

S T R E S S

M A N A G E M E N T



RESOURCE PERSON

APURVA TRIPATHI

DIRECTOR OF RESEARCH & EDUCATION

UDAYA PUBLIC SCHOOL

apurva@udayapublicschool.edu.in

How Are You FEELING?





Why?

Thank you

ANY

QUESTIONS?



APURVA TRIPATHI
apurva@udayapublicschool.edu.in





THE BASICS OF STRESS

WHAT is Stress ?

Stress is a situation that triggers a particular biological response. When you perceive a threat or a major challenge, chemicals and hormones surge throughout your body

That response – a racing heart, tense muscles and sweating – is meant to get you ready for some kind of action and out of harm's way.

Stress isn't necessarily a bad thing. Good stress, or eustress, pushes us to work harder. When this stress becomes overwhelming or hard to manage, it's called distress and can impact your health

Stress triggers your fight-or-flight response in order to fight the stressor or run away from it

The Arousal Continuum



What controls our level of alertness or calmness?

The (so-called) Autonomic Nervous System

Controls "housekeeping" functions
Heart beat, respiration, digestion

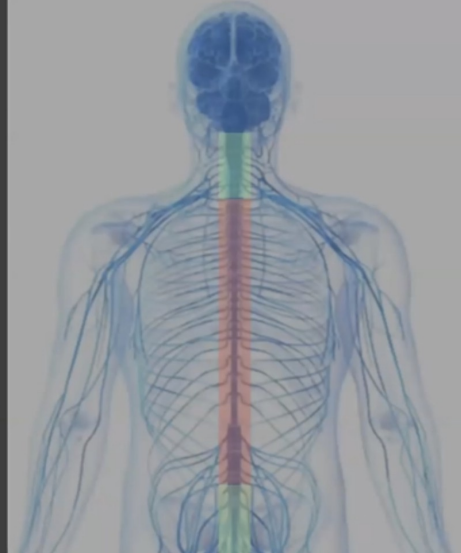
Regulates our level of arousal

Level of Alertness versus Calmness

Alertness
Sympathetic Nervous System
(sympa= "together")

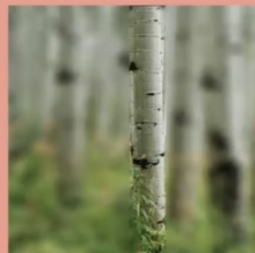
Calmness
Parasympathetic Nervous System
(para= "near")

Their balance dictates which sensations, perceptions, feelings, thoughts and actions are likely



How we see (and thus react to) the world hinges on our level of alertness versus calmness

Stressed



Calm



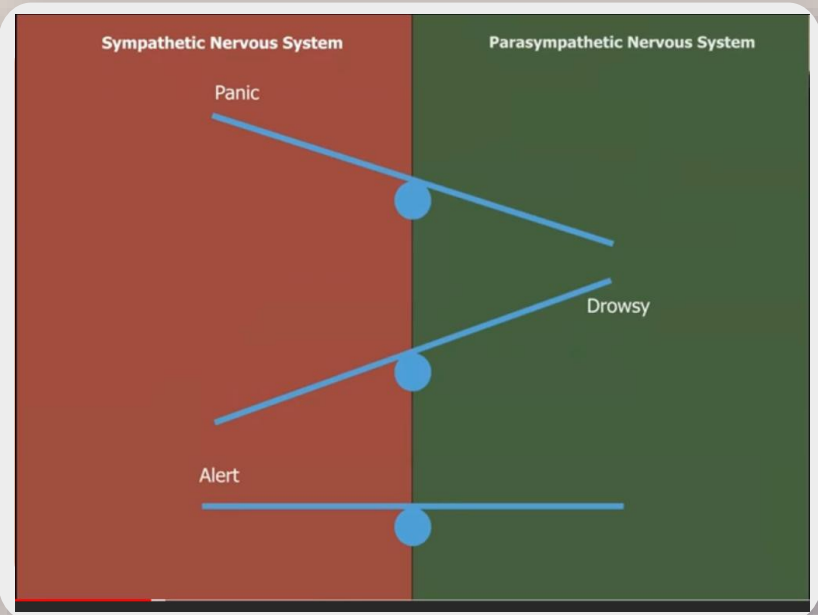
Sympathetic Nervous System

Parasympathetic Nervous System

Panic

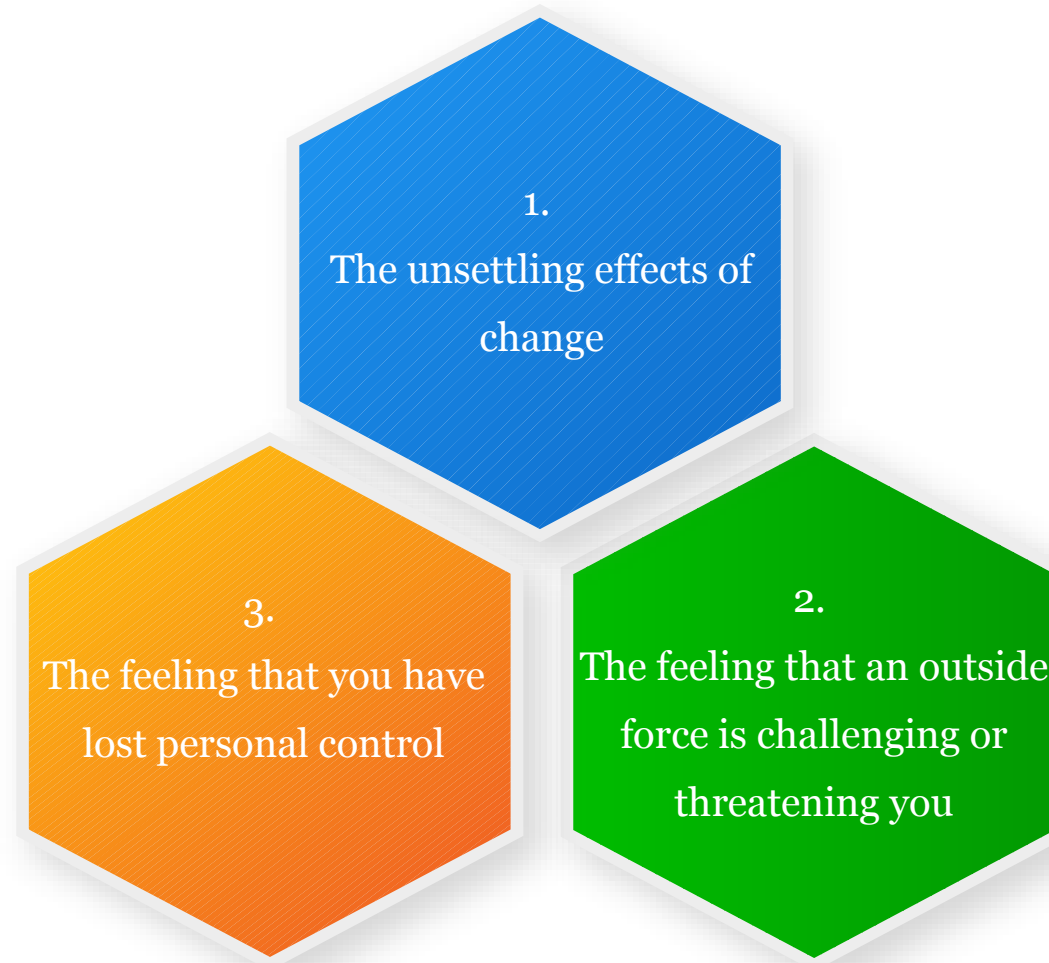
Alert

Drowsy



CAUSES of Stress?

The most frequent reasons for “stressing out” fall into three main categories:





INTRODUCTION TO STRESS MANAGEMENT

WHAT is Stress Management?



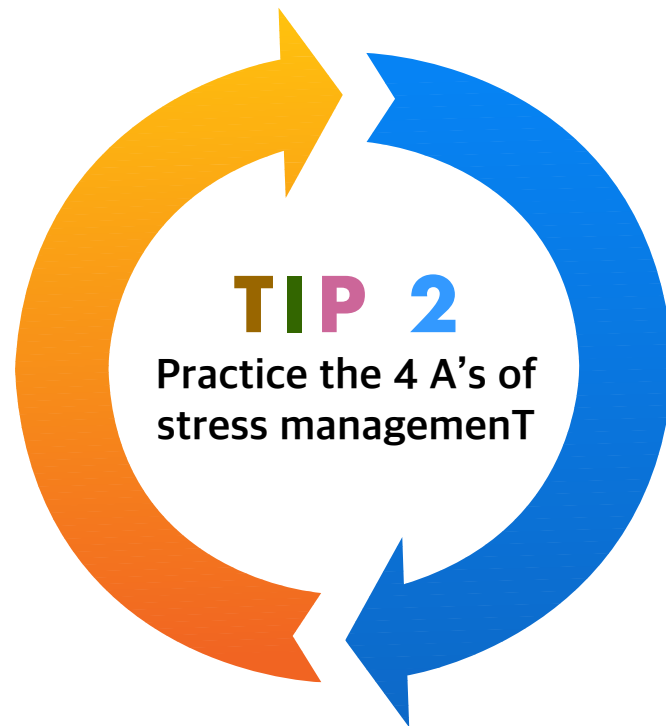
STRESS Management Tips



To identify your true sources of stress, look closely at your habits, attitude, and excuses:

- ✓ Do you explain away stress as temporary?
- ✓ Do you define stress as an integral part of your work/home life or as a part of your personality
- ✓ Do you blame your stress on other people or view it as entirely normal and unexceptional

STRESS Management Tips



The four A's – Avoid, Alter, Adapt & Accept

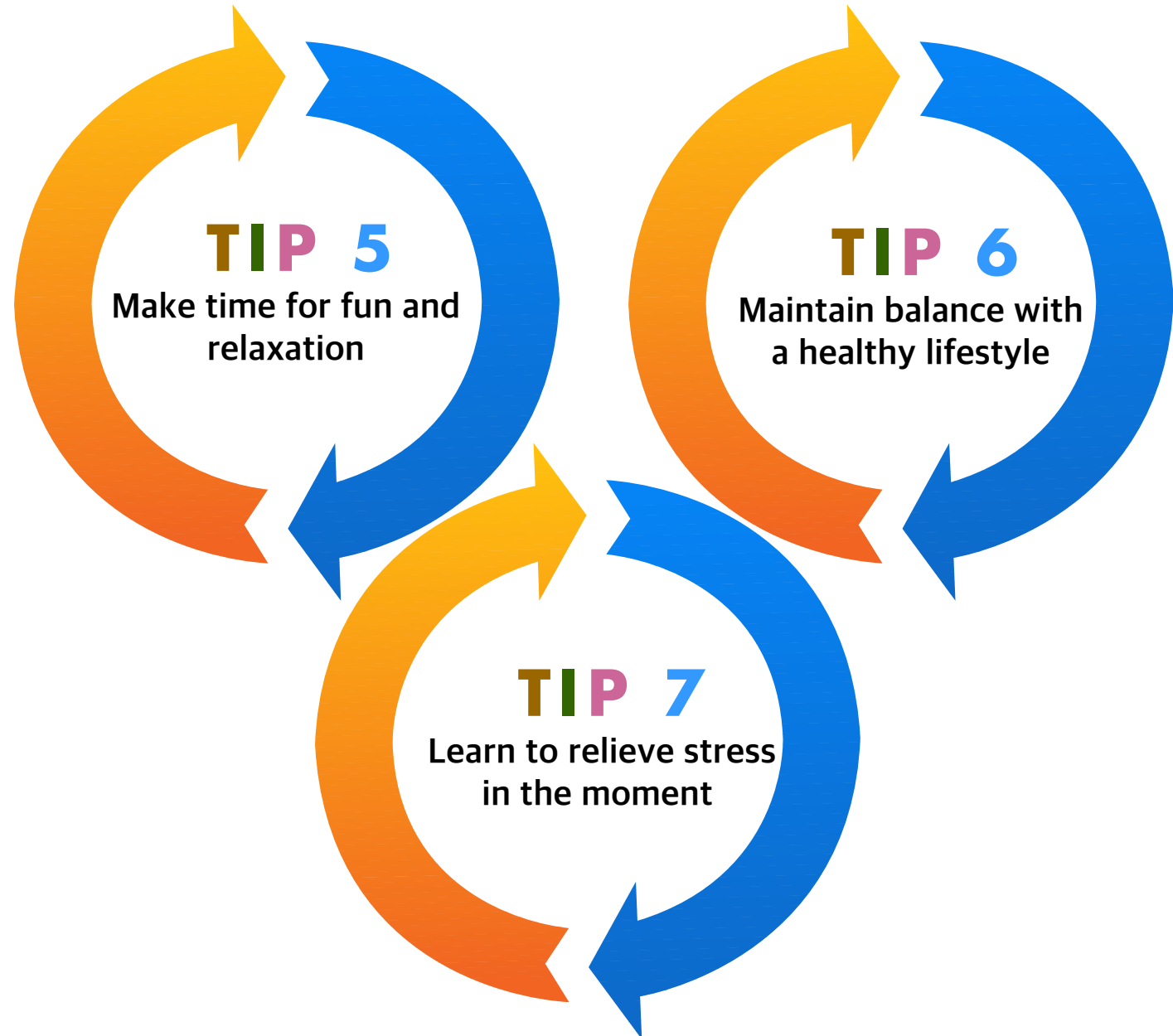
- ✓ Avoid unnecessary stress
- ✓ Alter the situation
- ✓ Adapt to the stressor
- ✓ Accept the things you can't change

STRESS Management Tips



Physical activity is a huge stress reliever. Exercise releases endorphins that make you feel good

STRESS Management Tips



STRESS MANAGEMENT IN YOUR LIFE





TEACHING STRESS MANAGEMENT

INSTRUCTIONAL Strategies

Teaching stress management is both a science and an art. You need the research, information and resources



- ✓ Create or select instructional materials to use in the training.
- ✓ This may involve choosing and purchasing books or an off-the-shelf training program.
- ✓ It may also involve creating or sourcing training materials, which can be print, online or electronic



- ✓ Stress management training typically includes a lecture component led by the instructor.
- ✓ The instructor should present content focused on the objectives in an engaging, appealing way.

INSTRUCTIONAL Strategies



Discussion

A few techniques for generating discussion

include:-

- ✓ Asking thought-provoking questions
- ✓ Encouraging students to share their experiences
- ✓ Having participants brainstorm ideas on how to minimize and cope effectively with stress



Confidence Building

- ✓ Learners must have confidence that they can master and benefit from the training
- ✓ Instructors should let trainees "know it's possible to manage stress and the benefits

INSTRUCTIONAL Strategies



Activities

- ✓ Including games and activities can make learning fun
- ✓ Hands-on activities are typically what you should include
- ✓ You can also include games with information, like true/false or Jeopardy-type game. Keeping humor in the instruction also helps



Assessment

- ✓ It's important to include assessment opportunities in your training
- ✓ You can give them homework assignments to complete between sessions
- ✓ You can also use tests and quizzes



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