Life Balance: Managing Stress Before It Manages You!

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Introductions/Goals

1) A bit about stress and how it impacts us.

2) How do I cope with stress!
   - Healthy and not so healthy...

3) Am I thriving or surviving?

4) When and how to reach out for more support!
How do you know when you are stressed?
Symptoms of Stress...

- **Emotional:**
  - Moodiness
  - Irritability
  - Worry

- **Cognitive:**
  - Forgetful
  - Distracted
  - Poor Concentration

- **Physical:**
  - Headaches
  - Stomachaches
  - Changes in eating/sleeping patterns
What makes you stressed?
Good or Bad...It’s all stress!

Death of spouse
Divorce/Marital separation
Jail term
Death of a close family member
Personal injury or illness
Major mortgage
Death of close friend
Foreclosure of mortgage or loan
Son or daughter leaving home
Trouble with boss
Dismissal from work
Change in health of family member

Marriage/Marital reconciliation
Pregnancy
Change in financial state
Schoolwork
Change to different line of work
Change in responsibilities at work
Outstanding personal achievement
Begin or end of school
Change in living conditions
Change in work hours or conditions
Change in social activities
Vacation
Stress...

...develops when external demands or pressures tax or strain our internal resources
But I Need *Some* Stress…Right?

The Relationship Between Stress and Performance
The idea is finding the right BALANCE...

How do you manage stress?
Top 10 Ways to Stay Stressed...

10. Take plenty of stimulants
9. Never exercise
8. Become a workaholic
7. Do everything yourself/never accept help
6. Get rid of your social support system
5. Personalize all criticism
4. Worry about things you can’t control
3. Time management? What’s that?!?
2. Procrastinate
1. Throw out your sense of humor!!
Unhealthy Coping...

- Consuming too much caffeine
- Smoking
- Drinking in excess
- Compulsive spending
- Emotional eating
- Using drugs
- Defensiveness
- Blame others/avoid responsibility
- Act out/passive aggressive
Healthy Coping
Time Management

- This does not mean filling every hour of your planner!

- If you think about everything you have to do, it probably starts to feel a little overwhelming.

- Key component to time management is prioritizing – deciding what is most important.
What is Important?

Imagine having led a long and fulfilling life...

What would you remember?

What would you value?

Imagine being told you have 6 months left on this planet...

How would you spend your time?

What would you want to do or experience?
There are only 24 hours in a day...

You are human – with only so much energy....

Sometimes you just have to say....

NO
Self-Care/Being Healthy

- Sleep
- Nutrition
- Exercise
Social and Emotional Support

Who to talk to...
About what?
Healthy Thinking
Limited-Thinking Patterns

- Filtering – focusing only on the negatives
- Polarization – all or nothing
- Overgeneralization – globalization
- Mind Reading – know what others are thinking
- Catastrophizing – worst-case scenario
- Magnifying – exaggerate intensity
- Personalization – all about me
- Shoulds – ironclad rules
Relaxation Exercises

“The time to relax is when you don’t have time for it.”
- Sydney Harris
Relaxation Exercises

- Deep Breathing
- Progressive Muscle Relaxation
- Guided Imagery
Stress Busters/Leisure Activities
Butler University Counseling and Consultation Services

- Individual Counseling
  - Anxiety/Phobias
  - Depression
  - Eating Disorders
  - Grief/Loss
  - Adjustment/Transition Concerns
  - Relationships
  - Stress & Time Management
  - Study Skills
  - Test Anxiety
  - Trauma/Recovery

- Relationship Counseling
- Group Counseling
- Psychiatric Services
- Outreach/Consultation
Contact Us

- Health and Recreation Complex
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