

Stress

Management

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What is Stress?

Stress is:

the reaction you have when heavy pressures/demands are put on you; it's a worry if you can cope

the “wear and tear” your mind/body go through trying to cope in a continually changing environment

the result of pressures/demands being greater than the resource

different for everyone; there is no single level of stress that is optimal for all people

Types of Stressors

External Stressors

- ▶ Physical environment
- ▶ Social interaction
- ▶ Organizational
- ▶ Major life events
- ▶ Daily hassles

Internal Stressors

- ▶ Lifestyle choices
- ▶ Negative self-talk
- ▶ Mind traps
- ▶ Personality traits

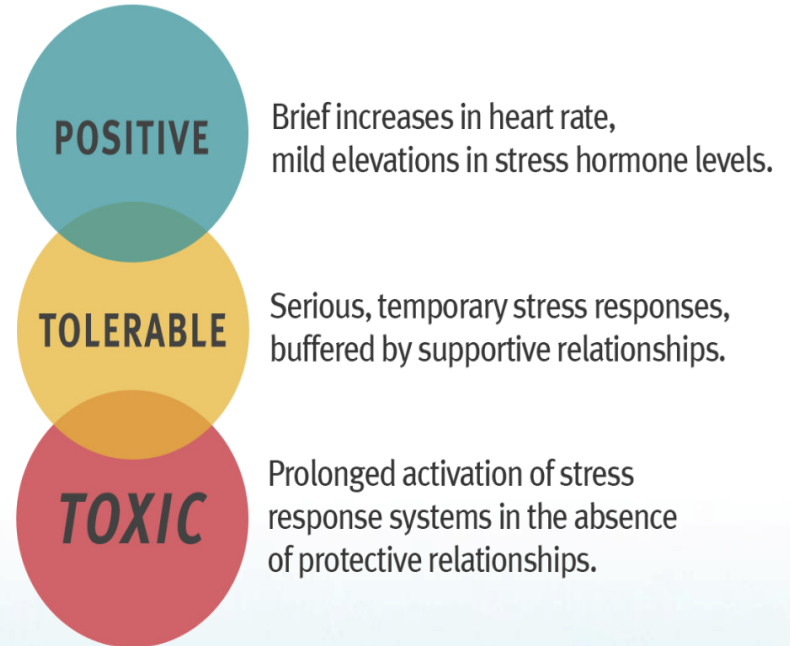
Stress can be Positive or Negative

Positive Stress

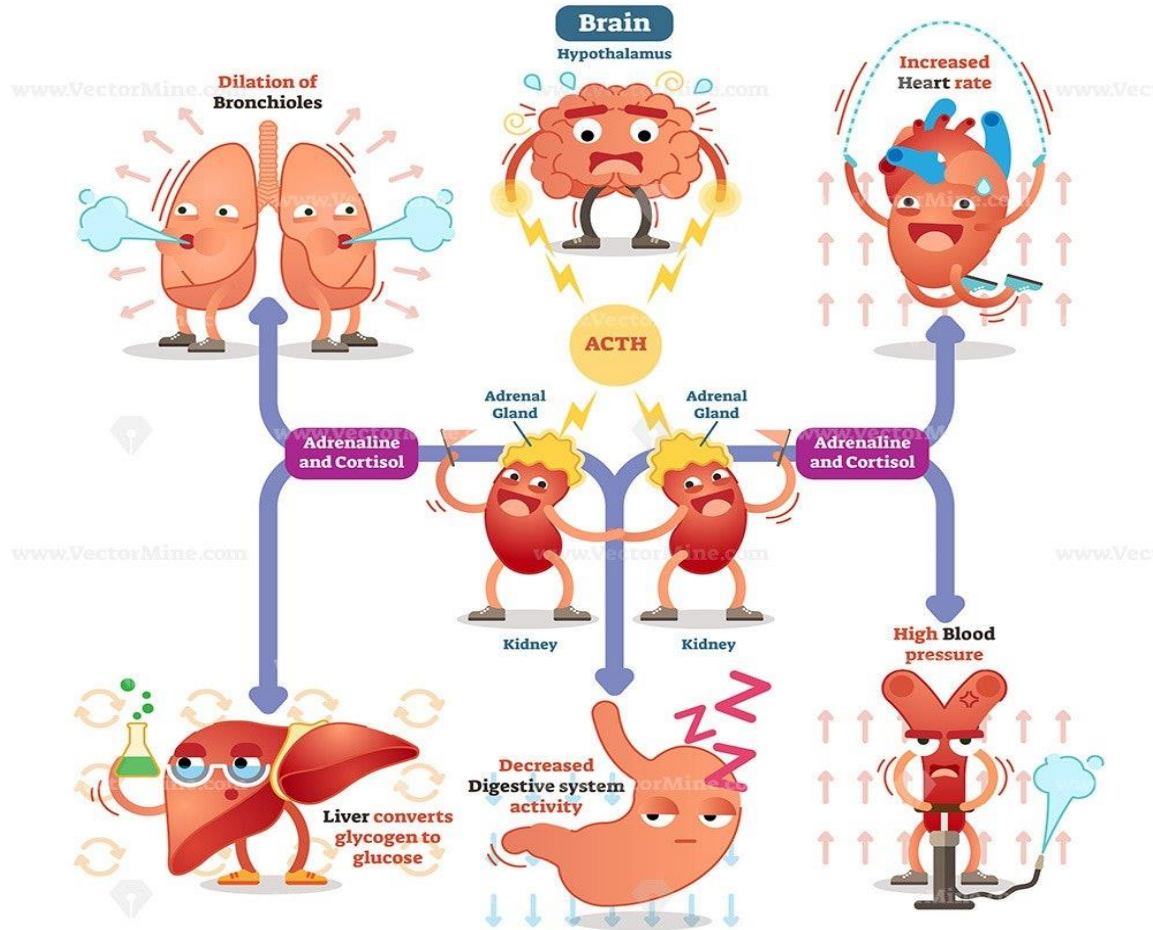
- ▶ Motivates and creates awareness to help cope with challenging situations
- ▶ Creates a sense of urgency and alertness to confront threatening situations

Negative Stress

- ▶ Causes headaches, ulcers, skin issues, and eating and sleeping problems
- ▶ Creates a harmful effect on mental and physical health if excessive, prolonged or unrelieved



STRESS RESPONSE SYSTEM



Play Video

Symptoms of Stress

Physical & Mental

- ▶ Poor sleep
- ▶ Fatigue
- ▶ Stomach upset
- ▶ Loss of sex drive
- ▶ Headaches
- ▶ Irregular heartbeat
- ▶ Breathing issues
- ▶ Lack of concentration
- ▶ Memory lapses
- ▶ Difficulty making decisions
- ▶ Panic

Behavioral & Emotional

- ▶ Change in appetite
- ▶ Increased drug and alcohol intake
- ▶ Increased smoking
- ▶ Restless/Fidgety
- ▶ Depressed
- ▶ Impatient
- ▶ Fits of rage
- ▶ Tearful
- ▶ Poor hygiene and appearance

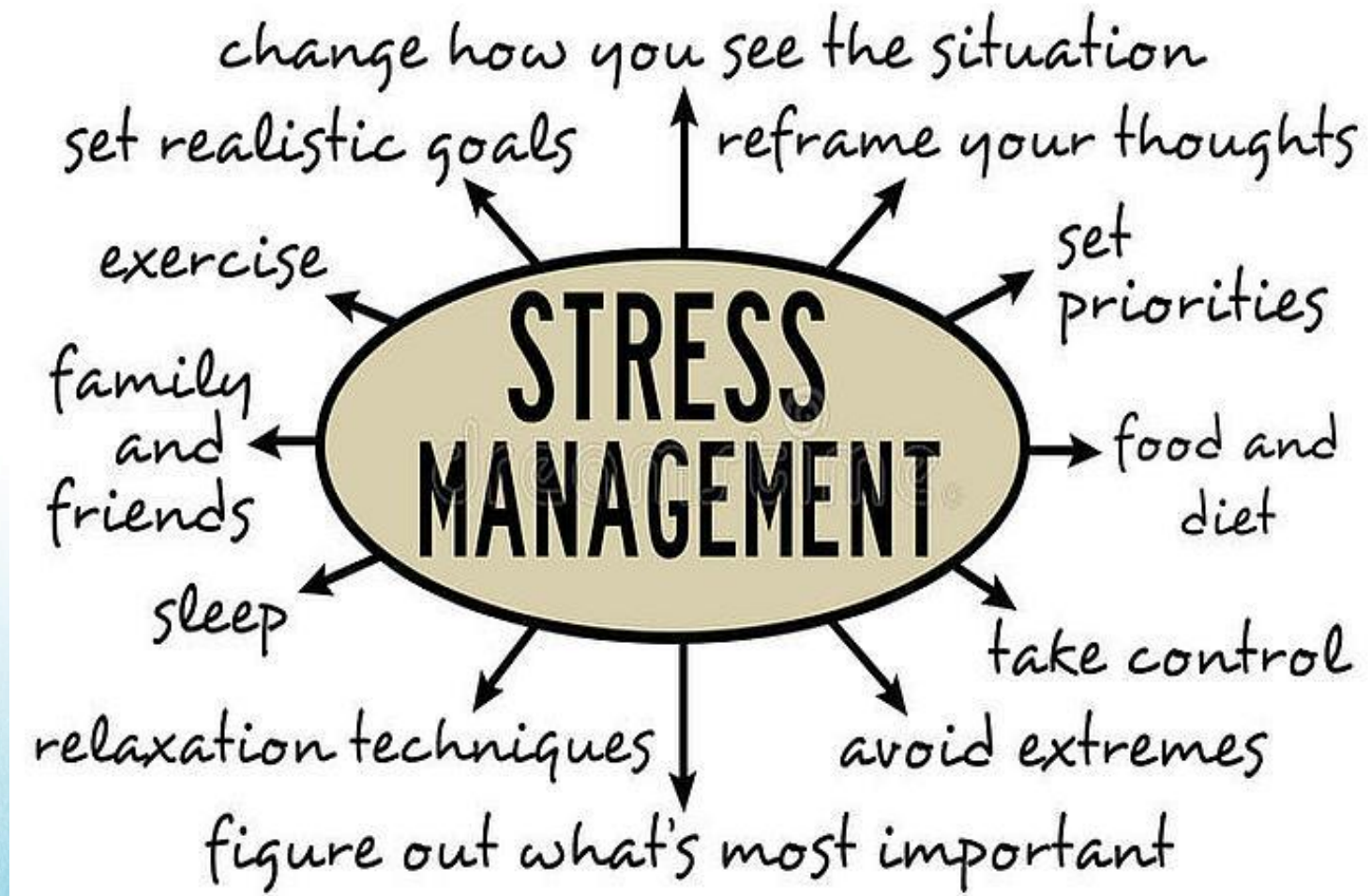
Three Steps to Manage Stress

Step 1: Be aware
→ Look for signs
of stress so you
can manage it

Step 2: Know the
cause → Identify
the reason for
your stress

Step 3: Use stress
management skills
→ Focus on most
important tasks
first

Stress Management Techniques



Stress Management Techniques

Reframe
View

Change the way you look at things

Think
Positive

Focus on strengths, look for opportunities

Change
Behavior

Be assertive, organize, manage your time

Change
Lifestyle

Eat better, drink less, exercise more, sleep well, relax

National Resources

National Alliance on Mentally Illness (NAMI)

National and local resources, <https://www.nami.org/Home>

National Suicide Prevention Lifeline

1-800-273-8255, <https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/find-help/national-helpline>

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/health/find-help/index.shtml>

Mental Health America (MHA)

<https://www.mhanational.org/>

United Way

Community Resources

Lewisville ISD Resources



Help, when you need it most

With your Employee Assistance Program and Work/Life Balance services, confidential assistance is as close as your phone or computer.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Your EAP is designed to help you lead a happier and more productive life at home and at work. Call for confidential access to a Licensed Professional Counselor* who can help you.

A Licensed Professional Counselor can help you with:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief and loss
- Job stress, work conflicts
- Family and parenting problems
- And more



WORK/LIFE BALANCE

You can also reach out to a specialist for help with balancing work and life issues. Just call and one of our Work/Life Specialists can answer your questions and help you find resources in your community.

Ask our Work/Life Specialists about:

- Child care
- Elder care
- Financial services, debt management, credit report issues
- Identity theft
- Legal questions
- Even reducing your medical/dental bills!
- And more

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*The counselors must abide by federal regulations regarding duty to warn of harm to self or others. In these instances, the consultant may be mandated to report a situation to the appropriate authority. Unum's Employee Assistance Program and Work/Life Balance services, provided by HealthAdvocate, are available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details. Insurance products are underwritten by the subsidiaries of Unum Group.
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EN 2058-1 FOR EMPLOYEES (10/20)

Who is covered?

Unum's EAP services are available to all eligible partners and employees, their spouses or domestic partners, dependent children, parents and parents-in-law.

Always by your side

- Expert support 24/7
- Convenient website
- Short-term help
- Referrals for additional care
- Monthly webinars
- Medical Bill Saver™ — helps you save on medical bills

Help is easy to access:

Phone support: 1-800-854-1446

Online support: unum.com/lifebalance

In-person: You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.



References

National Institute of Mental Health

<https://www.nimh.nih.gov/>

**Substance Abuse and Mental Health Services Administration
(SAMSHA)**

<https://www.samhsa.gov/>

American Psychiatric Association

Diagnostic and statistical manual of mental disorders (2013) (5th ed.)

American Psychological Association

<https://www.apa.org/>