

upTop

Adapt by Learning

Stress

Eu-Stress

Di-Stress

When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood.

What can cause Stress ?

"NOTHING OR EVERYTHING"

High expectation

Family Problem

- Personal OR Professional Life
- Personality
- Role Perceptions

Worrying about things you can do nothing about

Impact of Stress

Blood pressure rises

Breathing becomes more rapid

Heart rate (pulse) rises

Immune system goes down

Muscles become tense

Do not sleep (**a heightened state of alertness**)

AM I Stressed?

Are you irritable?

Are you easily upset over small events ?

Are you unhappy with yourself ?

you have feelings of worthlessness ?

Are you feeling isolated or withdrawn from your peers
and loved ones?

BEHAVIORAL STRESS SYMPTOMS?

Talking too fast

Nail biting

Grinding teeth

Drumming fingers

Over reacting

Emotional

Defensive

Aggressive

Causing you to be very negative

You may make poor judgments

Causing you to make more mistakes

You may no longer enjoy your work

Your self confidence will suffer

Effects of Stress on the Behaviour

Drug abuse

Alcohol abuse

Social withdrawal

Frequent crying

Eating too little

Eating too much

Sudden angry outbursts

Relationship problems

Stress Management Tips

Control over expectations

Exercise Your Body

Give your mind off

Sleep 7-8 hours a night

Avoid high calorie foods

Be prepared to wait.

Create order out of chaos.

Plan ahead.

Learn to say **NO**

Stress Management Tips

Turn "needs" into preferences.

Our basic physical needs translate into food, water, and keeping warm. Everything else is a preference.

Eliminate destructive self-talk

"I'm too old to. . .," "I'm too fat to. . .," etc.

**Do not hunt for happiness but
create it wherever you are !**

Thank You

stay **UP** on the **TOP**

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