

DEAF HEALTH TALKS: Stress Management

**Student Development Center
October 12, 2011**

Supporters

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 - Student Life Team

So What is Stress?

- Normal response to demands of life!
- Both positive and negative situations
- “Fight or Flight” response
- Varies depending on individual
- What’s important is how you deal with it

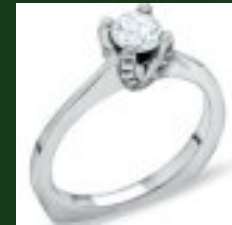
“Stress is the condition we experience when demands exceed our ability to cope.”

What are some common stressful experiences you have in college?

Common Stressful Events



Eustress: Positive



- Getting into college
- Anxiety before a test
- Anxiety before first date
 - Getting engaged
 - Scary movie
- Excitement of roller coaster ride
- Strength before a sports game



Common Stressful Events

Distress: Negative



- Difficult educational environment
- Overwhelming sights and sounds
 - Overwhelming schedule and obligations
 - Threat of personal injury
 - Death of family member
 - Sleep problems
 - Relationship problems



General Stress

- Everyone experiences this
- Usually resolves within short time frame
- No intervention necessarily required

Cumulative Stress

- Effects of stress builds up in your body
- Becomes more difficult to lessen symptoms
- Physical symptoms might be more serious
- Mental suffering might be more serious

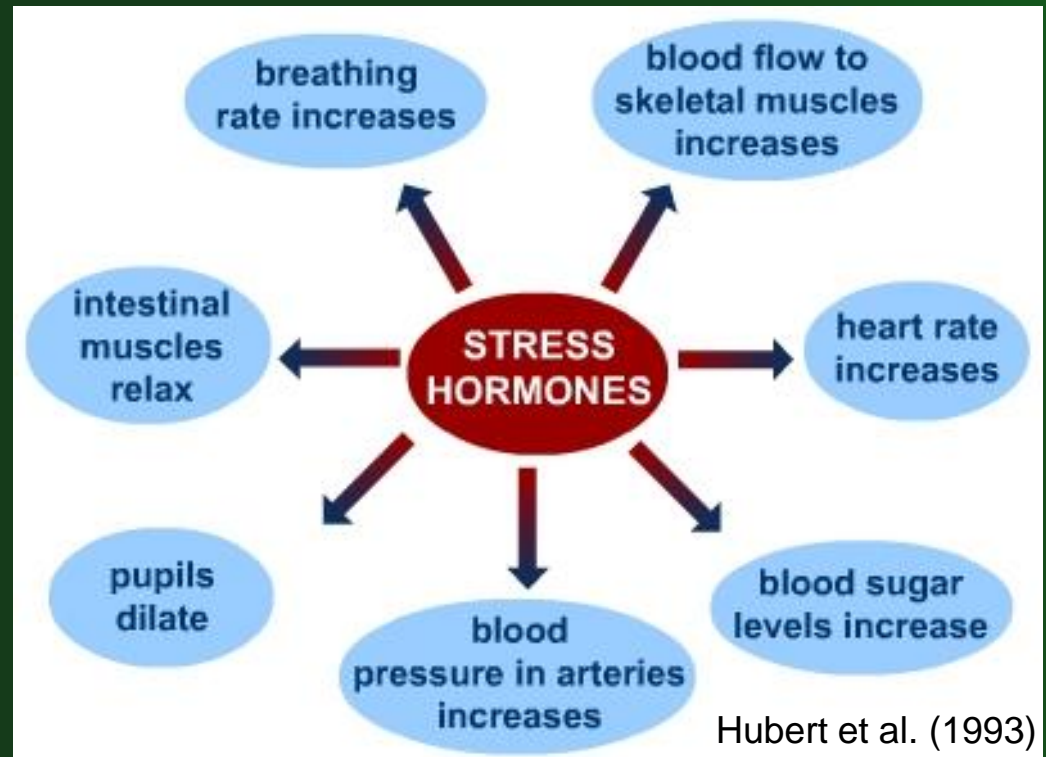
Acute Traumatic Stress

- Critical incident stress from sudden and unexpected events
- Produces considerable psychological distress
- A normal reaction to abnormal events

Post Traumatic Stress

- Severe stress produced by severe psychological trauma
- Created by unresolved critical incident stress
- Produces lasting changes

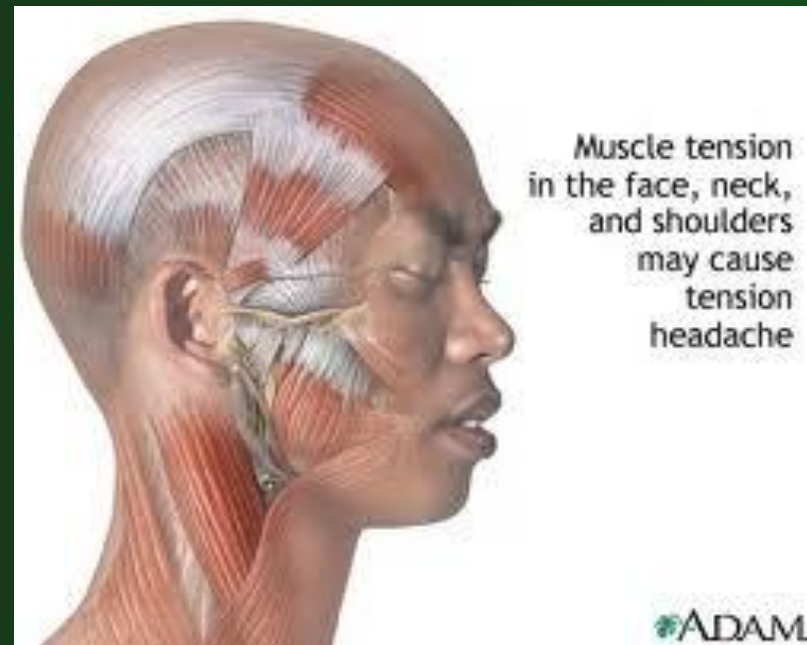
Stress Hormones



- **Cortisol** – primary stress hormone
 - Increases: sugars in blood & brain's use of it, ability to repair tissues
 - Decreases: immune response, digestive system, reproductive system, growth processes
- **Adrenaline (Epinephrine and Norepinephrine)** – increases heart rate, blood pressure, energy

Short Term Symptoms

- Dry mouth
- Cool skin, cold hands & feet
- Increased sweating
- Rapid breathing
- Faster heart rate

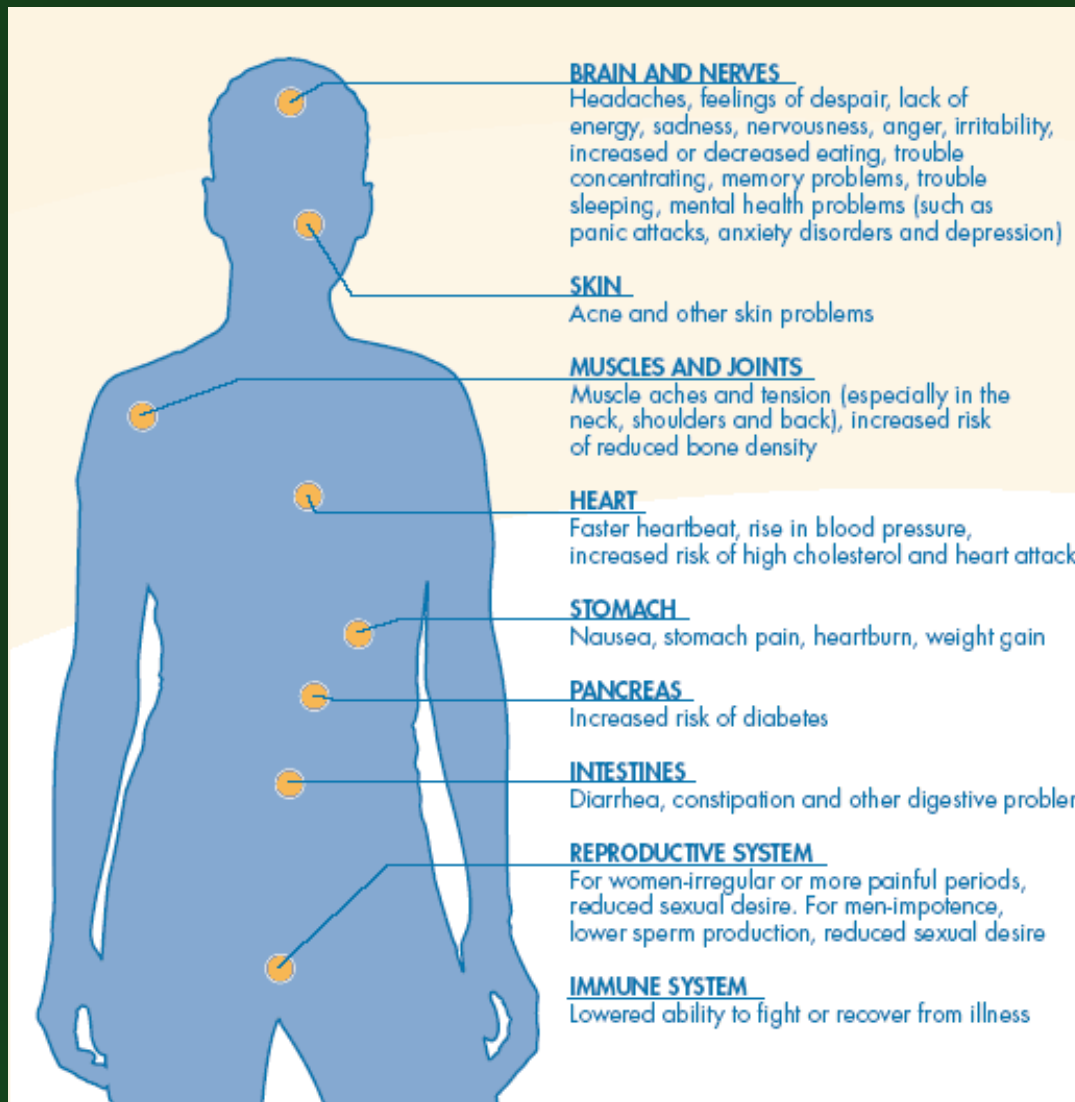


- Tense muscles, stress headache
- Upset stomach
- Diarrhea
- Frequent urination

Long Term Symptoms



- Sleep problems - insomnia
- Change in appetite
- Change in sex drive
- Aches and pains
- Prone to illness, frequent colds
- Feelings of intense and long-term tiredness



Effects of Chronic Stress on the Body

This puts you at increased risk of numerous health problems, including:

- Heart disease
- Sleep problems
- Digestive problems
- Depression
- Obesity
- Memory problems
- Worsening of skin conditions, such as eczema

Unhealthy Ways of Coping

- Smoking tobacco
- Overeating or undereating
- Social withdrawal
- Drug or alcohol abuse
- Sleeping too much
- *Procrastinating*
- Avoiding facing problems
- Angry outbursts

Did You Realize?



Many addictions are linked to a stressful lifestyle, like **overeating, smoking, drinking, and drug abuse.**

These are used as an escape or a **temporary way** but the problem or stressor is still there!

What Helps?

1. Relaxation
2. Regular Exercise
3. Eating Right
4. Limiting alcohol to 1 or 2 drinks a day
5. Stop smoking – tobacco is really a stimulant!
6. Cut back on caffeine – 2 to 3 cups a day is usually OK





1 cup = 8 ounces

Serenity Prayer:

God grant me the serenity
to accept the things I
cannot change;
courage to change the
things I can;
and wisdom to know the
difference.



How do you know you're **STRESSED?**

- Headaches
- Yawning
- Fiddling
- Nail biting
- Grinding teeth
- Pacing
- Over reacting
- Irrational
- Emotional
- Critical

Some Facts...

- According to the American Academy of Family Physicians, **two-thirds** of office visits to family doctors are for stress-related symptoms.
- In a recent poll, **89%** of people said they had experienced serious stress in their lives.
- A recent study indicated that stress-management programs may reduce the risk of heart problems, including heart attack, by up to **75%** in people with heart disease.

Support Available



RIT Counseling Center

<http://www.rit.edu/studentaffairs/counseling/>

Deaf Wellness Center at URMC

<http://www.urmc.rochester.edu/deaf-wellness-center/>

Other Strategies



- Better time management
- Being organized with tasks
- Being realistic with expectations
- Look for the upside
- Deep breathing exercises (see attachment!)
- Meditative exercises
 - Prayer
 - Leisure reading
 - Socializing with supportive friends and family
- Weight-lifting, yoga

Chair Lower Back Stretch



Downward Facing Dog





Chair Corpse Pose



Knees to Chest



Seated Spinal Twist



Childs Pose

Cobra Pose





Warrior One Pose



Extended Triangle Pose

Standing Forward Bend





Tree Pose



Sukhasana (Easy Pose)

Progressive Muscle Relaxation

- Right foot
- Left foot
- Right calf
- Left calf
- Right thigh
- Left thigh
- Hips and buttocks
- Stomach
- Chest
- Back
- Right arm and hand
- Left arm and hand
- Neck and shoulders
- Face

Resources

- http://www.mayoclinic.com/health/stress-symptoms/SR00008_D
- http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm
- http://www.helpguide.org/mental/stress_management_relief_coping.htm
- http://ehealthmd.com/library/stress/str_what.html
- <http://www.mayoclinic.com/health/stress-management/MY00435>

Resources

- <http://www.lhj.com/health/fitness/relieve-stress-with-yoga/>
- http://www.yogajournal.com/poses/finder/therapeutic_focus/t_stress
- <http://www.mayoclinic.com/health/stress/SR00001>
- http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=15644
- <http://www.womenshealthmag.com/fitness/weight-exercises-women?cat=24164&tip=24169>
- Canton Counseling Center

THANK YOU

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1. Go to www.urmc.edu/NCDHR
2. Click on icon on right side of page
3. Fill in your name and e-mail address



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