

Stress and How to Cope with Stress

WHAT IS STRESS?

- Stress is an inevitable part of our lives.
- Many factors such as viruses, air pollution, crowd, noise, developmental periods, life events, and time limits can be a source of stress.
- It is the way our body reacts automatically to internal and external stimuli that cause distress.
- Getting ready to face or run away from the source of stress - is the " fight or run " response.

"BEING AWARE OF THE SOURCES OF STRESS TEACHES TO OVERCOME THE PROBLEM"

- The way to deal with unhealthy stress is through recognizing when your stress level increases.
- By developing the ability to cope, you can overcome stress and make life more productive and livable.

Is Stress Bad?

- Stress can have a negative effect of exhausting our mental and physical resources. It also helps us discover ourselves, use our potential and develop personally.
- Certain amount of stress is necessary for our normal functions. However, intense and prolonged stress can have negative physiological and psychological effects.

WHAT ARE THE SYMPTOMS OF STRESS?

Physical Symptoms

- Heart palpitations
- Shaking hands
- Physical aches (head, neck, back, hand)
- Urinary and digestive disorders (stomach pain, constipation, diarrhea)
- Fatigue, exhaustion
- Sleep disorders
- Changes in appetite
- Excessive sweating

Emotional Symptoms

- Restlessness (depression or depressed mood)
- Quick cry
- Worry
- Irritability / Tension (getting angry with little things)
- Aggression / Hostility
- Fear (being afraid of making decisions)

- Lower self-esteem
- Feeling insecure

Social-behavioral Symptoms

- Exaggerating normal behavior (an increase of workaholic behavior etc.)
- Withdrawal (from family, friends, moving away from the environment)
- More work (less work)
- Blame others (criticism, error finding, etc.)
- Insecurity
- Annoying others
- Extremely defensive attitude
- Being offended by many people

Mental Symptoms

- Difficulty in concentrating and making decisions
- More focus on negative thoughts
- Weakness in memory
- Being busy with one idea and thought
- Loss of sense of humor
- Low efficiency
- Increased errors

What are the methods that are not effective in dealing with stress?

Methods of

- Substance Use
- Overeating
- Ignorance
- Ignoring the situation
- Introversion
- Overreacting

can be tried. However, all these can end up as additional sources of stress in the person as they avoid facing the stressful problems.

STRESS MANAGEMENT AND CAGM MODEL

Stress management is when the individual decides to manage his lifestyle emotionally, spiritually and physically.

You can manage the stress experienced through Braham's (1958) 4-Stage CAGM model.

C-CHANGE: If you have the opportunity, you can get rid of the stress by changing the negative situation you are in.

A-ACCEPTANCE: When there are situations that you cannot control, you can accept them and learn to adopt a positive approach.

G-GIVE UP: To give up, to quit the situation can sometimes be a powerful way that works mentally, emotionally and physically.

M-MANAGE YOUR LIFESTYLE: Adding healthy alternatives (exercise, diet, relaxation, getting support, etc.) to your life, which enables you to cope with stressful situations in the future, helps you to combat stress that may occur.

WHAT ARE THE STRATEGIES TO COPE WITH STRESS IN A HEALTHY WAY?

BEHAVIORAL	PHYSICAL	MENTAL
✓ Change the negative situation we are in.	✓ Do physical activities.	✓ Focus on your thoughts and change yourself.
✓ Smile more and include humor in your conversations.	✓ Do Pilates.	✓ Change thoughts.
✓ Manage and organize time.	✓ Do yoga.	✓ Regulate the belief system.
✓ Improve social activities.	✓ Tighten, stretch and relax muscles.	✓ Set realistic expectations.
✓ Help others.	✓ Relax the tension that may occur in the muscles with breathing exercises.	✓ Relax with meditation.
✓ Have hobbies. Learn new things by doing different activities.	✓ Walk. ✓ Run.	✓ Learn to breathe correctly.
✓ Get social support, chat with positive people.	✓ Ride a bike.	✓ Recognize the problems causing stress.
✓ Change your response to the situation.	✓ Monitor stress reactions and take action.	✓ Focus on a solution instead of the problem.
✓ Take a break for fun.	✓ Do yoga.	✓ Gain new perspectives.
✓ Balanced Nutrition.	✓ Create a nutritional routine and organize healthy habits (increase fruit and vegetable consumption).	✓ Use mental rejuvenation method.
✓ Quit harmful habits such as substance use.	✓ Have sleep patterns.	✓ Recognize your emotions.
✓ Reduce sugar and salt intake.	✓ Laugh a lot.	✓ Learn to have anger-management.
✓ Drink plenty of water.	✓ Sit under the sun.	✓ Focus on alternative ways.
✓ Set personal goals.	✓ Take a shower.	✓ Get support from a professional.

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