

STRESS AND ANGER MANAGEMENT

Objectives

- Become familiar with the symptoms of stress
- Understand the causes of stress and the coping mechanisms for alleviating stress

"In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive."

– **Lee Iacocca**

#18 Best American CEOs of All Time,
CNBC.com

Stress

is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes."

Anger

is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

**Anger... is a
symptom of
Stress**



**Do you
personally
suffer from
acute/chronic
stress?**

Symptom	1 Rarely	2 Sometimes	3 Most of the Time	4 All the time
Headaches				
Back/neck pain				
Chest pain or discomfort				
Problems with digestion/nausea				
Dizziness, numbness or tingling in your fingers or toes				
Irritability/Temper/Anger				
Frustration				
Emotional Fatigue				
Concentration/Memory Problems				

Acute: If you have rated 6 or more of the symptoms with a 2 or less, it shows you manage your stressful situations well.

Chronic: If you've rated 6 or more of the symptoms with a 3 or higher, you should consider reviewing your stress level and possibly taking some action to reduce it.



WHAT CAUSES STRESS?

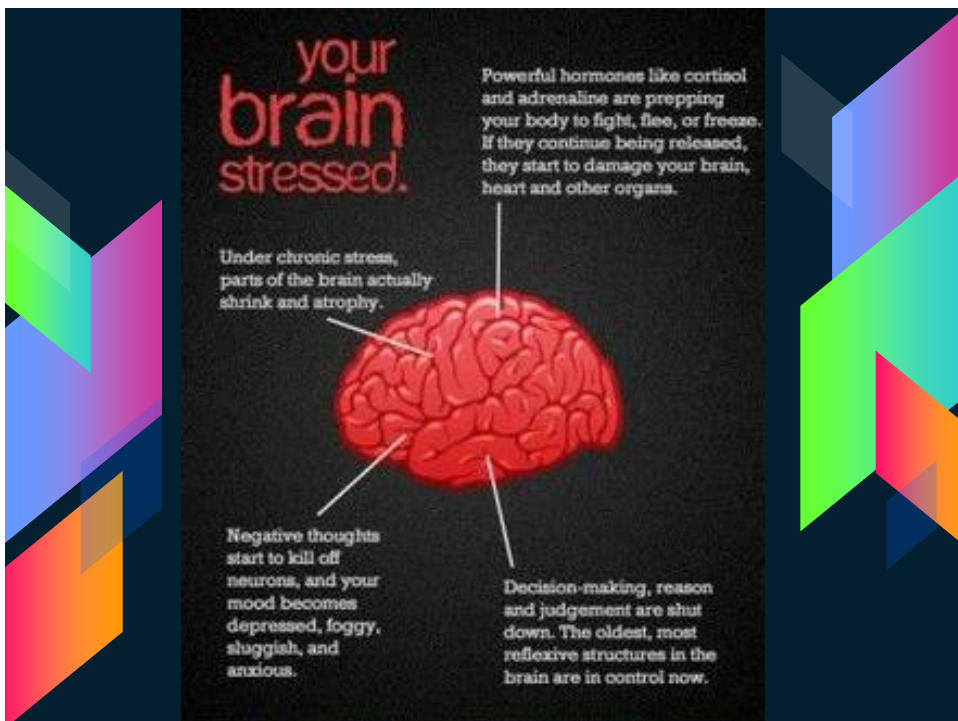
Life Stresses

- The death of a loved one
- Divorce
- Loss of a job
- Increase in financial obligations
- Getting married
- Moving to a new home
- Chronic illness or injury
- Taking care of an elderly or sick family member
- Traumatic event, such as a natural disaster, theft, rape, or violence against you or a loved one

Work Stresses

- Being unhappy in your job
- Having a heavy workload or too much responsibility
- Working long hours
- Having poor management, unclear expectations of your work, or no say in the decision-making process
- Working under dangerous conditions
- Being insecure about your chance for advancement or risk of termination
- Having to give speeches in front of colleagues
- Facing discrimination or harassment at work, especially if your company isn't supportive

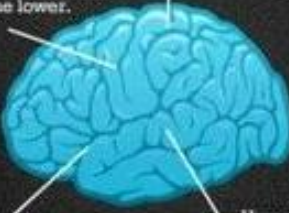
What are the effects of stress?



your brain relaxed.

Powerful neurochemicals like dopamine and serotonin flood the brain, providing an unshakable sense of well-being, peace and confidence and yes, happiness!

Your oxygen levels rise, your heart and breathing rates become lower.




The parts of the brain responsible for creativity, reason, good decision making, and problem solving are now fully active and available to help you make the most out of your life. Wow!

Human Growth Hormone (HGH) is released in the body, in order to heal cell damage and remove free radicals caused by prolonged exposure to stress.

your brain stressed.

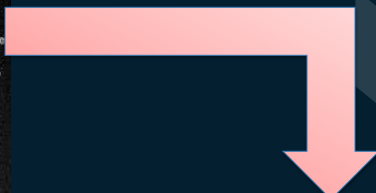
Powerful hormones like cortisol and adrenaline are prepping your body to fight, flee, or freeze. If they continue being released, they start to damage your brain, heart and other organs.

Under chronic stress, parts of the brain actually shrink and atrophy.



Negative thoughts start to kill off neurons, and your mood becomes depressed, foggy, sluggish, and anxious.


Decision-making, reason and judgement are shut down. The oldest, most reflexive structures in the brain are in control now.



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Kalma Lang...



**Kalma Lang...
Strategy # 1
Manage The
Environment**

Kalma Lang... Strategy # 1 Manage The Environment

- **Time Management** can be a huge cause for stress in many peoples' lives.
- Consider taking a class or course or reading information available online or in magazines or books on how to better manage your time and tasks.

Kalma Lang... Strategy # 1 Manage The Environment

- **Schedule** - You may get more done with less stress if you make a schedule.
- Think about which things are most important, and put those at the top of your schedule/list to do those things first.

Kalma Lang... Strategy # 1 Manage The Environment

- **Speak up.** Assertive communication can help you express how you feel in a thoughtful, tactful way.
- **Ask for help.** People who have a strong network of family and friends manage stress better.

Kalma Lang... Strategy # 2 Manage Your Mind

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- **Do something you enjoy.** A hobby, a sport, meditation, walking, or volunteering are good, helpful ways to help you feel better and relieve stress.

Kalma Lang... Strategy # 2 Manage Your Mind

- **Stop negative thoughts** It's a skill that would be beneficial to develop.
- Try writing down your worries and work on letting go of things you cannot change.
- Don't worry about things that have past. Focus on the positives and the future that you can still impact.

Kalma Lang... Strategy # 2 Manage Your Mind

- Write down the first stressor that comes to your mind right now. Include your feelings about it.
- Do not filter your writing... just let your feelings go.
- Timeframe: 1 minute

GOD GRANT ME THE
SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE
COURAGE
TO CHANGE THE
THE THINGS I CAN AND
WISDOM
TO KNOW THE DIFFERENCE

Kalma Lang...

Strategy # 2

Manage Your Body

Kalma Lang... Strategy # 2

Manage Your Body

- **Deep Breathing Exercise**
- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

Kalma Lang... Strategy # 2 Manage Your Body

- **Body Movement Exercise**
- Extend your right leg and rotate your foot slowly. Feel the stretch of your muscles as you do this exercise. Repeat the same with your left Foot.
- Stand with your legs wide, place your arms on your hips and rotate your hips clockwise 3 times and counterclockwise 3 times.

Kalma Lang... Strategy # 2 Manage Your Body

- **Body Movement Exercise**
- Extend your right arm, palm facing out and with your left hand pull the fingers of your right hand towards you as far as you can for 20 seconds.
- Do the same with your palm facing you.
- Repeat the same action with your left hand.

Kalma Lang... Strategy # 2 Manage Your Body

- **Body Movement Exercise**
- Stretch you neck muscles by tilting your head forward , sides, and backward each for 8 seconds.