

# MANAGING CHANGE:

*Just for the Health of It*

## Why Stress Exists

### What is Stress?

### The Eastern View of Stress

### Concepts of Stress in the West

- response
- event
- interactional

### Factors Contributing to Stress

- change
- expectations
- control Issues
- loss
- time
- thinking

### Intensity, Duration, and Frequency of Stress

- knowledge
- coping
- attitude
- social readjustment
- personality

### P.I.T. Formula

- changing the situation
- leaving the situation
- changing one's view of the situation

### Coping Strategies for Managing Our Stress

### A Picture of Peace

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## WHY STRESS EXISTS

Note: From Romas, J. & Sharma, M. (2010, 5<sup>th</sup> ed.). *Practical Stress Management: A comprehensive workbook for managing change and promoting health*. San Francisco: Pearson Benjamin Cummings, p. 12.

**Present day life is more complex than ever before. A reflection on some of the factors responsibility for this complexity will help us cope with stress better. Following is a list of some of these factors:**

- Intricacy of Social Fabric
- Divergence in Morality and Ethics
- Conflicting Expectations
- Marginal Communication
- Rapid Change in Technology
- Lack of Proper Training to Do What One is Being Asked to Do
- Ineffective Management Systems
- Lack of Job Security
- Limited or No Organization Loyalty
- Economic Overextension

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- more -

## WHAT IS STRESS?

*A natural process of disorientation that can be caused by an event or non-event that alters the individual's perception of self and the world that demands a change in assumptions or behaviors that may lead to either growth or deterioration . . .*

**The Choice is Ours to Make!**

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## PRACTICAL STRESS MANAGEMENT COPING STRATEGIES FOR MANAGING OUR STRESS

**The best time to deal with stress is the moment you first recognize some of its signals  
Prevent the buildup of stress by taking immediate action  
Thoughts about Stress**

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## HOW THEN DO WE MANAGE AND COPE WITH STRESS?

**We must first understand and recognize that we may have stress. To manage change and stress is to manage ourselves. We can choose to “let” stress adversely affect our mental and physical health, or we can choose to learn effective ways of coping with the inevitable stress of life. These techniques below can help us manage stress in our lives:**

- Relaxation
- Effective Communication
- Managing Anger and Resolving Conflicts
- Coping with Anxiety
- Eating Behaviors for Healthy Lifestyles
- Regular Physical Activity and Exercise
- Efficient Time Management

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