

به نام خدا

مرکز پژوهش متالورژی رازی

stress management

الهام خواص

زمستان ۹۸



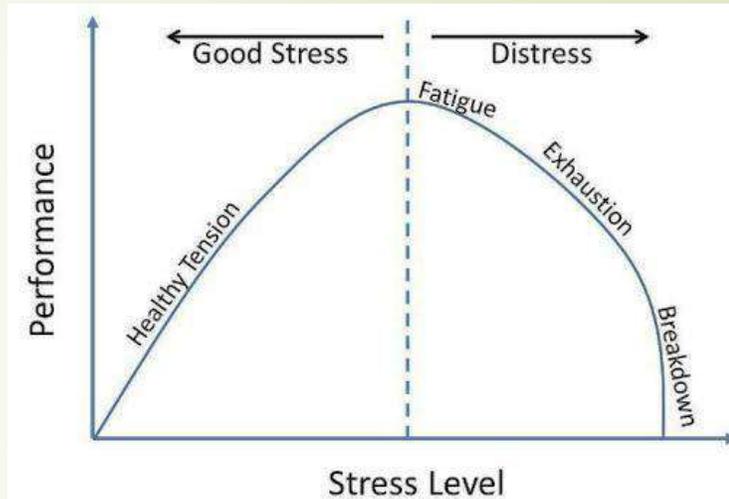
What is Stress?

- Stress is a reaction to some stimulus or demand that produces an elevated state of arousal or readiness. The greater the stimulus, the greater is the stress reaction.
- Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.



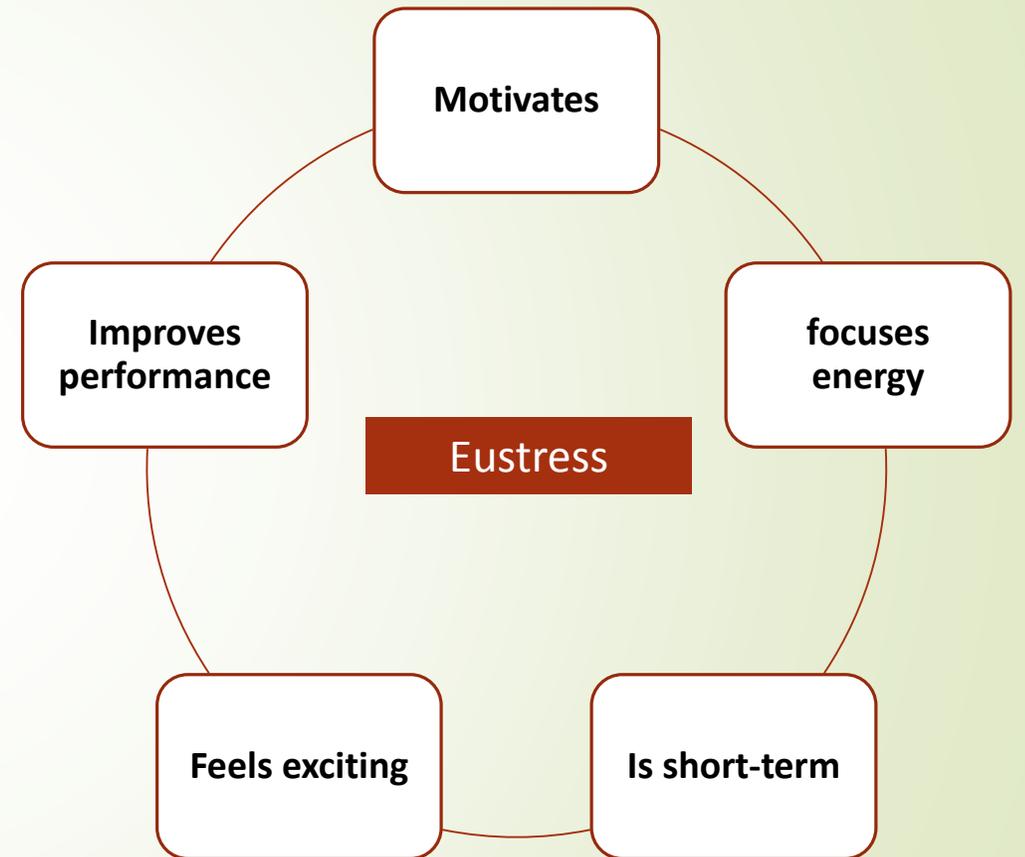
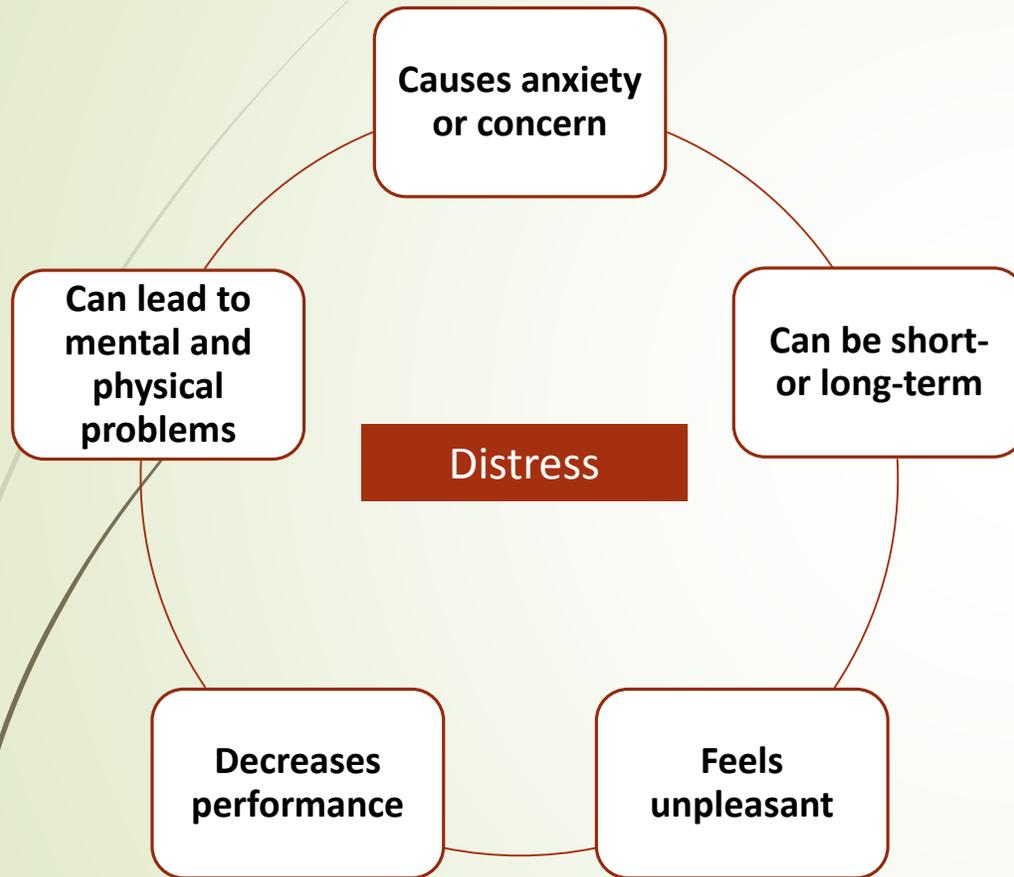
The Nature of Stress

- Stress is a state of physical and mental arousal. It is a normal and necessary part of life. Stress helps us to make choices, develop plans, change our behaviors and begin new activities. Stress gives us energy and a drive to be our very best. Controlled stress can help us to be innovative, efficient and productive.
- Extreme or prolonged stress is out of control. Uncontrolled stress is disruptive to our lives and our work. It produces deterioration in mental and physical health; diminishes our performance on the job and threatens our relationships at home. Unrestrained stress can alter someone's personality and cause depression and even suicidal thinking.



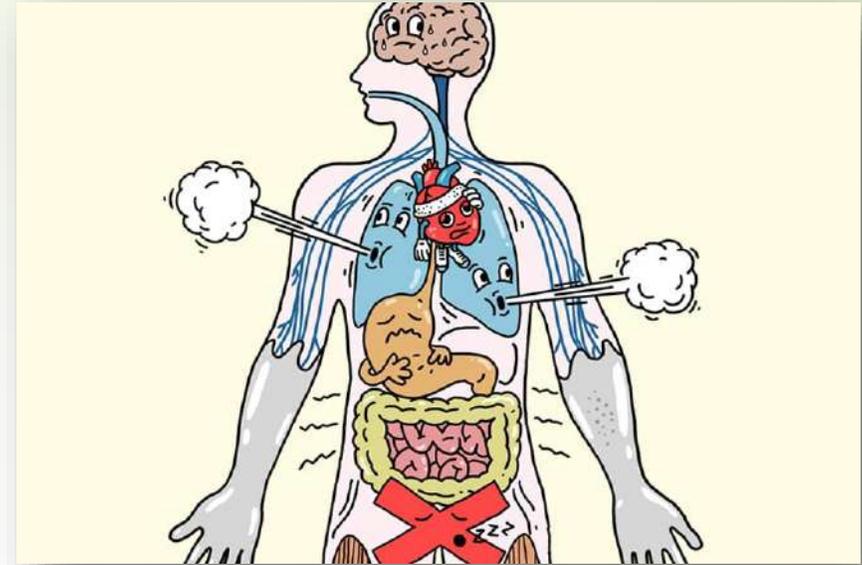
(Adapted from P. Nixon: Practitioner, 1979)

Eustress vs. Distress



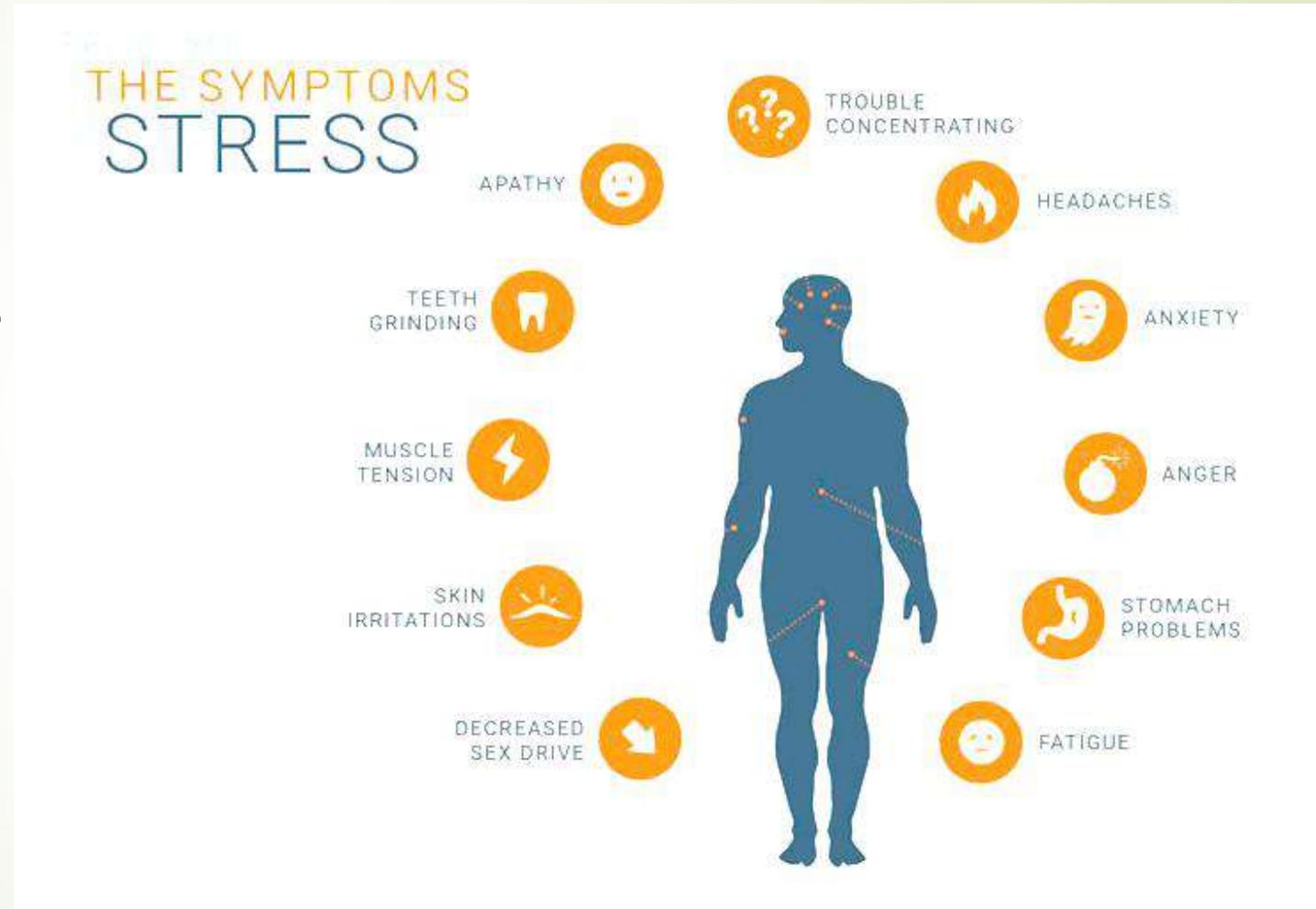
Signs of Stress

- Physical
- Emotional
- Behavioral



Signs of Stress: Physical

- Racing Heart
- Shaky Hands/Legs
- High Blood Pressure
- Headaches
- Muscle Spasms
- Indigestion



Signs of Stress: Emotional

- Anxiety
- Fear
- Irritability
- Impatience
- Depression
- Inability to Focus



Signs of Stress: Behavioral

- Change in Appetite
- Difficulty Sleeping
- Forgetfulness
- Increased use of Caffeine and Other Substances
- Mood Swings





Causes of Stress

- Stress can come from many sources, which are known as "stressors." Because our experience of what is considered "stressful" is created by our unique perceptions of what we encounter in life, a situation may be perceived as "stressful" by one person and merely "challenging" by someone else. Simply put, one person's stress trigger may not register as stressful to someone else.

Causes of Stress

Personal Causes

- Personal beliefs that conflict with reality.
- Performing worse than personal expectations.
- Excessive desire to do a perfect job.

Family-Related Causes

- Death, serious illness, accidents, changes in the environment.
- Family conflict and poor communications.
- Financial difficulties.

Work-Related Causes

- poor leadership.
- Poor internal communication.
- Conflict with colleagues.
- Low pay and poor advancement.
- Uncertain job future.
- unrealistic deadlines and expectations.
- unmanageable workloads
- long work hours



Tools for Stress Management : Physical



■ Nutrition

- Avoid or limit caffeine (coffee, tea, chocolate, etc.).
- Avoid fatty foods, salt, sugar and white bread.
- Don't put smoking on the top of your stress-reduction list.
- Eat whole grain breads, dairy products, vegetables, fresh fruits.



- ## ■ Exercise
- : Exercise regularly. Your body can fight stress better when it is fit.



- ## ■ Sleep
- : Get enough rest and sleep. Your body needs time to recover from stressful events.



Tools for Stress Management :Cognitive (thoughts) & Behavioral

- Positive Mental Attitude

- Stress is a challenge; overcome it
- Stress is controllable.
- Emotions should serve us, not dominate us.
- Think first and then take action.

- Meditation : Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.

- The Breath

- Time-management : Learn to manage your time more effectively.



Application in the Workplace

- Turn to co-workers for support : Having a solid support system at work can help buffer you from the negative effects of job stress. Just remember to listen to them and offer support when they are in need as well.
- Prioritize tasks : Tackle high-priority tasks first. If you have something particularly unpleasant to do, get it over with early.
- Break projects into small steps : If a large project seems overwhelming, focus on one manageable step at a time, rather than taking on everything at once.
- Be willing to compromise : Sometimes, if you and a co-worker or boss can both adjust your expectations a little, you'll be able to find a happy middle ground that reduces the stress levels for everyone.
- Look for humor in the situation : When used appropriately, humor is a great way to relieve stress in the workplace.
- Clean up your act : If your desk or work space is a mess, file and throw away the clutter; just knowing where everything is can save time and cut stress.

