

# Stressed: the IT Norm !!!

Dr. William Cross  
Seminole Electric

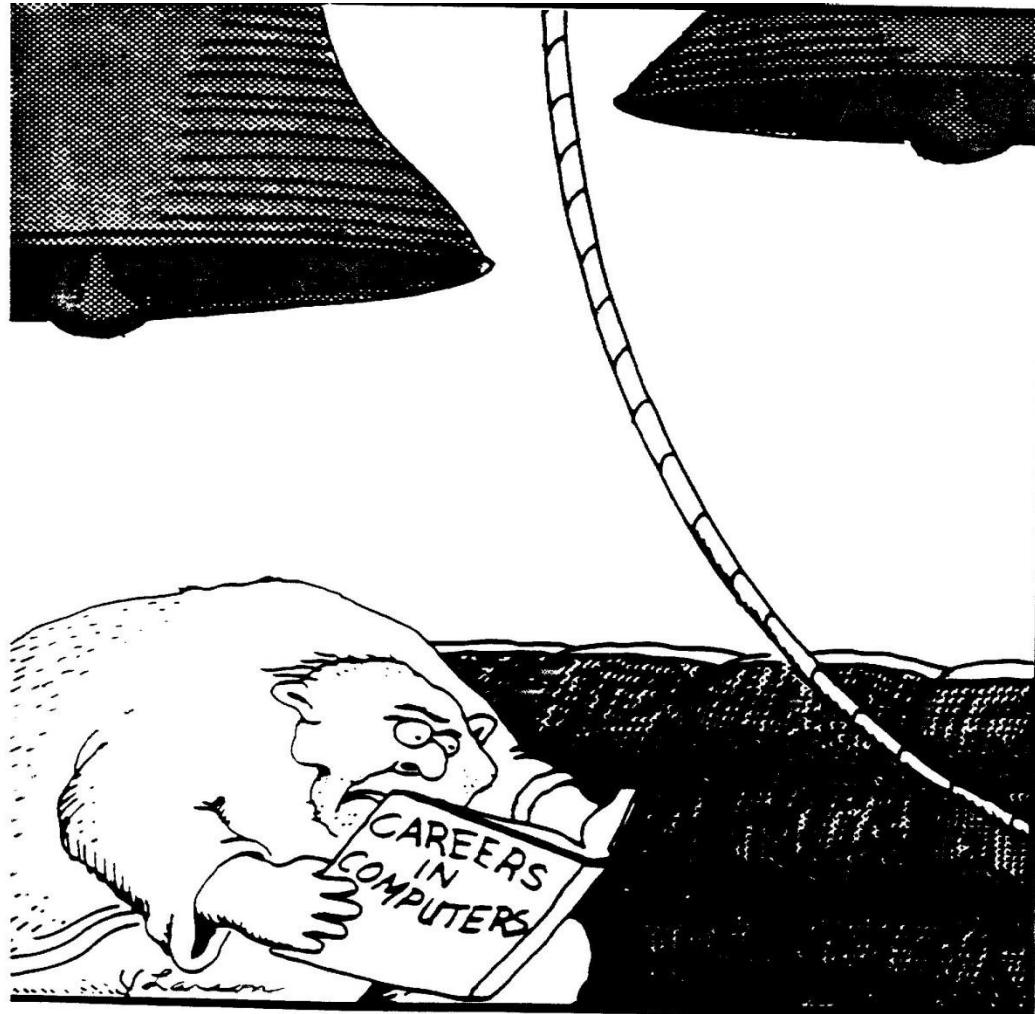
August 5, 2010



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# Stressed: the IT Norm !!!

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# Stress

Bodily or mental tension resulting from factors which alter an existing equilibrium



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# Stress

That Confusion Created When One's Mind Overrides the Body's Basic Desire to Choke the Living sh\*\* Out of Some As\*ho\*\* Who Desperately Needs It.



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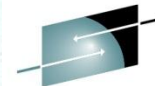
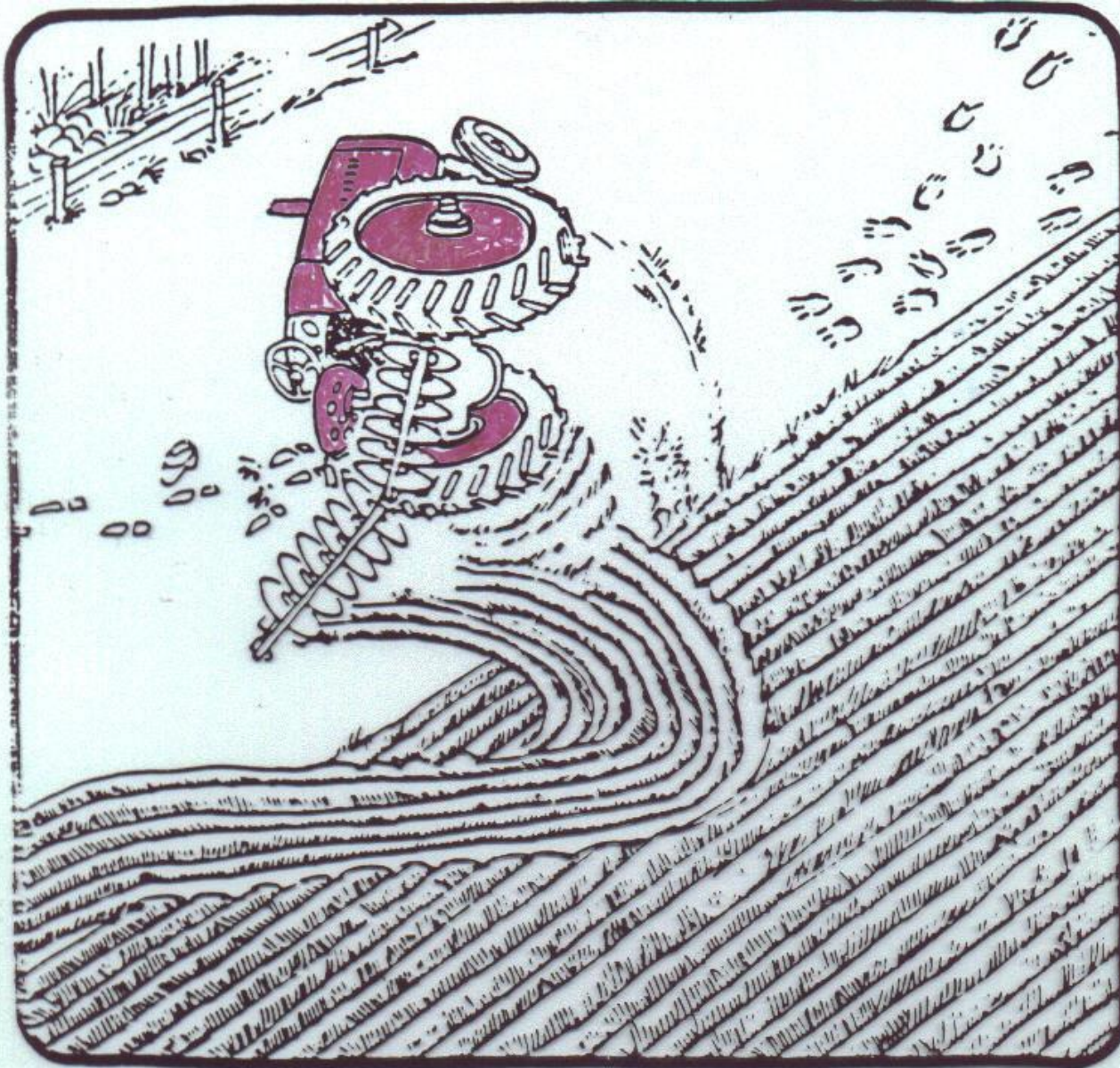
# Body Reacts

- Breathe faster
- Vision narrows
- Concentration sharpens
- Heart pounds
- Palms cold & sweaty
- Forward on balls of feet
- Hearing acute
- More blood
  - To muscles
  - To head
- Less blood
  - To extremities
  - To digestive system

# Inside

- Increase:
  - Adrenaline
  - Corticoids
  - Blood pressure
  - Blood sugar
  - Clotting agents
  - Heart rate
  - Breathing rate





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You can just about see where farmer Artie Mason first noticed the bear.

**SHARI**





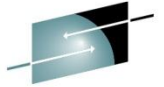
# Women:

- Tend and befriend
  - Protect & nurture children
  - Female social networks
- Oxytocin
  - Calming hormone
  - Secreted under stress
  - Estrogen amplifies
  - Androgens diminish

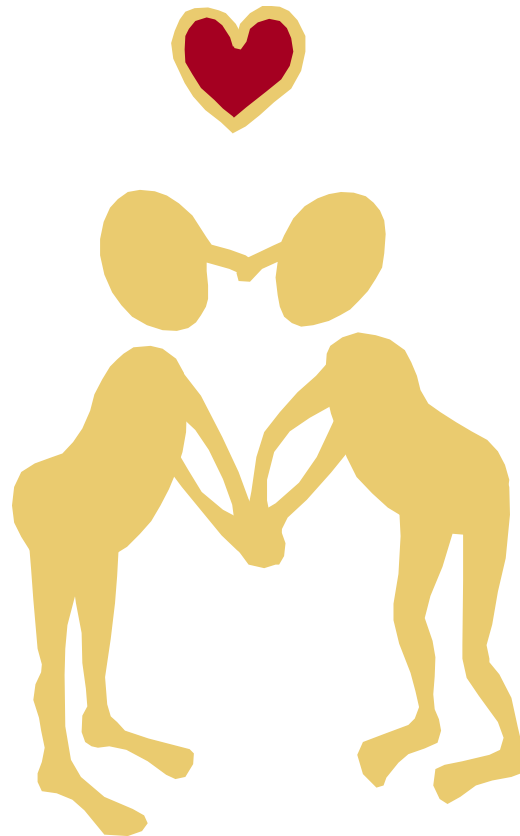




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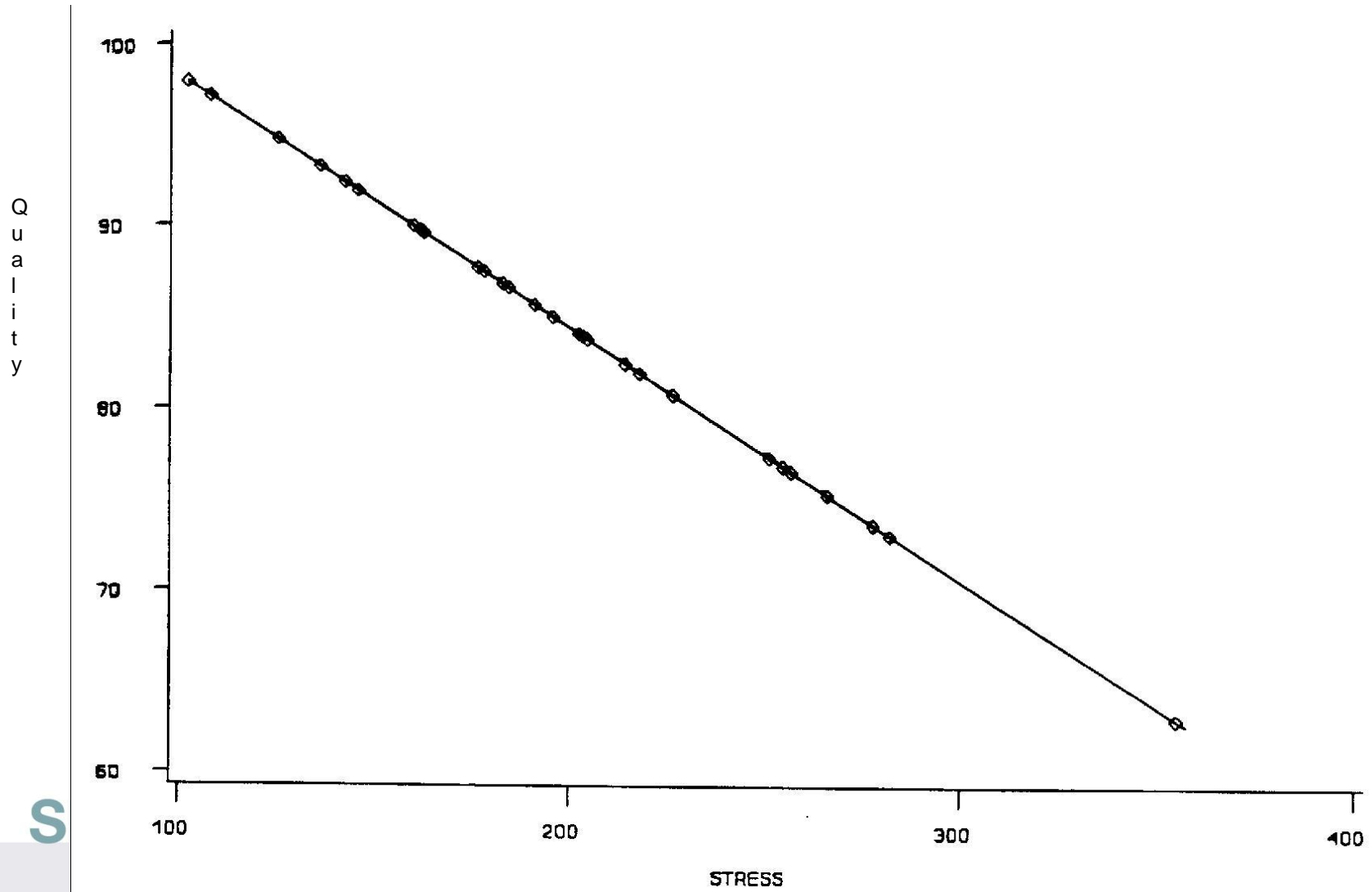
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# Stress *Is* Serious

- Cardiac events
- Diabetes
- Ulcers
- Cancer
- Psychological problems



# Stress & Programming Quality





# Causes of Stress

- Genetics

# Different Gender, Different Stress

- Women feel more stress
  - Careers have increased stress levels
  - Family, work & money
  - Societal & cultural expectations
- Men partition
- Age changes stress effects



# Causes of Stress

- Genetics
- Disease
- Life experience

# Causes of Stress

- Genetics
- Disease
- Life experience
- Job
- Personality type

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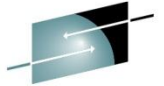
## **HAGAR THE HORRIBLE** by Charles M. Schulz



# You Are Type A

- Explosive accentuation
- Rush sentence endings
- Impatience
- Polyphasic
- Directs conversations
- Guilt when relaxing
- Materialistic
- Competitive
- Rapid completion means success

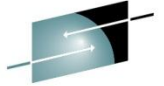




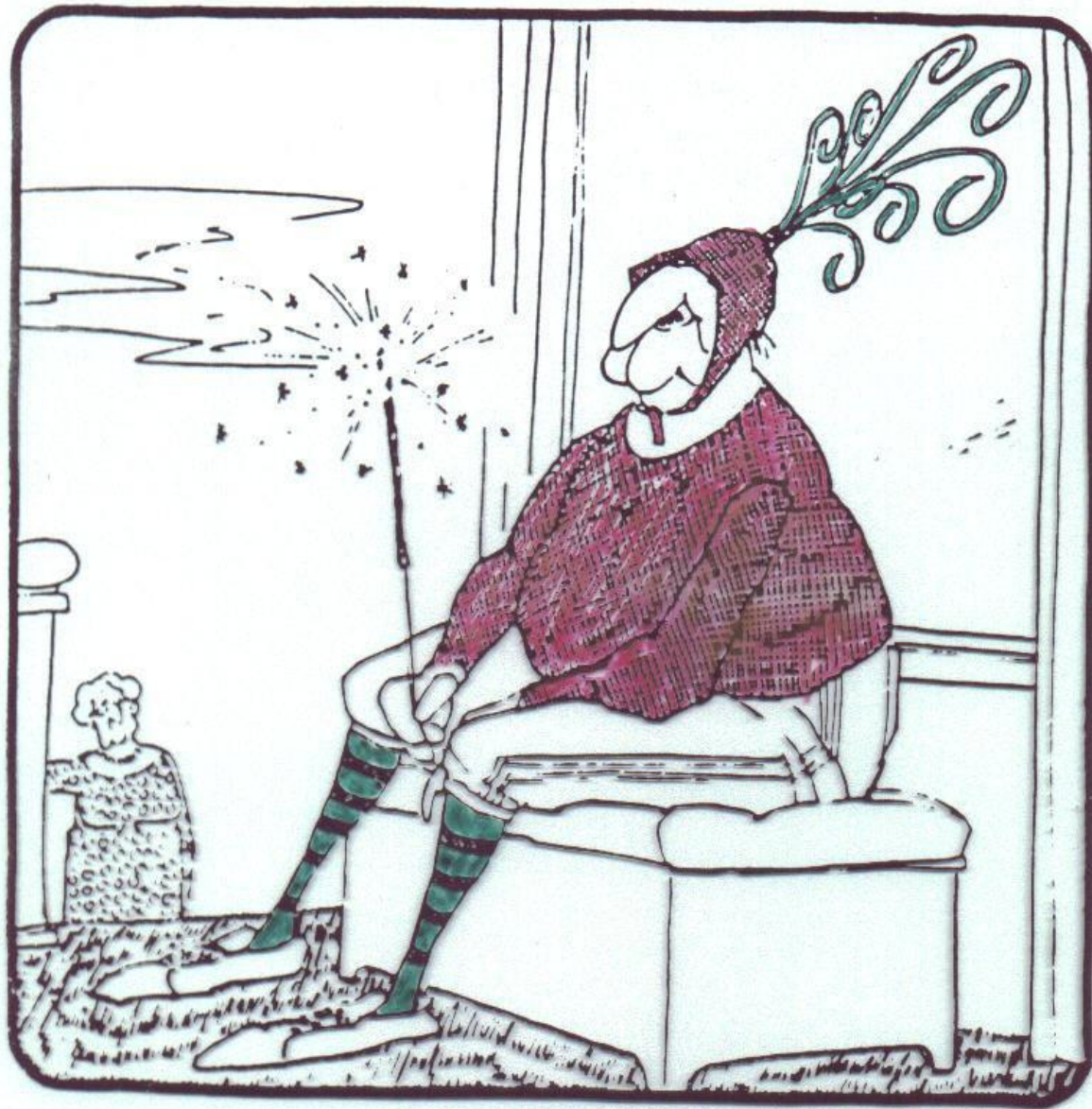
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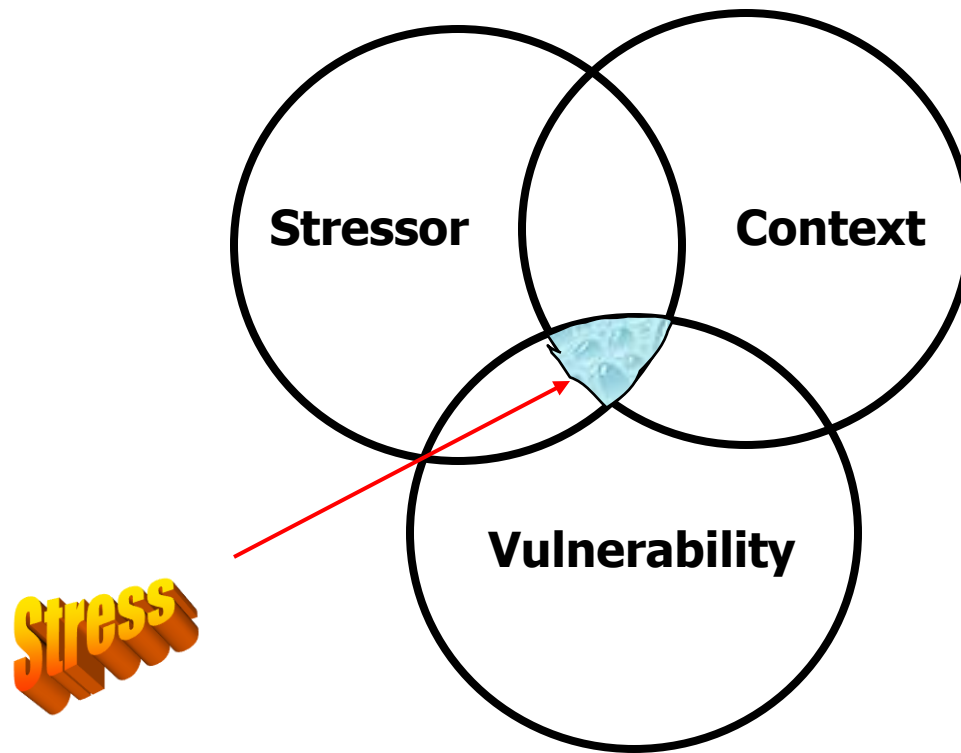
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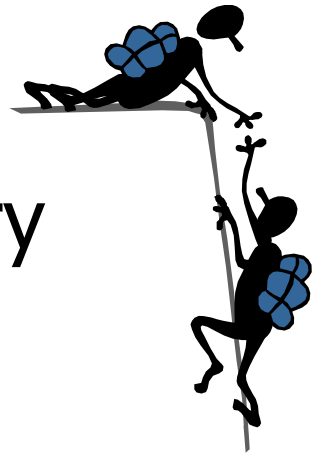
Sid has less need than most to know exactly  
where he's going.

# McLane Model



# These Help...

- Plan ahead
- Avoid gossip & negative people
- Seek encouragement
- Set priorities
- Refocus
- Your job is not you
- Reward accomplishment
- Sleep
- Play
- Change scenery





# Dr Bill's Six R's...

- Relax
- Relate
- Refresh
- Religion
- Recover
- Remove yourself

