



UNC REX
HEALTHCARE

Stress

What is Stress?

- Stress is a condition caused by reactions to chemical, emotional, physical, or environmental factors.
- This could be, but are not limited to:
 - Deadlines at work
 - Traffic Jams
 - Financial problems
 - Dealing with Health problems
- Stress varies for each individual.
- Stress cannot be avoided, but can be managed.



What is the difference in Acute and Chronic Stress?

- Acute stress occurs almost instantly without warning of onset.
- Examples could be, but not limited to:
 - Construction on the way to work.
 - Long lines in the grocery store.
 - A confrontation with someone you know.
- Chronic Stress occurs gradually and may be prolonged for some time.
- Examples could be, but not limited to:
 - Dealing with a medical diagnosis
 - Working through financial troubles
 - Dealing with tough family situations



What can happen to your body when stress occurs?

- People react differently to stress triggers.
- Examples could be, but not limited to:
 - increased heart rate
 - increased blood pressure
 - increased respiration
 - increased perspiration
 - anxiety attacks
 - increased cholesterol from overeating comfort foods/
stress eating

What are some ways the AHA suggests to deal with stress?

- Seek support and talk about your stress: Who is on your bench? Friends, family, or someone you can trust.
- Don't use substances as a vice to control your stress. Avoid drugs, smoking, drinking, overeating, or excess caffeine.
- Don't be a pessimist. Look for the good in the situation at hand.
- Mediate. Sit quietly for 15-20 minutes.
- Count to 10 before answering questions when you are angry.
- Avoid stress triggers or things that lead you to become anger or sad.
- Plan productive solutions to problems.

What are some ways the AHA suggests to deal with stress?

- Learn to say NO.
- Join a support group or volunteer in areas that bring your joy.
- Seek Mental Health.
- Learn to accept the things that you are unable to change.
- Exercise regularly.



What does the AHA suggest you do when you are faced with acute stress and have to act fast?

- Go for a walk.
- Count to 10 before speaking
- Engage in Deep Breathing
- Walk away from the situation and decide to handle it later after reflecting.
- Think critically is this going to play an impact on my life in 5 minutes, 5 weeks, or 5 days. Determine the impact you will allow stress to have over your current state of mind.
- Don't be afraid to say I am sorry.
- Break problems down into smaller ones.
- Set your clock early to avoid being late.
- SMILE