

# Stress and Stress Management Techniques Level 1

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openawards

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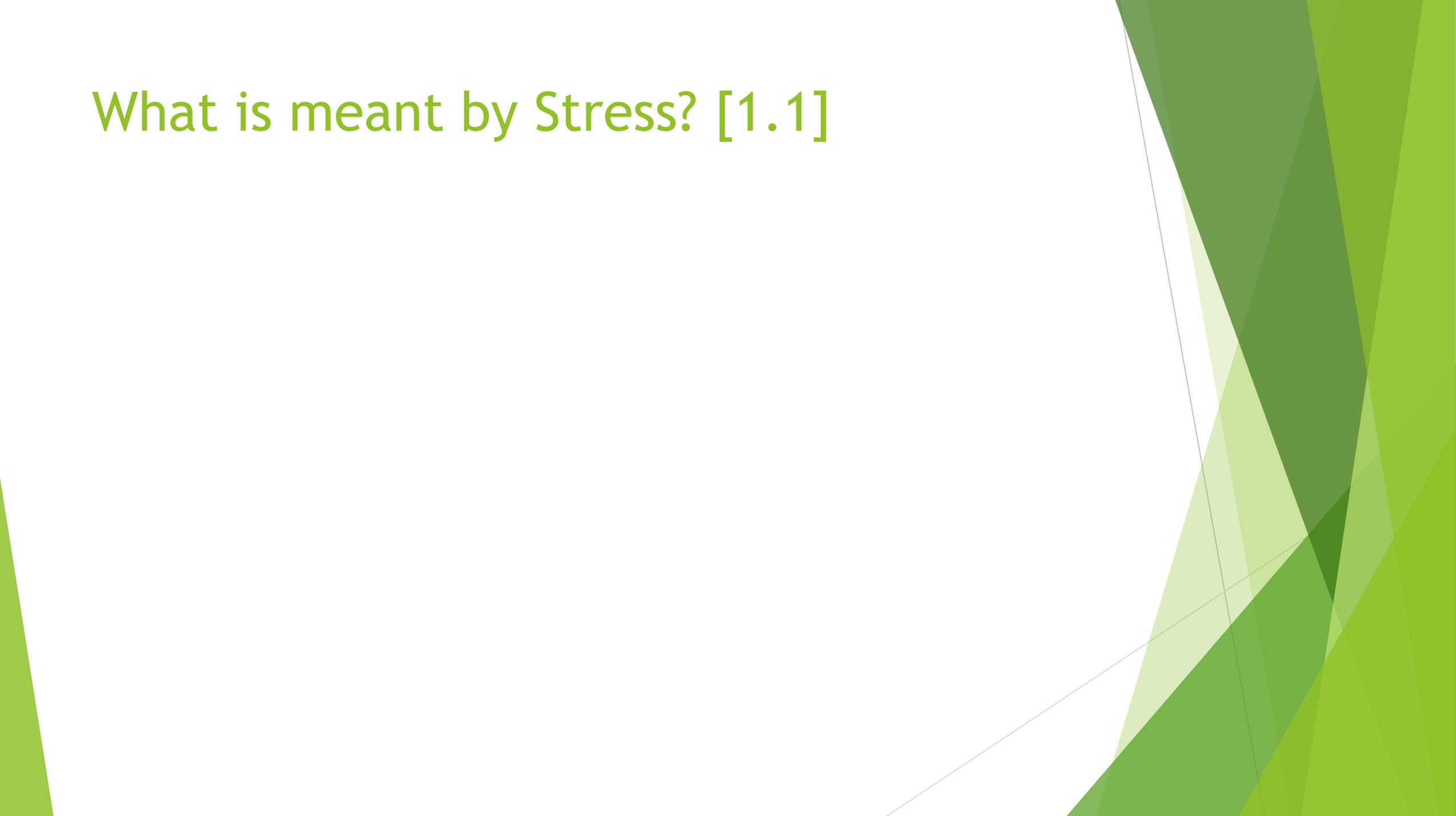
## During this course you will learn:

1. Be able to recognise the symptoms of stress
2. Know about the possible causes of stress
3. Know about the benefits of using relaxation as a strategy
4. Know about coping coping strategies
5. Be able to practice a number of relaxation techniques

# Strategies for combating stress



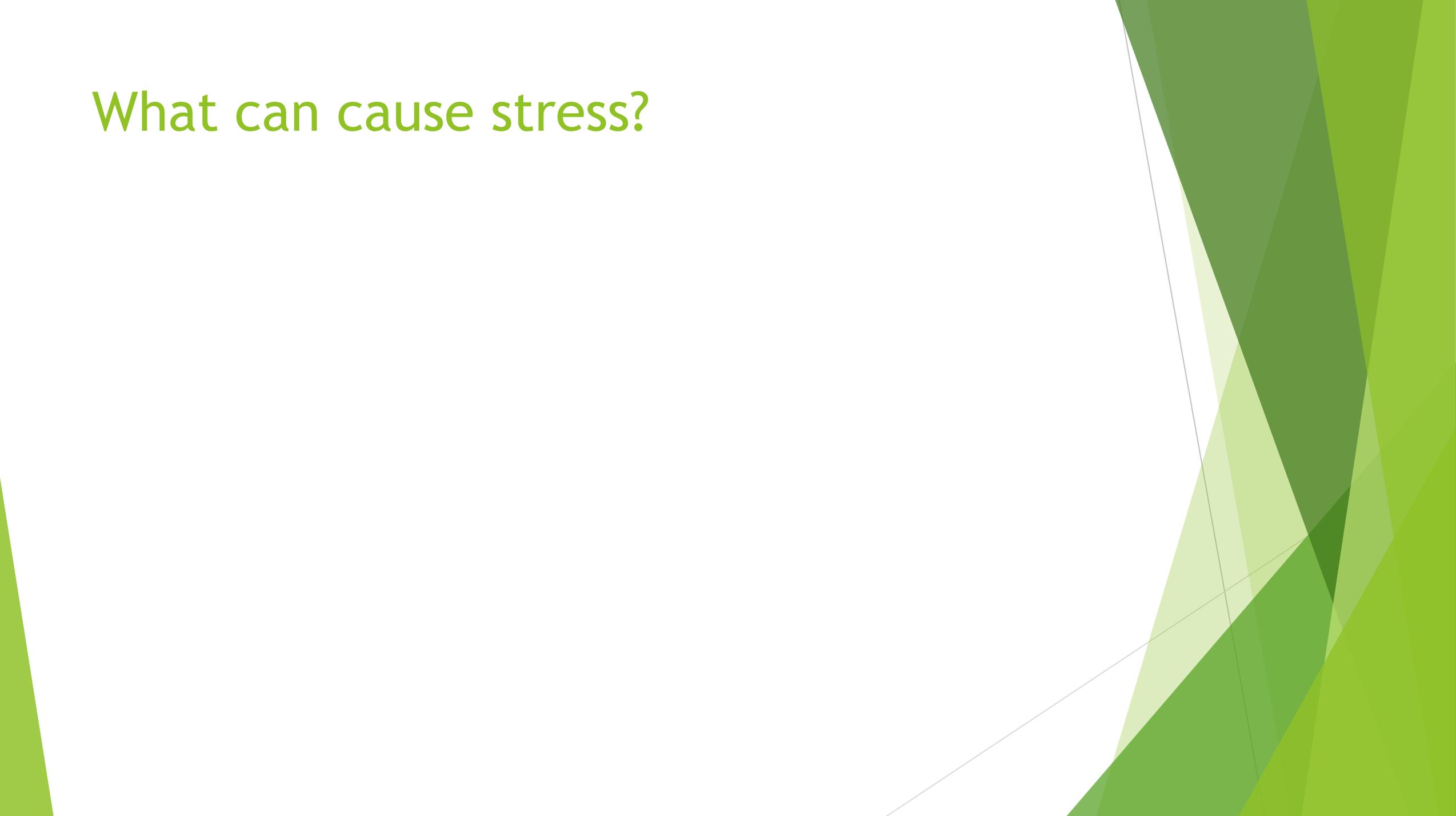
# What is meant by Stress? [1.1]



# Write up a definition

- ▶ **Stress** is the feeling of being under too much mental or emotional pressure. Pressure turns into **stress** when you feel unable to cope. People have different ways of reacting to **stress**, so a situation that feels **stressful** to one person may be motivating to someone else.

What can cause stress?



Comment of different types of stress?

[1.4]

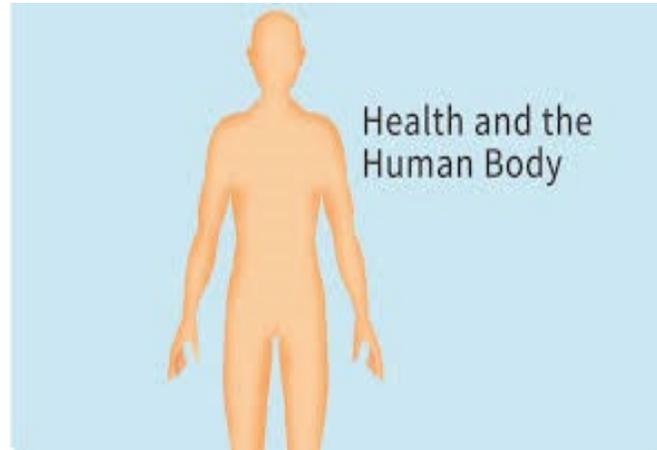
# Common Causes of Stress

- ▶ School
- ▶ Homework
- ▶ Extracurricular activities
- ▶ Social challenges
- ▶ Transitions (graduating, moving out, living independently)
- ▶ Relationships
- ▶ Work

# List the symptoms of stress? [1.2]

- ▶ **Physical symptoms of stress include:**
- ▶ Low energy.
- ▶ Headaches.
- ▶ Upset stomach, including diarrhoea, constipation, and nausea.
- ▶ Aches, pains, and tense muscles.
- ▶ Chest pain and rapid heartbeat.
- ▶ Insomnia.
- ▶ Frequent colds and infections.
- ▶ Loss of sexual desire and/or ability.

# Record the effect of stress on the body? [1.3]



# Record the effect of stress on the body (1.3)

- ▶ The **stress** response causes the **body** to release hormones that have physiological **effects**, such as elevated heart rate, increased energy, increased focus and increased blood flow to your muscles—giving you increased power.
- ▶ **During** the **stress** response, you breathe faster in an effort to quickly distribute oxygen-rich blood to your **body**. ... **Stress** hormones cause your blood vessels to constrict and divert more oxygen to your muscles so you'll have more strength to take action. But this also raises your blood pressure

# Common Physical Signs

<https://vitalrecord.tamhsc.edu/stress-can-body/>

- ▶ Neck pain. Muscle tension is one of the first physical manifestations of stress, and it tends to be most pronounced at the base of the head. ...
- ▶ Headaches. ...
- ▶ Nausea. ...
- ▶ Hair loss. ...
- ▶ Weight gain. ...
- ▶ Acne. ...
- ▶ Rapid heartbeat and chest pain. ...
- ▶ Insomnia.

# Acute Stress

- ▶ You know the feeling when you're behind on a seemingly all-important deadline and then you get a call from your child's school asking you to come by or you barely miss a serious car accident.
- ▶ Your heart might race and your blood pressure might rise. Your sense of emergency might trigger a migraine or even chest pain.
- ▶ Other possible symptoms include irritability, [anxiety](#), sadness, headaches, back pain, and gut problems. These may appear for a short time and subside when the stress eases.
- ▶ Our minds extend acute stress. A recent argument may replay in your mind, keeping you up at night. Or you might keep worrying about the future, a deadline ahead. You might benefit from learning techniques to calm your mind, but stress isn't interfering with your relationships or [career](#).

# Episodic acute stress

- ▶ Some people experience these mini-crises regularly and live in a state of tension. They may be taking on too much or simply be overburdened by their lives. If you tend to worry, your body will be tense or angry.
- ▶ The symptoms are similar but occur more often and accumulate.
- ▶ Maybe your company is poorly managed and your boss is stressed out, passing along emergencies to you. Those tight deadlines keep cropping up.
- ▶ In modern life, we often can't take big, immediate actions to solve our problems. Instead, we can take small steps that build up over time.
- ▶ You might need to spend more time getting physical exercise while rethinking your finances in case you need to quit. You might need the help of a therapist to change your circumstances or your responses to them.
- ▶ Over time, a pattern of episodic acute stress can wear away at your relationships and work.
- ▶ That risk is greater if you turn to unhealthy coping strategies like binge drinking, overeating, or clinging to bad relationships. Many people also slowly give up pursuing pleasurable activities or meaningful goals.
- ▶ If poorly managed, episodic acute stress can contribute to serious illnesses like heart disease or clinical depression.

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# Stress Management Techniques

- ▶ <https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179>

