

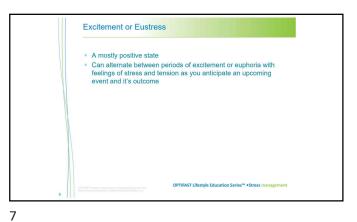
What Does Each of These Scenarios Have In Common? Alex's project has been accepted...he celebrates by eating his favorite lunch and dessert. Sue munches on brownies directly from the pan after an argument with her significant other. Pam nibbles on snacks while stuck in rush hour traffic. Ron's boss is unhappy with his progress on a project...after the boss leaves his office Ron goes to the vending machine for a candy bar.

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Defining Stress Stress is a necessary and normal part of life Without it we would become bored and lose interest in life Stress exists on a continuum from "eustress" or positive stress (graduation, job promotion, falling in love) to distress (overdue bills, chronic illness) Stress is not the event or situation—it's the way we respond A constant supply of "everyday" stressors can lead to many health problems previously associated with acute distress

Stress Occurs on a Continuum of Feelings 0 2 Depression Anxiety (Distress) Neutral Stress Excitement (Eustress)

5 6



Stress This can be the product of being overwhelmed Too much to do and too little time to prepare May worry about disappointing someone May feel pressured to work harder, do better, be perfect Common symptoms: Tension Headaches Stomach aches OPTIFAST Lifestyle Education Series™ •Stress ma

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Anxiety This is the point where you anticipate something bad happening and you believe you can't do anything to change it Triggered by many things--examples Fear of a physical attack Fear of embarrassment in front of friends or other important people Begin to obsess about the event, can't seem to get it out of your Depression or Distress Depression is the end of the continuum This is a state in which a person constantly perceives life as threatening or dangerous and believes they can't do anything to change it Leads to lethargy and hopelessness If depression lasts longer than 2 weeks, it's important to seek professional help

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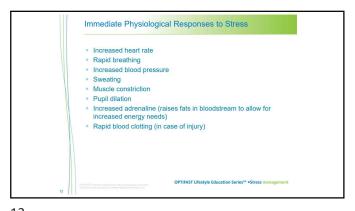
Stressors What are your current perceived stressors? Record them on the bottom of page 2 OPTIFAST Lifestyle Education Series™ •Stress manag

The Stress Response We are hard wired to respond to all stressors in the same way whether positive, negative, real or imaginary
 Our bodies can't distinguish between imminent danger and nonifle threatening annoyances

When you perceive a stressor your body activates the sympathetic nervous system

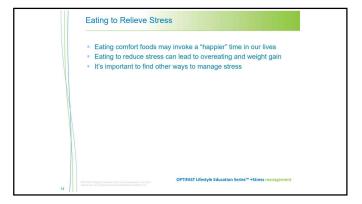
"Fight or flight" response Body prepares you to fight an enemy or flee danger

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Symptoms of Prolonged Stress or Acute Distress Physical Hypertension Insomnia Emotional Depression Irritability Cognitive
 Difficulty concentrating Behavioral Overeating Procrastinating

14 13



3-A's of Stress Management: Avoid Avoid needless stress What stressors in your life can you avoid? A person who constantly irritates you Heavy traffic—can you use flexible hours or work from home on some days? Additional projects that you can't complete in a timely way
 Discussion of controversial topics at inopportune times People who sabotage your efforts at living a healthy lifestyle

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3-A's of Stress Management: Alter Alter those situations that you can't avoid What stressors in your life can you alter? Examples: Using "I" statements, explain to someone why you'd like them to change their behavior Communicate your feelings or needs clearly Change your environment to better support your needs Replace the open glass candy dish with an opaque covered one Manage your time more efficiently
 Mentally rehearse how you will handle a stressful situation The Relaxation Response Aerobic exercise reduces muscle tension Exercise produces endorphins, which impart a calm and tranquil feeling Relaxation breathing This helps withdraw attention from the external world and concentrates on your calm inner world Produces similar feelings one gets from yoga, meditation, and deep muscle relaxation Can do this anywhere, just takes some practice and patience

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