



Stress and Stress Management

The Skills You
Need Guide

SKILLS YOU NEED
Helping You Develop Life Skills

The Skills You Need Guide to

STRESS AND STRESS MANAGEMENT

Skills You Need

This is one of a series of eBooks by Skills You Need available for sale at:
www.skillsyouneed.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

ISBN: 978-1-911084-14-3

Published by Skills You Need Ltd

© 2016 Skills You Need Ltd

CONTENTS

Chapter 1 What is Stress	5
What Causes Stress?	6
Signs and Symptoms of Stress	7
Stress-Inducing Events and Situations	8
Panic Attacks	10
Stress in the Workplace	11
Not All Stress Is Harmful	12
Recognition Is Only the Start...	13
Chapter 2 Avoiding Stress	14
Avoiding and Minimising Stress: Some Simple Steps	15
Further Steps To Stress Avoidance: Achieving Work-Life Balance	19
Achieving a Work-Life Balance: A Suggested Process	21
Chapter Summary	24
Chapter 3 Managing Stress: Looking After Your Body	25
Stress, Nutrition and Diet	26
Tips for Reducing Stress Through Diet	27
Exercise	28
How Much Should You Exercise?	29
Sleep	31
Promoting Good 'Sleep Hygiene'	32

Chapter 4 Managing Stress: Therapeutic Approaches	34
Medical Approaches	35
Alternative/Complementary Therapies	36
Relaxation techniques	37
Aromatherapy	39
Self-Hypnosis and Hypnotherapy	42
Mindfulness and Mindful Meditation	46
Music Therapy	48
Laughter Therapy	52
Chapter 5 Harnessing Stress	55
The Benefits of Harnessing Stress	56
Change your Mindset	57
A Final Word	58

Chapter 1

What Is Stress?

Effectively coping with stress, managing stress and finding ways to reduce unnecessary or unhealthy levels of stress are important life skills, and skills that everybody needs.

Negative stress, tension and anxiety are extremely common problems in modern life. Most people will suffer from potentially dangerous or debilitating symptoms of stress and stress-related issues at some point in their lives.

This chapter provides an introduction or overview to negative stress, together with some of the most common causes of stress and the consequences of inappropriate levels of stress.



Stress is a response to an inappropriate level of pressure.

You may encounter stress from a number of sources including:

- Personal stress, which may be caused by the nature of your work, changes in your life or personal problems.
- Stress in family or friends, which in turn may affect you.
- Stress in your colleagues, which also may affect you.

WHAT CAUSES STRESS?

Stress can be described as the distress that is caused as a result of demands placed on physical or mental energy.

Stress can arise as the result of many factors, including:

Anxiety

Anxiety is caused when life events are felt to be threatening to individual physical, social or mental well-being. The amount of anxiety experienced by an individual depends on:

- How threatening these life events are perceived to be;
- How effective your individual coping strategies are for you; and
- How many stressful events occur in a short period of time.

Tension

Tension is a natural reaction to anxiety. It is part of a primitive survival instinct where physiological changes prepare the individual for 'fight or flight'. This sympathetic response, as it is known, results in a chemical called adenosine triphosphate (ATP) being released in the body and causes muscles to tense ready for action.

Blood vessels near the skin constrict to slow bleeding if injury is sustained, and to increase the blood supply to the muscles, heart, lungs and brain. Digestion is inhibited, the bladder relaxes, the heart rate and breathing speed increase, the body sweats more. The person affected becomes more alert, their eyes dilate and a surge of adrenaline gives rise to an increase in energy.

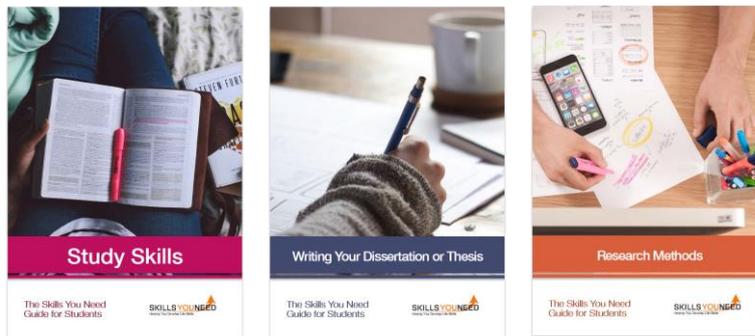
These responses are extremely useful in situations of physical danger but, unlike for primitive humans, many of the anxieties of modern life are not ones that can be solved by a 'fight or flight' reaction or by any physical response.

Modern stressful situations tend to continue for much longer periods of time and an immediate response does not relieve the anxiety-provoking situation. Prolonged time spent in a state of anxiety can lead to symptoms of stress, which prevent the individual from returning to his or her normal, relaxed state. Prolonged stress can therefore be detrimental to health and wellbeing.

The full book is available in the
[SkillsYouNeed Shop](#)

Our other books include:

The Skills You Need Guide for Students



The Skills You Need Guide to Interpersonal Skills

