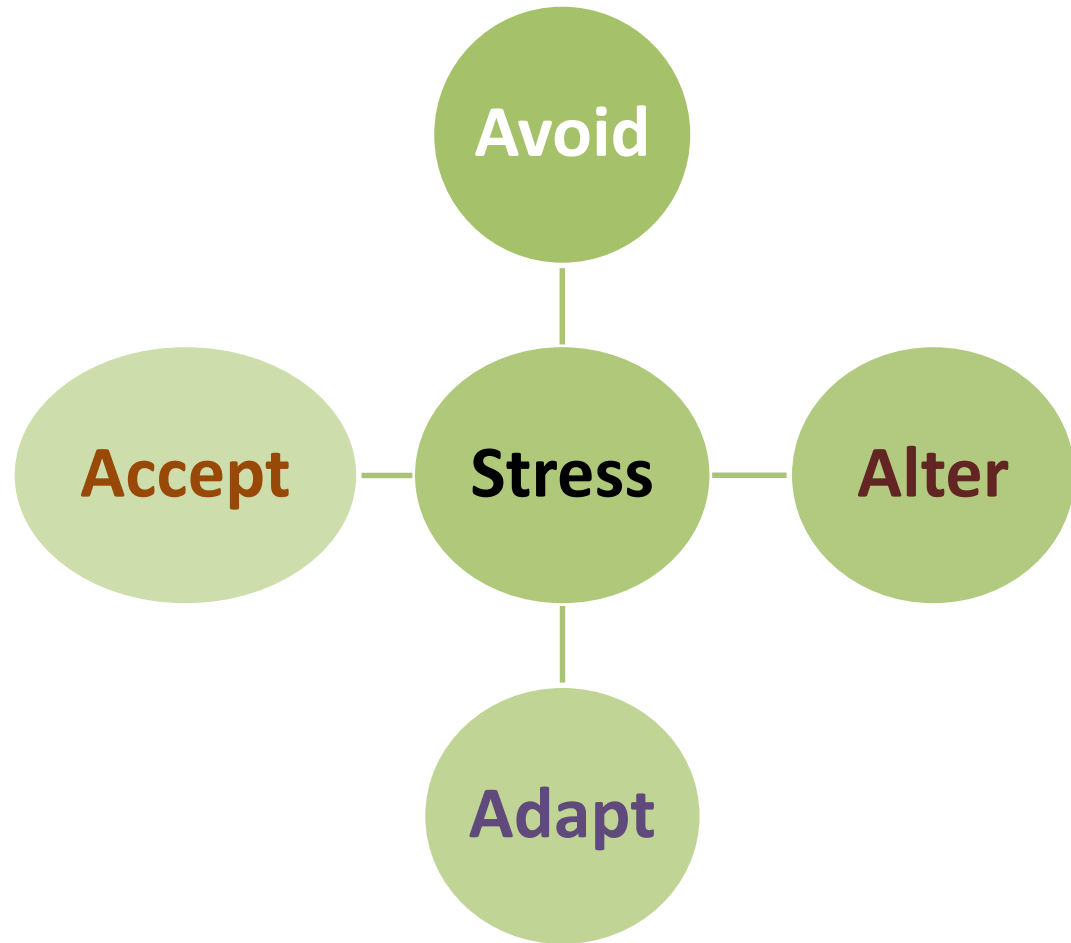
- Ignoring the source of the stress
- Avoiding the source
 - Leaving

INDIRECT

- Talking about the source of stress
 - Changing self
- Getting involved in other activities

- Alcohol or drugs
 - Getting Ill
 - Collapsing

What can be done?

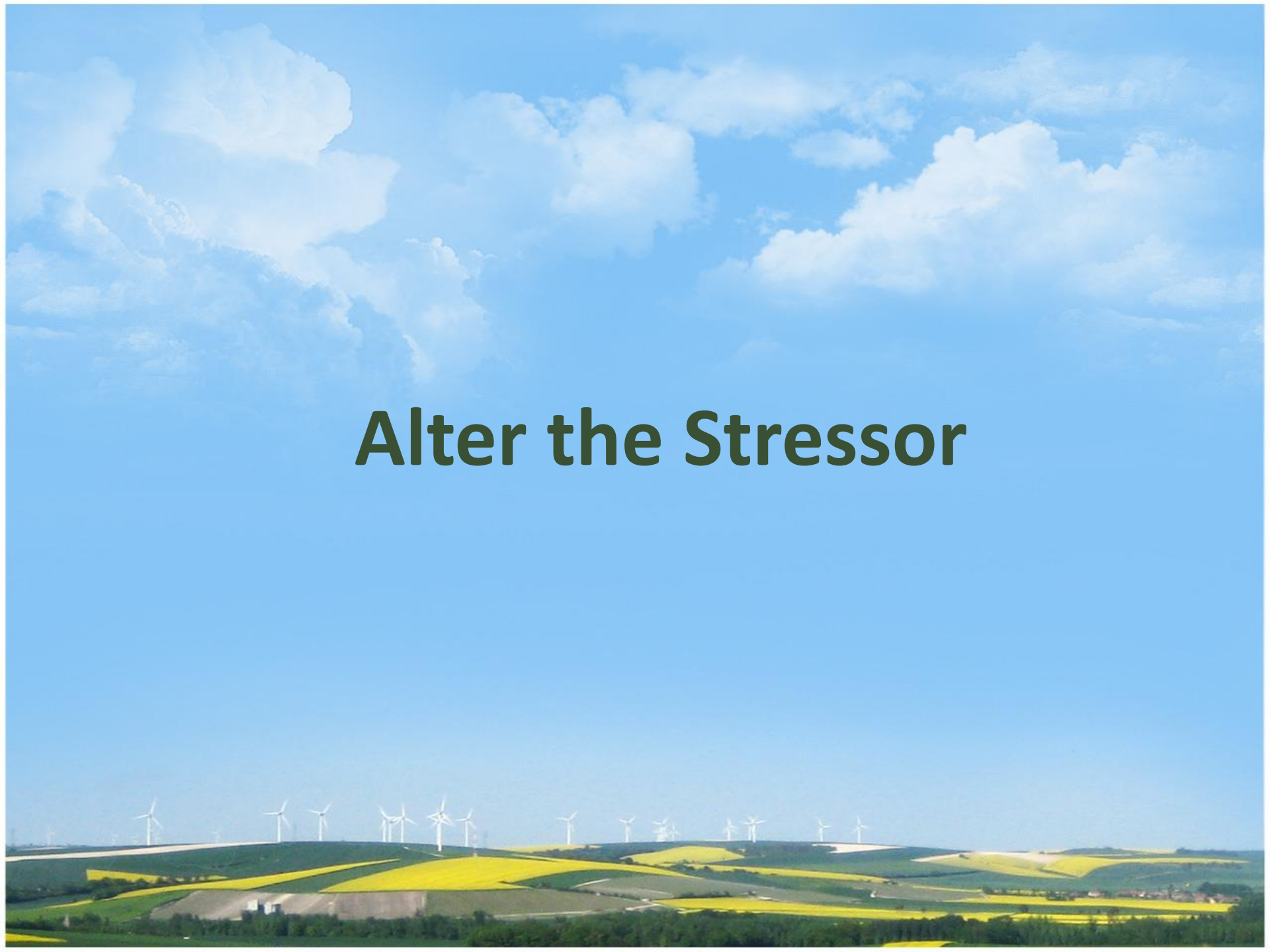


Avoid Stressors

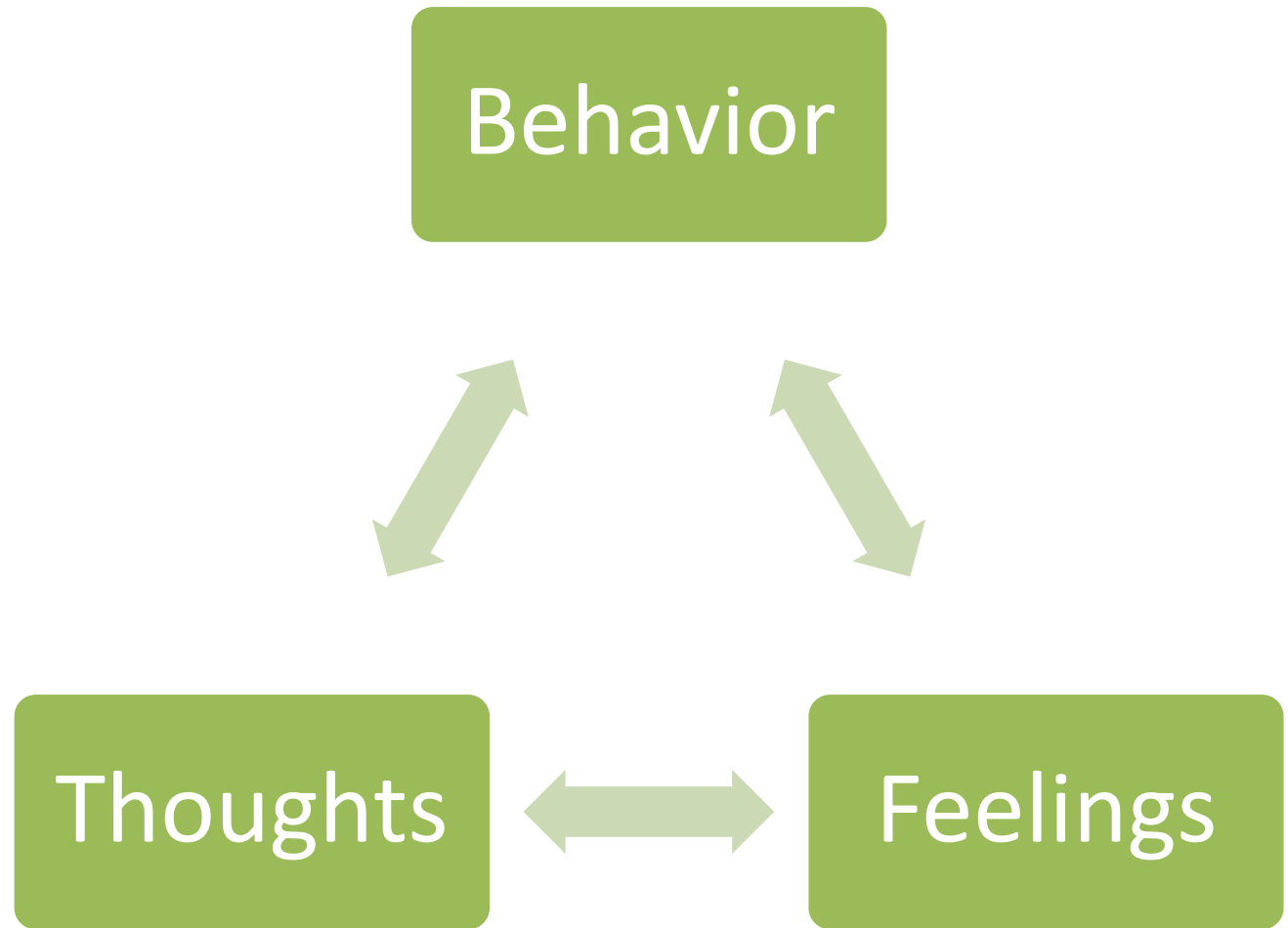
- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Distinguish between the “shoulds” and the “musts.”



Alter the Stressor



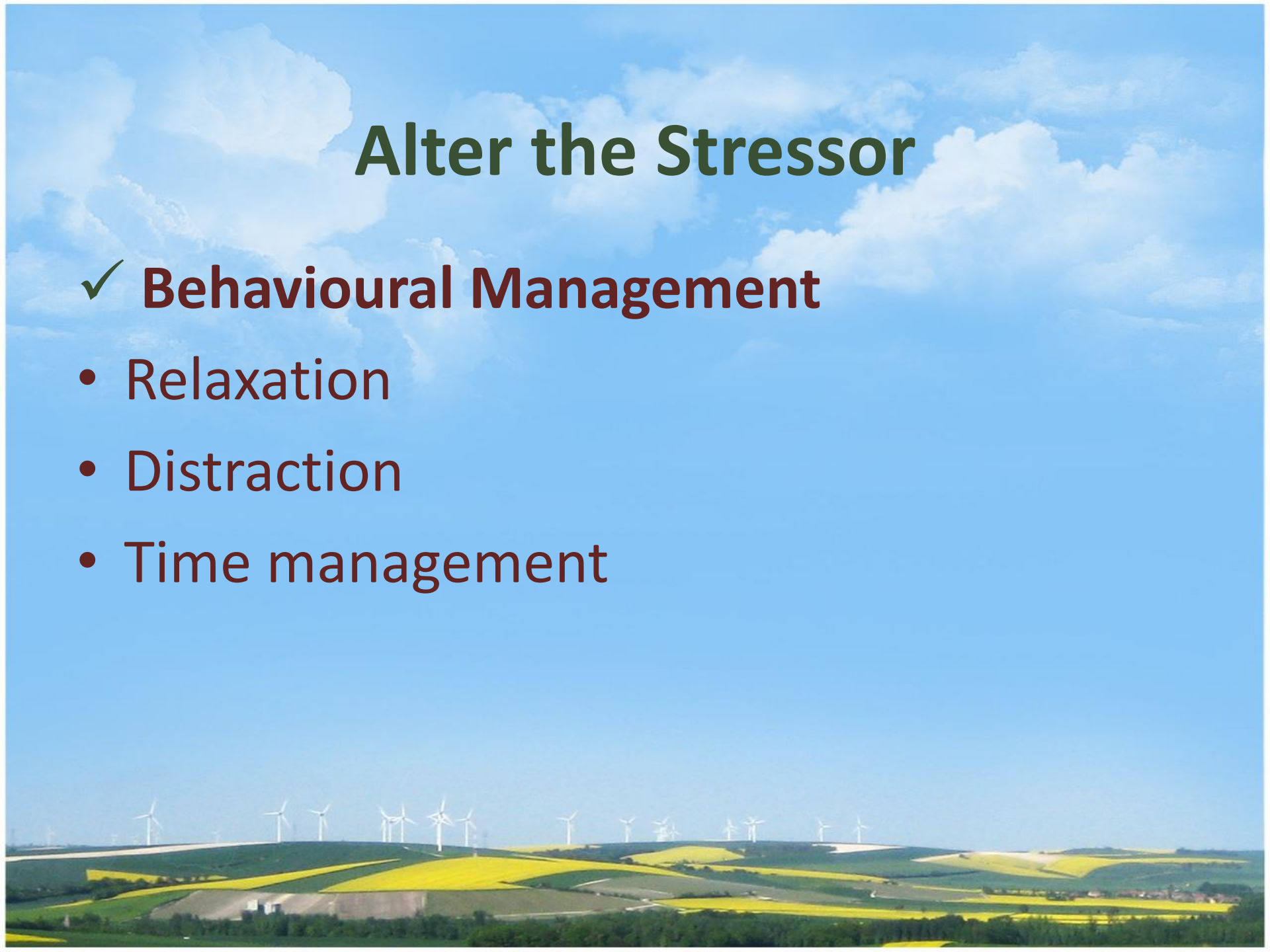
Model for Stress Management



Alter the Stressor

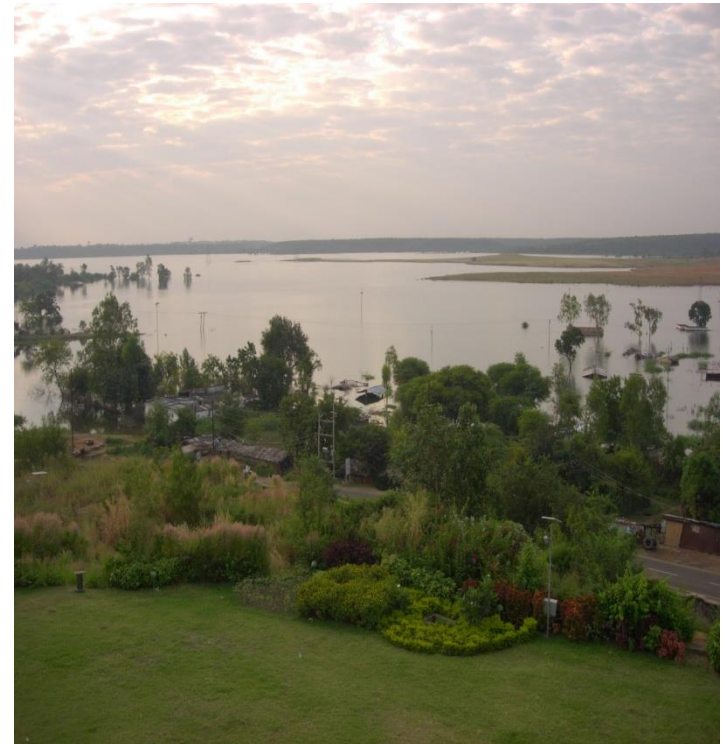
✓ Behavioural Management

- Relaxation
- Distraction
- Time management



Relaxation

- Deep Breathing
- Yoga/meditation
- Imagery



Problem solving

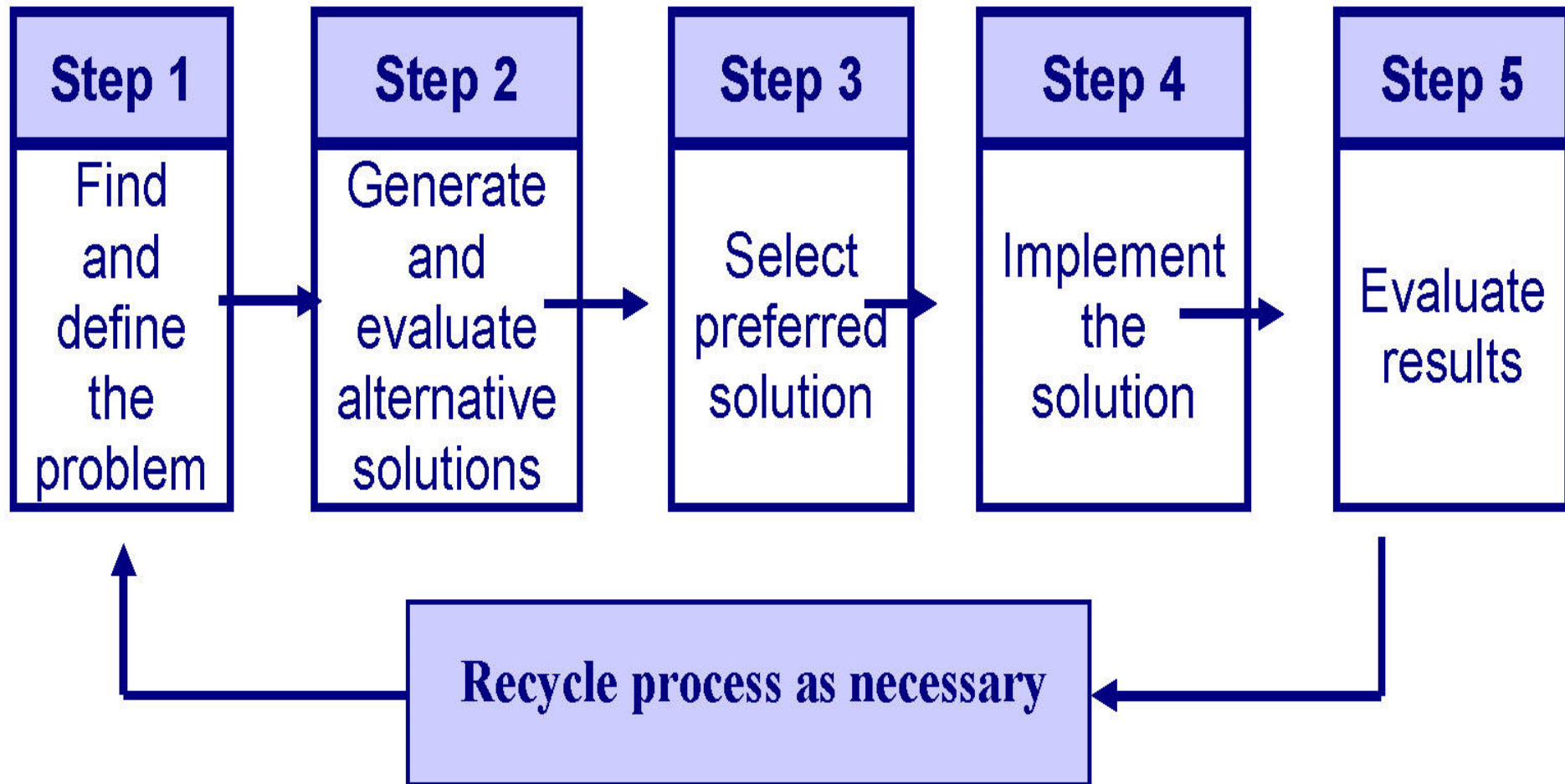
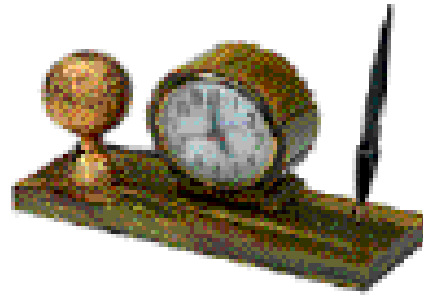


Figure 2.1: Steps in decision making and problem solving

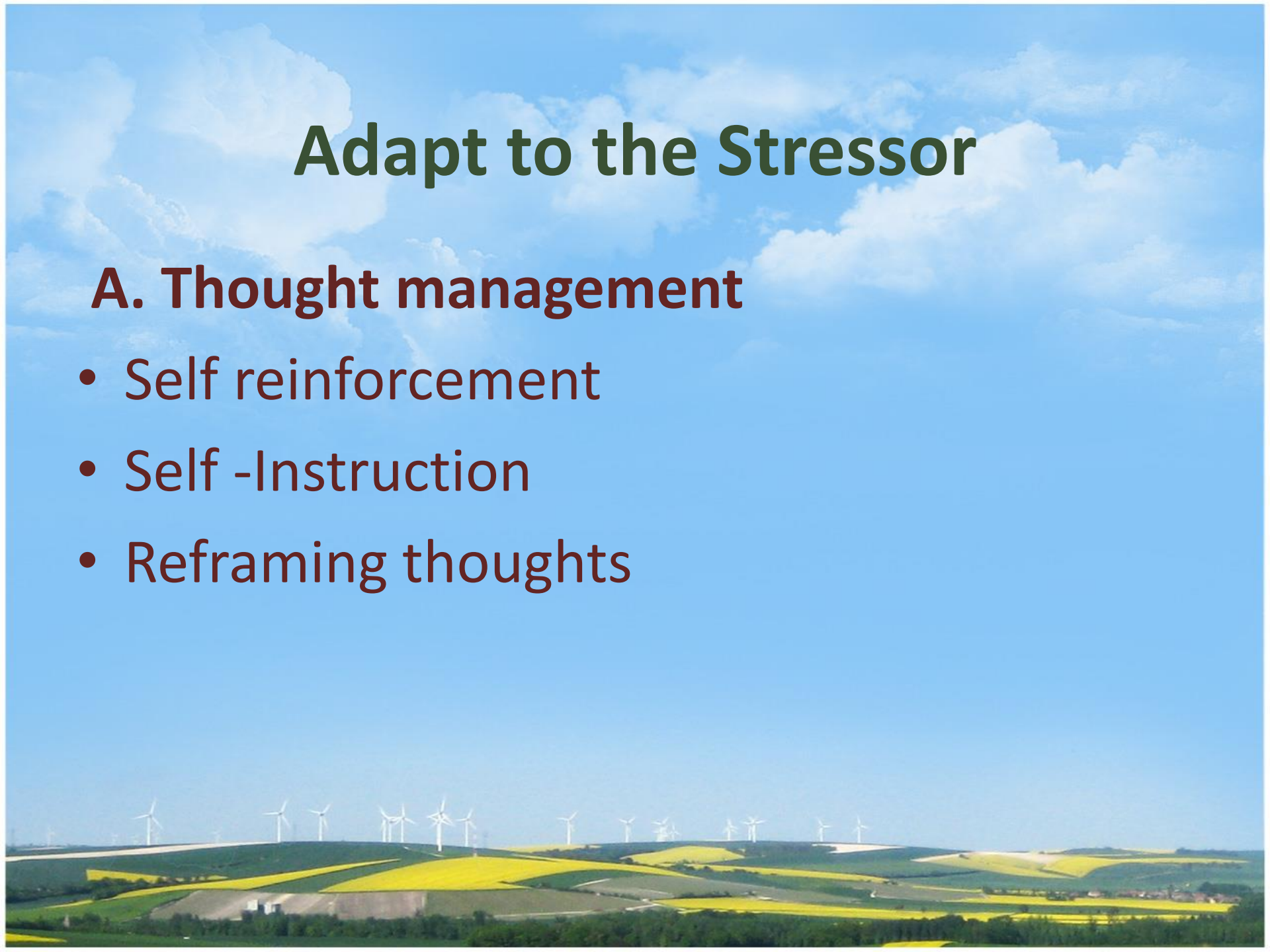
Time management



Adapt to the Stressor

A. Thought management

- Self reinforcement
- Self -Instruction
- Reframing thoughts



Cognitive Appraisal

- Individual reactions to stress
- Whether events/situations lead to excessive stress depends if events are perceived and interpreted as being:
 - Meaningful
 - Potentially challenging
 - Threatening or aversive



Reframing thoughts

Expectations

- Demanding too much from yourself
- Demanding too much from others
- Demanding too much from the world





Challenging your thoughts

Ask yourself:

- “So What?”
- Is this belief based on some fact or opinion or assumption?
- What is the evidence that it is completely true?
- Is it really so bad? Is it the worst that could be?
- Is this belief helping me get what I want?
- Where is the evidence that it makes me worthless?



Challenging your thoughts

Stress Producing thought:

"That was a stupid thing I did"

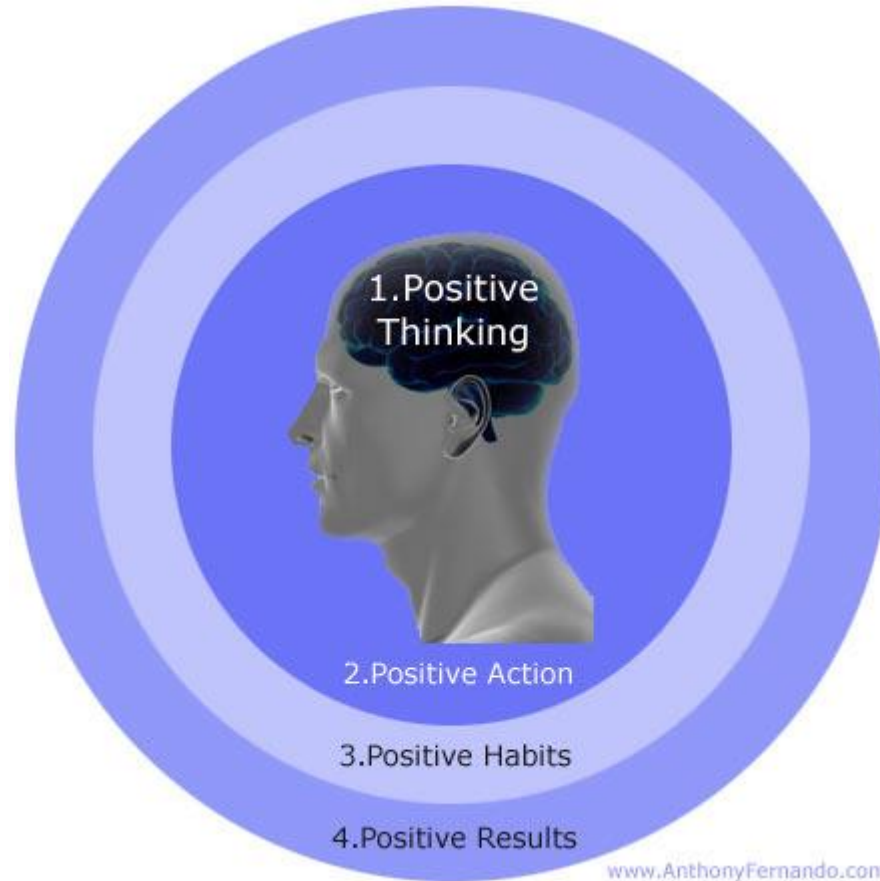
Stress Reducing:

"I made a wrong judgment, but that's okay. Next time I'll know to do it differently."

Self Reinforcement



Positive self statements

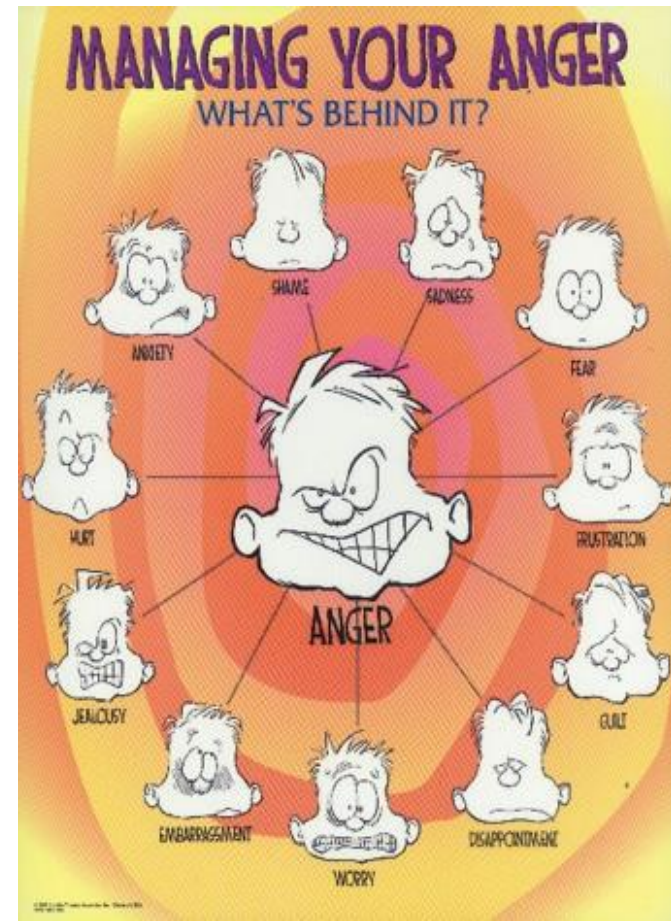


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Managing Anger

- Humor
- Distraction/ Time out
- Empathy
- Managing thoughts
- Assertiveness
- See-saw
- Negotiation
- Assertiveness
- Forgiveness



Managing Relationships

- Identify dispute
- Choose plan of action
- Modify expectations or faulty communication to bring about a satisfactory resolution



Acceptance

Stress is an inevitable part of life

finish each day and be done with it. you have done what you could. some blunders and absurdities have crept in; forget them as soon as you can. tomorrow is a new day. you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

-emerson

Lifestyle Management

- Adequate Sleep
- Balanced Eating
- Moderation: Alcohol
- Avoid: Nicotine
- Exercise
- Music



Lifestyle Management

- Frequent breaks
- Humour
- Sharing/ Talking it out
- **HALT** don't let yourself get too
 - **H**ungry
 - **A**ngry
 - **L**onely
 - **T**ired



WILL RETURN



Ventilate

- **Talk about your concerns**
- **Share problems**
- **Write journal or diary**
- **If need be, seek professional help**



Interactive Session