Stress is IT !!!

Dr William C. Cross
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Complete your session evaluations online at www.SHARE.org/Orlando-Eval
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.
Hagar the Horrible | by Dik Browne

SON, I'VE ASKED YOU TO PASS ON THE ONE GREAT SECRET OF LIFE...

A SECRET THAT'S TAKEN ME 75 YEARS TO LEARN!

WHEN I WAS YOUNGER I WAS CONFUSED...

...BUT IT'S ALL SO CLEAR TO ME NOW!

LEAN CLOSER, SON, AND I'LL WHISPER THE SECRET TO YOU!

RIGHT!

WHAT IS IT, DAD?

WHAT IS IT?

"WOMEN THINK DIFFERENTLY THAN MEN!"

I'LL BE SURE TO REMEMBER THAT...

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Women:

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

SON, IN OUR FAST-PACED SOCIETY...
STRESS IS UNAVOIDABLE!

BUT WHEN YOU GROW UP...
IT'S BETTER TO BE A GIVER OF STRESS THAN A TAKER!

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Stress *Is* Serious

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

Quality

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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?
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?
• Do you drink alcohol, or smoke more?
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

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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.

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McLane Model

Stressor

Context

Vulnerability

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These Help...

- Plan ahead
- Avoid gossip & negative people
- Seek encouragement
- Set priorities
- Refocus

- Your job is *not* you
- Reward accomplishment
- Sleep
- Play
- Change scenery

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Dr Bill’s Six R’s...

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