



Hanford Occupational Health Services

Coping With Stress & Change



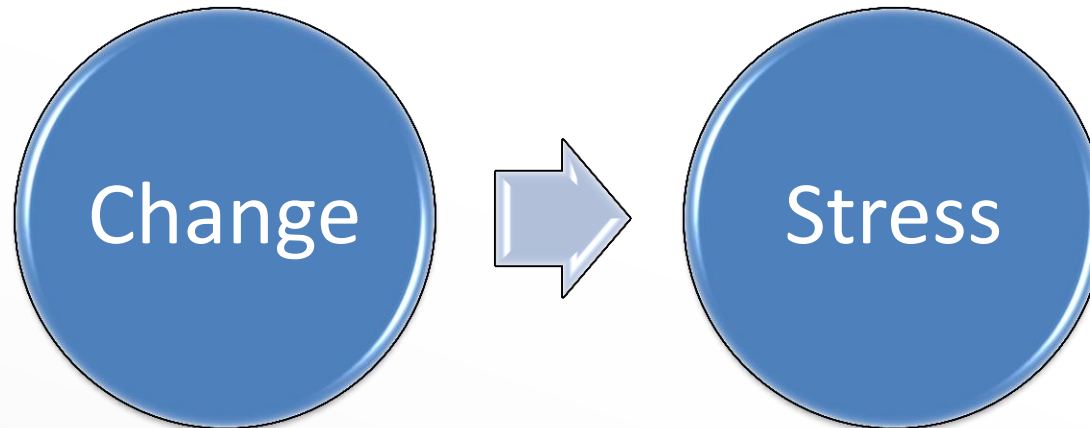
Health Education 376-3939

Behavioral Health Services 376-4418

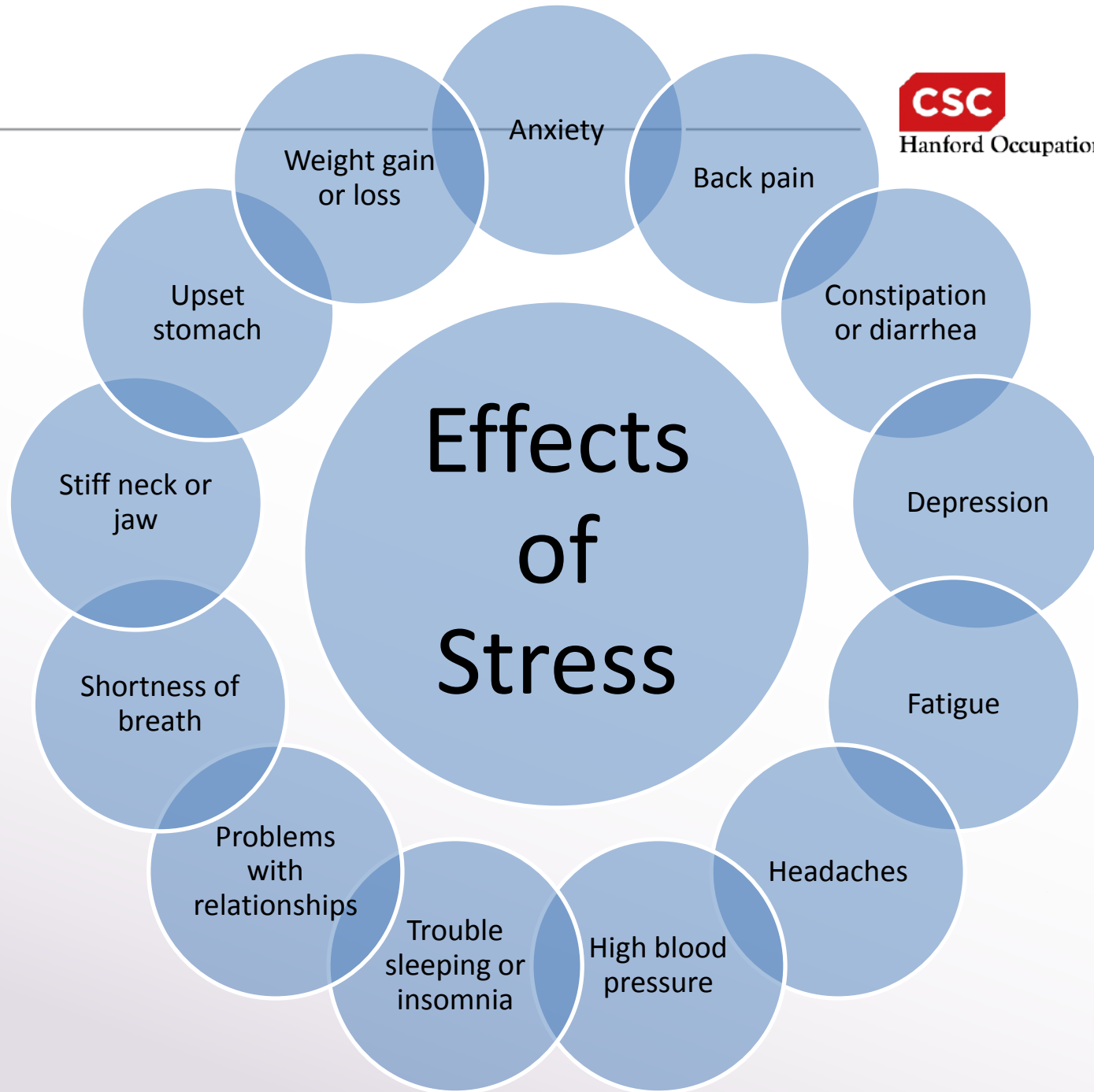
“Change is inevitable - except
from a vending machine.”

~ Robert C. Gallagher






- ◆ In small doses, stress can be a good thing.
- ◆ It can energize and motivate you to deal with challenges.
- ◆ But prolonged or excessive stress — the kind that overwhelms your ability to cope — can take a severe psychological and physical toll.




Signs of Stress

- Anxiety or panic attacks
 - A feeling of being constantly pressured, hassled, and hurried
 - Irritability and moodiness
 - Physical symptoms, such as stomach problems, headaches, or even chest pain
 - Allergic reactions, such as eczema or asthma
 - Problems sleeping
 - Drinking too much, smoking, overeating, or doing drugs
 - Sadness or depression
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The Body's Stress Reaction

Physiological symptoms:

- Muscles tense
 - Heart rate increases
 - Breathing rate increases
 - Sugars and fats released into bloodstream for quick energy
 - Neurotransmitters emit “get moving” chemicals in the brain
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Environmental Stresses

Good stress

- Work challenges
- Change at work
- Weddings
- Children



Not so good stress

- Work overload
- Job loss
- Marital difficulties
- Illness/Death
- Financial trouble
- Family issues



PRACTICE THE FOUR A'S

**AVOID
ALTER
ACCEPT
ADAPT**

Avoid



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- ◆ Take control of your surroundings.
 - ◆ Avoid people who bother you.
 - ◆ Learn to say no.
 - ◆ Ditch part of your list.
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- A decorative graphic at the bottom of the slide consists of several overlapping, wavy lines in shades of red, orange, and grey, creating a modern, abstract design.

Alter



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- ◆ **Respectfully ask others to change their behavior.**
 - ◆ **Communicate your feelings openly.**
 - ◆ **Manage your time better.**
 - ◆ **State limits in advance.**
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Accept



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- ◆ **Talk with someone.**
- ◆ **Forgive.**
- ◆ **Practice positive self-talk.**
- ◆ **Learn from your mistakes.**

Adapt



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- ◆ Adjust your standards.
- ◆ Practice thought-stopping..
- ◆ Reframe the issue.
- ◆ Adopt a mantra.
- ◆ Create an assets column.
- ◆ Look at the big picture.

How do I Manage?



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◆ Manage physiological symptoms.

- Take time out to relax.
- Enhance physical resources.

◆ Manage psychological symptoms.

- Listen to how you talk to yourself.
- Tap social resources.




◆ EXERCISE

- <http://www.hanford.gov/amh/Stretch/index.html>

◆ Work hard at PLAYING

- Our ability to play lies at the heart of our capacity to imagine.

◆ Take a BREAK

- Reduce the physiological sensations of stress.
 - It's harder to stay upset, angry, or anxious when the body symptoms aren't there.
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Stress Buffers



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- ◆ Control the things that you can control
- ◆ Create a balance in life
 - Family and Friends and Fun
 - Personal time
 - Work
 - Community involvement
 - Spiritual involvement
 - Exercise and eat right
 - Get enough sleep



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EMPLOYEE ASSISTANCE PROGRAM (EAP)

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