

Don't Tell Me to Relax...

**I Need My Tension
To Hold Me Together!**



Homefront To Heartland

Empowering Women In Agriculture & Small Business

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Presented By...

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STRATEGIC RESOURCES

Maryville, TN

Stress and You

<p>How would you define "STRESS"</p>	<p>What situations create stress for you?</p>
<p>What emotions do you experience when stressed?</p>	<p>Where does stress show up in your body?</p>
<p>What are some positive things you do to cope with / manage stress?</p>	<p>What are some negative things you do to cope with / manage stress?</p>

"Stress Test"

Read the following statements. Choose a number from 1-4 to indicate how you feel about each statement. Choose **1** for **strongly agree**. Choose **2** for **agree**. Choose **3** for **disagree**. Choose **4** for **strongly disagree**.

Work

1. ___ I only work overtime (or long hours) when I choose to.
 2. ___ I get along well with my supervisor.
 3. ___ My employer has family-friendly policies (flex time, good benefits, etc.)
 4. ___ The communication between management and employees is good.
 5. ___ My working environment is good (air quality, low noise, lighting, etc.)
 6. ___ I feel challenged in a good way (sometimes even excited) by my work.
 7. ___ I feel my job and my position at work is relatively secure.
 8. ___ My co-workers and I feel like a team. There is a sense of community.
- ___ **Subtotal**

Personal

1. ___ I am happily involved in a long term, stable relationship.
 2. ___ I get along well with my family.
 3. ___ I am active in my community or church.
 4. ___ I feel safe living in my neighborhood.
 5. ___ I have a good group of friends.
 6. ___ I feel reasonably comfortable financially.
 7. ___ I am happy with where I am living (home, apartment, other).
 8. ___ Nobody in my family has been hospitalized in the last year.
- ___ **Subtotal**

Coping

1. ___ I get some kind of exercise regularly.
 2. ___ I am a good problem solver and don't get frustrated easily.
 3. ___ I get 7-8 hours of sleep on most nights.
 4. ___ I occasionally get angry but am able to get over it quickly.
 5. ___ I usually reward myself when I have done something well.
 6. ___ I enjoy relaxing activities and make time for recreation or hobbies.
 7. ___ I consider myself a fairly spiritual person.
 8. ___ I like myself.
- ___ **Subtotal**

___ **Grand Total**

Grand Total Scores:

- 24 – 38 There is either little stress in your life and/or you are managing it well.
- 38 – 53 Moderate stress and managing better than average.
- 53 – 68 Need to look at areas of high stress and how you are coping.
- 68 – 83 Either under a lot of stress and/or not managing well at all.
- 83 – 96 Stress overload and unable to cope. Need to take action.

Subtotals under 15 indicate an area of strength. Over 22 indicate an area of weakness.

Three Important Concepts

I. Basic Needs of All People:

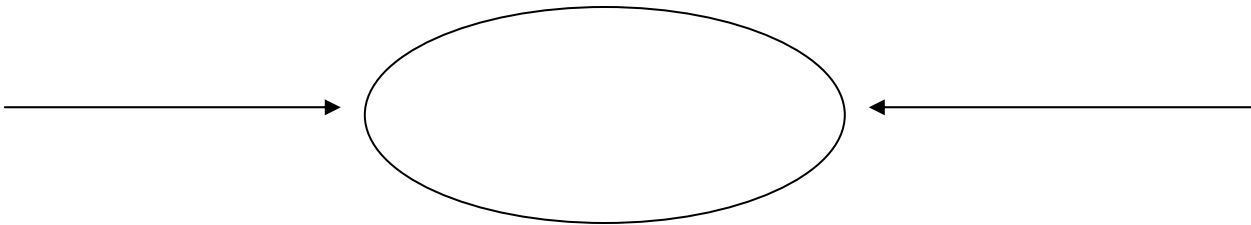
A. _____

B. _____

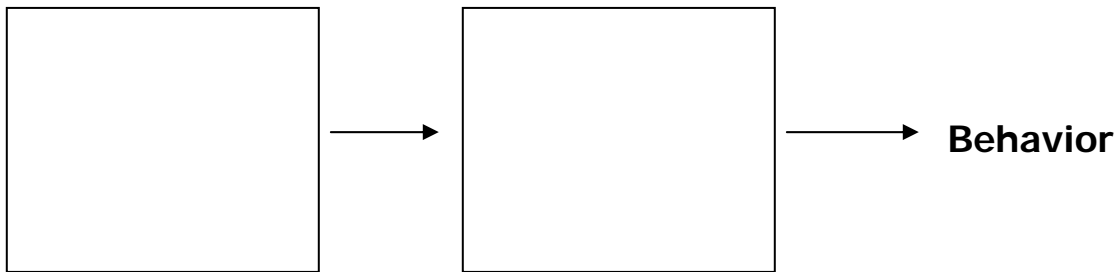
C. _____

D. _____

II.



III.



Definitions of Stress

- ❑ The non-specific response of the body to any demand placed upon it.
- ❑ An external force or stimulus upon an object (Pressure).
- ❑ The response of an object to a force or stimulus.
- ❑ Wear and tear on our bodies and minds.
- ❑ Adapting to change.
- ❑ Any imbalance between demands and resources.
- ❑ Loss of control.
- ❑ Overwhelmed.
- ❑ The emotional and physiological responses / reactions to a _____.



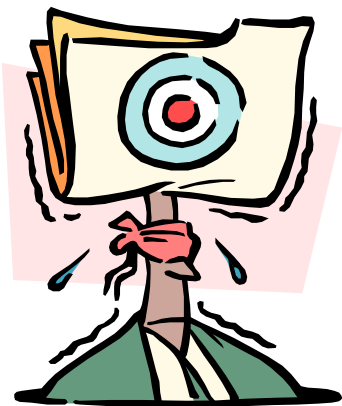
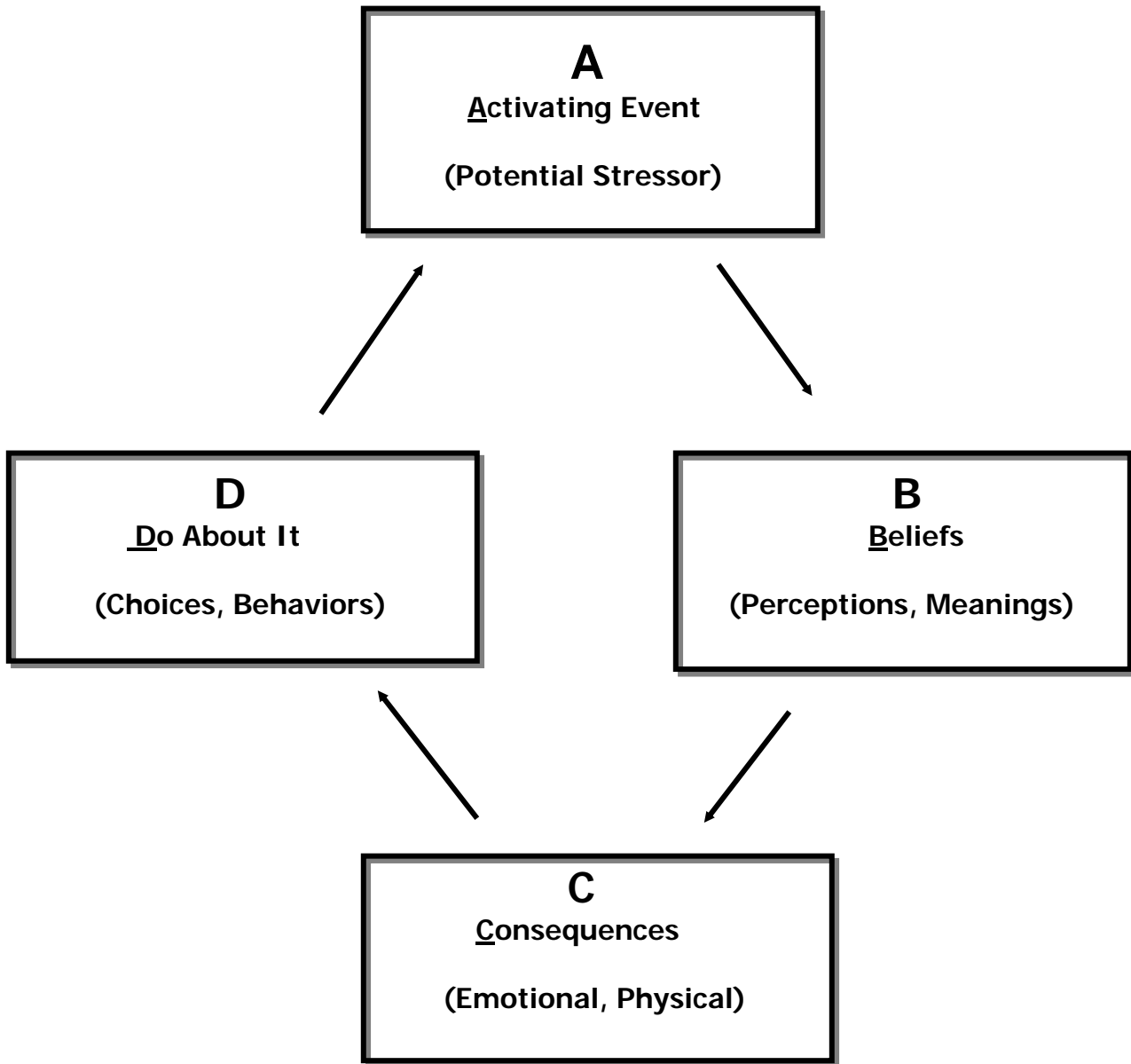
**“My life has been full of terrible misfortunes,
most of which never happened.”**

Montaigne

**“The mind in its own place,
and in itself,
can make a heaven of hell,
or a hell of heaven.”**

John Milton

Stress Cycle



Strategies For Managing Stress

I. Change the Stressor

- **Be proactive...Do something!**
- **Focus on what is important and where you have control**

- Learn problem solving and decision making skills
- Develop Emotional Intelligence...those non-cognitive skills that enable you to recognize and manage your emotions and interact and relate with others in positive, productive ways
- Prioritize and manage time

Control and Importance Matrix

	Can Control	Cannot Control
Important		
Not Important		

Stressors, irritants, annoyances, aggravators, frustrators, worries, etc.:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Strategies For Managing Stress

II. Reframe Your Perception

- Look for opportunities and challenges
- Refute negative and critical thinking

- Enhance self esteem
- Examine explanatory style
- Challenge distorted, irrational thinking

Common Irrational / Distorted Thinking

Type of Thinking	Description
Filtering	You take the negative details and magnify them while filtering out all positive aspects of a situation.
Polarized thinking	Things are black or white, good or bad, right or wrong. You have to be perfect or you're a failure. There is no middle ground.
Over-generalization	You come to a general conclusion based on a single incident or piece of information. If something happens once, you expect it to happen over and over.
Mind reading	Without their saying so, you know what people are thinking and feeling and why they act the way they do. In particular, you are able to divine what people think of you.
Catastro-phizing	You expect disaster. You notice or hear about a problem and start "What if's": What if tragedy strikes? What if the worst happens?
Personalization	You think that everything others say or do is some kind of reaction to you. You also compare yourself to others, trying to determine who is smarter, better, has the cutest children, etc.
Control fantasies	You feel externally controlled by other people and circumstances. You are helpless, a victim, deserving of sympathy and pity.
Fairness fallacy	You become resentful of others because you think you know what is right, fair, and just, but they don't agree with you.
Blaming	You are never responsible for your actions or the result of them. Or the other extreme - you believe you are to blame for everything bad that happens to you or others.
Shoulds	You have a list of irrefutable rules about how people and the world must be. When things don't conform to your standards you become angry, and when you don't conform, you feel guilty.
Emotional reasoning	You believe automatically that what you feel must be true. If you feel ugly, you are ugly. If you feel incompetent, you surely are.
Fallacy of change	You expect others to change to suit you if you just pressure or cajole them enough. You need to change others because your hopes for happiness seem to depend entirely on them.
Labeling	You can generalize one or two qualities into a negative judgment.
Being right	You are continually on trial to prove that your opinions and actions are correct. Being wrong is unthinkable, worse than death.

Strategies For Managing Stress

III. Balance your Lifestyle

- **Enjoy things that offer pleasure, fun, meaning, purpose**
- **Value and take care of yourself**

- Engage in regular physical activity
- Practice relaxation regularly (meditation, yoga, visualization, massage, autogenics, progressive muscular, etc.)
- Participate in recreational activities or hobbies
- Utilize social support
- Maintain physical health
- Seek spiritual growth
- Find opportunities for humor and play
- Pleasure your senses
- Learn to be authentically happy

Daily Stress Record

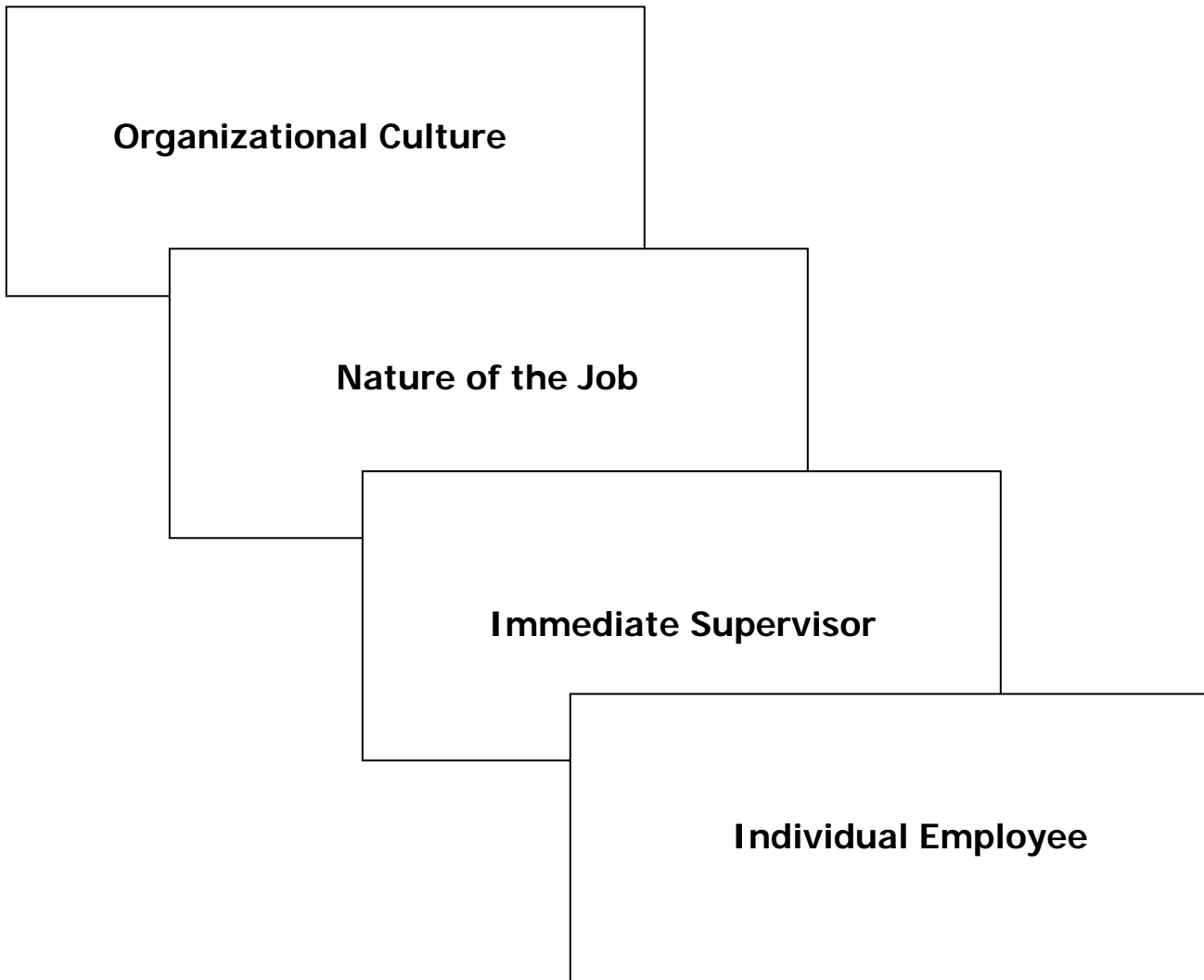
Date	Situation	Self-talk	Emotions	Physical Symptoms	Coping Methods	Comments

**“If you are distressed by anything external,
the pain is not due to the thing itself,
but to your estimate of it.
And this, you have the power to rebuke at any moment.”**

Marcus Aurelius



Factors / Elements in Job Stress



Job Stress:

The harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.



Stress Management Resources

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