

How to Deal with Stress

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Bethune College Basic Frosh Leader Training

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redefine THE POSSIBLE.



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

The Meaning of Stress



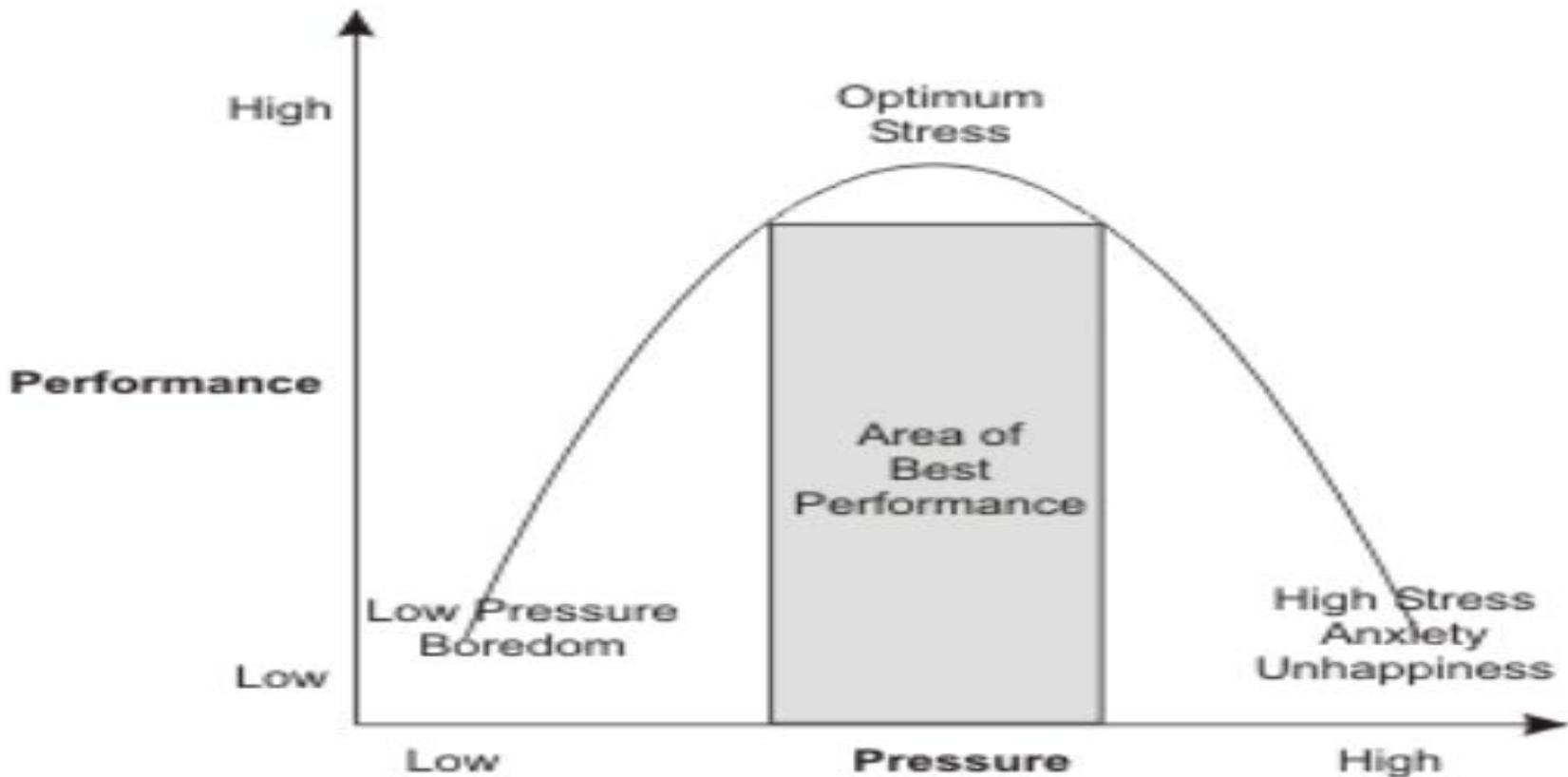
What is stress?
How do you perceive it?

Stress is:



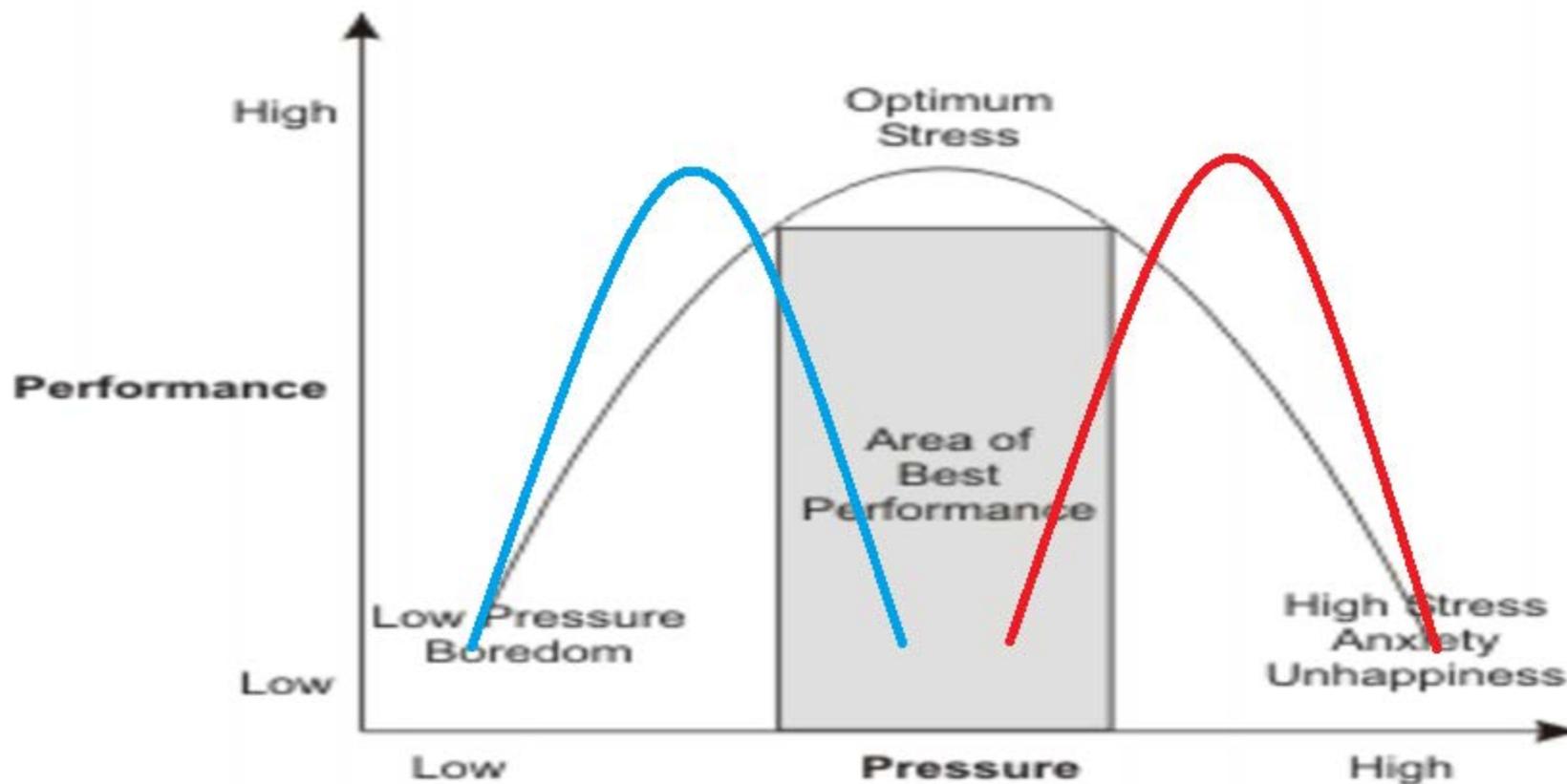
- A natural response to any demand placed on you
- Stimulating and increases your level of alertness
- Inescapable, part of day-to-day living
- A motivator and energizer

Inverted-U Graph of Stress



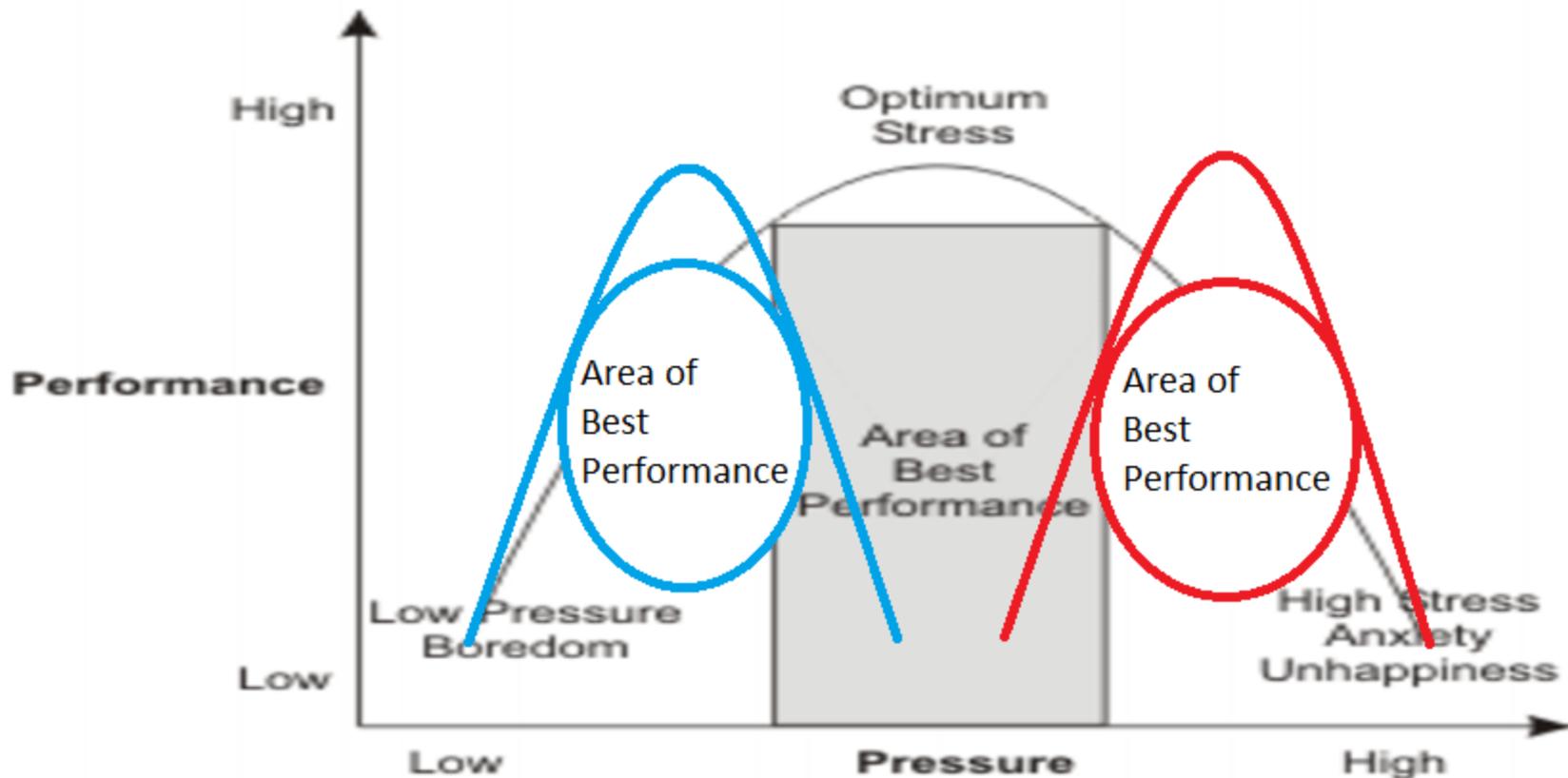
The Inverted-U relationship between pressure and performance

Inverted-U Graph of Stress



The Inverted-U relationship between pressure and performance

Inverted-U Graph of Stress



The Inverted-U relationship between pressure and performance

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- Moody, worried, scared, irritable, depressed, reduced self-esteem, pessimistic, helpless, withdrawn, easily embarrassed

Di/Stress Prevention Strategies



How do you deal with your distress?

Identification



- 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.

Reframe The Problem - Scenario Third



- 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?



What is Resilience?

How would you perceive it?

What is the relationship
between stress and
resilience?

Psychological that Contribute to Resilience



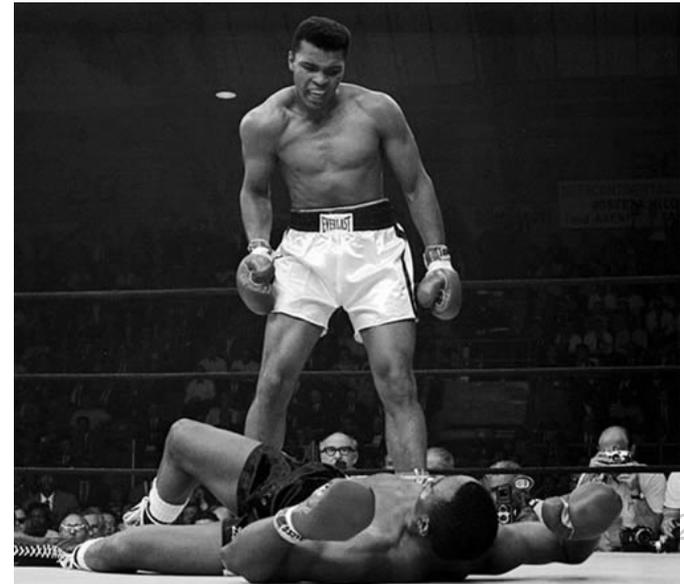
- Positive Self-Regard
- Internal Locus of Evaluation
- Stress Management Strategies (e.g. “Parking”, laughter and others)
- Freedom of choice

Quote to Remember



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!**