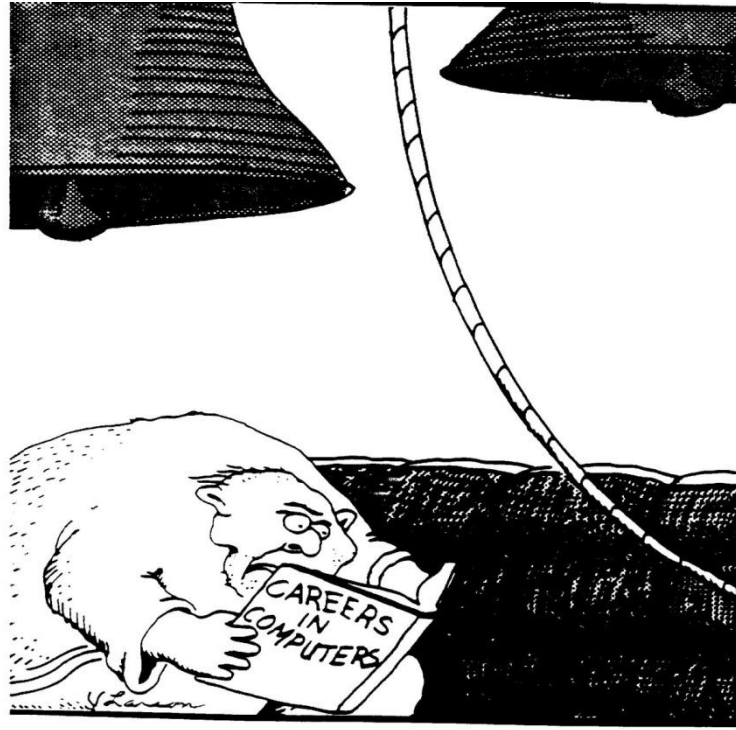


Fashionably Stressed



August 12, 2011

8:00 AM

Dr. William C. Cross

Stress

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

Stress

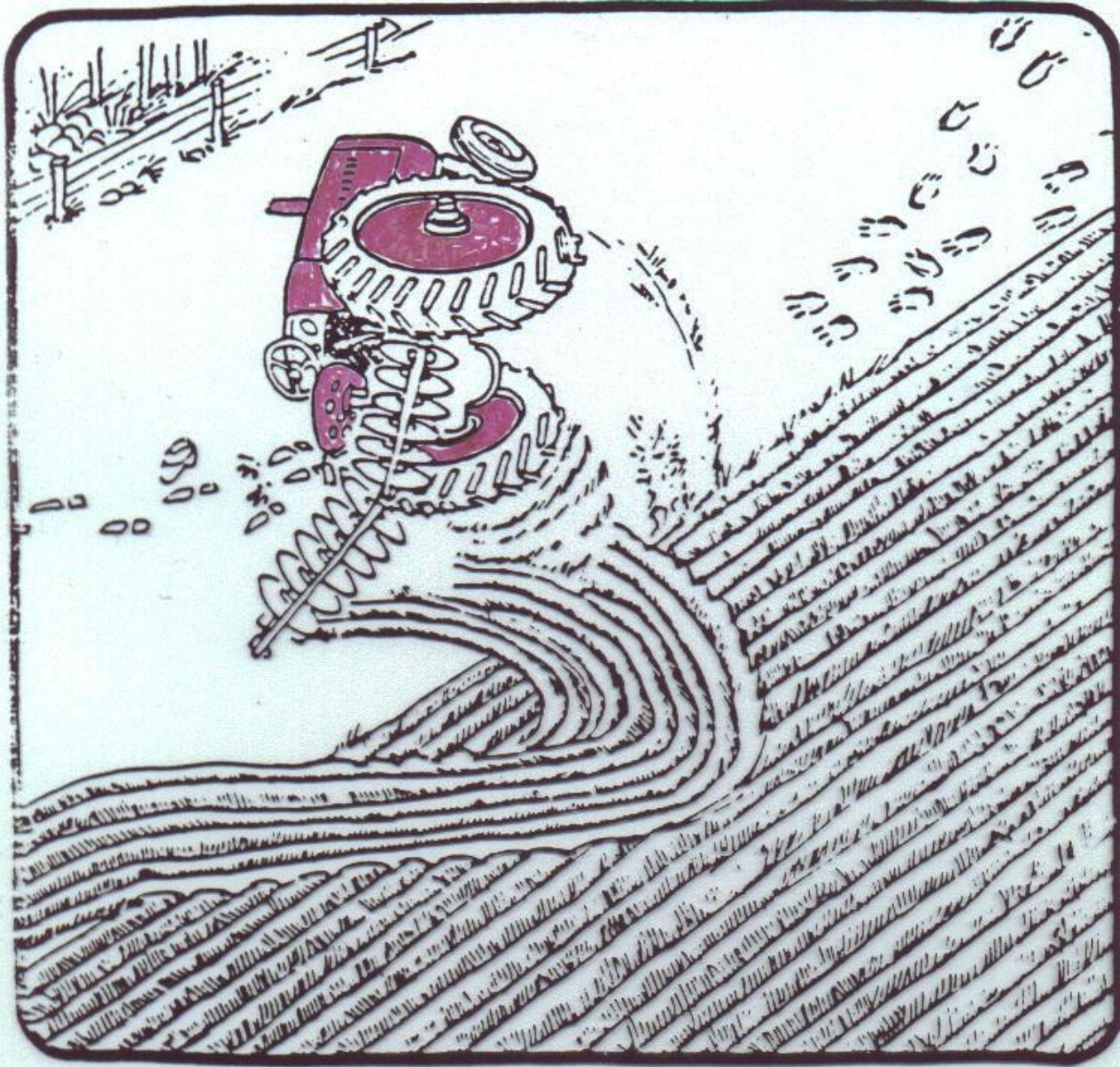
That Confusion Created When One's Mind Overrides the Body's Basic Desire to Choke the Living sh** Out of Some As*ho** Who Desperately Needs It.

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



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



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2011



DADDY...ARE BOYS
GENETICALLY
PREDISPOSED
TO BEING
DOPEY?



NO MORE THAN
GIRLS ARE TO BE
DISMISSIVE OF A
BOY'S THOUGHTS
AND EMOTIONS

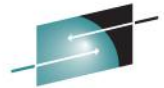


VILEY © 03



LET'S SEE...THAT'S BLAH, BLAH,
BLAH, BLAH, BLAH... YES.
THANKS, DADDY.

GLAD TO BE
OF HELP

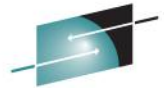


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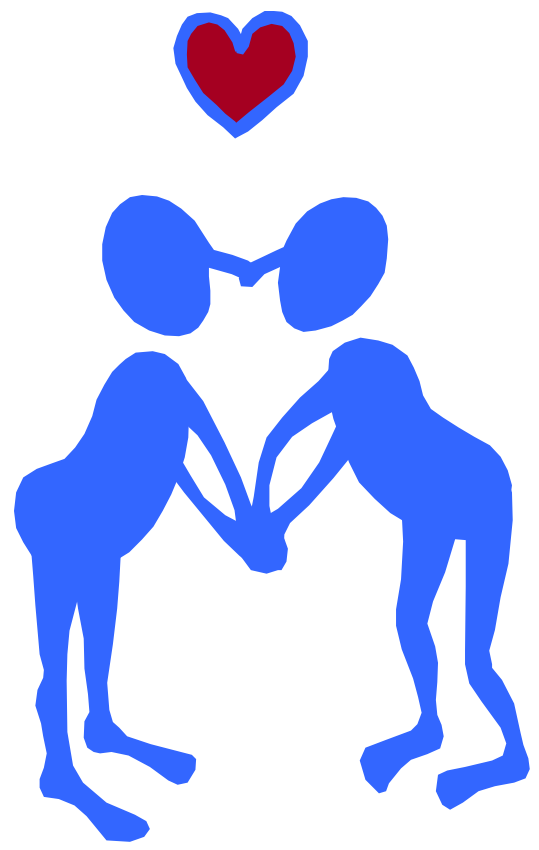
Women:

- Tend and befriend
 - Protect & nurture children
 - Female social networks





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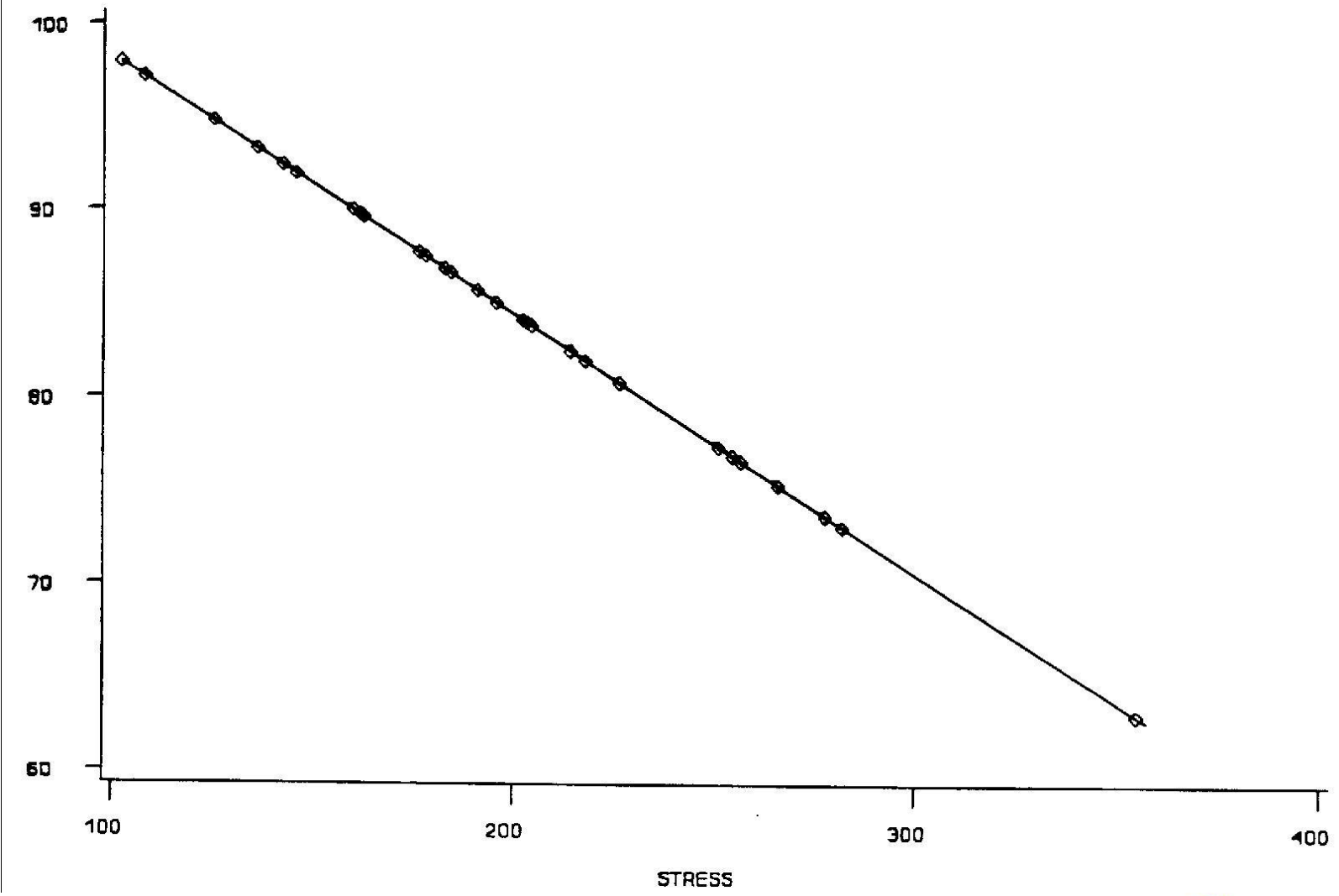
Stress *Is* Serious

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



Stress and Performance Correlation

Q
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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

Life Experience

- Do you feel exhausted?
- Do you have a “short fuse”?
- Do you find muscle tension, especially in your neck, back and jaw?
- Do you have trouble falling asleep or staying asleep because your body is tense or your mind is racing?
- Have you become an Emotional Eater?

Life Experience

- Do you feel anxious about things you can't control?
- Do you have more difficulty with decision-making and concentration these days, or find that you're forgetting things more often?
- Have you experienced weight gain or weight loss, or are you storing more fat in your belly lately?
- Do you drink alcohol, or smoke more?

Life Experience

- Do you experience tension headaches?
- Do you feel of being overwhelmed?
- Do you feel less social than usual?
- Do you get less joy from your work, or feel a sense of burnout?
- Do you find that your libido has decreased, or that you're just too tired for sex?

Life Experience

- More than five yes answers indicate elevated stress levels.



Causes of Stress

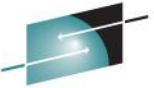
- Genetics
- Disease
- Life experience
- Job
- Personality type

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You Are Type A

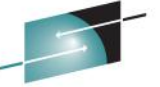
- Explosive accentuation
- Rush sentence endings
- Impatience
- Polyphasic
- Directs conversations
- Guilt when relaxing
- Materialistic
- Competitive
- Rapid completion means success



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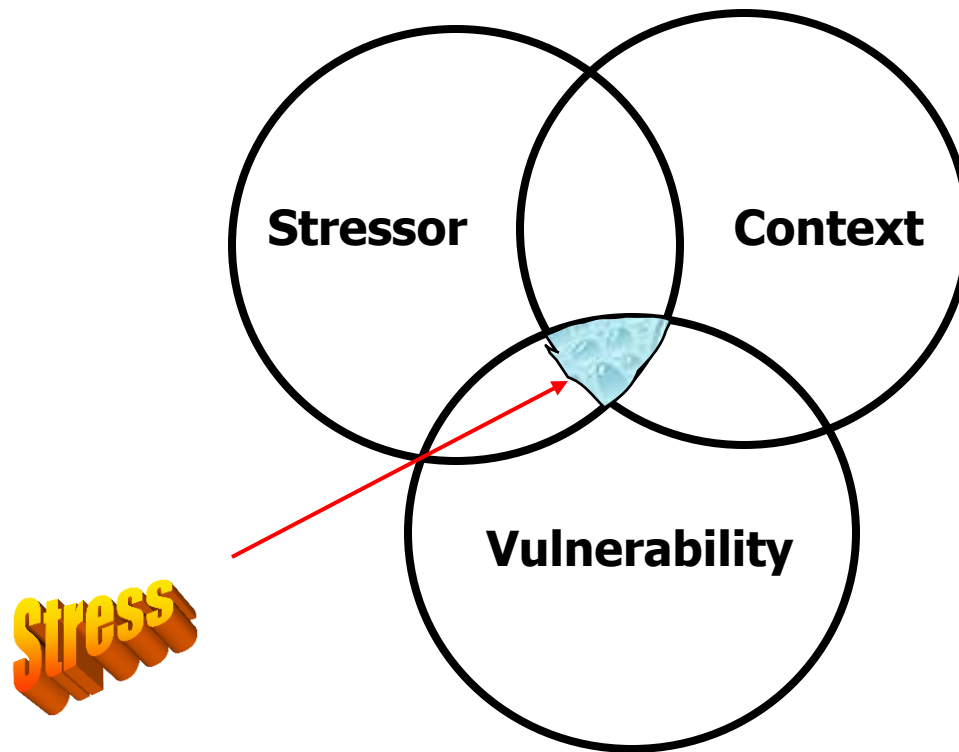
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Sid has less need than most to know exactly
where he's going.

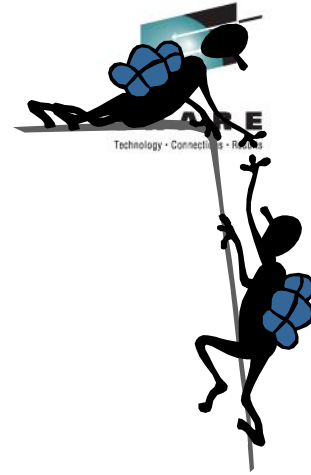
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McLane Model



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

