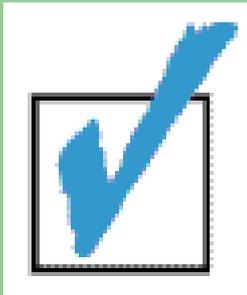


What are the Sources of Stress?

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

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1. Change of any kind can induce stress because of:

- fear of the new, the unknown
- feelings of personal insecurity
- feelings of vulnerability
- fear of rejection
- need for approval
- lack of tolerance for ambiguity
- fear of conflict
- fear of taking a risk
- fear of developing trust
- fear of inability to cope with changed circumstances



2. Individual personality characteristics that can induce stress include:

- low self-esteem
- feelings of over-responsibility
- fear of loss of control
- fear of failure, error, mistakes
- fear of being judged
- lack of belief in “being good enough”
- chronic striving to be perfect
- chronic guilt
- unresolved grief over a loss or a series of losses
- chronic anger, hostility, or depression



3. Interpersonal issues that can induce stress include:

- a lack of adequate support within the relationship
- a lack of healthy communication within the relationship
- a sense of competitiveness between the parties involved
- threats of rejection or disapproval between people
- an inability to be appropriately assertive
- struggle for power & control in the relationship
- poor intimacy or sexuality within the relationship
- chronic conflict & disagreement with no healthy resolution
- over-dependency of one party on another
- a troubled person who refuses to recognize the need for help



4. System (family, job, school, club, organization) issues that can induce stress include:

- lack of leadership
- lack of sense of direction
- uncooperative atmosphere
- competitive atmosphere
- autocratic leadership
- unclear expectations
- a chronic sense of impending doom
- a lack of teamwork
- confused communications
- developmental disability or chronic ill health in system





Is all stress bad?

Not all stress is distress:

- A certain amount of stress or pressure is necessary and shows a positive adaptation being made by a person. This is called **eustress**.

Bad or negative stress is called **distress**:

- It is the negative physiological and emotional response when stress is intense and unresolved.



There are three degrees of stress

- **Low:** This is distress leading to boredom, fatigue, frustration, or dissatisfaction
- **Optimum:** This is eustress leading to creativity, problem solving, progress, change, learning, and energetic satisfaction
- **High:** This is distress leading to exhaustion, illness, lack of concentration, excessive mood swings, low self-esteem & irrational problem solving



What is a definition of stress?

- Stress is defined as a person's response to his environment. Stress is measured in terms of arousal or stimulation. As such, stress must be present for a person to function.
- Each person has his own normal (homeostatic) level of arousal at which he functions best. If something unusual in the environment occurs, this level of arousal is affected.



Three phases of arousal in Stress

Phase 1 Alarm phase: When an unusual (or stressful) event occurs, the output of energy drops for a short period as the event is registered in the person's mind.

Phase 2 Adaptation phase: Next, the output of energy increases above the normal level; arousal is heightened as the person seeks to deal with the situation. Adaptation responses available to humans include physically running away, fighting, freezing (self-immobilization), suppression emotion, or learning

Phase 3 Exhaustion phase: Finally the person's available energy is expended and his capacity to function effectively is reduced



Personal life events analysis

To learn the level of stress (distress) in your life, fill out the Life Events Handout now.

Highlight the value at the right of each of the Life Events if it has occurred within the past 12 month.

So how did you do on this Inventory?

How to analyze your score:

Add the values of all the items you identified with. If your total score is more than 150, find ways to reduce stress in your daily life so that your stress level doesn't increase. The higher the score, the harder one needs to work at staying physically well.



Suggested uses for personal life-events analysis:

- Become familiar with the different events and the amounts of stress they promote
- Put the list of events where your family can easily refer to it several times a day
- Practice recognizing the stress level when one of these events happens
- Think about the meaning of the event for you and identify your feelings
- Think about the different ways you can adjust to the event
- Take your time in arriving at decisions
- Anticipate life changes and plan for them well in advance whenever possible
- Pace yourself. It can be done even if you are in a hurry
- Look at the accomplishment of a task as a part of ongoing daily living; avoid looking at such an achievement as a stopping point. Congratulate yourself and push ahead
- Recognize that your internal mechanism of coping with stress is directly tied to how your health and well-being will be influenced by it



Don't Forget: Signs of Physical response to Stress

Stress results in increased:

- heart rate
- blood pressure, respiration
- perspiration
- pupil dilation
- muscle tension



Don't forget: What are results of chronic stress?

In the state of chronic stress there is chronically elevated:

- heart rate
- blood pressure
- respiration are chronically elevated

Common stress-related illnesses include:

- Coronary artery disease
- Peptic ulcer
- Mental illness



Don't forget: It is important to work on Your Relaxation Response

The signs of this relaxation physical response include decreased:

- heart rate
- blood pressure
- respiration
- pupil dilation
- muscle tension

It is important to daily use the stress-management strategy to evoke relaxation physical response