

Introduction to Stress Management and Well-Being

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Identifying stress sources

What are some of your sources of stress?

How do you know that are stressed?



What are your symptoms?

How do you know?

Might be stressed if...

- Have difficult time to reach important deadlines
- Experiencing unexplained fatigue
- Sleeping challenges
- The way you percept time is making you anxious
- When you find on smoking, drinking or food way to cope

Academic context?

Some stress symptoms

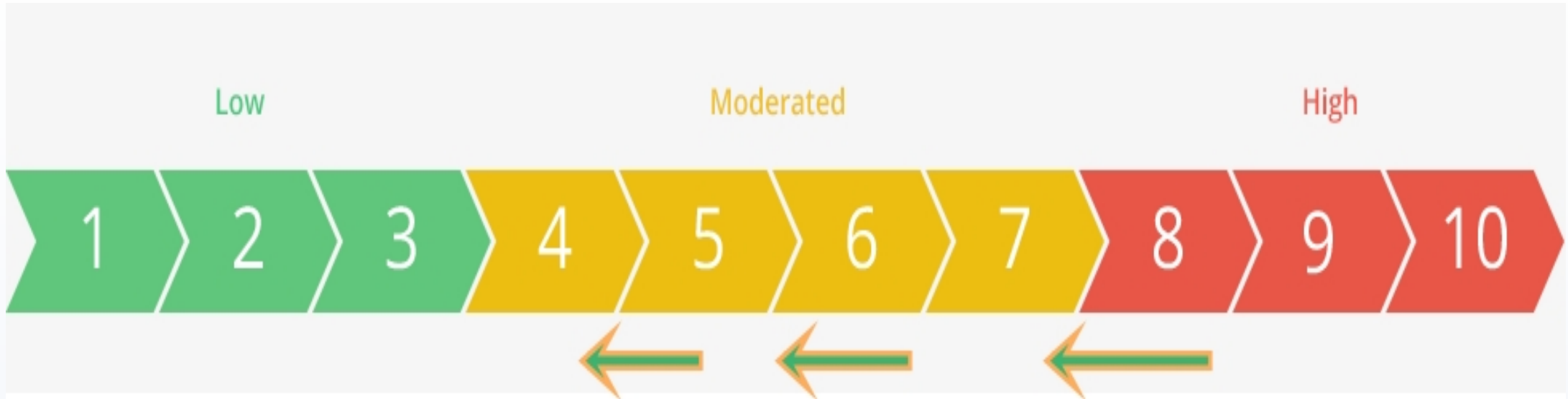
| BEHAVIORAL | PHYSICAL | EMOTIONAL |
|-----------------------------|-----------------------------------|------------|
| Avoiding social interaction | Headaches | Irritation |
| Drinking, smoking to cope | Trouble concentration | Cry easier |
| Nail biting | Heartburn, Dizziness | Hopeless |
| Sleeping disorder | Muscle pain *(neck and shoulders) | Sadness |
| Eating disorder | Autoimmune disorder | Loneliness |

Fight or Flight Response

Natural response to danger. Protective mechanism

- Physical: muscle tension, insomnia, rapid and shallow breath
- Emotional: fear, anxiety, depression
- Behavioral: Avoidance, irritability, hostility
- Cognitive: negative interpretation of ambiguous stimulus

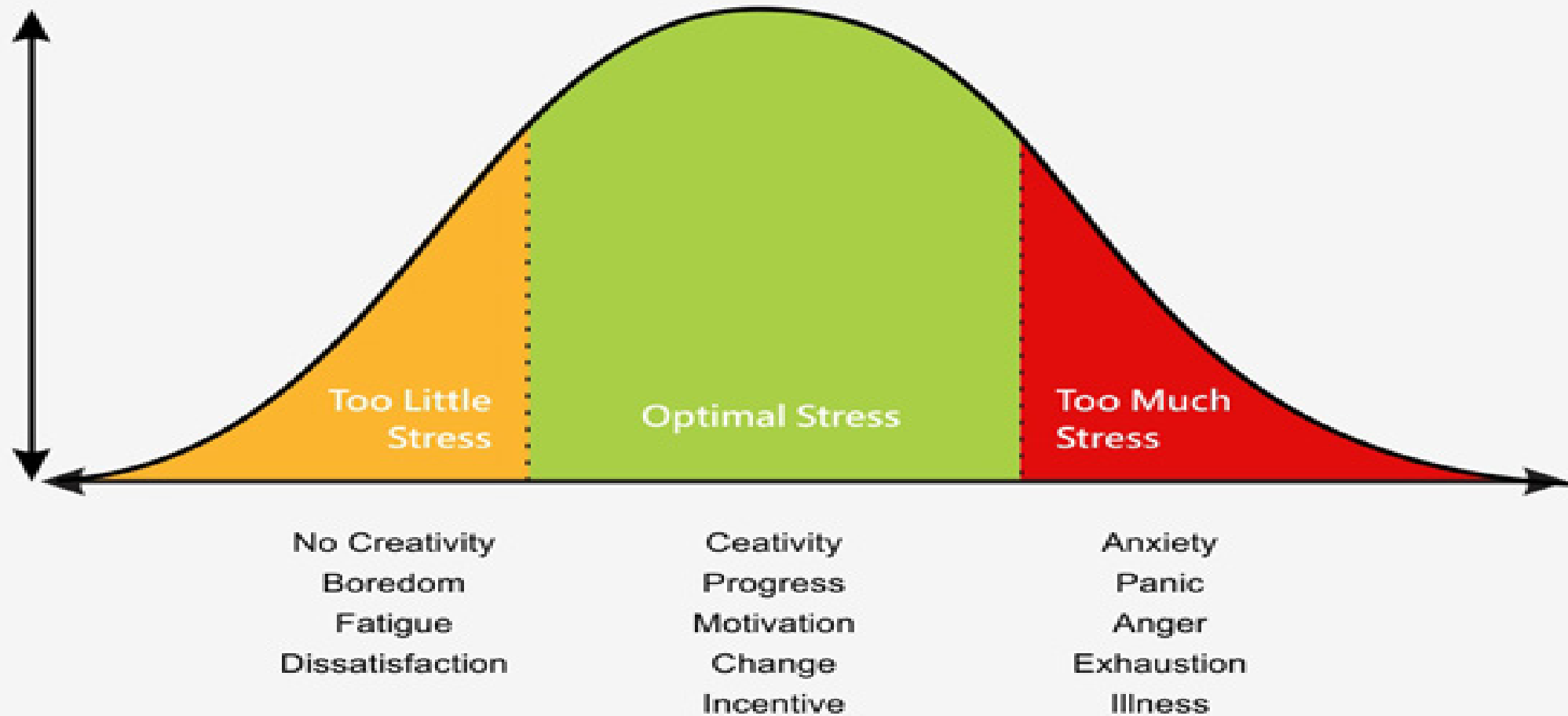
Rate **your** stress levels



No Stress: Is good?



Stress level and productivity?



Take time to *manage* stress



What skills and tools to manage stress and promote well-being?

- ✓Yoga
- ✓Be around pets
- ✓Humor videos
- ✓Listen to music
- ✓Perform exercise*
- ✓Access your support system
- ✓Pairing stimulus * Rituals
- ✓Make a to-do-list
- ✓Breathing exercise*
- ✓Coloring books*
- ✓Mindfulness
- ✓ PMR- progressive muscle relaxation
- ✓Meditation*

Emotional and Cognitive/ Behavioral Tools

Select Thoughts

Feelings and emotions are more information than facts.

- From what is conjecturing to facts
- How much time do you spend wondering?
- Observe: should have, could, would have...
- Self constructive thoughts/ self judgment

Behavioral /cognitive

- **Give yourself a break**

Create space between impulse and action

- **Behavior trigger emotions**

don't wait to feel motivated and enthusiastic to behave

- **Choose the behavior**

- *according to your goals and the person you want be.*

Possible ways to observe thoughts and behave

- Psychotherapy
- Throw mindfulness
- Meditation

Setting Goals – Realistic ones

Interpersonal: to socialize, call family and friends...

Intrapersonal: Invest on my self-steam

School work: how many hours can I efficiently study

Behavioral: How many movies/series can I see, I will check my to do list everyday...

TOOL BOX

[illegible]

THE EVOLUTION OF INTELLECTUAL FREEDOM

