

Understanding Your Stress and Ways to Manage It

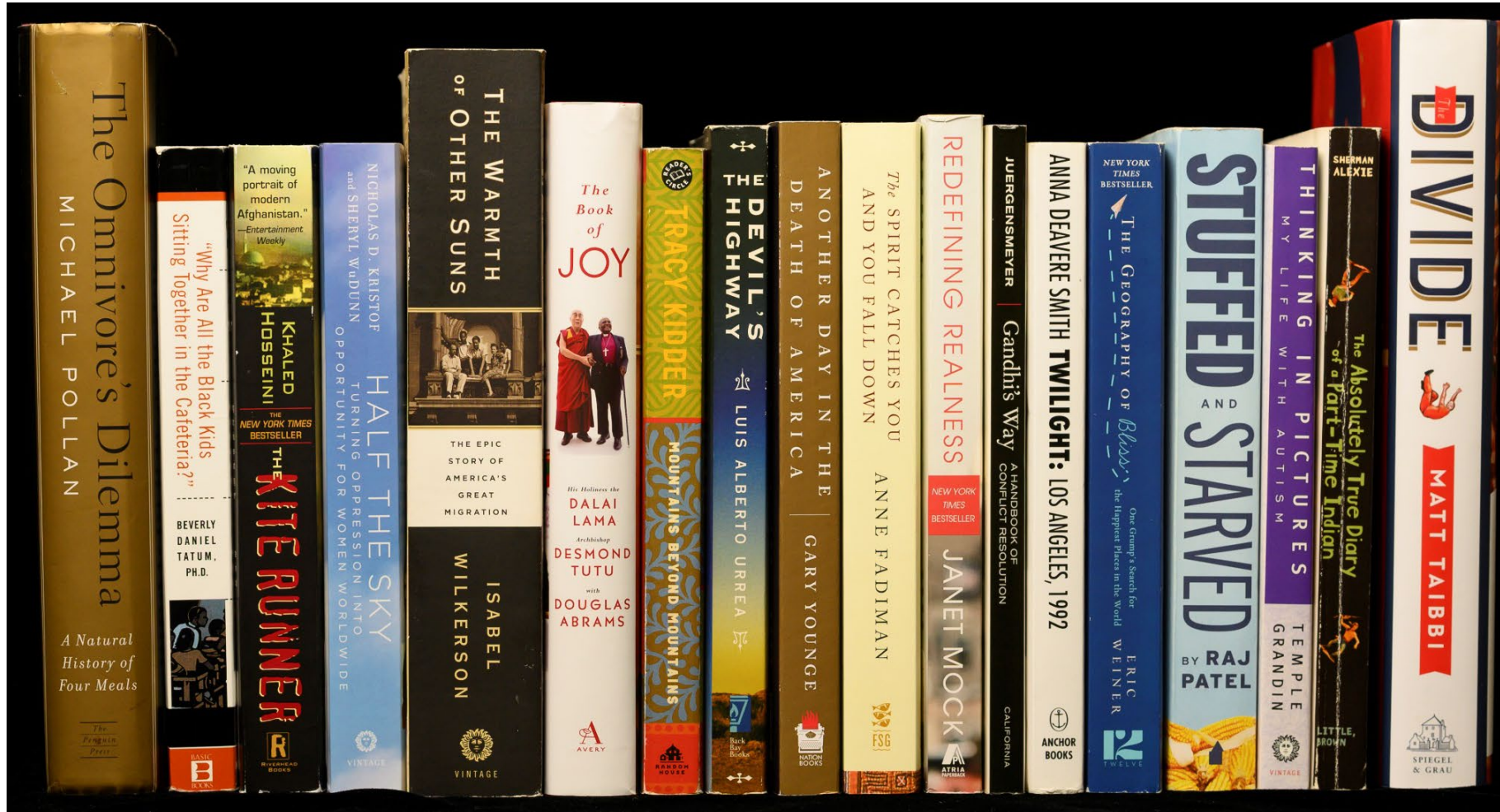
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Campus Community Book Project
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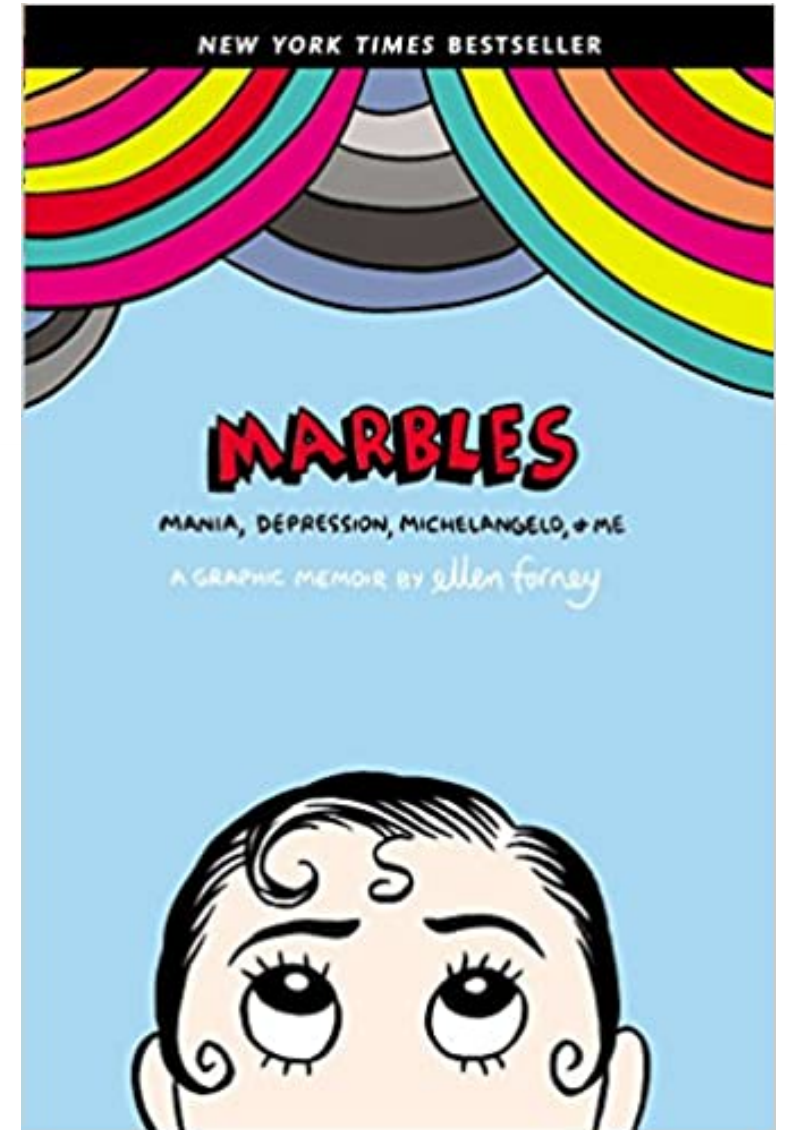


Campus Community Book Project featured books, 2002-2019

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2020-2021 Book Project

- Theme: mental health
- Featuring graphic memoir *Marbles: Mania, Depression, Michelangelo, and Me* by Ellen Forney
- Author's visit: Monday, March 1, 2021
- Learn more about and register for events:
 - Visit **ccbp.ucdavis.edu**
- Get involved with the book project:
 - Email **ccbp@ucdavis.edu**



Understanding Your Stress and Ways to Manage It

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Understanding Stress

- ❖ Stressor: An ***internal*** or ***external*** event or stimulus that induces stress.
- ❖ Stress: An *interaction* between the individual and the stressor.
- ❖ Stress is a fact of life, a universal condition, and therefore unavoidable.
- ❖ If we cannot eliminate stress, how can we come to terms with it?

(American Psychological Association)

Types of Stress

Primary Stress

- Stress from the environment
- Stress from relationships
- Stress arising from life changes (birth; death; changing jobs; moving; getting married or divorced)

Secondary Stress

- Compassion Fatigue
- Burnout

Compassion Fatigue

Related to empathizing with the emotions of others

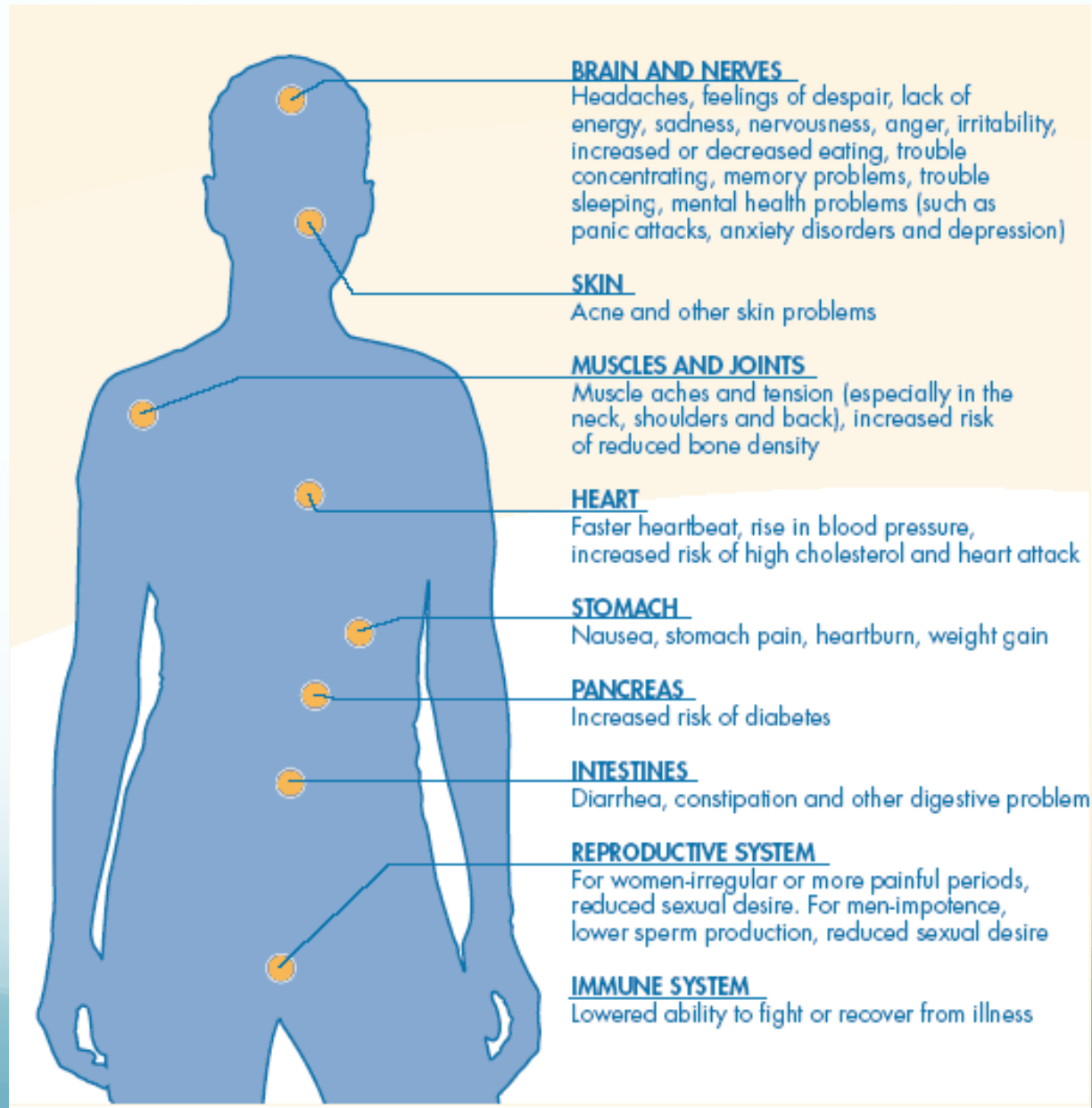
- Chronic physical and emotional exhaustion
- Irritability
- Numbness
- Demonstrating apathy, lack of interest

Burn Out

Related to overall career satisfaction

- Irritability, Anger, Isolation, Hopelessness
- Fatigue, Sleep Disruptions, Weight Changes
- Cynicism and Detachment, Feeling inadequate or ineffective
- Lack of interest/motivation, Increased absences
- Develops over time, progressive loss of energy and goals
- Prolonged exposure to demanding environment

Symptoms of Stress



Ways that Stress can Manifest

Behavioral:

- Insomnia/hypersomnia
- Headaches, body aches
- Lowered immunity
- Stomach problems, loss of or increased appetite
- Tearfulness
- Decreased libido
- Fatigue
- Concentration difficulties
- Decision making difficulties
- Substance abuse

Work-Related:

- Competition
- Conflict
- Decreased productivity
- Decreased concentration or the inability to focus
- Decreased morale
- Decreased trust
- Anger, hostility and aggression
- Withdrawal from co-workers, team members, and others
- Fear of uncertainty, and the unknown

Emotional:

- Anger
- Fear
- Irritability
- Agitation
- Anxiety
- Sadness
- Bullying
- Blame
- Hopelessness
- Helplessness
- Depression
- Numbness
- Worry, panic

Stress Affects the Whole Self



Awareness

- Awareness of your personal history
- Awareness of your emotional triggers
- Awareness of your boundaries
- Awareness of your current needs

Identify Your Thinking Patterns

Jumping to Conclusions: Settling on a belief when there is little or no evidence to support it

All or Nothing Thinking: The tendency to see situations as all good or all bad

Personalization: The tendency to automatically blame yourself

Externalization: The tendency to automatically blame others

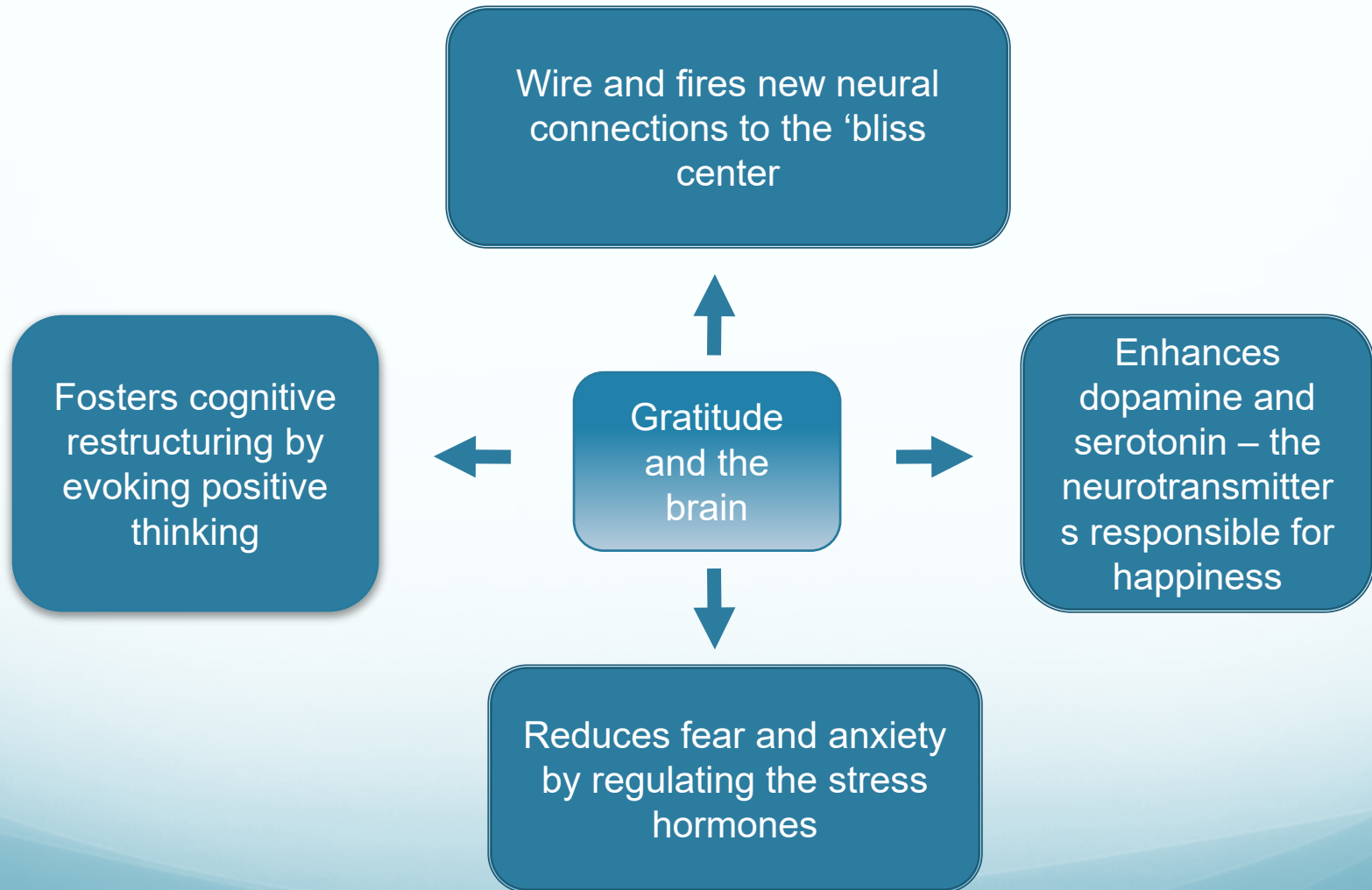
Catastrophizing: Worst case scenario thinking

Filtering out the Positive: The tendency to not see the positive side of a situation

Putting Things Into Perspective

- ❖ **Step 1:** Identify the actual event (source of stress)
- ❖ **Step 2:** List worst case scenario
- ❖ **Step 3:** List best case scenario
- ❖ **Step 4:** List most likely scenario

Antidote to Stress: Gratitude



Self-Compassion

Self-compassion involves responding in the same ***supportive and understanding*** way you would with a good friend or a child when you have a difficult time, fail, or notice something you don't like about yourself

Many find it easy to have compassion for others but struggle in applying the same kindness to themselves. By taking moments throughout your day to pause and practice self-compassion you can make it more of a habit in your life

What is Mindfulness?

- A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations

Resources

Utilize mindfulness and self-compassion to increase self-awareness

Mindful.org

- Free research based articles with practical applications

Self-compassion.org, Dr. Kristin Neff

- Exercises, research based articles, self report inventory

Chrisgermer.com, Dr. Chris Germer

- Center for Mindful Self-Compassion

Academic & Staff Assistance Program (ASAP)

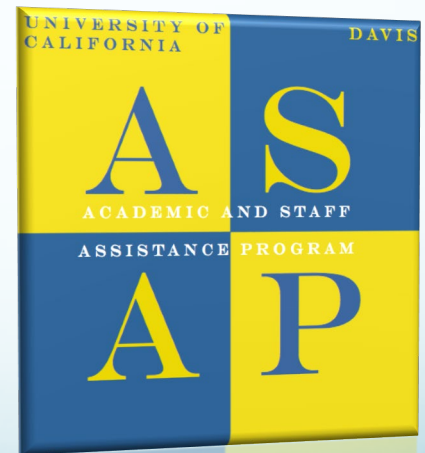
Academic & Staff Assistance
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Free confidential counseling for UC
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