

STRESS MANAGEMENT

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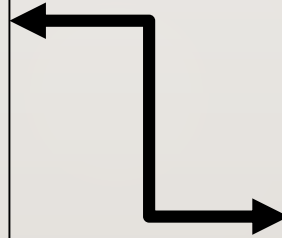
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OUTLINE

- ❖ Introduction
- ❖ Definition
- ❖ Prevalence
- ❖ Types of stress



- ❖ Causes
- ❖ Health effects
- ❖ Management

INTRODUCTION

- ❑ Stress is a very common disorder
- ❑ Affects everybody
- ❑ Fastest growing disease
- ❑ Cuts across all age groups
- ❑ Usually neglected because it's initially not painful



STRESS

- A pressure or force exerted on the body.
- It's a feeling experienced when a person perceives that demands are far greater than available personal and social resources.
- Result is to adjust or cope, has positive & negative effects



STRESSOR

Definition



Pressure that causes us happiness or unhappiness and eventually disease

PREVALENCE

Very common

Stress, anxiety, worry & aggression are on the increase

10-15%

Worldwide epidemic
Neuro/Psych

80%

Suffer stress
on the job

5

Top 5 diseases in GBD have
stress related element

DISEASE BURDEN

1990

- ✓ Pneumonia
- ✓ Diarrhoea
- ✓ DNB
- ✓ Severe depression
- ✓ Heart disease

2020

- ✓ Heart disease
- ✓ Severe depression
- ✓ RTAs
- ✓ Stroke
- ✓ Chronic lung disease

WHY THE INCREASE?

- Stress now part of life
- Affects everybody
- Life is more demanding now at work and school
- Threats- terrorism, disasters, war
- Social economic responsibilities

NATURE OF STRESS

- ❖ A body alarm system
- ❖ Chemically mediated by adrenaline and others
- ❖ Positive in the early phase
- ❖ Dangerous if prolonged

TYPES OF STRESS

ACUTE/INTENSE

- a) Accidents
- b) Being frightened
- c) witnessing a tragedy

PROLONGED/CHRONIC

- a) Work
- b) Marital problems
- c) Financial problems
- d) Chronic ailment

CAUSES OF STRESS

- Daily hassles
- Life changes
- Genetic
- Personality type
- Lack of support



HEALTH HASSLES

- 1) Physical Illness
- 2) Psychological illness
- 3) Concern about treatment
- 4) Concern about possible death

ENVIRONMENTAL HASSLES



- I. Crime
- II. War
- III. Noise
- IV. Traffic jam
- V. Natural disaster



FINANCIAL RESPONSIBILITY

- A. Loans
- B. Fees
- C. Investments
- D. Mortgage payments
- E. Rent
- F. Tax obligations(URA)



HOUSEHOLD HASSLES

- Children
- Domestic quarrels
- Shopping and maintenance
- Extended families



TRAUMATIC EVENTS

- ❖ Experiences of extreme danger
- ❖ Out of range of usual human experience eg natural disaster, earthquake, floods, man made war, terrorist attacks, plane crash, car crash, fire
- ❖ Physical assault: rape, attempted murder



LIFE CHANGES

- Daily hassles- occur daily & are negative
- Life changes- isolated, positive and desirable marriage, new job, new house

PERSONALITY TYPE

TYPE A

- Hyper, highly driven, competitive, impatient, and aggressive.
Ambitious, eat and walk fast .
Dominate talk.
- Can't relax, controlling
won't delegate
always increase own work load



TYPE B OPPOSITE

- Relaxed, focus more on life. Pace themselves. Switch adrenaline on and off as and when



GENETICS

There's genetic predisposition to stress

HIDDEN STRESS

- ❖ Eludes our recognition
- ❖ Very dangerous (adaptability)
- ❖ Take mild but deadly forms
- ❖ Arise from people, pain & sin
- ❖ success

Always try to analyze your stress world

WHAT STRESSES US?

- Annoys you
- Threatens you
- Excites you
- Scares you
- Hurries you
- Challenges you
- Criticizes you etc etc

WORK AND STRESS

- Nature of work
- Too much work in limited time
- Stress degree determined by both demand and controllability
- Relationship with others
- Sustainability
- Promotions
- Job dissatisfaction
- Retirement
- Work environment



PERSONAL STRESS ASSESSMENT

1. Does your job energize you?
2. Does it satisfy you?
3. Do you get necessary support?
4. How much control do you have over your work?

COMMON EFFECTS INCLUDE

- ✓ Heart diseases
- ✓ Peptic ulcers
- ✓ Coronary heart disease
- ✓ Diabetes mellitus



- ✓ Obesity
- ✓ Cancer
- ✓ Asthma
- ✓ Chronic pain, headache, backache
- ✓ Low immunity

PSYCHOLOGICAL EFFECTS

- Depression
- Anxiety
- Overt psychosis
- Burnout syndrome
- Substance misuse.

SIGNS & SYMPTOMS OF STRESS

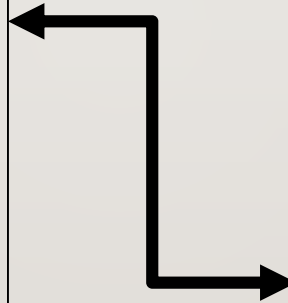
- 1) **Brain:** Panic, anxiety, headache, dizziness, light headedness
- 2) **Heart:** palpitations, chest pain, irregular hb
- 3) **Stomach:** nausea, diarrhea, constipation, lump
- 4) **Muscles:** muscular pains
- 5) **Lungs:** difficulty in breathing
- 6) **Skin:** sweating



GENERAL SYMPTOMS

- Trembling
- Constantly worried
- Restlessness
- Foot tapping

- Fatigue, irritability and anger
- Racing thoughts
- Indecisiveness
- Poor sleep



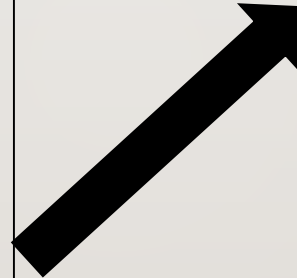
BURNOUT

- Develops slowly due to prolonged stress
- Sometimes not identified & mistaken for a character deficit
- Identified late when the person: -quits, gets sick, attempts suicide, gets to alcohol/drug abuse



SYMPTOMS OF BURN OUT

- Low work efficiency
- Absenteeism
- Alcohol/drugs
- Clock watching
- Complaints



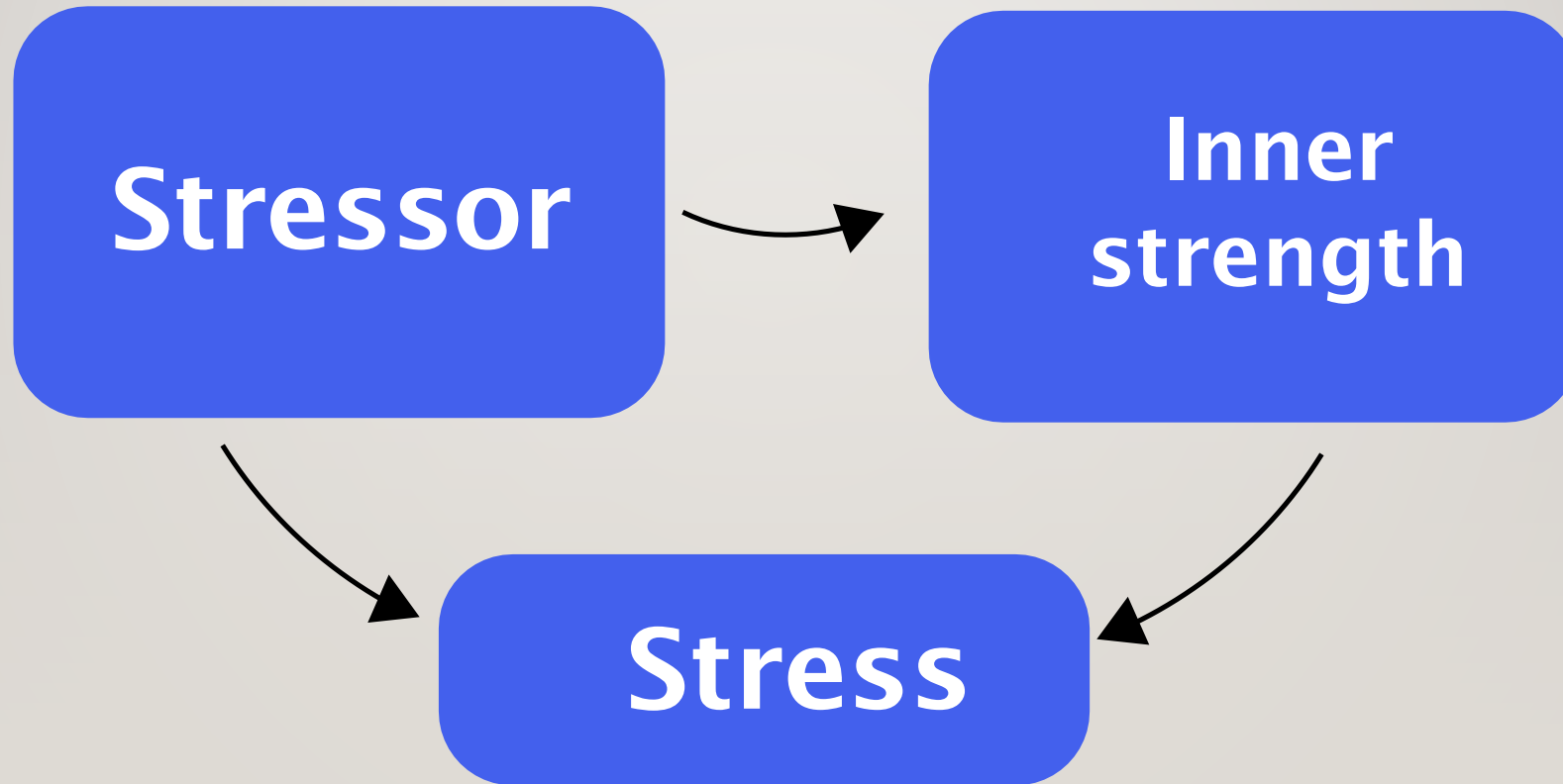
- Lack creativity
- Fear for work
- No enjoyment
- Poor judgement

INTERPERSONAL

- Withdrawal from family, friends, relatives
- Overreacting anger
- No separation of professional & social life
- Clients abuse privacy
- Medical

PRINCIPLES OF STRESS MANAGEMENT

(Prevention & Treatment)



WORK ENVIRONMENTAL MANIPULATION

- Continue to raise awareness
- Ongoing sharing and trainings
- Enhance interactions
- Give information, resources, necessary tools
- Avail screening and counselling services.

MANAGING YOUR ADRENALINE

- Adrenaline secretion puts you in OD At the end of activity should reduce Many times remains high
- You can play a role in reducing it Self talk, relax, stretch, biofeedback, planning.
- Provide for recovery time
- Plan for stress prone activities
- Avoid adrenalin emotions, Anger, upsets, frustration, etc
- Manage pain

RELAXATION



- ❖ A way of reducing stress
- ❖ Helps to keep pain away
- ❖ Keep medicines away
- ❖ Returns body and mind to normal state
- ❖ Takes various forms (audio & visual) Bio feedback, conversation etc
- ❖ Effective, safe and free

WHEN TO REST



- ✓ Hourly
- ✓ Daily
- ✓ Weekly
- ✓ Annually

SLEEP



- ❑ Very important in our lives
- ❑ Its time for relaxation
- ❑ Plays multiple roles (memory, service)
- ❑ High adrenaline causes reduced
- ❑ Time: 7-8 hours
- ❑ There are 2 main phases of sleep

SLEEP HYGIENE PRACTICES

- ❖ Regular/routine
- ❖ Reduce stimulants
- ❖ Early meals
- ❖ Day physical exercise
- ❖ Relaxation
- ❖ Avoid stimulants
- ❖ Avoid pills

CHANGE TYPE A BEHAVIOUR

- Above practices sometimes inadequate for type A personality
- Supercharged, in a hurry, impatient, intolerant
- Will require to change behaviour to type B

STEPS OF CHANGE



- Acknowledge the problem
- Change your thinking
- Change attitudes
- Change behaviour

HEALTH



- a) Have regular medical exams
- b) Consult on issues you don't clearly understand
- c) Explanation and proper management is comforting and reduces stress
- d) Psychological debrief.

MODERATORS OF STRESS



- ❑ Exercise- wonderful tool in stress mgt, offers psychological relaxation and improves physical health
- ❑ Types- aerobic
-anaerobic
- ❑ Social support(emotional concern instrumental aid information appraisal)

PERSONAL MANAGEMENT

- I. Calls for proper planning & management of work schedules
- II. Delegation
- III. Promote self efficacy
- IV. Avoid type A behaviour
- V. Take a break
- VI. Psychological hardiness
- VII. Sense of humour(a merry heart is medicine)
- VIII. Good and enough sleep

DIET



- ✓ A well balanced healthy diet
- ✓ Just take in enough intake
- ✓ Plenty of greens and fruits
- ✓ Less fat, less red meat
- ✓ Chicken/fish and sea foods
- ✓ Limit caffeine and alcohol
- ✓ Avoid tobacco and other recreational drugs

WHEN TO CONSULT MEDICS:

- a) Unable to work or function properly
- b) Feel anxious with no specific reason
- c) Heat intolerance
- d) Weight loss with good appetite
- e) Poor sleep
- f) Feeling low and frustrated
- g) Unexplained body pains
- h) Worsening symptoms

TREATMENT FORMS



Medication
Other therapies



THANK YOU

FOR

YOUR

ATTENTION