Fashionably Stressed

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8:00 AM
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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.
DADDY... ARE BOYS GENETICALLY PREDISPONED TO BEING DOPEY?

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

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

GLAD TO BE OF HELP.
Women:

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

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Experts say our male and female ancestors had different reactions to stress. Men took the "fight or flight" approach... while women huddled together in masses.

Which means a modern woman's safety net may actually be her circle of friends.

And the ultimate survival tactic—"girls' night out."
Stress *Is* Serious

- Cardiac events
- Diabetes
- Ulcers
- Cancer
- Psychological problems
Stress & Programming Quality

Quality vs. Stress

Quality decreases as stress increases.
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
You Are Type A

- Explosive accentuation
- Rush sentence endings
- Impatience
- Polyphasic
- Directs conversations

- Guilt when relaxing
- Materialistic
- Competitive
- Rapid completion means success
OH NO...MORE BAD NEWS ON THE HEALTH FRONT!

DOCTORS NOW SAY THE LEADING CAUSE OF STRESS...

IS HAVING A BOSS WITH A TYPE A PERSONALITY...
Sid has less need than most to know exactly where he’s going.
McLane Model

- Stressor
- Context
- Vulnerability

Stress
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