Stress!?
Who is Stressed??

Dear stress,
let’s break up...

Me
Stress is subjective
The Stress Cycle

An event occurs of neutral value or meaning

After a period of rest, the individual is able to prepare for and meet a new threat or challenge

Fatigue follows the depletion of biochemicals from the exertion

The biochemicals are depleted through the exertion to meet the threat or challenge

The individual appraises whether the event is a threat or a challenge

Biochemicals are released to enhance the ability of one’s mind and body to respond

The individual responds to the threat or challenge through fight or flight
Recognizing Manifestations of Ineffective Stress Management
Acute Stress
Chronic Stress
Individual Stress Management Techniques

A DIAMOND IS JUST A PIECE OF CHARCOAL THAT HANDLED STRESS EXCEPTIONALLY WELL.
Breaks
Drink

Dr. Pepper

Good For Life!

5¢

An Old Co-Ed Custom

At 10-2 and 4 O’Clock
Wellness
Social Interaction
The greatest weapon against stress is our ability to choose one thought over another.

- William James
Man never made any material as resilient as the human spirit.  
(Bern William)
Crisis Response

This illustration is based on the intervention pyramid for mental health and psychosocial support in the IASC Guidelines (2007).

- **Basic services and security**
  - General population affected by crisis
  - Fulfilling basic needs, providing security

- **Community and family supports**
  - Mild psychological distress (natural reactions to crisis event)
  - Psychosocial support activities

- **Focused, non-specialized services**
  - Mild to moderate mental health disorders
  - Individual, family or group interventions

- **Specialized services**
  - Severe psychological disorders
  - Professional treatment for individuals or families
Psychological Intervention
“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Naomi Rachel Remen

Compassion Fatigue
Never worry about numbers. Help one person at a time and always start with the person nearest you.

Mother Teresa
Questions