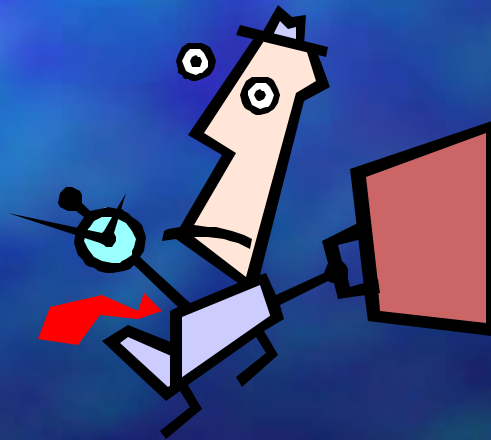


DAILY STRESS

**Mark A. D. Long, Ed.D.
Health Promotion Program**

Daily Stress

- Every day stressors and hassles can be a source of distress for you!



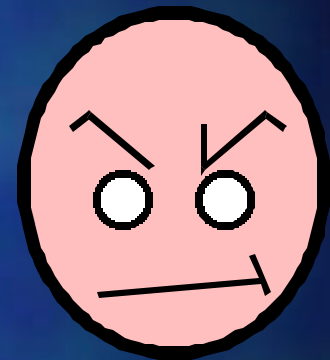
Stress

- Manage your stressors or the stress will find and manage you!



What does not work in dealing with stress!

- Avoiding the stressors...
- Worrying
- Blowing up
- Negative attitude
- Self destructive actions



**Learn all you can about what
causes stress in your life, and
what works for you in dealing
with it.**

Dr. Arnold Lazarus

Dr. Clifford Lazarus

Stress Problem Solving Strategies

- Having a Plan!
- Obtaining Social Support!
- Using Effective Coping Skills
- A Positive and Optimistic Attitude!
- Learning from mistakes

Plan Ahead

- Be prepared for the unexpected!
- Manage the morning, afternoon, Monday, Friday, etc... craziness



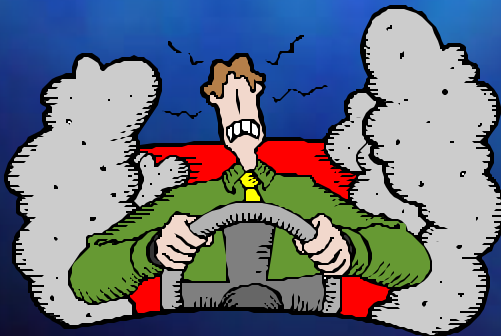
Planning

- How will you manage the am/pm rush hours?
- How are you prepared for the daily crisis?



Commuting

- Do you get frustrated and freak out?
- Get tense and uptight?
- Drive like a nut?
- Enjoy the ride?



Relax

- How do I stay calm and cool?
- How do I chill out?
- When do I use my relaxing skills?

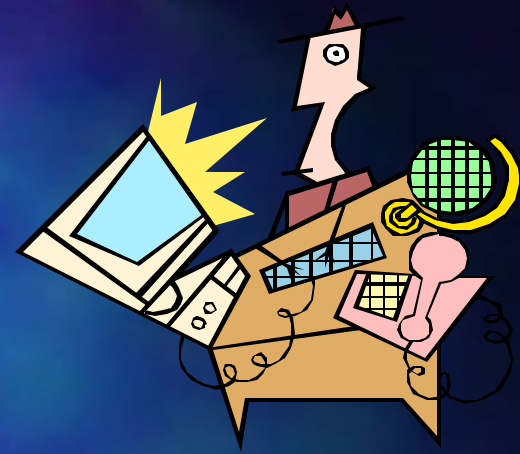
Stress Tip

- Slow deep breathing is probably the single best anti-stress medicine we have

Dr. James Gordon

Work Stress

- Deadlines and pressures
- Surprises
- Interpersonal difficulties
- Role and rank issues
- Environmental stressors



How do I effectively cope with-

- Unexpected tasks and duties?
- Pressures?
- Long hours?
- Interpersonal difficulties?

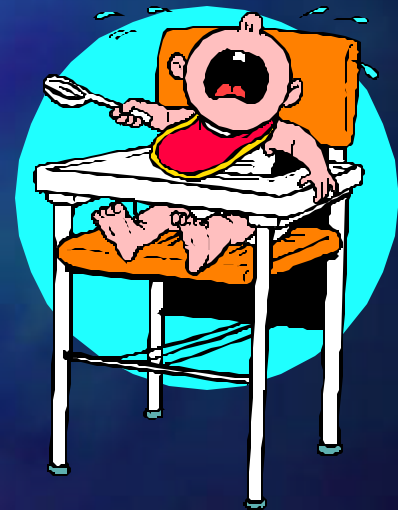
Stress Busting Tip

- Schedule daily R & R breaks in your life!



Home Stressors

- Chores
- Finances
- Kids wanting attention
- Discipline
- Fun time
- Other



Home Stress

- How do I deal with my stressors at home?

Remember

- Humor is life's greatest lubricant

Art Linkletter

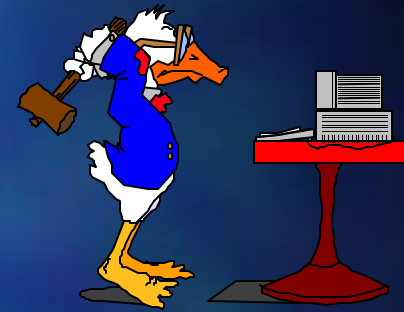
Techno Stress

- E-mail and computers
- T.V.
- Phone
- Pagers
- Others



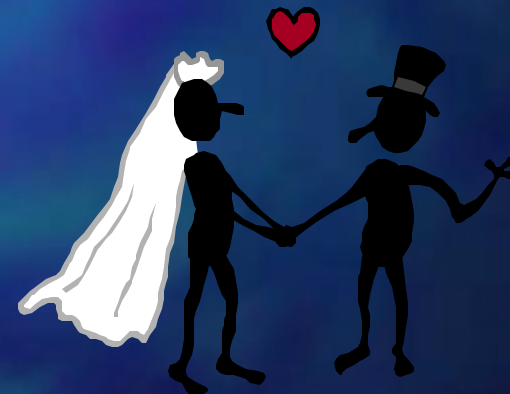
Coping with Techno Stressors

- Dealing with Information Overload?
- Turn off daily
- Tune out more often
- Answer e-mails, calls at set times



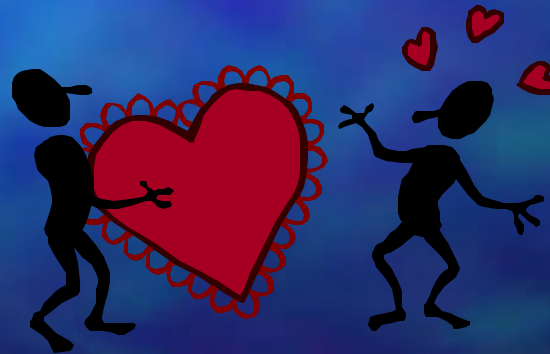
Love Relationships

- Strained?
- Stressed?
- Distant?
- Great?



Love Relationships

- How do I plan for-
- Fun?
- Together time?
- Intimacy?
- Sharing?



Other Daily Stressors ?

- How can I manage them?
- (before they manage me?)



Remember

- If you are not ready today, you will be even less ready tomorrow!

Ovid



Stress Proof Your Life!

As best you can!

Summary



- Be Prepared!
- Develop a stress busting plan that works for you!
- You can control your responses to stressors!