


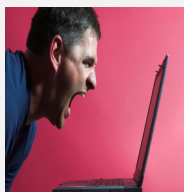
Module 4 - Unit 6

Self Awareness
Stress
Friend or Foe?

FRUSTRATION!

- A NEGATIVE EMOTION that happens when progress is blocked

- External
- Personal




External Frustration

- delay
- Failure (equipment, organisation etc.)
- rejection
- loss direct blocking of motives

Personal Frustration

- Related to personal characteristics
- feeling inadequate
- unused talents
- having little control



Behavioural Responses to Frustration

- Persistence
- More vigorous responding
- Circumvention
- Direct aggression
- Displaced aggression (e.g. scapegoating)
- Withdrawal



Conflict

- Conflict happens when we have to choose between contradictory alternatives. A major type of conflict is:-
- approach avoidance
- Failure to approach the problem and so avoids it and nothing changes



- Stress happens when demands are placed on us to adjust or adapt
- Stress is more damaging when situations involve
 - Pressure
 - A lack of control
 - Unpredictability
 - Intense or repeated emotional shock



Stress is intensified when a situation

- Is perceived as a threat and makes us feel incompetent
- In the work setting prolonged stress, especially when associated with care giving can lead to burn out



Life Stress

- An accumulation of life changes can increase our susceptibility to accident or illness.
- Psychological health is associated to the intensity and severity of daily annoyances and hassles.



Prolonged Stress

- May cause psychosomatic (mind-body) disorders and lower the body's immunity to disease and illness eg back problems, colds and headaches.
- Competitive, striving and angry people with a chronic sense of urgency are more likely to suffer a heart attack



Hardy Personality

- People with a hardy personality seem to be resistant to stress. Characteristics of a hardy type are
- A personal commitment to self, work, family and other stabilizing values
- Feeling of control over their lives and work
- A vision of life as a series of challenges rather than a series of threats or problems



G.A.S

The body reacts to stress in a series of stages called

GAS - General Adaption Syndrome



Stages of G.A.S are:-

- Alarm – when the body increases in alertness and mobilises energy to deal with threats and crisis
- Resistance – when the body maintains a heightened state of vigilance and energy mobilisation over a long period
- Exhaustion – when the body's resources are depleted



Coping with Stressful situations

- Problem-focused strategies – aimed at changing the situation in some way
- Emotion-focused strategies – aims at reducing anxiety without dealing directly with the problem

A combination of these approaches can be useful



Coping with stress

- Meditation - relaxation
- Slow down – step by step
- Organise and prioritise
- Balanced – work, rest and play
- Recognise our limits
- Seek support
- Positive self talk, reframing, coping statements
- One step at a time
- Learning to say "NO"



Healthy Life style?

- 7-8 hours of sleep
- Weight ?
- Smoking?
- Alcohol?
- Exercise?
- Diet / breakfast is important
- Snacking between meals?



The Vicious Cycle of Stress

