Stress 101

Presented by
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What is Stress?

- The feeling that is created when we react to particular events.
- The body’s way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.
Yerkes-Dodson Law of Arousal
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![Graph illustrating the Yerkes-Dodson Law with task difficulty and performance levels against level of arousal. The graph shows that performance is best with moderate arousal for both easy and difficult tasks, with poor performance at low and high levels of arousal.]
Warning Signs

- **Physiological**
  - Racing heart, upset stomach, shortness of breath, sweaty palms, fatigue

- **Emotional**
  - Overwhelmed, tense, tearful

- **Cognitive**
  - Concentration, memory, negativity, decision making

- **Behavior**
  - Procrastination, overreacting
What are some stressors that you have?

- School
- Money
- Relationships
- Family
- Job - Finding balance
- Future
- Health
Quick Fixes...Don’t Work

- Pulling all-nighters
- Drinking only coffee and energy drinks
- Overeating
- Drinking alcohol
- Smoking cigarettes or marijuana
- Over thinking and worrying
10 Resilience Building Characteristics

- Assertive Communication
- Changing Irrational Thinking Habits
- Healthy Diet and Exercise
- Expanded Support System
- Rational Problem Solving
  - [Link](http://www.youtube.com/watch?v=k0xgjUhEG3U)
- Goal Setting and Time Management
- Sensitivity to Your Body’s Physical Symptoms
- Awareness of Fight or Flight Triggers
- Humor
  - [Link](http://www.youtube.com/watch?v=Z3z_yZ1G1Og)
- Relaxation
Stress Do’s

- Talk to Supportive People
- Deep Abdominal Breathing Exercises
- Positive Thinking
- Cry
- Journal
- Enjoy Hobbies
- Meditate or Pray
- Squeeze a ball
- Take a Nap
- Take a Walk
Activity

- http://www.youtube.com/watch?v=oiFTXckh0zU
Don’t Stress!

For more information, contact The Counseling Center
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