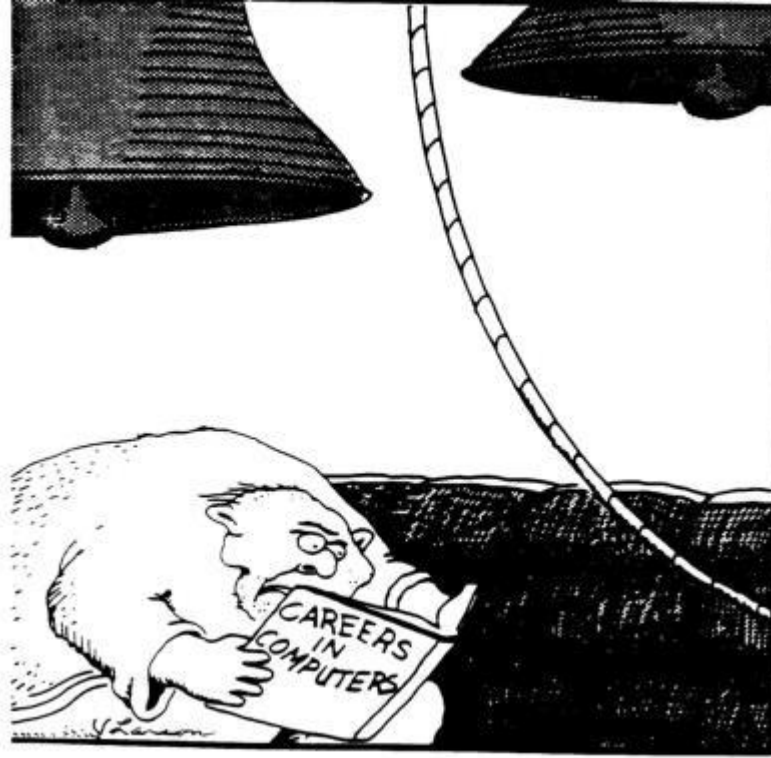


# Stress is IT !!!



Dr William C. Cross  
August, 2015



Complete your session evaluations online at [www.SHARE.org/Orlando-Eval](http://www.SHARE.org/Orlando-Eval)

# Stress

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

# Stress

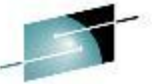
That Confusion Created When One's Mind  
Overrides the Body's Basic Desire to Choke the  
Living sh\*\* Out of Some As\*ho\*\* Who  
Desperately Needs It.

# Body Reacts

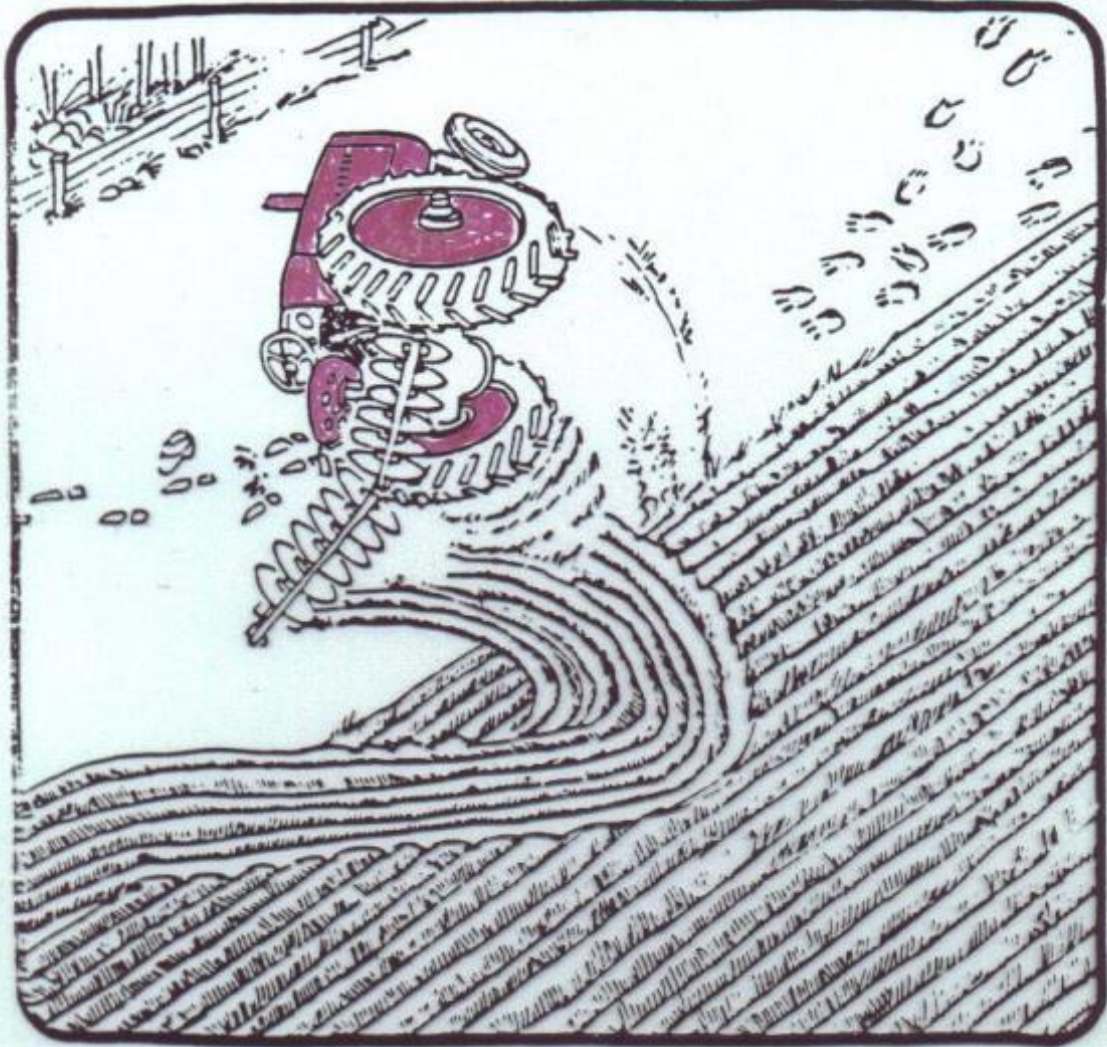
- Breathe faster
  - Vision narrows
  - Concentration sharpens
  - Heart pounds
  - Palms cold & sweaty
  - Forward on balls of feet
  - Hearing acute
- More blood
    - To muscles
    - To head
  - Less blood
    - To extremities
    - To digestive system

# Inside

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



**SHARE**  
SOUTH AFRICA



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

Complete your se

**HARE**  
Orlando 2015





# Hagar the Horrible | by Dik Browne



# Women:

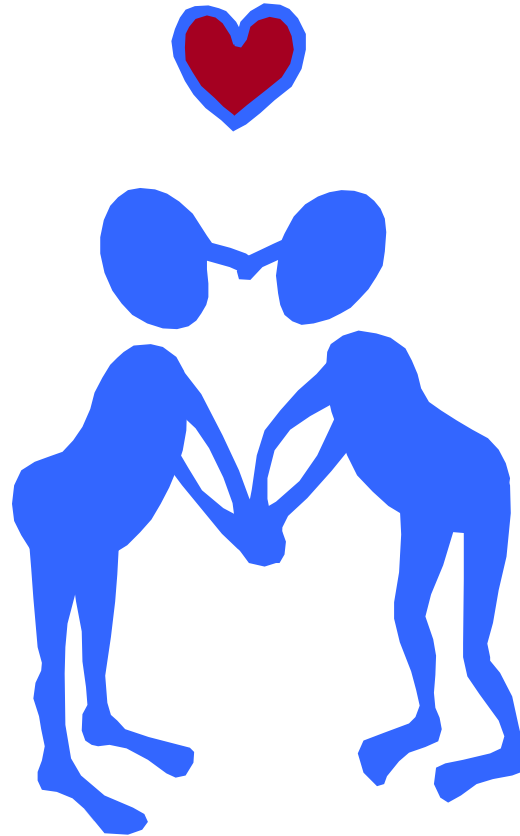
- Tend and befriend
  - Protect & nurture children
  - Female social networks
- Oxytocin
  - Calming hormone
  - Secreted under stress
  - Estrogen amplifies
  - Androgens diminish







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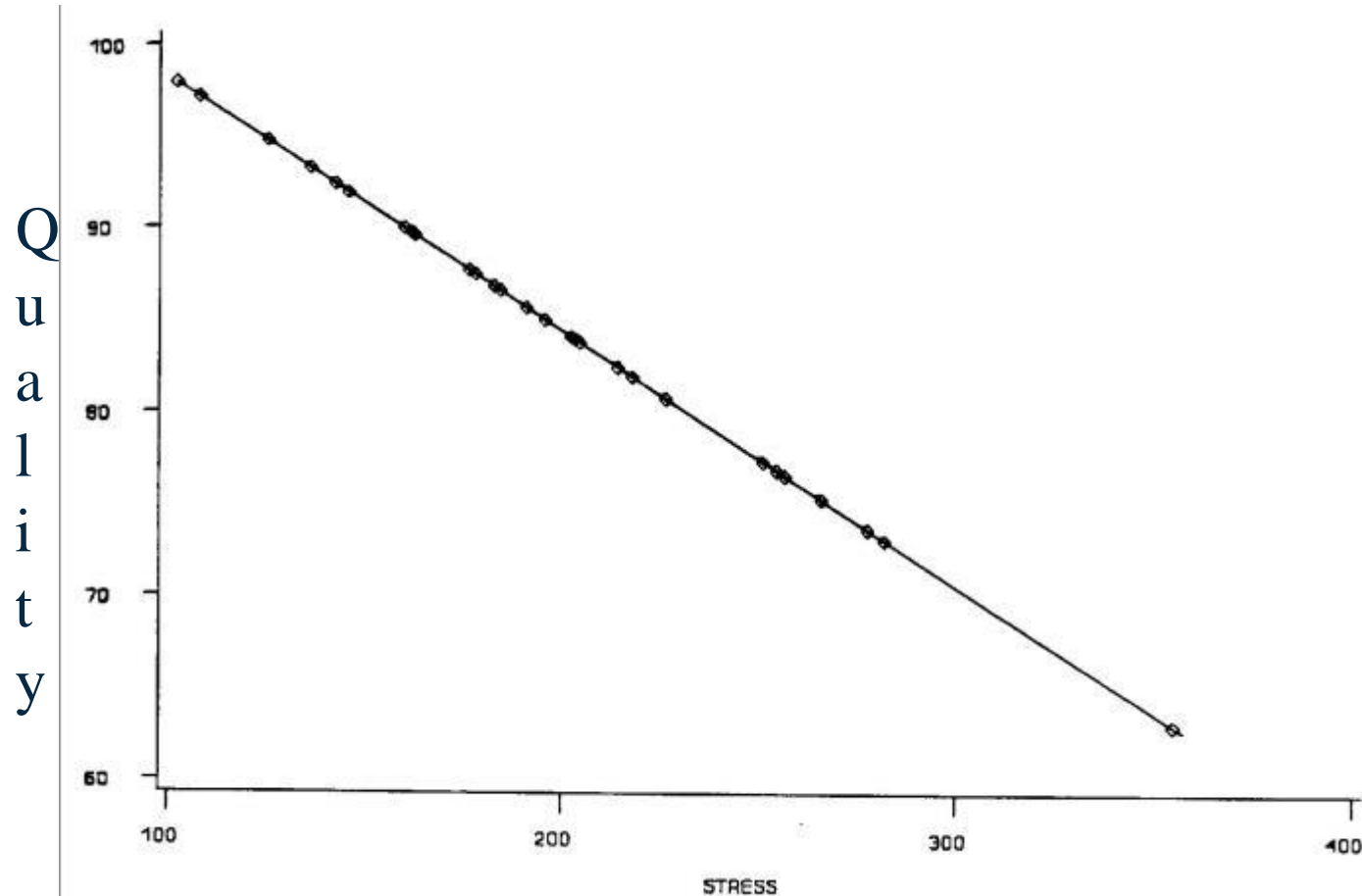
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# Stress *Is* Serious

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



# Stress & Programming Quality



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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

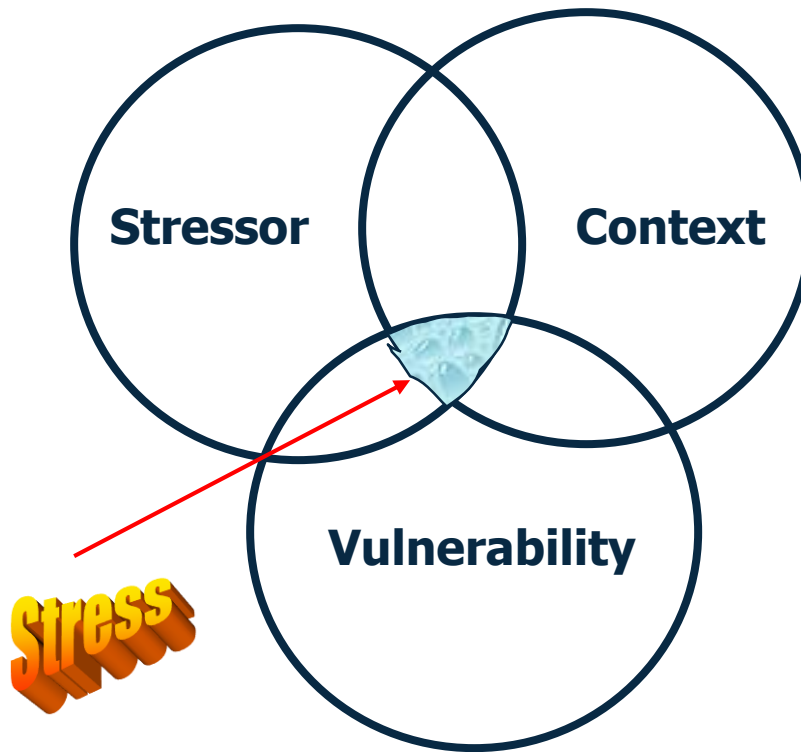




Sid has less need than most to know exactly  
where he's going.

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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

