

Stress management in practice

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Eustress vs Distress

Eustress has the following characteristics:

- Is short-term.
- Is perceived as within our coping abilities.
- Feels exciting.
- Improves performance.

Distress or negative stress, has the following characteristics:

- Causes anxiety or concern.
- Can be short- or long-term.
- Feels unpleasant.
- Can lead to mental and physical problems.

- Receiving a promotion or raise at work.
- Starting a new job.
- Marriage.
- Buying a home.
- Having a child.

Positive stressors

Negative stressors

- The death of a spouse.
- Filing for divorce.
- Losing contact with loved ones.
- The death of a family member.
- Injury or illness
- Being abused or neglected.

Negative Stress Management Practices



Smoking

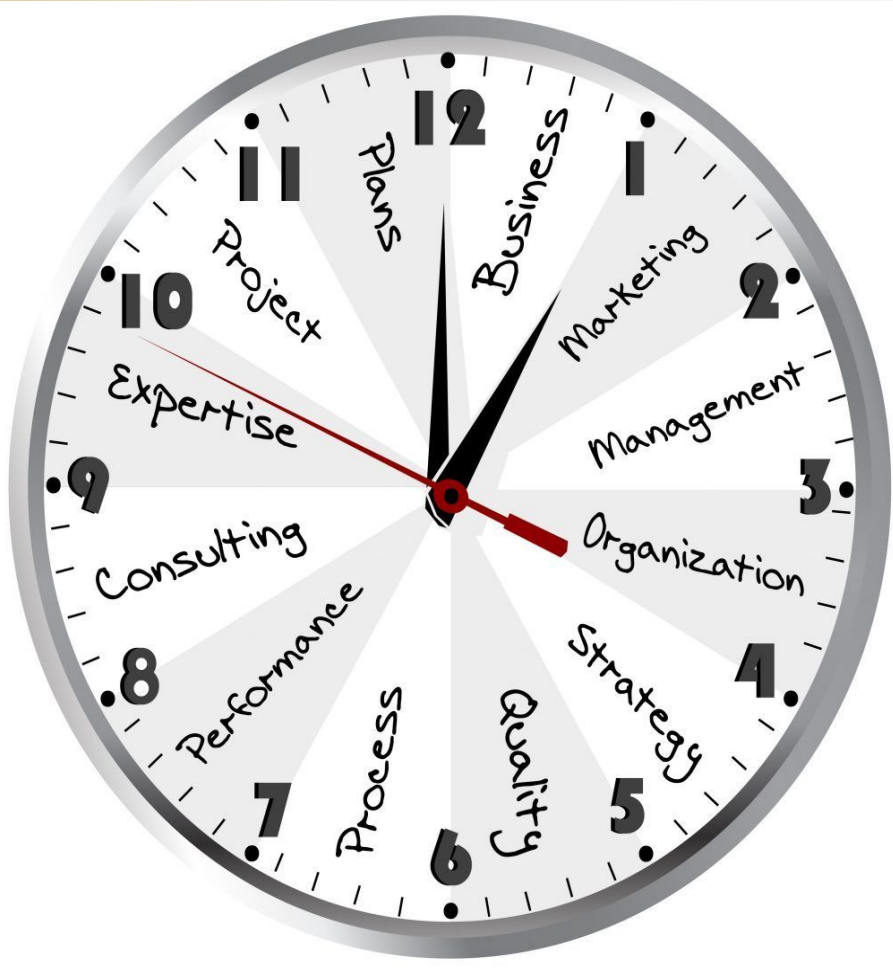
Drug use



Emotional eating.



Positive Stress Management Practices:



Time management

Much stress is brought about by people's lack of control over their lives. Effective time management helps put people in control and allows them to spend more time with their family and friends; that in turn will help reduce stress.

Meditation and Yoga



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- Thank You

- For Your Attention!