

STRESS BUSTERS

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STRESS

A psychological and physical response to events or demands that upset our personal balance in some way



STRESS
IS NOT ALL
BAD



Warning Indicators of Stress

- Physical

- Emotional

- Cognitive

- Behavioral



What Causes Stress

Stressor: Demands or events in life that has the potential for causing stress. These can be either positive or negative situations.



Demands vs Resources

When our demands are
greater than our resources,
stress will occur



Hill's ABC-X Model

- ▶ A = The stressor event(s)/or demands
- ▶ B = Coping resources
- ▶ C = The perception of the event (not everyone responds the same way to similar stressors)
- ▶ X = The level of stress ranging from coping to crisis



Top Five Stress Busters

- Decrease demands
- Increase resources
- Manage resources better
- Change how we view the situation
- Work to maintain unity




Top Ten Stress Relievers

- Exercise
- Healthy diet
- Get enough sleep
- Make personal time for yourself
- Relax
- Talk to a friend
- Reflective writing or creative activity
- Positive visual imaging
- Set boundaries
- Enjoy, have fun and laugh more



Principles of Time Management

- Be Proactive vs Reactive! Planning ahead to meet demands rather than reacting at the last minute
 - Managing time well means gaining control over what you do, when you do it, how you do it and why you do it
 - Time management does not mean doing more; it means using time in ways that are more rewarding
 - Efficiency is performing a task with least amount of wasted time whereas effectiveness is related to how well we complete the task
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Time Saving Strategies

- Work towards balance (including down-time)
 - Organize how you will use your time (evaluate efficiency of routines)
 - Organize your space
 - Learn to say NO to unimportant things
 - Use wait time and stray blocks of time productively
 - Learn to use time saving devices such as a computer
 - Avoid “Rolls Royce Syndrome” (perfection)
 - Guard Prime Time (know your peak productivity time)
 - Look for ways to multi-task (however be careful)
 - Delegate if possible
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