

STRESS

and your

Performance Impacted

Awareness Workshop

INSTRUCTOR

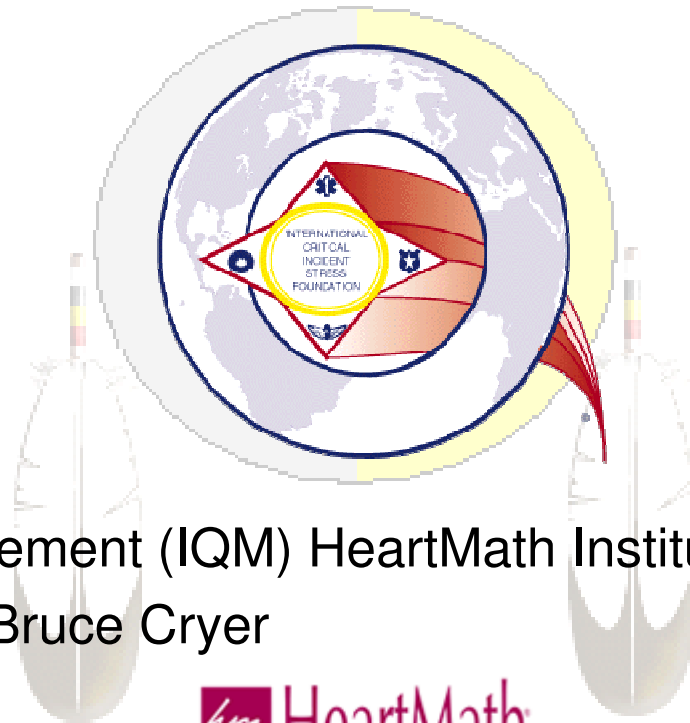
Dave McCauley

CTR



AFFILIATION

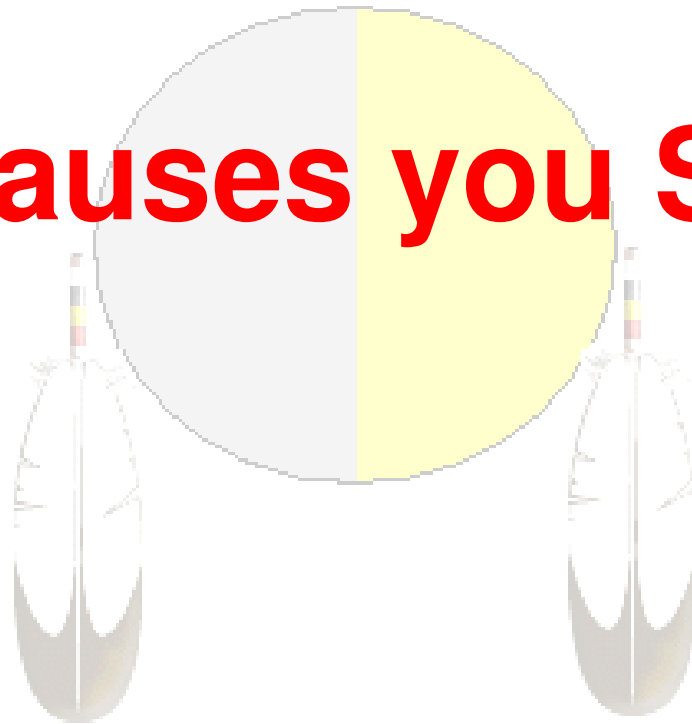
- Information in this workshop is taken from the International Critical Incident Stress Foundation (ICISF) and publications by Dr. Jeffrey Mitchell, Ph. D., and Dr. George Everly, Ph. D., F. A. P. M.



- Inner Quality Management (IQM) HeartMath Institute publications by Doc Childre and Bruce Cryer

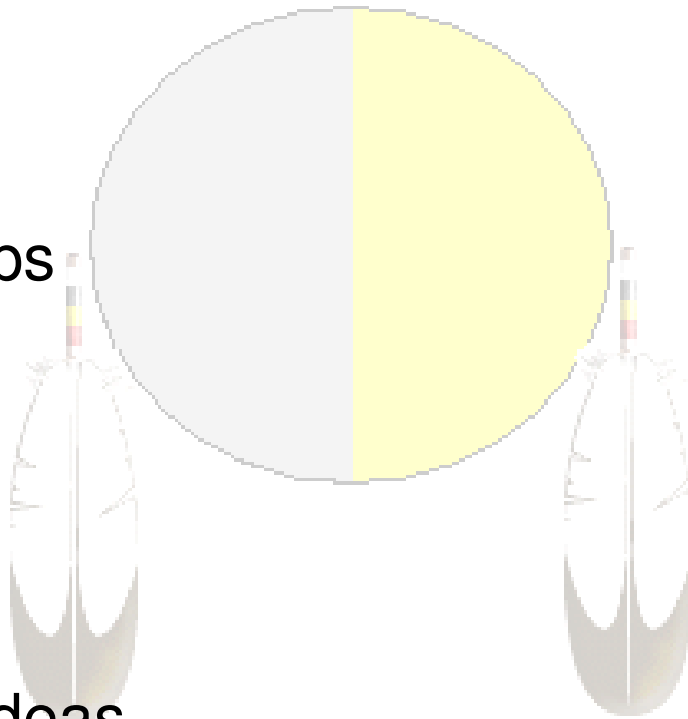


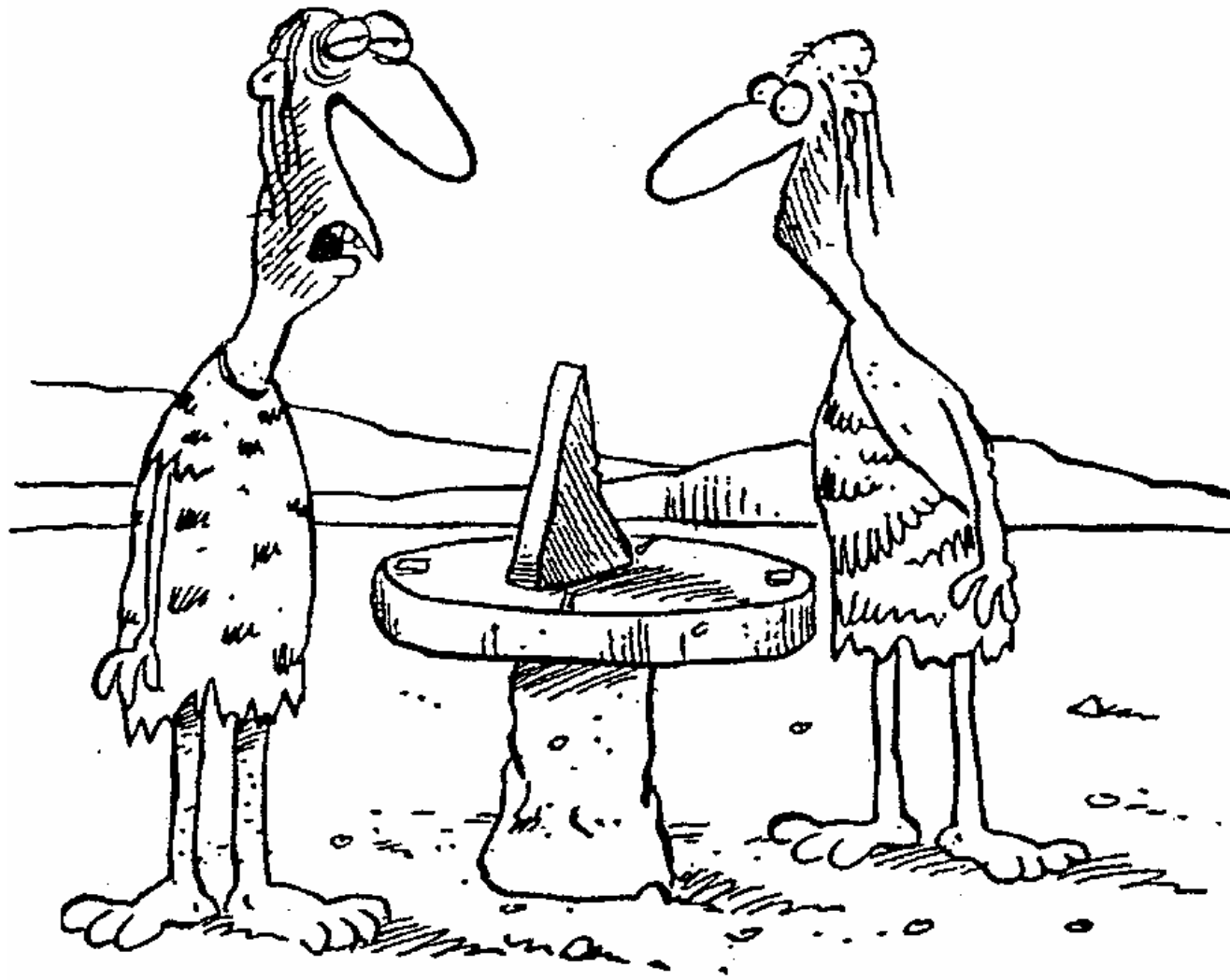
What causes you Stress?



SOME COMMON STRESSORS

1. Finance
2. Job
3. Workplace
4. Family
5. Relationships
6. Health
7. Authority
8. Schedules
9. No control
10. Perceived ideas





“I’ve been **STRESSED** ever since they invented that thing.”

WHAT IS STRESS ? – Webster's

- Constraining force or influence exerted on one's body
- The deformation caused in the body by such a force
- A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation
- A state resulting from a stress; one of bodily or mental tension resulting factors that tend to alter an existent equilibrium

STRAIN or ***PRESSURE***

STRESS

“Sum total of wear & tear on your
body”

(H. Selye)



BASIC TERMS AND DEFINITIONS

Stressor: a stimulus which causes, evokes, or is otherwise strongly associated with the stress response.

Stress: a non-specific response of the body to any demand; stress consists of a combination of arousal response mechanisms that can effect and alter every organ and function of the human body.

Stress

Stress: is the *inability* to cope with a situation, *real* or *imagined*, that results in a series of *adaptations* by our bodies therefore affecting our cognitive functioning and ultimately our performance.

The Cost of STRESS

Stress stimulates the perpetual release of the hormones adrenaline, noradrenalin and cortisol, which eventually sear the body like a constant drizzle of acid.

If left unchecked, chronic stress – along with attitudes like *hostility*, *anger* and *depression* – can stricken and eventually lead to premature death.

RECOGNIZING STRESS

Stress is one of the *greatest inhibitors of personal and professional effectiveness*. Stress accumulates day by day, week by week, throughout the year. For most people, it is the daily accumulation of small things that does the most damage.

The average person now must shift concepts – or shift his or her focus of attention – at least 7 – 8 times every hour.

Now look at the emergency services person in action and the need to shift their focus of attention in fractions of a second.

EUSTRESS vs. DISTRESS

Two intensity levels of stress:

Eustress = the term applied to stress as a **positive, motivating force** which may lead to increased health and performance

Distress = the term applied to stress as a **negative dysfunctional force** that may lead to disease and the erosion of your health and performance.

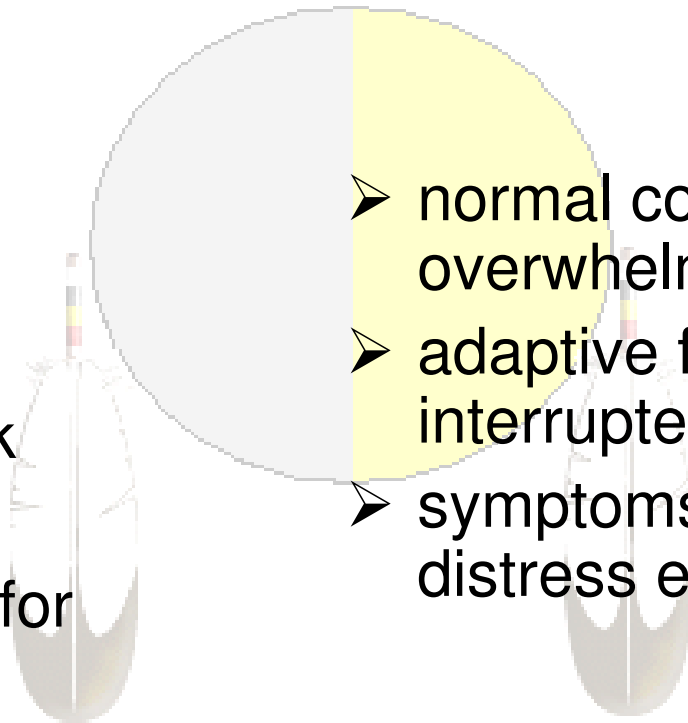
TWO TYPES OF DISTRESS

Cumulative Stress ("Burnout")

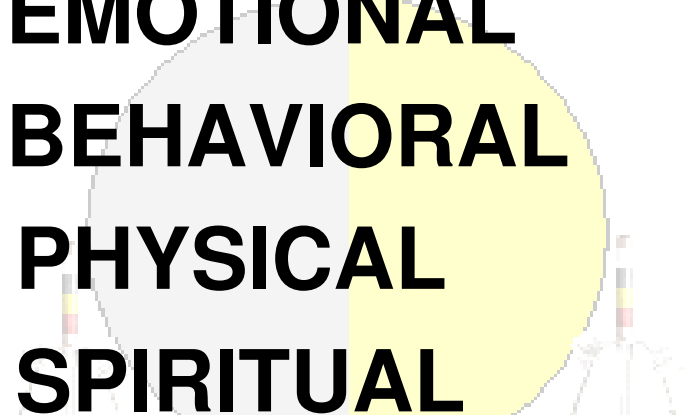
- slow erosion of functioning
- cynicism
- incomplete work
- lateness
- impulsive need for change
- chronic physical illness

"Critical Incident" (Traumatic)

- normal coping overwhelmed
- adaptive functioning interrupted
- symptoms of posttraumatic distress evident



SIGNS AND SYMPTOMS OF DISTRESS

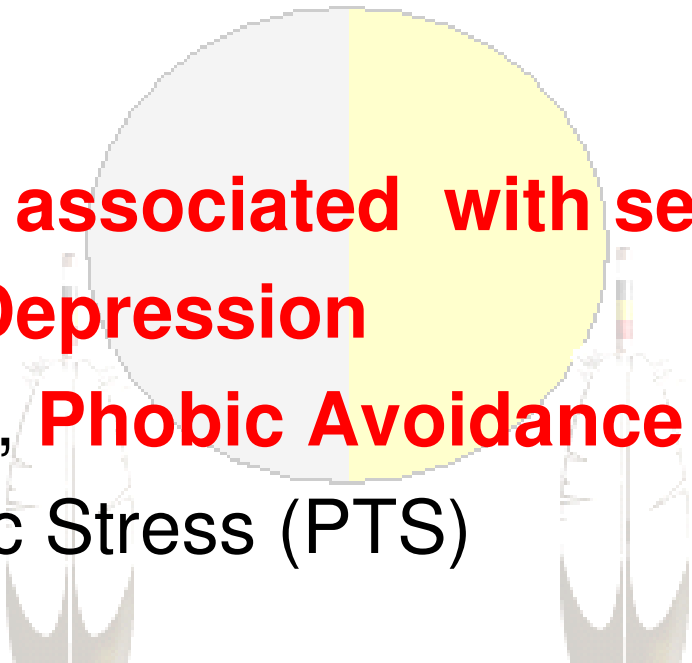
- I. COGNITIVE (Thinking)
 - II. EMOTIONAL
 - III. BEHAVIORAL
 - IV. PHYSICAL
 - V. SPIRITUAL
- 

* More severe are listed in **red** as shown on the screen.

I. COGNITIVE (Thinking) DISTRESS

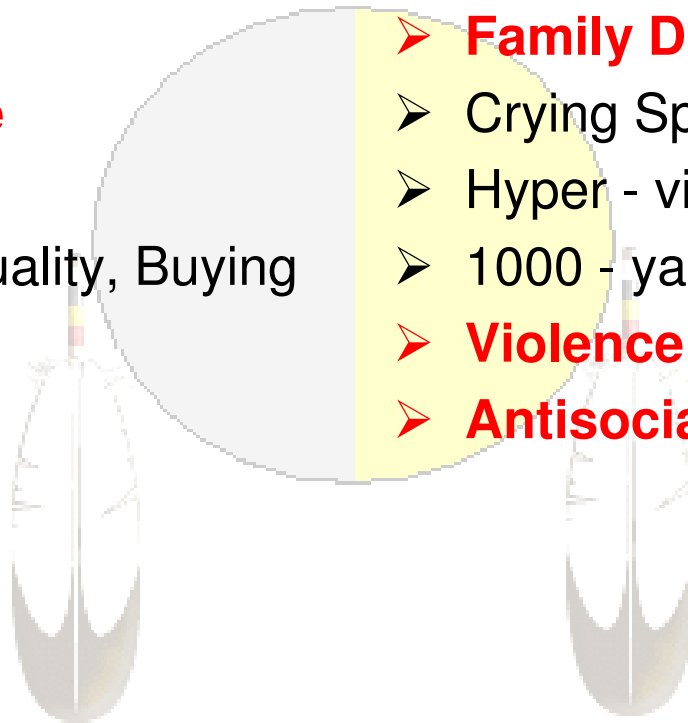
- Sensory distortion
- **Confusion (“dumbing down”)**
- Inability to concentrate
- **Difficulty in decision making**
- Guilt
- Preoccupation (obsessions) with event
- **Inability to understand consequences of behavior**
- **Suicidal / homicidal ideation**
- **Psychosis**

II. EMOTIONAL DISTRESS


- Anxiety
 - Irritability
 - Anger
 - **Panic (often associated with self-medication)**
 - **Vegetative Depression**
 - Fear, Phobia, **Phobic Avoidance**
 - Posttraumatic Stress (PTS)
 - Grief
- 

III. BEHAVIORAL DISTRESS

- Impulsiveness
- **Risk - taking**
- Excessive Eating
- **Alcohol / Drug Use**
- Hyper - startle
- Compensatory Sexuality, Buying
- Compulsivity
- Sleep Disturbance
- Withdrawal
- **Family Discord**
- Crying Spells
- Hyper - vigilance
- 1000 - yard Stare
- **Violence**
- **Antisocial Behavior**



V. SPIRITUAL DISTRESS

- Anger at God
 - Withdrawal from Faith-based Community
 - **Cessation of faith - related practices**
 - **Values challenged**
- 

HEART, HORMONES AND THE IMMUNE SYSTEM

Scientists are proving that ***repeated*** episodes of ***anger, frustration and high anxiety*** cause nervous system imbalances that are detrimental not only to the heart, but to the brain, hormonal and immune systems.

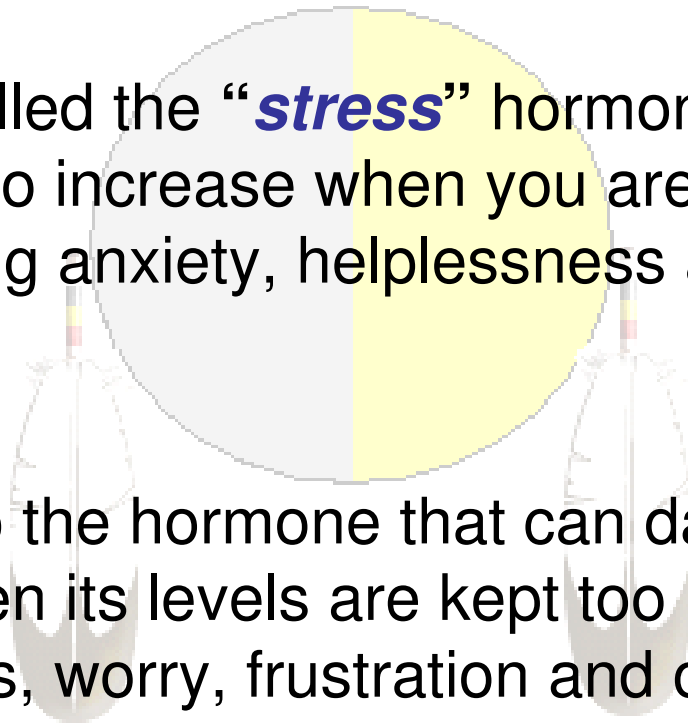
Upsetting episodes or even recalling one can and does produce imbalances and anxiety (stress) affecting your performance factor.

HORMONAL IMBALANCES DUE TO STRESS

DHEA is a very important hormone and is often referred to as the “*anti-aging*” hormone.

CORTISOL is called the “*stress*” hormone because it is well known to increase when you are experiencing stress or feeling anxiety, helplessness and withdrawal.

Cortisol is also the hormone that can damage the brain cells when its levels are kept too high from constant stress, worry, frustration and or *anger*.



ANGER and the IMMUNE SYSTEM

- Studies have shown that even a **single episode** of **recalling** an experience of **anger and frustration** can and does depress your IgA level in your immune system for almost an entire day, it takes more than six hours for your body to restore normal production of your IgA levels. (IgA is an immune system antibody)
- The **cumulative** results of seemingly insignificant frustrations and anxieties have been shown to be even more detrimental to the immune systems than the occasional large blow-out of anger.

IMMUNE SYSTEMS continued . . .

This same **IgA** study also showed that one 5 minute episode of mentally and emotionally experiencing the emotions of *care and compassion* caused a much larger, immediate rise in IgA – an average of 34% - followed by a return to normal (baseline).

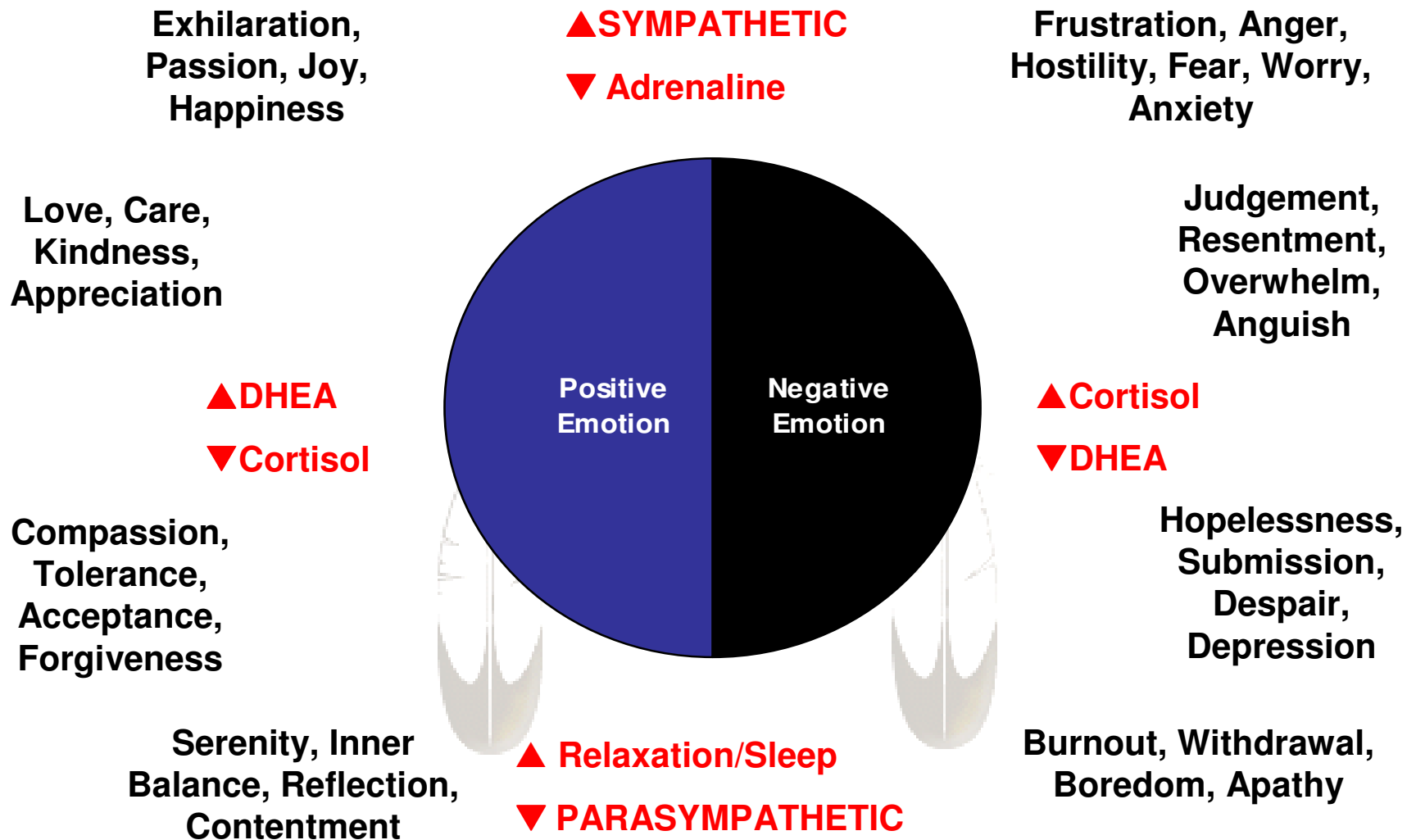
However, the **IgA** levels then gradually climbed above baseline throughout the next six hours.

IMMUNE SYSTEMS continued . . .

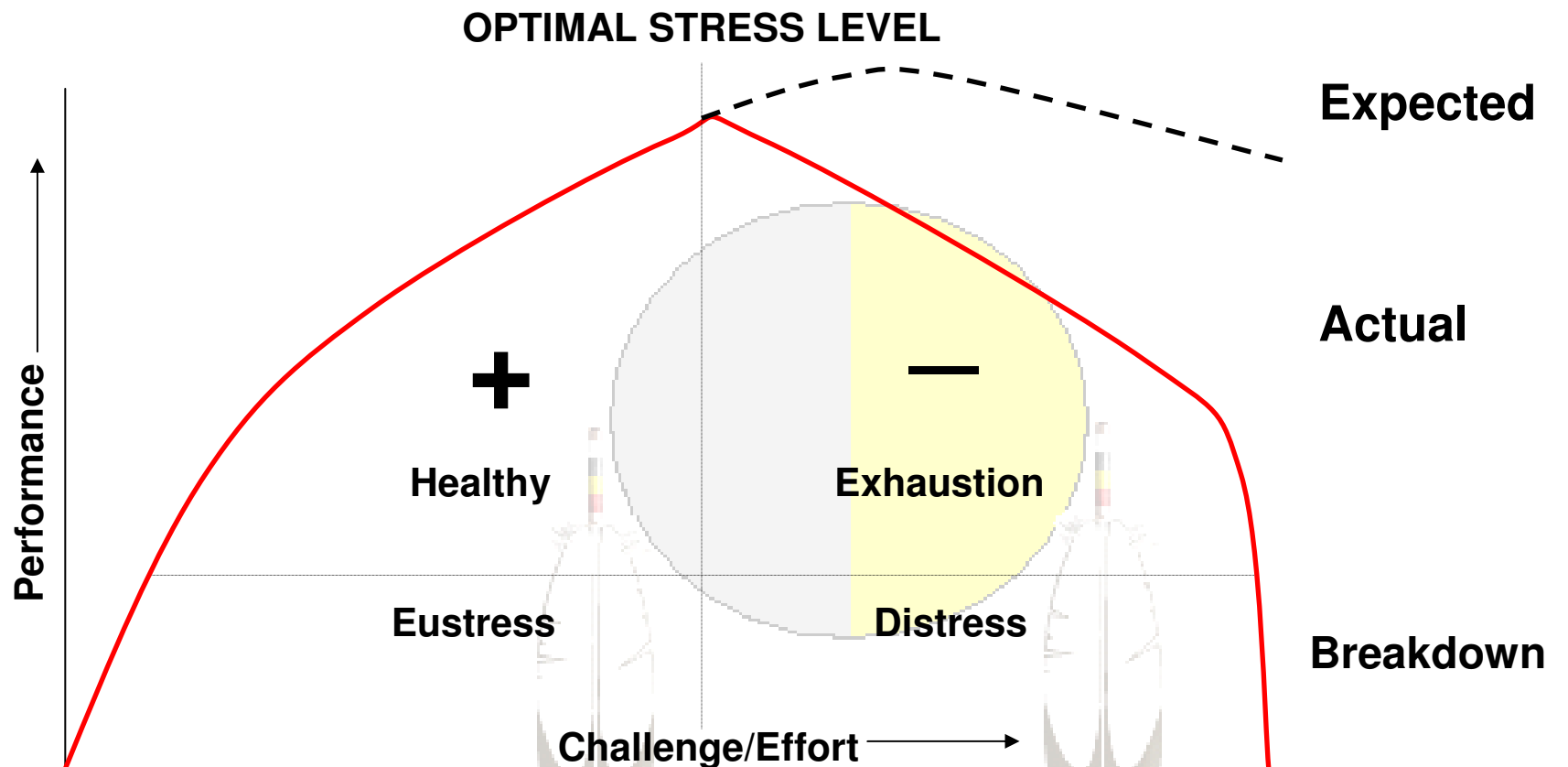
- ***Learning to manage the moment*** and increase the ration of **positive attitudes** and feeling can improve your quality of life, performance and well-being.
- Other studies also show that feeling of happiness and joy increase white blood cell counts needed for healing and defend against invading pathogens, including cancer and other virus infected cells.

STRESS, EMOTION AND PHYSIOLOGICAL ACTIVATION

Challenge/Arousal/Effort



The Relationship Between Stress & Performance



The human function curve is a model illustrating the relationships between performance arousal of challenge and effort. On the down-slope, every increase in arousal or challenge reduces performance.



Proverbs 17:22

**“A cheerful heart is good
medicine, but a crushed
spirit dries up the bones”**



ANTI-STRESS KIT



INSTRUCTIONS:

- 1) Place sheet on hard flat surface.
- 2) Bang head repeatedly until stress is gone or you are unconscious.
- 3) If you become stressed again, repeat procedure.

HEART RATE VARIABILITY

Taming the **Stress Monster**

“ The *heart* has had bad press. It’s been hi-jacked by heart-and flowers stuff, yet it is the body’s main power station and when we are in a *positive emotional* state, it can play a key role in balancing the entire human system, helping other organs to work together in harmony”

Alan Watkins M.D. – Mind–Body Medicine



TAKE CARE OF YOURSELF....

....SO YOU CAN TAKE CARE OF THE “TASK”

