

STRESS MANAGEMENT

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Objectives:

By the end of this presentation, the participants will be able to:

- . Define stress.
- . Discuss the general adaption syndrome.
- . Elaborate the stress reducing techniques.
- . Describe the medical management of stress.

INTRODUCTION

Considering the growing number in elderly population and their psychological needs, this program is there to prepare you all for the elderly care and a welfare service to the society. DUHS has taken this initiative to address the issues and support the geriatric population and you are expected to provide care to the elderly at ground level and make this program a success.

STRESS

- This is biological response of body and mind towards any events.
- Different chemicals in form of hormones are released in response to stress.
- One should know that stress is part of life specially in elderly people who have prior psychological issues, so to handle stress in this population one should know different techniques.

HANS SELYE

- Hans Selye is often considered one of the early pioneers of modern stress theory.
- His scientific research helped to shape our understanding of stress.
- Hans Selye was born in Vienna in 1907.
- He earned a medical degree and PhD from a German University in Prague.
- His scientific research resulted in 38 books and over 1600 technical articles.

STRESS

Every stress leaves an indelible scar, and the organism pays for its survival after stressful situation by becoming a little older. (Hans Selye)

General Adaptation Syndrome

(Hans Selye)

1. Alarm Reaction: fight or flight response.
2. Resistance: Homeostasis
3. Exhaustion: Malfunction of body part (possibly terminal)

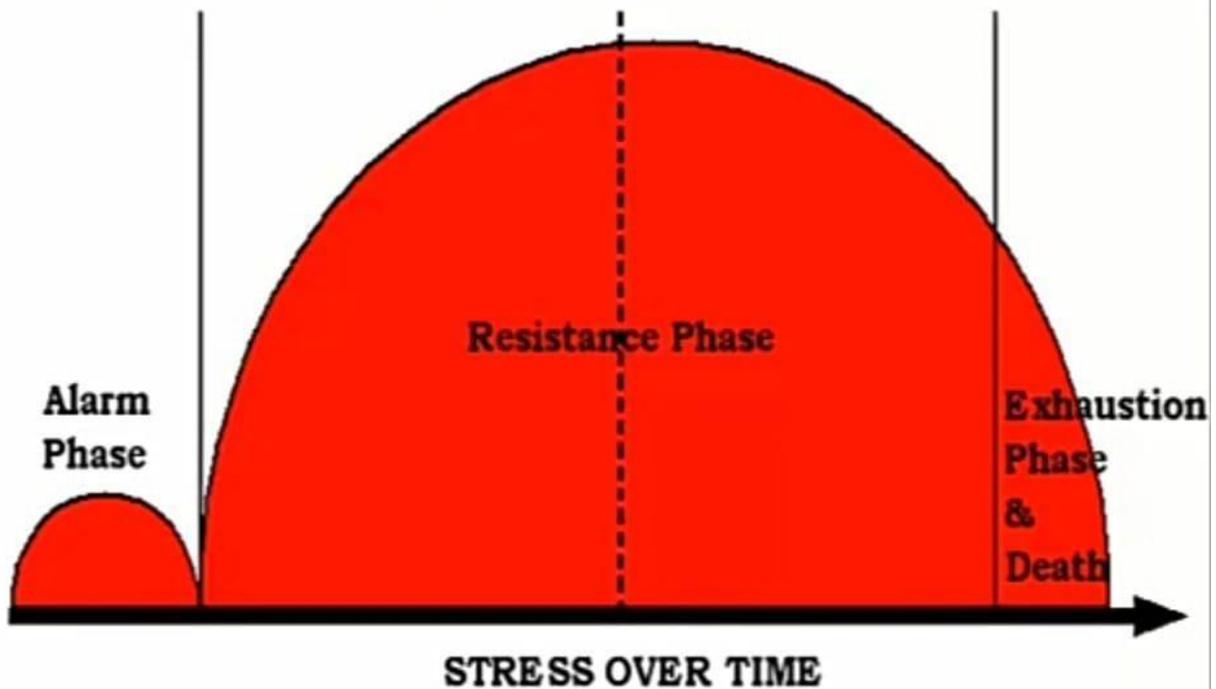
For e.g. if someone had a financial loss or a death in family or for elderly people with time their energy level reduces, first reaction is fight or flight to deal with it

i.e. either fight and cope with the situation or escape and go away from it.

Second response can be resistance e.g. after death in family the person resist this event, wonders why this happened to him or her and thus leads to stress, energy reduction and thus exhaustion.

So our main purpose is to prevent this last stage of exhaustion/death by advising them such techniques to cope up.

General Adaptation syndrome



Our main aim is to avoid the elderly reaching to resistance stage and exhaustion stage by techniques to cope up with stress. This is because undue stress for elderly leads to energy depletion and increase chances of death. We have to avoid these circumstances.

General Adaptation Syndrome

Alarm Stage:

- Fight or flight response
- Activation of the Hypothalamic Pituitary Axis (HPA), the nervous system (sympathetic) and the adrenal glands take place.
- Stress hormones cortisol, adrenaline and nor adrenaline is released to provide instant energy.

Resistance Stage:

During this stage the body tries to cope or adapt to the stress factors.

Behavioral indicators include:

- Lack of enthusiasm
- Withdrawal
- Change in eating habits
- Insomnia
- Hypersomnia
- Anger
- Fatigue

Cognitive Indicators:

- Poor problem solving
- Confusion
- Nightmares

Emotional Indicators:

- Fear
- Anxiety
- Panic
- Guilt
- Agitation
- Depression

Exhaustion Stage:

- During this stage the stress factor is not being managed effectively.
- Body and mind are not able to repair the damage.
- Body's ability to resist is lost.
- Digestive problems
- Loss of energy
- Loss of temper
- Death

FIGURE 1:

Functional Energy Reserve Ladder

Normal Energy Consumption
High Energy Reserves



High Energy Consumption
w/ lower energy reserves



Energy in Short supply



Severe shortage of energy



Zero Energy

- › The following are events that occur in the life of a college student. Place a check in the left-hand column for each of those events that has happened to you during the last 12 months.
- › Death of a close family member - 100 points
 - › Jail term - 80 points
 - › Final year or first year in college - 63 points
 - › Pregnancy (to you or caused by your) - 60 points
 - › Severe personal illness or injury - 53 points
 - › Marriage - 50 points
 - › Any interpersonal problems - 45 points
 - › Financial difficulties - 40 points
 - › Death of a close friend - 40 points
 - › Arguments with your roommate (more than every other day) - 40 points
 - › Major disagreements with your family - 40 points
 - › Major change in personal habits - 30 points
 - › Change in living environment - 30 points
 - › Beginning or ending a job - 30 points
 - › Problems with your boss or professor - 25 points
 - › Outstanding personal achievement - 25 points
 - › Failure in some course - 25 points
 - › Final exams - 20 points
 - › Increased or decreased dating - 20 points
 - › Changes in working conditions - 20 points
 - › Change in your major
 - › Change in your sleeping habits - 18 points
 - › Several-day vacation - 15 points
 - › Change in eating habits - 15 points
 - › Family reunion - 15 points
 - › Change in recreational activities - 15 points
 - › Minor illness or injury - 15 points
 - › Minor violations of the law - 11 points

Score Interpretation:

- Less than 150 points = Relatively low stress
- 150-300 points = Borderline Range
- Greater than 300 points = High stress

Girdano, D.A., Everly, G.s., Jr., 7 Dusek, D.e (1990)

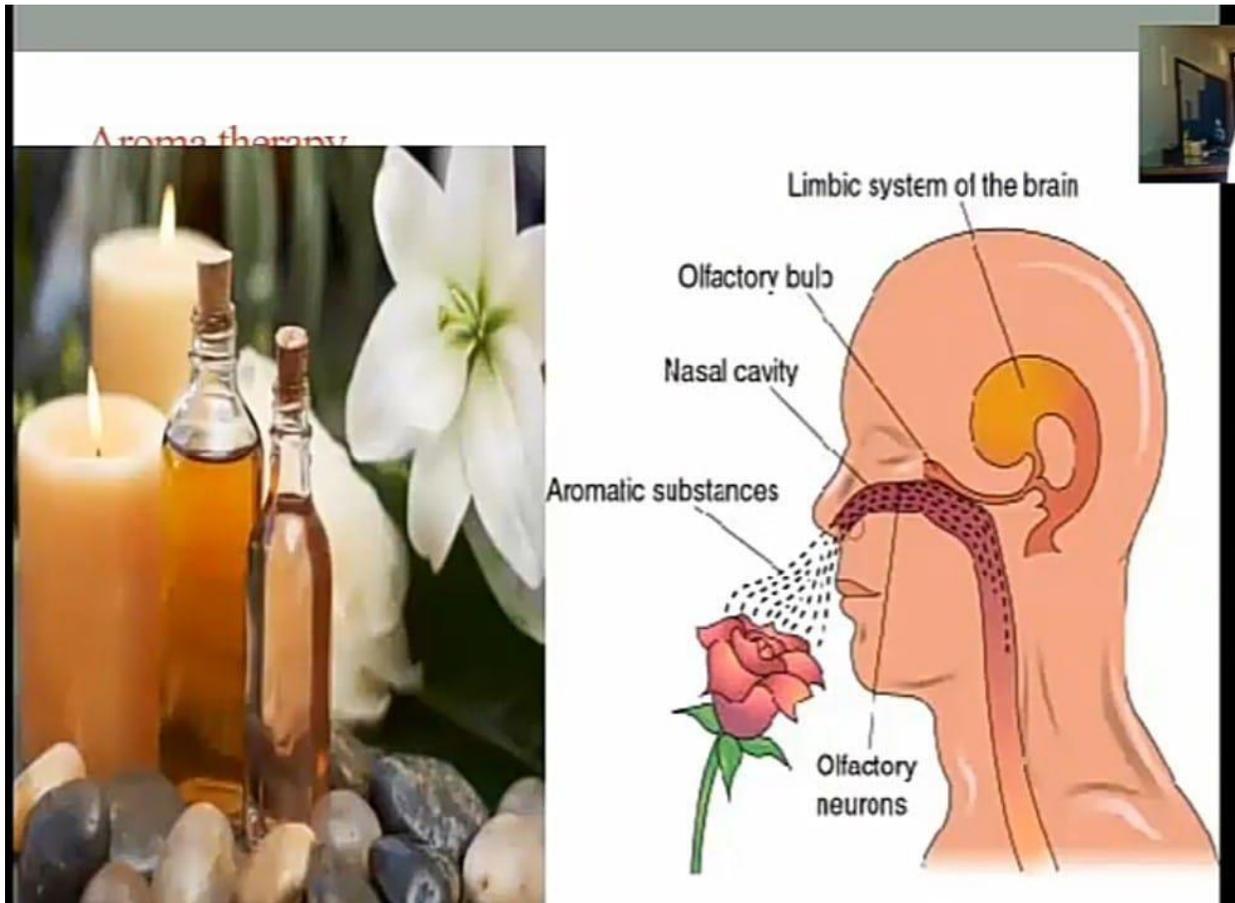
Controlling stress and tensions (3rd edition0, ENglewood Cliffs, NJ, Prentice Hall.

Stress Reducing Techniques

- Relaxation Technique (Guided imagery, listening to music, practicing yoga, meditation)
- Feeling good about your self can be an effective buffer against stress.
- Eliminate unnecessary worries
- Try aroma therapy.
- Laugh
- Practice a hobby (e.g. reading, walking in park, watching any movie etc.)
- Good diet
- Positive attitude
- Be social

AROMA THERAPY:

Some essential oils are used to reduce stress through aroma therapy.



EXERCISE:

- At least 20 minutes, five times a week.
- Break a sweat, to release endorphins

GUIDED IMAGERY



Imagery

Create a mental image of a pleasant and relaxing place in your mind. Involve all your senses in the imagery: see the place, hear the sounds, smell the aromas, feel the temperature and the movement of the wind. Enjoy the location in your mind.

YOGA

- Yoga is a mind body practice in complementary and alternative medicine (CAM) with origins in ancient philosophy.
- Yoga is intended to increase relaxation and balance the mind, body and the spirit.
- The various styles of yoga that people use for health purpose typically combine:
 - Physical postures
 - Breathing techniques
 - Relaxation

Thank you

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