

# STRESS AND STRESS MANAGEMENT

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# Your attitude will influence the outcome of your challenges


## 1. Positive -

- This attitude makes one develop enthusiasm for **self acceptance**, harmony, success, unity, performance, achievement, love, care, forgiveness, peace, happiness, growth, development, positive thoughts and talk, (Philippians 4:8 etc. what ever the situation

- When you have a positive attitude you look like this;-



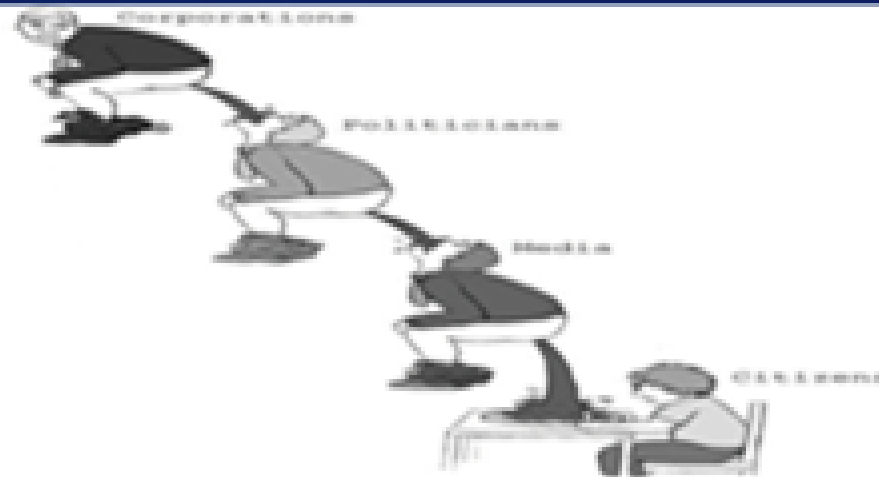
## 2. Negative

- This makes one develop enthusiasm to destroy, disrupt, cause chaos, hate others and dislike self, gossip, keep grudge and bitterness, neglect, disharmony, sadness, retard, fail, non perform, engage in negative talk etc.
  - When you have a negative attitude you look like this;-
- 

You may become a pollutant to others like this

## PICTURES

This can be a woman in the receiving end!



# The fact is;-

Your attitude determines whether or not;-

- ❖ You will be optimistic and hopeful
- ❖ You will have proactive and take appropriate action
- ❖ overcome or cope with the challenge and succeed



# Comparison between positive and negative attitude

## Positive Attitude

1. Attracts people towards you
2. Helps one cope with challenges/  
stress,
3. Is self assured, confident and  
Motivated
4. Healthier, happier, determined  
And progressive
5. Continues to grow  
psycho-social-spiritually etc.

## Negative Attitude

1. Repels people from you
2. One stagnates and become docile  
inactive
3. Self doubt, fearful and  
demotivated
4. Succumb to illnesses, sad, lacks  
self drive to progress
5. Deteriorates psycho-social-  
- spiritually

# The fact is;-

Your attitude which is deeply rooted in your mind determines whether or not;-

- You will succeed
- You will overcome or cope with any challenge
- - Determine your altitude



# Definition of Stress

- Pushes a psychological or physical factor beyond its range of stability resulting to strain within the individual.
- It is the response of events that are threatening or challenging to an individual-within and without work place.





# THE GENERAL COURSES OF STRESS

1. Environmental courses
2. Personal/individual courses
3. Biological causes



# 1. Environmental sources

- ❖ Family challenges- from immediate family or extended
- ❖ Relationship problems- from outsiders, work or family
- ❖ Disasters/Accidents/Tragedies of self or others
- ❖ Insecurity – physical, environmental, relational, personal etc.
- ❖ Inability to meet basic needs for self and family etc.




# CONT....

- ❖ poorly groomed environment or close person (cleanliness is next to godliness)
- ❖ Problems at work
- ❖ lack of social support from home, church, work or community
- ❖ lack of motivation/drive due to frustration, internal or external blockage
- ❖ poor communication etc.
- ❖ Overwork/ under work etc.



## 2. Personal sources

- ❖ Negative attitude
  - ❖ un-forgiveness (of self and others), constant anger
  - ❖ Lack of appropriate qualifications/intelligence/ability in what you set out to do
  - ❖ disillusionment due to unmet expectations
  - ❖ Poor self image/esteem
- 

## Cont...

- Poor self motivation
- Fear- scare crow factor
- Procrastination (postponing doing something)
- Poor decision making skills
- Poor communication skills
- Lack of focus and objectivity in life

# Cont...

- Failure to achieve set personal goals
- Chronic fatigue
- Lack of assertiveness (inability to speak your mind or stand up for your rights)
- Any form of loss e.g. Death, job, ability, health, beauty etc. (if not psychologically prepared)
- Sudden change of status- good or bad



# Poor time management

## There are 3 Levels in Time Management

**1. TIME AWARENESS**

**2. TIME PLANNING**

**3. TIME SAVING**

**NB;- Effective time management will improve your productivity and enhance your health**



### 3. Biological causes

- ❖ Hormonal imbalance
- ❖ Genetic predisposition
- ❖ Tumors
- ❖ Chronic illness
- ❖ Physical unfitness
- ❖ Malnutrition






# INDICATORS /SYMPTOMS OF STRESS

1. Psychological/ Emotional symptoms
2. Physical/Biological symptoms
3. Behavioral symptoms



# 1. Psychological/Emotional


- ❖ Feeling tense and unable to relax
  - ❖ Frightened or, worried or fearful and suspicious
  - ❖ Feeling mentally drained and extreme physical fatigued
  - ❖ Inability to concentrate
  - ❖ Inability to make decision
  - ❖ Disorganized
  - ❖ Lack of enthusiasm and motivation
- 

# cont...

- ❖ Gloomy, sadness and fussy
- ❖ Impulse to run or hide
- ❖ Lowered libido



## 2. Physical /biological Reactions

- ❖ Muscle tension
  - ❖ Somatization of psychological pain in the physical body leading to pains and aches
  - ❖ skin problems- acne
  - ❖ Autonomic hyper arousal
  - ❖ Over alertness (feeling on edge and becoming hyper-vigilant)
  - ❖ Change of body systems e.g. running tummy etc
  - ❖ Lowered immunity which leads to frequent physical ailments
- 

### 3. Behavioral changes

- ❖ Poor Grooming
- ❖ Absenteeism or frequent lateness
- ❖ Disinterest in usual things.
- ❖ Tearful
- ❖ Uncompleted or poorly completed tasks
- ❖ Apathetic and don't care attitude and acts
- ❖ Over/under eating




- ❖ changes in appetite corresponding physical appearance
- ❖ Sleep disturbance



- ❖ Addiction to Substances of abuse and other addictions (Things and activities)
- ❖ Frustration and aggression (physical or verbal)
- ❖ Irritability, quarrelsome and complaining



CONT...

- ❖ Disinterest in usual things/activities
  - ❖ Segregation/ withdrawal
  - ❖ Over/under talkative
  - ❖ Frequent careless acts
  - ❖ Overindulgent in certain acts etc.
  - ❖ Indecisiveness (poor decision making)
- 



# CONT...

- ❖ Suspiciousness leading to apathy
- ❖ Disorganization
- ❖ Uncompleted or poorly completed tasks
- ❖ Poor interpersonal relationships resulting to internal conflicts and sabotage



# MANAGEMENT OF STRESS


## 1. Individual intervention

- ❖ Modify attitude- Develop positivity in life and be proactive
- ❖ Improve self image – self esteem and humor
- ❖ Grooming- self and your environment

## Improve;-

- ❖ Assertiveness

# Cont...

- ❖ effective problem solving techniques,
  - ❖ anger coping strategies,
  - ❖ communication skills,
  - ❖ Effective decision making,
  - ❖ Relaxation technique,
  - ❖ Anger coping skills,
  - ❖ sleep hygiene
  - ❖ Effective time management
- 

# MANAGEMENT OF HOME-WORK INTERPHASE

1. Cultivate active communication at home
2. Avoid carrying official work home but complete all your work for the day in the office
3. Improve family relationships (know the psychological motivating needs of self, each family member and try and fulfill them.
4. Have open discussions and offer social support to spouse (s) and Children- if any as well as others
5. Know the psychological motivating factors of men and women and offer it appropriately



# Psychological Motivating needs for men/women in order of priority

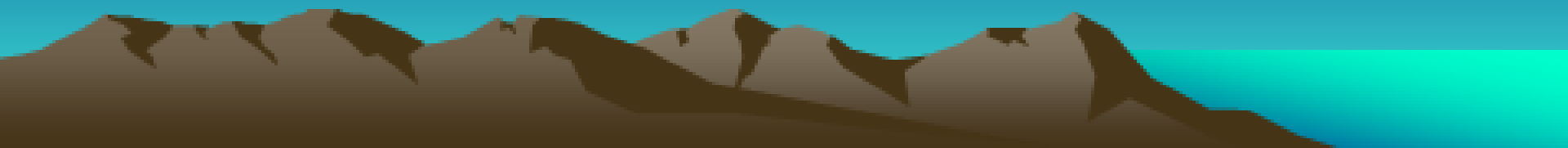
## **Men**

1. Sexual fulfillment
2. Recreational
3. Attractive spouse
4. Domestic support
5. Admiration


## **Women**

1. Affection
2. Conversation companionship
3. Honesty and openness
4. Financial support
5. Family Commitment

NB; Respect is a necessity for all



# Children

- ❖ Provide for their needs accordingly but responsibly
  - ❖ Respect your spouse, Spend time with family ( have joint activities (even when they are older)
  - ❖ Always speak with one voice concerning their discipline- they need security and solidarity
  - ❖ Employ authoritative parenting skills and maintain their discipline
  - ❖ Be a good role model
  - ❖ Know and Respect their friends
  - ❖ ***LET THEM KNOW THAT YOU LOVE THEM***  
( verbal and non verbal)
- 

# Cont...

- ❖ Talk WITH each other and NOT TO each other
- ❖ Improve communication
- ❖ Hold frequent family meetings



# Cont...

- ❖ Reinforce each other's efforts
- ❖ Share what is happening in your life with family
- ❖ OCCATIONALLY TAKE A HOLIDAY





Relaxed, happy and confident



# FINALLY

- 2<sup>nd</sup> Cor.4; 8- We are hard pressed on every side, but not crushed, perplexed but not in despair, persecuted but not abandoned, struck down but not destroyed....

... Do not fear about anything but in prayer and supplication make your request to God....

..... if the enemy comes like a flood the Holy Spirit shall raise a standard..

.....No problem have you seen which is not common to man.....

....The lord will find a way of escape...



# Cont...

- Math. 6:33 seek yee first the kingdom of God and all these things shall be handed unto you
- Trust and obey God Almighty and believe in His promises, He has given us all we need to overcome AND He could not have brought you this far to discard you,!!!!
- ...**BE STILL AND KNOW GOD**



THANK YOU

GOD

BLESS

YOU.

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