

Don't Let Stress Kill You

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What Stresses You?





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Causes of Stress

Stress can result from any thing that:

- * ANNOYS YOU
- * THREATENS YOU
- * PRODS YOU
- * EXCITES YOU
- * SCARES YOU
- * WORRIES YOU
- * HURRIES YOU
- * ANGERS YOU
- * FRUSTRATES YOU
- * CHALLENGES YOU
- * CRITICISES YOU
- * REDUCES YOUR SELF- ESTEEM



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STRESS

"Stress is the tension inside that results from pressure either from our social environment, our physical environment, or our own expectations."

"Anything - pleasant or unpleasant - that arouses your adrenalin system and mobilises your body for "fight or flight," then doesn't let up and allow time for recovery can predispose you to stress disease. Your body simply adapts to living in a constant state of emergency - and you feel discomfort until the damaging results occur."

"Stress is self abuse."
 "Not all stress is bad."

Professor Archibald Hart



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<h3>External Stressors</h3> <p>Organisation structures /management</p> <ul style="list-style-type: none"> * Lack of support * Lack of debriefing * Structural issues <p>Nature of the Job</p> <ul style="list-style-type: none"> * Threats * Excitement * Challenge * Adversity * Conflict 	<h3>Internal Stressors</h3> <p>Health Issues</p> <ul style="list-style-type: none"> * Disease * Discomfort * Pain * Depression <p>Intra-Personal Issues</p> <ul style="list-style-type: none"> * Identity * Insecurity * Self Esteem
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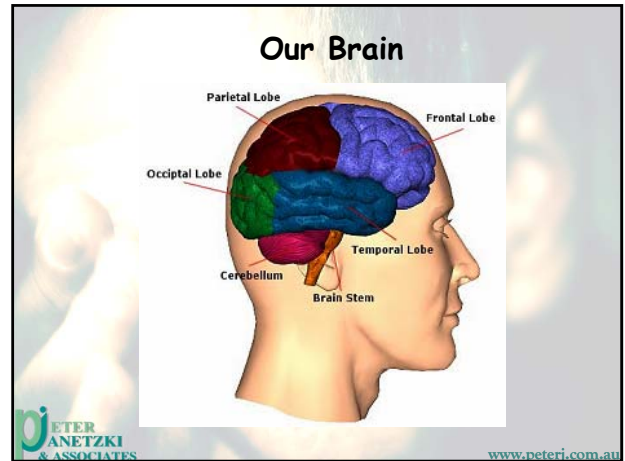
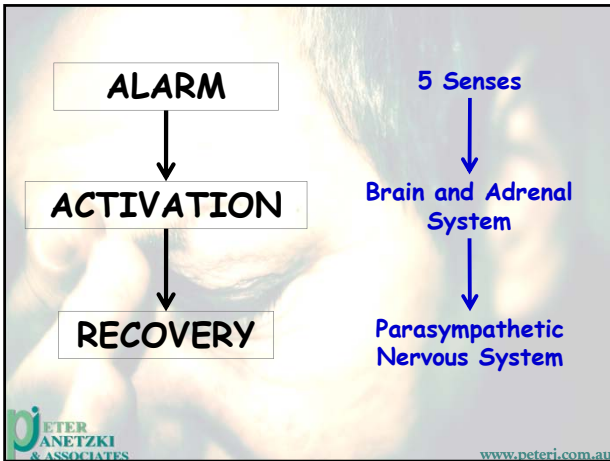


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How Stress Impacts Our Body




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Temporal Lobe = Fire Alarm or the Accelerator

Limbic system = the computer hard drive (storeroom)

Hippocampus = microprocessor

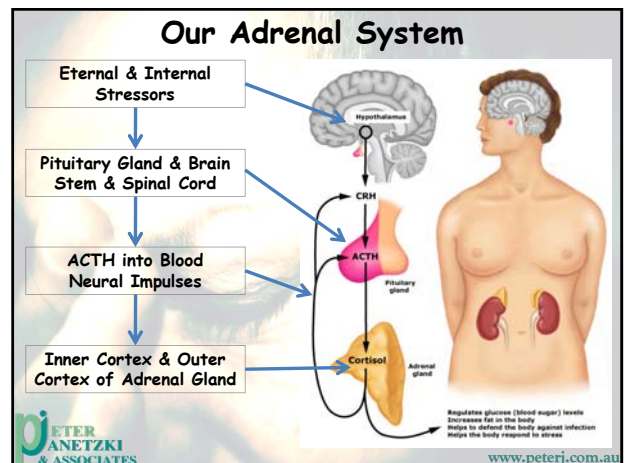
Amygdala = warning alarm

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Frontal Lobe = The Brake or the Voice of Reason

The prefrontal cortex is designed to hold the "veto power:"

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Release of CORTISOL & CORTISONE

Labels: cortex, medulla, right adrenal gland, left adrenal gland, kidney, kidney

- Fights Inflammation
- Increases Muscle Tension
- Frees Fatty Acid
- Increases Blood Sugar
- Neural Toxic

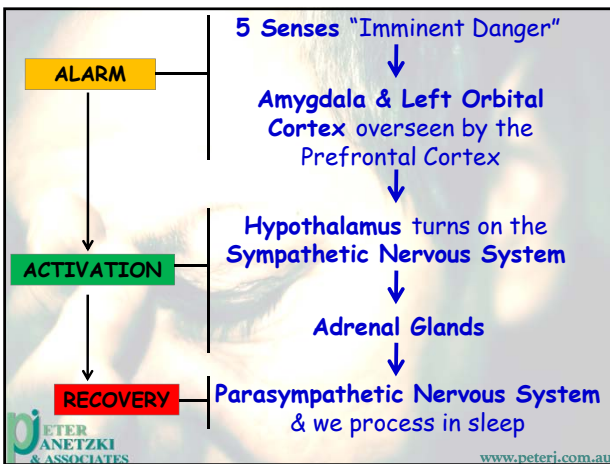
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Release of ADRENALIN & NORADRENALIN

Labels: cortex, medulla, right adrenal gland, left adrenal gland, kidney, kidney

- Activates Heart Muscle
- Increases Cholesterol
- Sends Glucose to Muscles
- Raises Blood Pressure
- Increases Heart Rate

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The Impact of Dis-Stress

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Dysregulated Nervous System

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5 key chemicals


- Adrenaline the rush
- Serotonin the bliss
- Melatonin the sleep
- Cortisol stress
- Dopamine (a precursor of adrenaline)

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Serotonin

Powerful Neurotransmitter

- Memory
- Appetite
- Mental function
- Mood
- Movement
- Wake sleep cycles



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Serotonin

Five key things that effect it

1. Sleep
2. Food
3. Exercise
4. Thoughts
5. Stress levels




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Adrenaline

"We tend to feel in control when adrenaline is running through our system. We can deal with many things at once and we are able to make rapid decisions. You really do feel super human; you think faster than people around you and draw on untapped energy reserves. You can work all night and perform acts of superhuman intellect and ability. It's heady stuff! And easy to see how someone gets addicted"

Church, <http://fsplugins.com/cgi-bin/allegro.pl?database.matt.articles.item9>




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Overload

"The net effect of abusing your adrenal system is a direct increase in your cholesterol levels and a lowering of serotonin levels. Cholesterol leads to heart disease and premature death. Serotonin is your feel good drug. Low levels of serotonin have been linked to depression, anxiety, and in extreme cases, multiple personality disorders."

Church, <http://fsplugins.com/cgi-bin/allegro.pl?database.matt.articles.item9>



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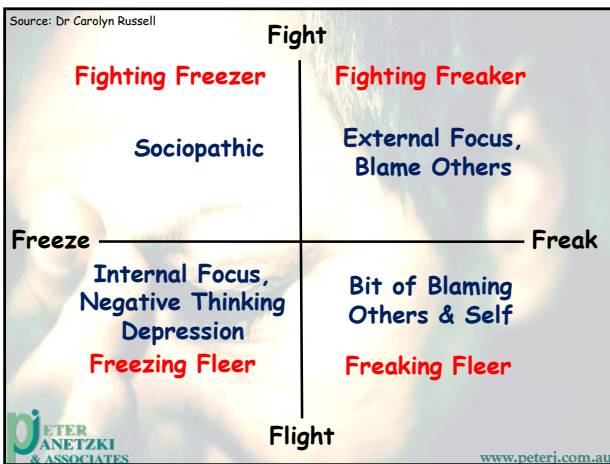
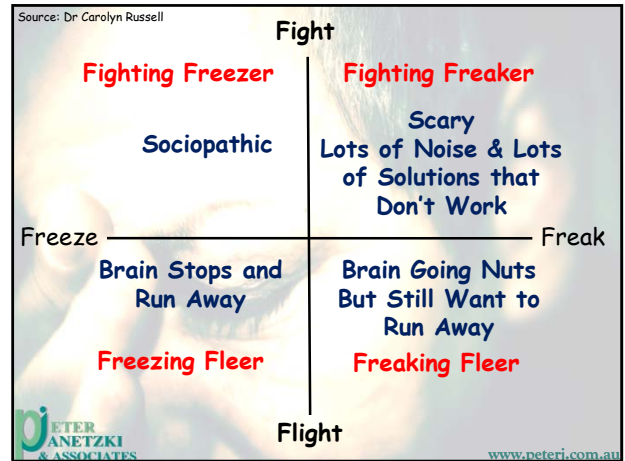
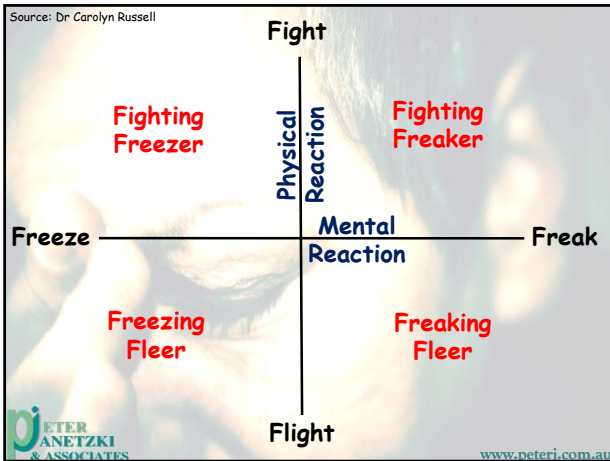
Stress Can Kill!




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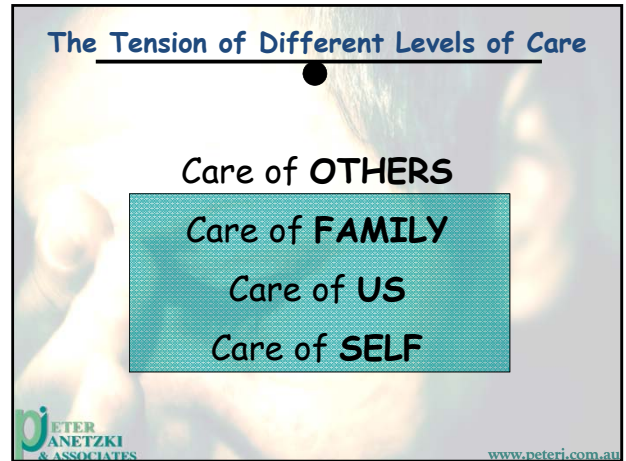
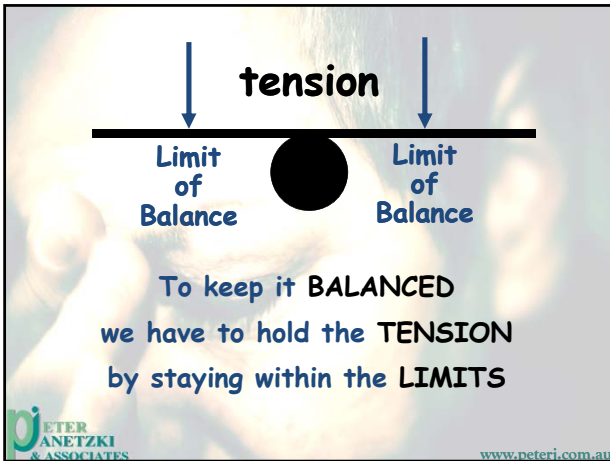


- ### Questions
- Are you beginning to drop the ball on important projects?
 - Do you feel overwhelmed more often than you think you should?
 - Do you frequently feel worn out at the end of the working day?
 - Do you feel let down by people more often than not?
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- ### Questions
- Does your body ache, particularly when you stop being busy?
 - Have you been too busy to call close friends and family members?
 - Have you lost your sense of humour?
 - Does sex seem like more trouble than it's worth?
 - Do you have less to say to people in social situations?
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Prevention is Better than Cure

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Maintaining Balance

●




- Put things into **context** especially in terms of
 - ownership and non-ownership
 - **Priorities**
 - purpose of the job (core business)

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Maintaining Balance

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- Understand your own **CAPACITY** and accept your own **LIMITATIONS**

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Maintaining Balance

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3. PARTIALISE



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Maintaining Balance

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- Regularly re-evaluate **priorities** and work to them

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Maintaining Balance

5. DISENGAGE!



Maintaining Balance

6. Plan RECOVERY TIME



Maintaining Balance

7. Keep a check on the self-esteem issues - "**WHO** you are is not defined by what you **DO!**"



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