

# STRESS MANAGEMENT

## PART I - THINGS YOU NEED TO KNOW ABOUT STRESS

### WHAT IS STRESS?



### WHAT CAUSES STRESS?

#### INTERNAL STRESS

Worry for no reason at all or about things that one can do nothing about

#### FATIGUE & OVERWORK STRESS

Long working hours, working too hard, poor time management, or did not take time out for rest and relaxation



#### SURVIVAL STRESS

When placed in a situation that may cause bodily harm

#### ENVIRONMENTAL STRESS

When placed in a situation with noise, crowds, or pressure from work or family (eg. caring for child and elderly parents)

### TYPES OF STRESS

#### Good Stress

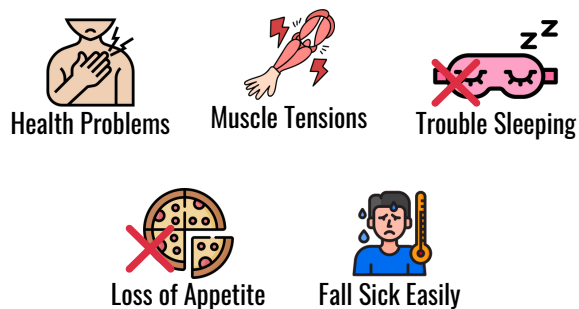
- ✓ Gives you the “push” and draws you closer to your goals
- ✓ Gives you motivation, excitement, and energy to
  - Do your best
  - Face challenges
  - Complete tasks

#### Bad Stress

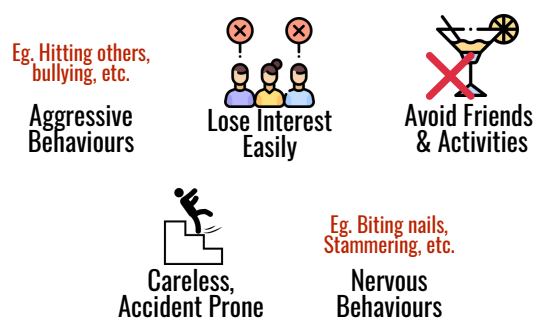
- ✗ Experience overwhelming levels of stress
- ✗ Display symptoms of stress over a prolonged period

### SYMPTOMS OF STRESS

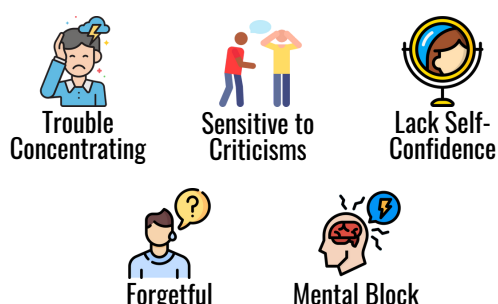
#### PHYSICAL



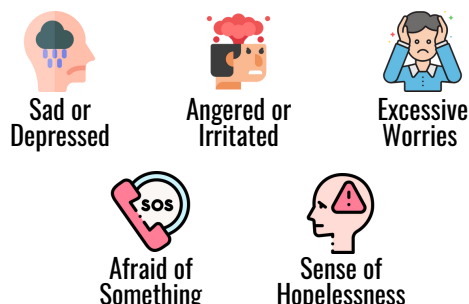
#### BEHAVIOURAL



#### MENTAL



#### EMOTIONAL



Click [here](#) and learn how to manage stress before stress gets you!