

Stress management techniques

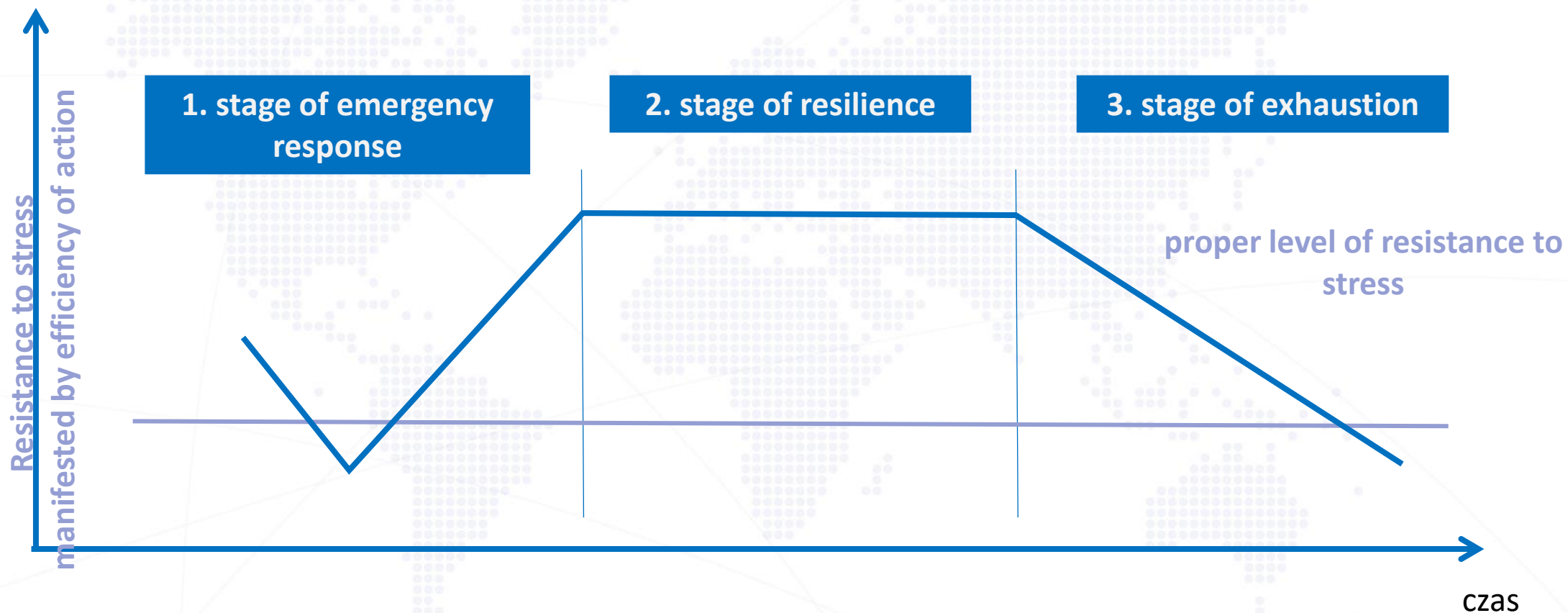
WHAT IS STRESS?

- A set of reactions of a body to **stimulus events** that disrupt its balance and severely test or exceed its ability to cope.
- The reaction of the body in the form of mobilization of energy to overcome a variety of obstacles, barriers, demands, whether accompanied by pleasant or unpleasant feelings. This is a non-specific response – its type does not depend on the type of factor that triggers it.

WHAT IS STRESS?

A high level of mental agitation and tension in the body, leading to increased mobilization of the system (eustress), or exceeding the adaptive capacity of the person, resulting in somatic and/or emotional disorders (distress)

COURSE OF THE STRESS RESPONSE





"What matters is not what happens, but how you perceive it"
Hans Selye

STRATEGIES FOR COPING WITH STRESS

TASK-ORIENTED COPING

- we face the situation, solve the problem
- we create a plan and implement it

EMOTION-ORIENTED COPING

- reducing tension by affecting the body
- exercises, sports, yoga
- meditation
- breathing techniques
- naming emotions and needs
- relationships, talking yourself out, empathy
- writing/speaking (to yourself) - a letter from your best friend

AVOIDANCE BY DISTRACTION

- "everything is ok, fine"
- we pretend that there is no problem, we sweep it under the rug
- we think the problems are ours and think we can't share them
- we overeat
- we reach for alcohol and other intoxicants



Four kinds of energy



The foundation of all other dimensions of energy, physical energy is comprised of sleep, fitness, nutrition, and intermittent daytime rest and renewal.



Emotional energy is about learning to cultivate the specific emotions associated with high performance, because how people feel profoundly influences how they perform.



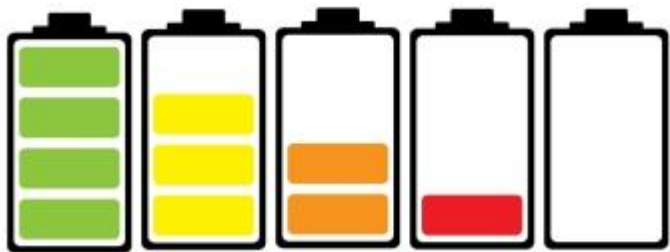
Mental energy is about learning to focus in an absorbed way and switching intentionally between tactical and big-picture thinking.



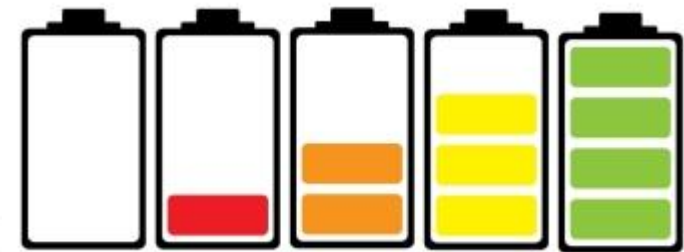
Spiritual energy is the energy derived from serving something larger than oneself.

How to be productive and satisfied?

PERFORMANCE ZONE



RECOVERY ZONE



RELAXATION TECHNIQUE 54321

5. Stretch your eyes

Choose 5 objects around you and focus your eyes on them.

4. Use your hearing

Focus on 4 elements that you can hear at the moment: a dog barking outside the window, a clock ticking, movement on the staircase.

3. Engage touch

Choose the 3 closest things you can touch as quickly as possible, for example, pants, desk, beads.

2. Sharpen your sense of smell

Focus on recognizing the 2 smells that accompany you, no matter how nice or unpleasant.

1. Launch a taste

Choose 1 flavor that you can currently taste, define it.

STRESS MANAGEMENT TECHNIQUES. BODY.

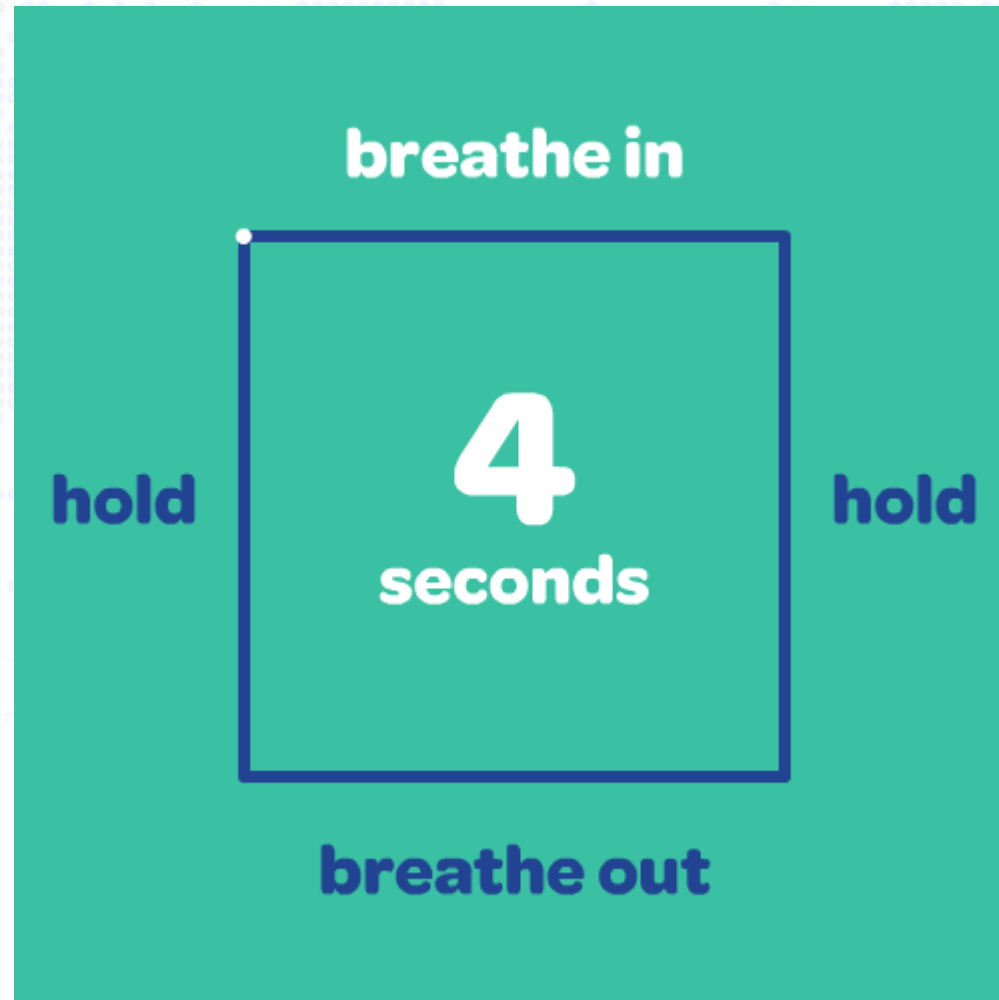
- Sleep, microbeads
- Acupressure mat
- Stretching
- Rolling
- TRE
- Breathing exercises



STRESS MANAGEMENT TECHNIQUES. MIND

- **Mindfulness-Based Stress Reduction**
- Meditation
- Visualizations
- Mindfulness
- **Morning pages**
- Gratitude journal

ODDECH MARINES



PROFESSIONAL BURNOUT



a general feeling of emotional exhaustion as a result of doing your job



professional burnout often occurs in people who work with other people (including social workers, teachers, therapists and police officers)

STAGES OF PROFESSIONAL BURNOUT

- **Emotional exhaustion stage.**

A subjective sense of excessive fatigue and depletion of resources, a sense of professional exhaustion and inability to recover.

- **Stage of depersonalization and cynicism.**

Distancing oneself from co-workers, patients, clients, loosening of emotional ties with co-workers.

- **The stage of lack of a sense of personal achievement and competence in relation to work.**

Negative evaluation of professional competence, reduced sense of personal achievement, negative evaluation of one's own work, lack of control over professional matters

WHAT CONTRIBUTES TO PROFESSIONAL BURNOUT?

J. Fengler lists a number of behaviors and beliefs that foster job burnout, these include:

- a compulsion to be "good".
- the ideal of self – efficacy.
- lack of distance to oneself.
- lack of internal control.
- a sense of responsibility for others.
- belief in one's own "mission".
- insecurity or self-doubt about one's own competence, and as a result: self-recrimination, entanglement in the problems of others.

PREVENTING PROFESSIONAL BURNOUT

1. Build a network of support
2. Set boundaries
3. Schedule rest
4. Engage in physical activity
5. Develop different roles and areas of life
6. Appreciate yourself and your accomplishments
7. Seek the support of a professional if you feel you can't cope on your own

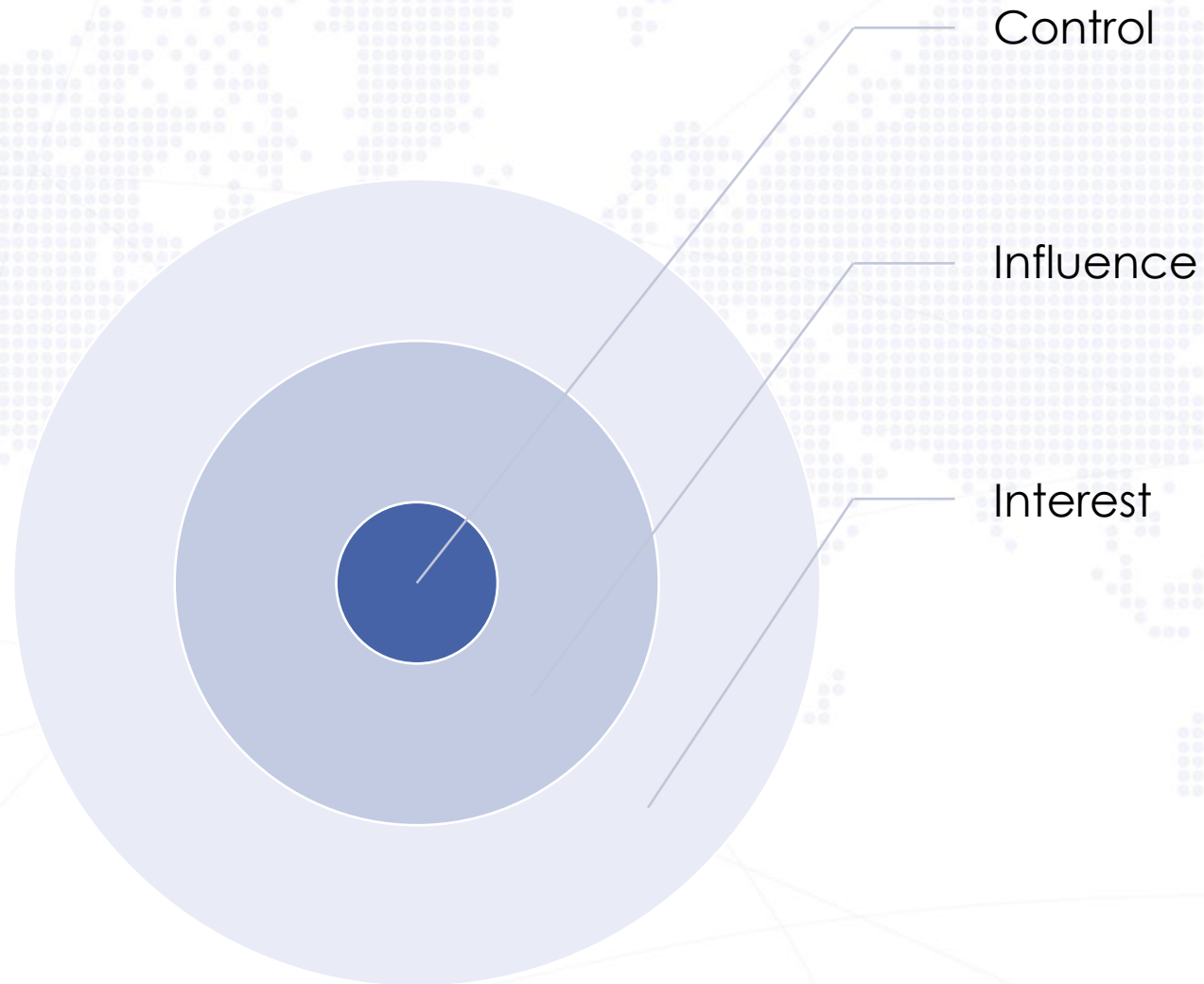
BURNOUT IN THE UNIFORMED SERVICES

1. poor physical working conditions - inadequate temperature, room humidity, pollution, noise, vibration, poor visibility, etc.
2. stressors related to the way work is performed - time pressure, lack of rhythmicity in the course of work, shift work, monotony of work, too much effort put into the performance of work.
3. Stressors related to the performance of organizational roles - ambiguity, conflicts and overloading or underloading of the role.
4. Stressors related to interpersonal relations - bad relations in the work group, with the supervisor or subordinates.
5. Stressors related to the functioning of the individual as part of the organization - reflect the relationship between employees and the organization as a whole, as well as the subjective assessment of the importance of the individual to the organization.
6. Stressors related to professional development - the inability to continue professional development, lack of stability at work, dissatisfaction with the course of one's career.
7. Stressors related to the simultaneous functioning of the individual in and outside the organization - these stressors result in a lack of time for activities in the organization or family, group of friends or contribute to a decrease in the effectiveness of the role

BURNOUT IN THE UNIFORMED SERVICES

- staff shortages
- shift work
- time pressure -
- lack of consultation and communication, especially with superiors
- directing and supervising others
- long working hours
- excessive workload - too low wages
- physical attack, high-speed chases, use of physical force
- racial, ethnic conflicts
- negative press reports
- work conflicts, lack of appreciation, bureaucracy.

CIRCLES OF INFLUENCE



What can I do to co-create a work environment in which employees are less likely to experience job burnout?

What can I do so that I and my employees experience less stress at work on a daily basis?



We often feel tired not because we have too much to do but because we do too few things that make us feel happy and alive.



TRENDZISST

