Where Did Stress Originate From?

- Mrs. Cavallo's case
- The fight or flight response
- Our ancestors
Stress Through Time

• Unlike our ancestors

• In contrast to animals
What is stress?
How do you perceive it?
Stress is:

- A natural response to any demand placed on you
- Stimulating and increases your level of alertness
- Inescapable, part of day-to-day living
- A motivator and energizer
Inverted-U Graph of Stress

The Inverted-U relationship between pressure and performance

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Thoughts and Feelings of di/Stress

• Difficulty concentrating (forgetting)

• Excessive self-criticism

• Moody, worried, scared, irritable, depressed, reduced self-esteem, pessimistic, helpless, withdrawn, easily embarrassed
How do you deal with your distress?
• Recognition

• Knowing it's all in your head

• Developing and utilizing mental strategies
Park the problem

- Parking a problem is not avoiding, denying or forgetting about it.

- It means that you have decided that you will attend to it later, allowing you to focus totally on the task(s) you presently have to do.
Thought-stopping

• “Never finish the worry, always interrupt it”

• STOP > RELAX > POSITIVE SELF-TALK

• Implement the “prevention strategies” such as: physical activity, relaxation, social support system, positive self-statements, vacation, etc.
Reframe the problem

- Turn crisis into challenge or opportunity.
- Try to see another perspective.
- Lack of acceptance of things that cannot be changed creates great di/Stress, continued anxiety and inhibits resilience.
Reframe The Problem -
Scenario One

• Your country’s team makes it to the world cup and is placed into the best bracket. Their opponents are Germany, Argentina, Netherlands.
Reframe The Problem - Scenario Two

• In your first year of medical school, exactly two weeks before your highly nerve racking examination, your girlfriend tells you she no longer loves you and dumps you.
You made a New Year’s resolution to become more involved with York. The following month, you received an e-mail from SCLD saying you were not selected for the highly competitive position of Red Zone Ambassador. You go to a corner and start crying.
Laughter is the Best Medicine

Gelotology
- The study of laughter and its effects on the human

Laughing is electrochemical
- It lowers levels of catecholamines, the “fight or flight” hormones, released by the adrenal glands in response to stress
Stress

http://www.youtube.com/watch?v=mZEMRAWaVr8
Take Care of Yourself

• Remember the following: FROSHIE
• F: Free time for yourself
• R: Relax
• O: Organize/Orientate yourself
• S: Sleep
• H: Hydrate through the day
• I: Internal Regulation and Observation
• E: Eat healthy and throughout the day
How would you apply this to Froshies?
The Meaning of Resilience

What is Resilience?
How would you perceive it?

What is the relationship between stress and resilience?
Psychological factors that contribute to resilience:

- Positive Self-Regard
- Internal Locus of Evaluation
- Stress Management Strategies (e.g., “Parking”, laughter, and others)
- Freedom of choice
To be a champion, you have to learn to handle stress and pressure. But if you've prepare mentally and physically, you don't have to worry.

~Harvey Mackay
3 THINGS YOU LEARNED FROM THIS MODULE!