

Facts About Stress

- Stress is the non-specific response of the body to any demand (**stressor**) made upon it. Positive events can be just as stressful as negative ones.
- Stress is the wear and tear caused by life. Each of us has a limited amount of energy available to recover from stressful events.
- Stress is a function of the stressors (events requiring change) and our adaptive skills and resources.
- Stress is the mobilization of the body's defenses that allows human beings to deal with change.
- Our stress reactions enable us to fight or to flee (**The Fight or Flight Response**)
- Stress is dangerous when it is too intense or prolonged. Chronic repetitions of the body's stress response can lead to exhaustion and ultimately to death.
- It is possible to have either too much stress (**Burn Out**) or too little stress (**Rust Out**).
- Each person's response to stress and to stress management is unique. Therefore, what works for one will not necessarily work for another.
- Some of us are racehorses and some of us are turtles. It is just as stressful for a racehorse to attempt to perform as a turtle as it is for a turtle to perform as a racehorse.
- Stress is neither good nor bad. The key is to learn how to manage stress to make it work for us and not against us.

The Management of Stress

Good Nutritional Habits

1. Balanced diet
 - Sufficient vitamins, minerals, protein, complex carbohydrates and fiber
 - Minimized consumption of sugar, salt, saturated fats, refined white flour and chemical additives
2. Regular meals
3. Maintenance of recommended weight
4. Moderate use of alcohol and caffeine
5. No smoking

Good Exercise Habits

1. Regular aerobic exercise to improve cardiovascular fitness
2. Regular recreational exercise for tension reduction and diversion

Self Awareness

1. Understanding of personal needs, preferences and idiosyncrasies
2. Assertive behavior and role negotiation

Letting Go Techniques

1. Regular relaxation habits (e.g., meditation, prayer, healing visualization)
2. Seeking closure on tasks and interpersonal situations – finishing unfinished business

Personal Planning

1. Effective time management day to day
2. Life and career planning for the long term