What is Stress?

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Then What is Stress?

**Stress** is an umbrella term for a comprehensive catalogue of words that includes **Anxiety**, **Tension**, **Arousal**, **Conflict**, **Pressure**, **Fatigue**, **Panic**, **Upset**, **Nervousness** etc.
Stress on human being

* It is the emotional and physiological reactions to stressors

* A stressor is a situation, demand or circumstance which disrupts a person’s equilibrium and initiates the stress response.

* The stress response is the reaction of a person which may be FLIGHT and FIGHT syndrome.
Stress Often Develops When:

- We Want to *Give up* a Behavior and Cannot
- Or
- We Want to *Adopt* a Behavior and Cannot
### LIFE INCIDENTS/EVENTS

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<tr>
<th>INCIDENTS</th>
<th>STRESS LEVELS</th>
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<td>1. DEATH OF SPOUSE</td>
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<td>2. DIVORCE</td>
<td>73</td>
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<td>3. SEPARATION</td>
<td>65</td>
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<td>4. DEATH OF CLOSE FAMILY MEMBERS</td>
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<td>5. MAJOR PERSONAL INJURY</td>
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<td>(SPIRITUALISTIC PERSON)</td>
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<td>6. SELF MARRIAGE</td>
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<td>7. FIRED FROM PRIVATE JOB</td>
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<td>8. RETRENCHMENT</td>
<td>45</td>
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<td>9. TROUBLE WITH INLAWS</td>
<td>89</td>
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<td>10. WIFE STARTS OR STOPS WORK</td>
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<td>11. TROUBLE WITH BOSS</td>
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<td>12. CHANGE OF THE HOUSE</td>
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<td>13. CHANGING SLEEPING HABITS</td>
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<td>14. CHANGING EATING HABITS</td>
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<td>15. VACATION</td>
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<td>16. MINOR VIOLATION OF LAW</td>
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Stress Research reveals

- While stress is difficult to define, there are many researchers that have provided us with insight into this stress phenomenon.

Dr. Hans Selye, an endocrinologist, studied the effects of “stressors” on the internal organs and glands of rats and generalized his findings to the effects of stress on humans.
Stress Research reveals- cont

Dr. A. T. W. Simonton recognized the importance of “symbolic” stressors in the twentieth century and their possible relationship to psychosomatic disease.

- Dr. T. Budzinski used biofeedback for the relief of headaches.
- Dr. H. Benson used meditation to help control hypertension.
Stress Reactivity

Dr. Walter Canon first called the “fight-or-flight” response, it is the body’s physiological reaction that prepares us for swift action when needed.

When not used, stress products can build up. Over time, this build-up can be unhealthy and becomes Burnout
Burn-out

• ... the physical and emotional exhaustion due to too much work or frequent frustration at work, family or social life.
Symptoms of Burnout

- Diminished Sense of Humor
- Skipping Rest and Food Breaks
- Increased Overtime and No Vacations
- Increased Physical Complaints
- Social Withdrawal
- Changed Job Performance
- Self-medications
- Internal Changes
Source of Stress at work

(C) CAREER DEVELOPMENT

* Promotion
* Lack of Job Security
* Lack of Participation
* Lack of Responsibility
Job Stressors?

Factors
Intrinsic To Job

Personal Characteristics

Extra-organizational Stressors
DANGER SIGN AND SYMPTOMS OF STRESS

* Insomnia
* Trembling/Nervousness
* Alcoholic/Drug addiction
* Pain in neck or lower back
* Neurotic Behaviour
Stress and Accident

Accident according to OHSAS 18001 definition
“Any undesired events giving rise to death, ill health, Injury, Damage, mistake or other Loss”
70% accident is caused due to Human error.
30% accident is caused due to Machine error

Any Stressful behaviors may deviate your attention from your Workplace may lead to Near Miss accident.
A 300 Near Miss accident may lead to 40 MAJOR EVENT ACCIDENT.
A 40 major accidents may Lead to ONE FATAL ACCIDENT
Stress Management Technique:

There are three fold technique to manage or reduce your stress;

1. Life style changes technique
2. Progressive relaxation technique
3. Physiological Interventions technique
Progressive Relaxation Technique

- A technique used to induce nerve-muscle (neuromuscular) relaxation.

...Yoga is a form of Progressive relaxation technique
YOGA AND MEDITATION

- TAAL ASANA
- KONE AASANA
- PRANAYAM (DEEP BREATHING)
- ANULOM VILOM
- KAPAL BHATI
- NADI SHODHAN
- BHRAMHARI
- TM Etc.
Progressive Relaxation Exercises

Exercises are done by

* contracting (tensing) a muscle group, then

* relaxing the muscle group

- spend twice as much time relaxing than tensing
- spend 4-5 minutes tensing/ relaxing muscle groups arms, face, neck, shoulders, upper back
- chest, stomach, lower back, hips, thighs, calves
Physiological Benefits of Progressive Relaxation

- relaxes major muscle groups
- can relax smooth muscles
- causes relaxation of the gastrointestinal and cardiovascular systems
- has been effective in treating migraine and tension headaches
- can help relieve backaches
- alleviates conditions caused by bracing or ineffective muscular contractions
Reducing stress through Physiological Interventions

• Exercise is a physiological intervention that uses stress products so they are not able to affect your health negatively.

• Vigorous Physical Exercise
Physiological Benefits of Vigorous Exercise

• Burns Calories and Reduces Body Fat
• Tones Muscles
• Increases Muscular Endurance
• Improves Posture
• Decreases Ldls and Blood Cholesterol
• Increases Hdls
Psychological Benefits of Vigorous Exercise

- Improved Self-esteem
- Being Positively Perceived by Others
- Feeling More Alert and Able
- Having Fewer Illnesses and Accidents
- Decreased Feelings of Anxiety and Depression
- Improved Attitude
Tips for an Effective Exercise Program

• Get medical screening when appropriate

• Begin your program slowly; build intensity gradually

• Train, don’t strain

• Allow sufficient time to warm up the muscles
Tips for an Effective Exercise Program-cont.

• Allow sufficient time for the muscles to cool down

• Dress properly

• Use appropriate equipment with a good fit

• Be aware of warning signs of over training

• Focus on stress reduction rather than on competition