



Competences and framework for social system youth workers.

# Stress Management

Partnerzy /Partners:



# How do you feel today?



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# Emotion

*The term emotion derives from the Latin language (e – outward, movere – move) and suggests a tendency to act in every emotion. According to the dictionary definition, emotions are any commotion or disturbance of mind, feeling, passion; Any state of agitation or mental excitement.*

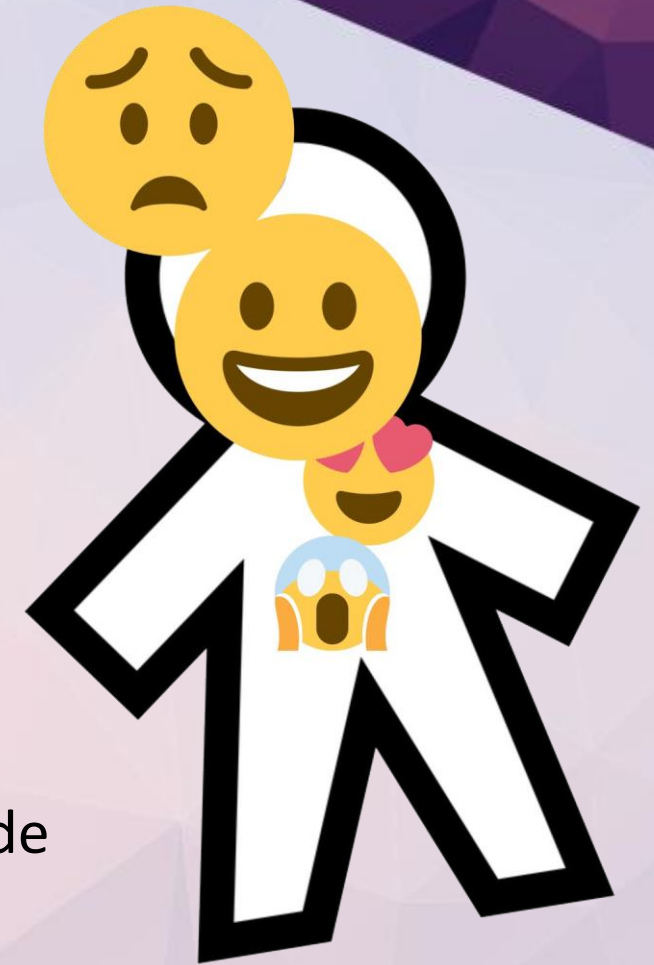
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# Emotions

Emotions appear in us as a response to:

- Thoughts and ideas, cBehaviour
- Situations and events
- Feelings make it easier to know and understand reality,
- Thus, they facilitate contact with the world and guide behaviours



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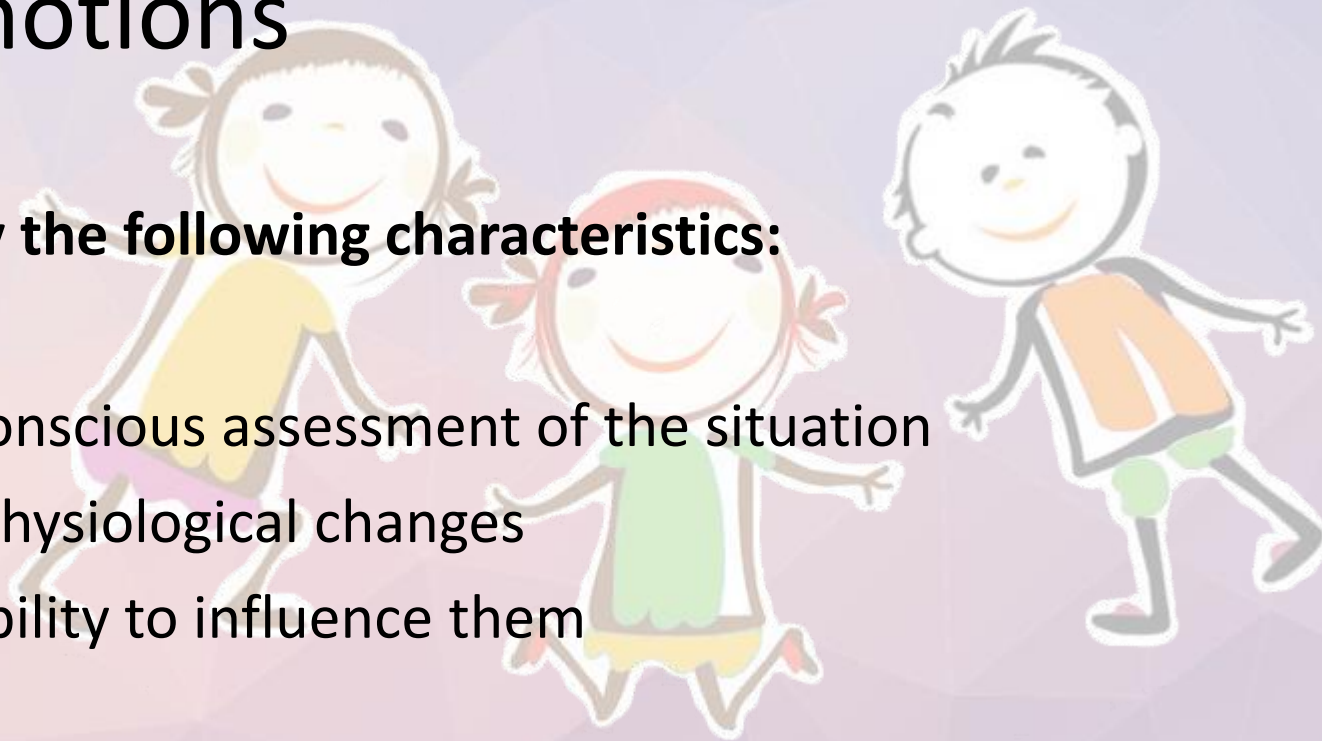




# Emotions

**Generally emotions are characterised by the following characteristics:**

- They appear quickly
- Are the result of an automatic and unconscious assessment of the situation
- They are accompanied by involuntary physiological changes
- Experienced by a person without the ability to influence them



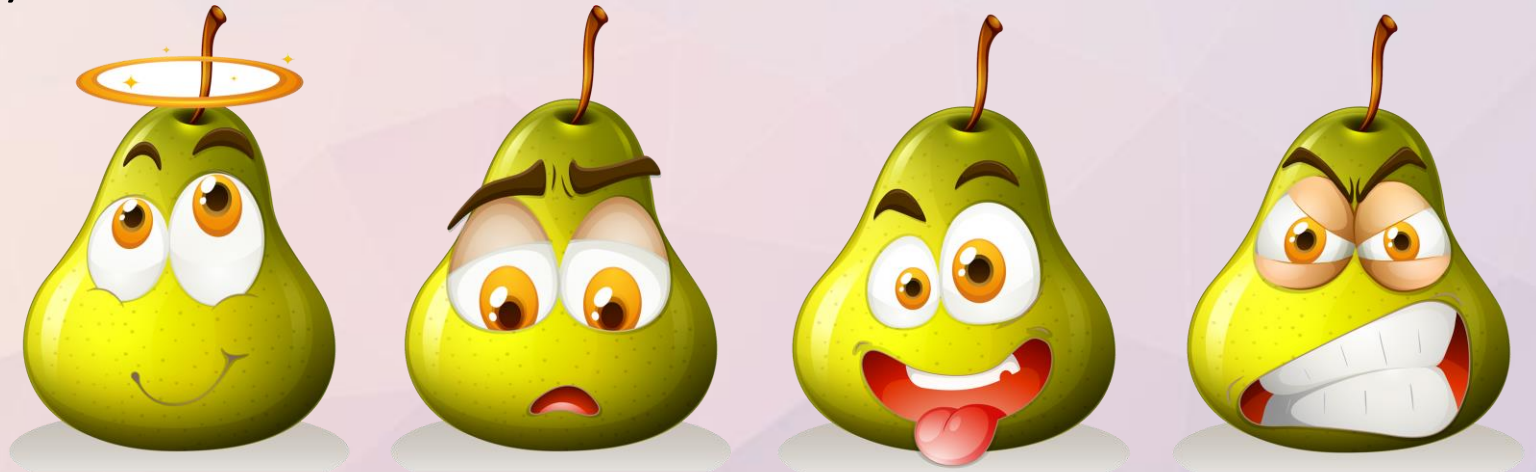
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# Emotions

Only four emotions are universal, i.e. Recognized by different nations regardless of their history or experience (research validated the ability to read these emotions, even in very primitive cultures).

These emotions include:



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# Emotions

By referring to the basic characteristics of emotions, ie. Duration, intensity and persistence, the ones we highlight are:

- **Moods** – emotional states with negligible intensity but long duration
- **Emotions** – are characterised by rapid, sudden onset and short duration
- **Affects** – physiological conditions with a sudden onset, significant level of intensity, clear VEGETATIVE symptoms , short duration and weariness after the cessation of affect

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# Emotions

It is worth remembering that there is no good or bad feelings. They are all needed because they serve to evaluate the reality. The feelings of "good" convey the information that this reality is good for the individual, and vice versa in the case of "bad", for example:

*Go back to a memory that aroused anger or fear in you. What was the facial expression of the person who triggered the emotion? Can't remember? It doesn't matter! From today, try and pay more attention to people and try to record the moment when you start to make a judgement of someone; feel some emotion towards the other person.*

- **Anger** – something that is difficult for me is happening and bothering me. This infringes My norms, values and limits. The situation harms me, does not serve to satisfy my needs
- **Grief** – The loss of something important, something that I missed

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# Emotions



## Embarrassment:

- Feeling humiliated
- Feeling inferior
- Shame
- Mixed emotions

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# Emotions



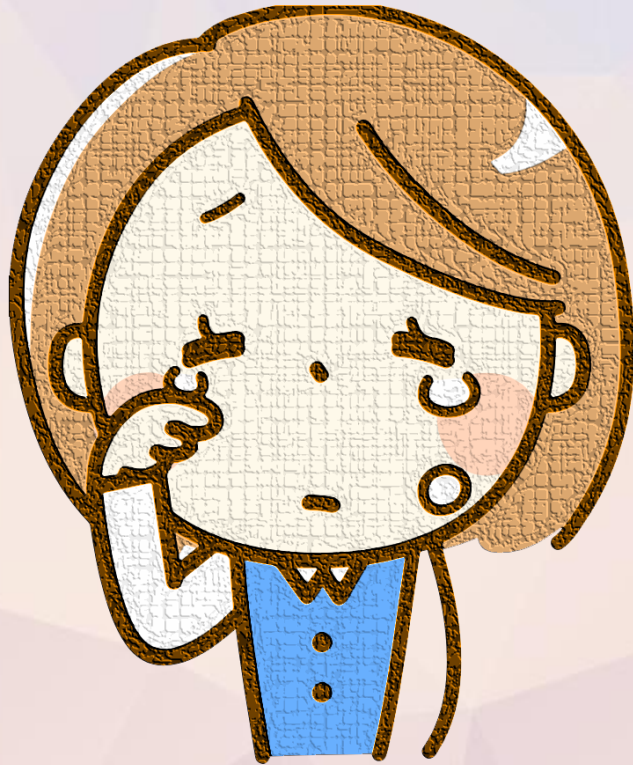
## Anger:

- Fury
- Frustration
- Rebellion
- Irritability
- Rage
- Resentment
- Hatred
- Hostility
- Reluctance
- Contempt
- Jealousy.

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# Emotions



## Sadness:

- Pain
- Depression
- Regret
- Feeling of failure
- Disappointment
- Feeling of rejection
- Loneliness
- Feeling helpless
- Longing

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# Emotions



## Fear:

- Panic
- Shyness
- Fear
- Anxiety
- Jealousy
- Distrust
- Envy
- Caution
- Restraint
- Anxiety

Partnerzy /Partners:





# Emotions



## Happiness:

- Joy
- Trust
- Peace
- Heat
- Lightness
- Love
- Hope
- Affection
- Kindness
- Sensitivity

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# Stress management

The basis of stress management is visualization that stress arises when an area of our life is out of control.



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# Symptoms of stress

1. Emotional
2. Physiological and psychological

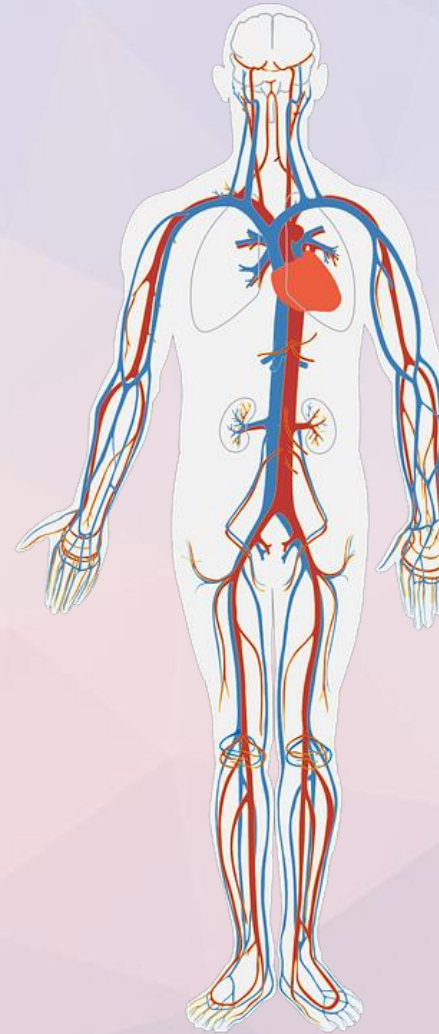
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# Stress

## Circulatory:

- Increased or decreased heart rate
- Other cardiac arrhythmias
- Blood vessel spasm
- Headaches (migraines)
- Excessive Sweating
- Increased blood pressure
- Fainting



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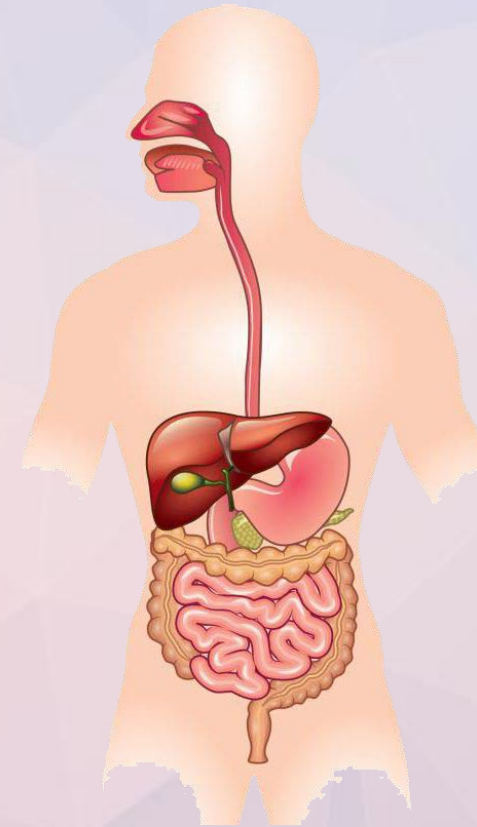




# Stress

## Digestive:

- Burning in the esophagus
- Excessive drooling
- Drying of mucous membranes
- Nausea
- Vomiting
- Bloating
- Diarrhea



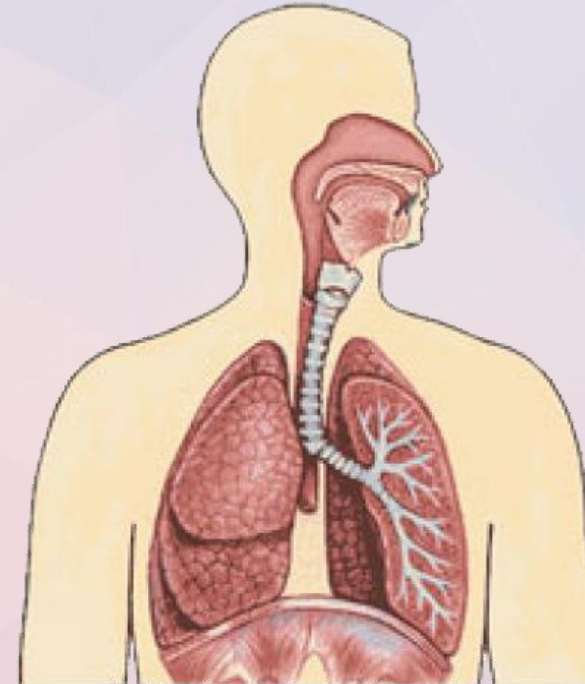
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# Stress

## Respiratory system:

- Breathlessness
- Bronchial-like asthma symptoms
- Symptoms like hay fever
- Paroxysmal hyperventilation



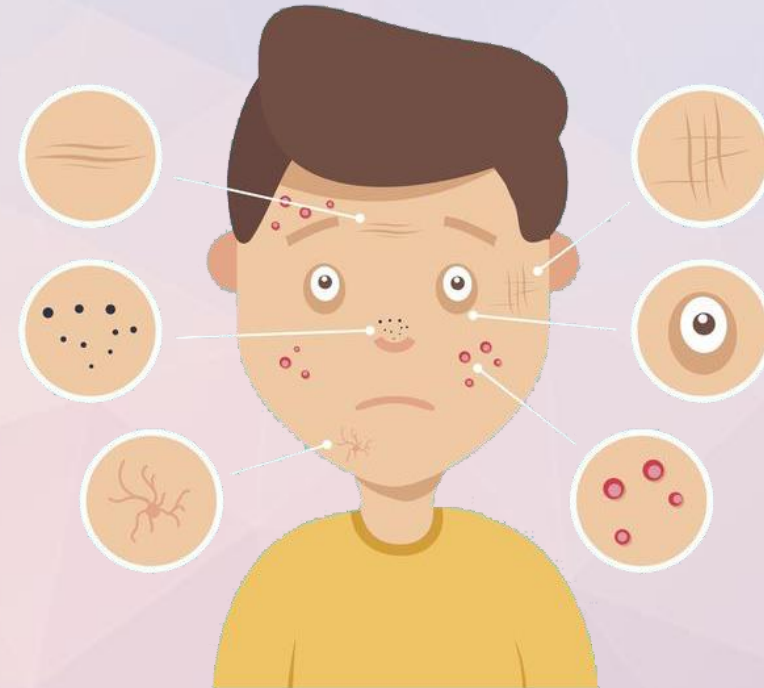
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# Stress

## Skin:

- Itching of the skin
- Rashes
- Eczma
- Hair loss
- Greying



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# Stress

## Organs of motion and balance:

- Tingling
- numbness
- Muscle tremor
- Impaired balance (vertigo)
- Sensitivity to touch
- Neuralgia



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# Stress

## Genitourinary system:

- Difficulty urinating or incontinence
- Impaired erection and ejaculation
- Premenstrual conditions
- Menstrual disorder



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# Physiology of stress

- "Fight or flight"

*Amygdala Body – Danger – Adrenaline – Neoadrenaline – Cortisol – blood supply – immune system*

- Short-term
- Long-term
- Make a fist

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## Stress

A single stressful situation causes the release of hormones in the body fight. Then a rapid rise in adrenaline and norepinephrine appears blood. According to Cannon's theory ("fight or flight) they cause symptoms which make it easier to survive in a difficult situation, i.e. faster heart rate, increase inflow of blood to the brain and muscles (giving a chance for a better escape), increase in the sugar level.

Short-term stress is not a threat, however prolonged exposure to its influence leads to permanent changes in the state health as a consequence of the increase in cortisol (stress hormone), which excess can lead to metabolic disorders and dysfunctions of the immune system.

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# Stress

Make a fist with your right hand with all the power you have for a minute and then slowly relax the muscles.

**What do you feel? Which feeling is dominant?**

**This is how your body feels when you are in permanent stress.**

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## **Good short-term physiological responses to stress:**

- The Senses sharpen
- You breathe faster – oxygenation
- Muscles Ready for action
- Deterred feeling of hunger

## **Bad long-term physiological responses to stress:**

- Parasympathetic nervous system dies down
- Digestive Processes Stop
- Sleep is disturbed
- Libido decreases
- Heart is under pressure

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## Stress – Overload

**Its not stress which causes harm!**  
**It's the overload!**



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# So what is stress?

A detrimental reaction to excessive pressure

Long-term overload – "**Murder**" for the body and the relationship with the environment

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## Stress

*"Stress is a non-specific reaction of the organism to any requirement of the outside."*

*"Stress is the body's reaction in the form of mobilising energy to overcome a variety of obstacles, barriers, requirements, regardless of whether it is accompanied by pleasurable or unpleasant sensations. This is a non-specific reaction, i.e. Its type does not depend on the type of factor it induces. "*

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## Stress

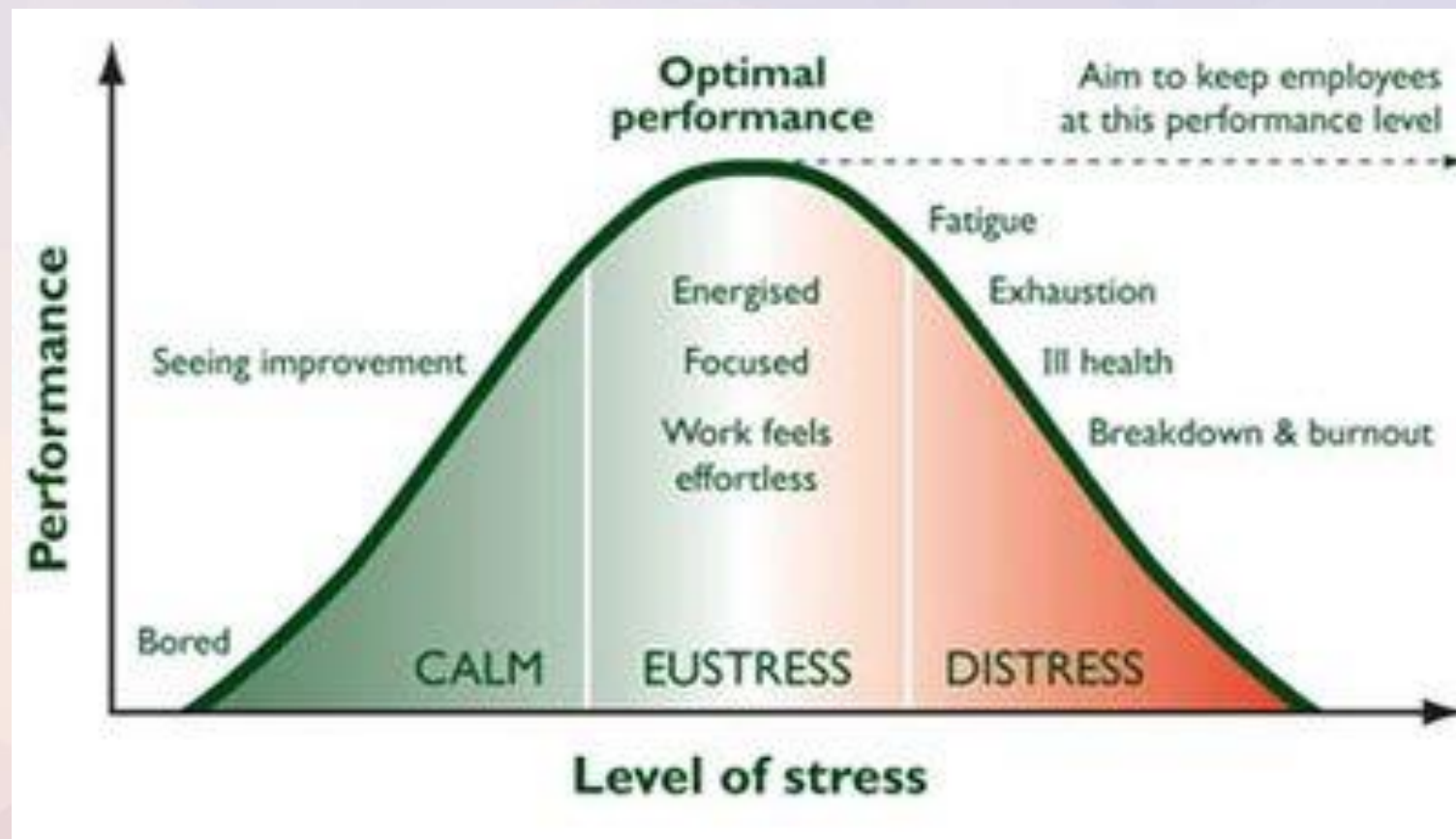
Stress can cause both negative and positive events ["Without stress there would be no life."]. Therefore, the distinction between:

**EUSTRESS** (good) – constructive, motivating stress; A state of satisfaction that motivates to make effort and strive for life's achievements

**DISTRESS** – Negative stress, weakening; Deprivation stress, the overload leading to illness, carries suffering and mental disintegration, can cause frustration and aggressive behaviour

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# Stress

Hans Selye Isolated three stages of stress reaction:

1. **Alarm stage** – mobilisation of the body's defense forces, includes two phases:
  - a) **Shock phase** – The initial direct effect of the harmful agent, the indicators of bodily injury and physiological signals (e.g. drop in blood pressure, lowering of temperature)
  - b) **Anti-shock phase** – There are reactions indicating that the body is taking active defensive efforts, accompanied by changes in physiological functions (e.g. increases in blood pressure, increased body temperature)

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# Stress

- 2. Resistance stage** – Relative adaptation, the organism is tolerating the effects of harmful agents relatively well for some time, and tolerating other stimuli less which were previously harmless
- 3. Exhaustion Stage** – pojawia się, gdy czynnik szkodliwy działa zbyt intensywnie bądź zbyt długo, uogólnione pobudzenie organizmu nie służy już zwalczaniu stresora, lecz charakteryzuje się utratą zdolności obronnych, czego wskaźnikiem jest rozregulowanie funkcji fizjologicznych (np. trudności z zasypianiem); mogą pojawić się patologiczne zmiany w tkankach (np. owrzodzenie różnych narządów, obniżenie progu odporności, miażdżyca, nadciśnienie tętnicze, zmiany reumatyczne, łysienie plackowate, itd.), jeżeli przyjmą postać względnie trwałą, przy dalszym działaniu stresora mogą doprowadzić nawet do śmierci

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# Stressors

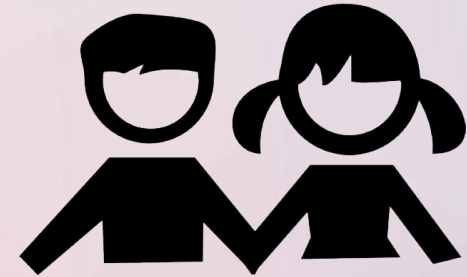
Work-related stressors



Stressors related to change



The stress related to relationships



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# Control – The key to managing stress

Stress is taken from the feeling that you have no control.

## Manage stress by:

- Focus on what is under your control and the acceptance of what is beyond
- Maximum magnification of the control zone

How we react to stress is our own choice. Everything is navigated by our mind!

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## Control

- 1. Admit that you are stressed**  
*(How do I feel, which behaviors I can get rid of, what things stress me, what might be the consequences, how bad is it?, is it worth it?)*
- 2. Find someone you can talk to**  
*(Emotional support)*
- 3. Manage your behaviour in response to stress**  
*(Smile, hurry slowly, search for positive people, plan and respect time, do not compete, do not be hostile)*

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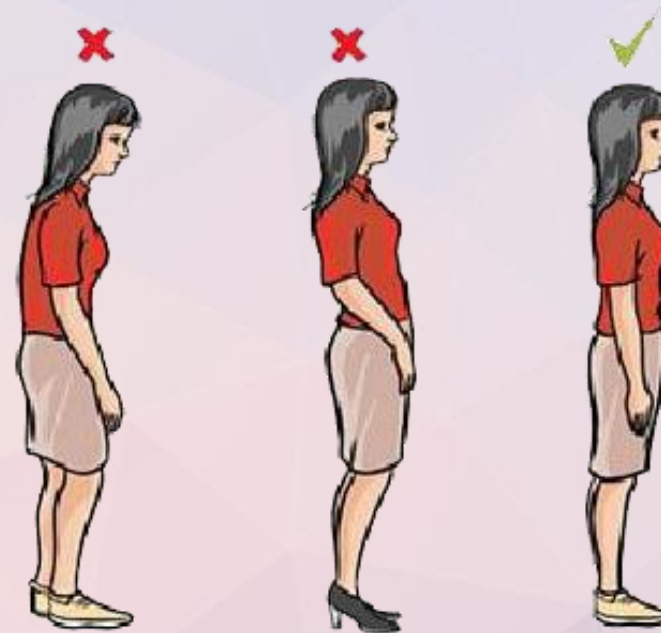
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## GOOD POSTURE

- Posture, and movement
- Proper posture
- Sitting position
- Standing position



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## GOOD REST

- Alexander Technique
- Meditation
- Aromatherapy
- Breath
- Dream



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## GOOD HUMOR

- "I'll be laughing at this one day"
- Felicity factor
- Laugh searching



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## GOOD ENERGY

- Exercise, physical activity



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## GOOD NUTRITION

- Food
- Water



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# Stress Management - Environment management

Change the environment in the physical dimension

Contact/Human Relations

Organising

Space

Senses

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**ACT!**

**UNTAKEN DECISIONS ARE A SOURCE OF STRESS!**

**EXIT!**

**CASES OUT OF CONTROL – I LEAVE IF OTHER SOLUTIONS  
DON'T WORK**

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# Tackling stress – take stress seriously

## Exercise

### Therapeutic card No. 3

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# Stress

## Where to start the fight with stress?

It is extremely important that you realize that you are responsible for your own stress level.

You should also consider where the stress is coming from, and what factors cause it?



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# Calm Your Mind

1. Recharge your accumulated emotions by contact with nature.
2. Take on something that makes you happy-go for a walk, listen to relaxing music.
3. Use relaxation techniques-try to meditate or control your breath.
4. Practise sports – after all, a "healthy body – is a healthy spirit".
5. Eat healthily and avoid stimulants that often aggravate stress.
6. Laugh! It releases tension , brightens your face, relaxes your muscles, restores your objectivity and revives hope.
7. Take care of your way of life-sleep long enough, plan your time for entertainment, avoid noise.
8. Don't take too much on your shoulders. Set realistic goals-determine what you want to achieve and at what time. Make an action plan, but don't be too demanding.

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9. Learn to manage your time better – draw up a plan of the day and even a week, a list of things you have to deal with very urgently and those that may still wait. Organise your work load well.
10. Don't forget to rest. Do not mix this time with other activities.
11. Accept yourself with all the weaknesses and strongest points. Remember that no one is perfect! (Though improvement is advisable). Don't try to be a perfectionist – everyone makes mistakes. Be tolerant of yourself.
12. Expect the best. Even if you are disappointed, it is time to live without stress.
13. Learn to Say ,’NO’!

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- **Mastering time management techniques**
- **A healthy lifestyle** – rest, good sleep and also free from addictions
- **Time for family and friends**
- **Controlling Your mind** – if you notice intrusive, stressful thoughts, break them down, otherwise the stress you feel will only be intensified

Partnerzy /Partners:





## Autogenic Schultz Training

- The author of this training is a doctor, Johannes Heinrich Schultz. Name of this technique comes from the Greek word autos-Sam and Genos – the beginning, the origin, the source.
- Autogenic means: Practicing own ego (one of the structures of personality, often understood as "I" of the human Unit). The training condition is somewhat similar to experiences related to hypnosis, however, with the preservation of consciousness. By exercising, a person It focuses on your feelings, not trying to evoke them at all costs.
- This method allows the person to focus only on the technique, so that he offsets thoughts from stressful, daily activities. This technique is used in the treatment of many psychological diseases, including many cardiac, motor and neurological rehabilitation processes. It promotes the renewal of life forces and simultaneously strengthens the immune system (due to the activation of the parasympathetic system).

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# Anti-stress training according to Jacobson

- This method involves alternating stretching and loosening of muscles. It is important to consciously breathe, to focus attention on the breath and feel the tension in the body and observe the body. The feeling of relaxation is built after muscle tension. Natural sensation in the body is the rest after muscle tension and under the influence of subconscious memorization of the difference between tension and relaxation.
- Relaxation and visualization techniques
- Relaxation techniques and visualization belong to a group of tools in the field of widely understood psychological assistance. They are not a form of psychotherapy as such. They help reduce anxiety and allow you to regain control of your body. These techniques do not solve deep internal conflicts.

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## Stress can be controlled in many ways

- These include relaxation techniques, visualizations
- Neuro-Linguistic programming techniques
- Hypnosis and self-hypnosis, an emotional freedom technique
- and the recently invented method
- levelling negative emotions with
- Integral Eye movement Therapy

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