

05 DEALING WITH

negative **STRESS**

Some hints and facts

Rune Olsson
Oct 2017

Remember

We are all different.

What is OK for one person maybe not OK for another

We will look at a lot of different hints on stress

Please, try to see your whole picture: everything that is around and in you.

Pic the hints that is OK for you.

Your choice from pressure to stress

We are exposed to

PRESSURE

Which the body responds with

CHALLENGE Or THREAT

Creativity

Flow

Fight

Flight

Positive stress

Negative stress

This state of mind can be reach by a person

who learns

to deal with the triggers for this state

What makes you feel stressed?

How is the stress experienced in you?

What makes you feel stressed?

Lab equipment in bad condition	
Unread articles	
Always reachable	
Full kalender. So much to do.	
Unread mail	
Unsolved issues	
Computer may crash	
Change in daily life	
Always working	
Cannot participate in decisions	
Trouble in a relation	

What can you do to change your stress-situations?

- What is under your own control?
- How can you **avoid** the situation to occur?
- What can you do when the stress-situation has already happened?

What can you control?

Lab equipment in bad condition	Maintenance schedule.
Unread articles	Make priority-list
Always reachable	Flight-mode on the phone
Full kalender. So much to do.	Have free space every week
Unread mail	Have a priority-list
Unsolved issues	Sit and breathe
Computer may crash	Back-up every hour.
Change in daily life	Sit and breathe
Always working	Every week one free.
Cannot participate in decisions	Talk to the boss
Trouble in a relation	Talk about your needs.

What makes you calm down? What are your own "EMERGENCY BRAKES"?

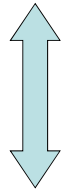
- To relax
- Take a walk
- Meet best friend
- Go to the library
- Crash something cheap
- Cry loud in the forrest
- Take 10 deep breath

Two general steps

UNDERSTAND
stress

Learn to recognize signals
in the body: tension, ache

Your own interpretation
Mistake = opportunity to learn



MASTER
stress

Relaxing: Just sit and breathe

From the Meaning of Life
to Personal planning

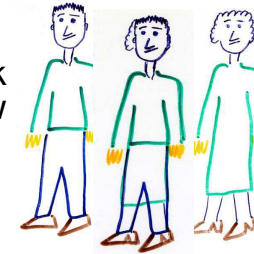
Food and exercise

How Negative Stress is perceived

PHYSICAL

Activity – fight

- Muscle tensions: neck shoulders, jaw
- Stomage
- Dry mouth
- Swetting
- Headache
-



MENTAL

Passivity - flight

- No power of concentration
- Depressed
- Worry, restless
- Irritable
- Sleepless

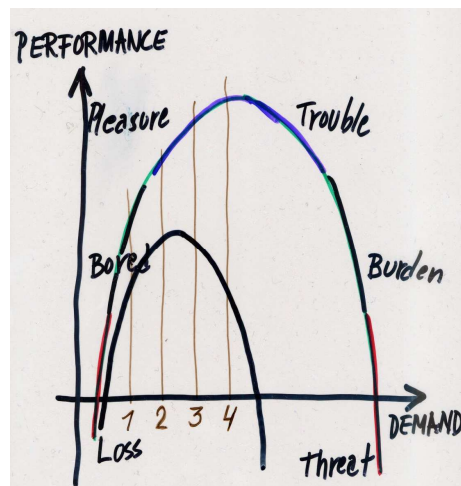
The connection between the demand on you and your performance of the work done

Two bows for two different persons at the same occasion

or

Both bows for the same person at two different occasions

- **Accept your daily fitness!**
- **Accept that others can cope more than you.**



Lord,
Give me strength to change
what I can change,
Give me the patience to put up with
that, which I can not change
And give me the wisdom to see
the difference between the two.

St Francis, 1200 a.d.

When in pressure:

Avoid all drugs:

Alcohol

Caffe

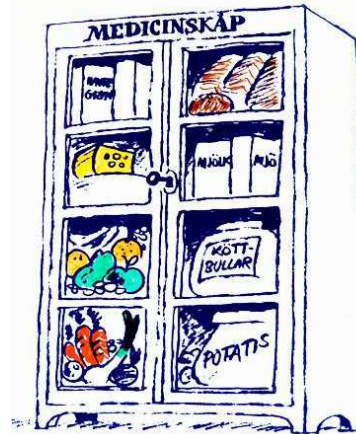
Aspirin

→ What signal is sent?

The pain ... tiredness?



**Good food is
medicine for the body!**



Maslow

Staircase of
needs

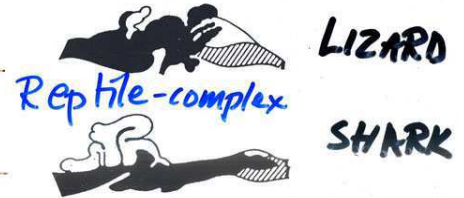
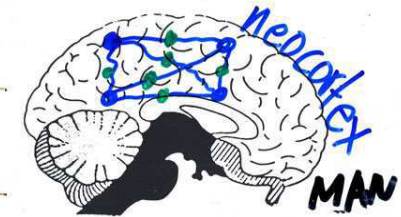
Selffulfilment

Feeling of "I"

Social

Security

Physiological
basic needs



Mental training: the basics

- 1 Every day: Just sit and breath
- 2 Go to sleep softly: Rethink the good things from the day. Strech. Fell heavy.
- 3 Wake up softly: when in bed, strech and soften the joints in your body.
- 4 Think back. Once every week find good and bad thinking:
Good thinking → strengthen
Bad thinking → change

Empty the brain – Just sit and breath

Every day: in the morning, before a meal, before reading a heavy article, before project work, before a meeting ...

- 1 Quiet place.
- 2 Sit steady with straight back. No support for the neck.
- 3 Follow your breathing. Count the breaths from 1 to 10. Back again from 1 to 10.
- 4 While following the breath, let thoughts come and go. When you breathe out, let the thought go out too.
- 5 Feel tension flow out of your body. Fell heavy.
- 6 Finish by saying something uplifting. See yourself as successful.
- 7 Wake up and stretch the body.

You can take 3 - 10 breath or sit 10-25 min.

How do you know that you have done good work when you go home after a working day.

Feel it in the body!

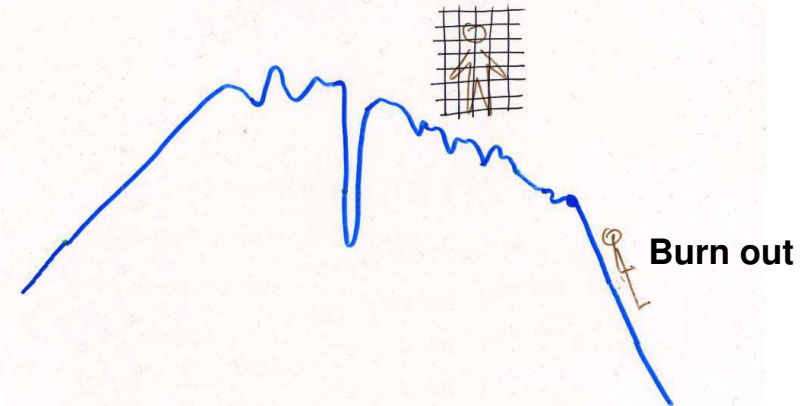
Answered all mails!

All on the To-do-list is done

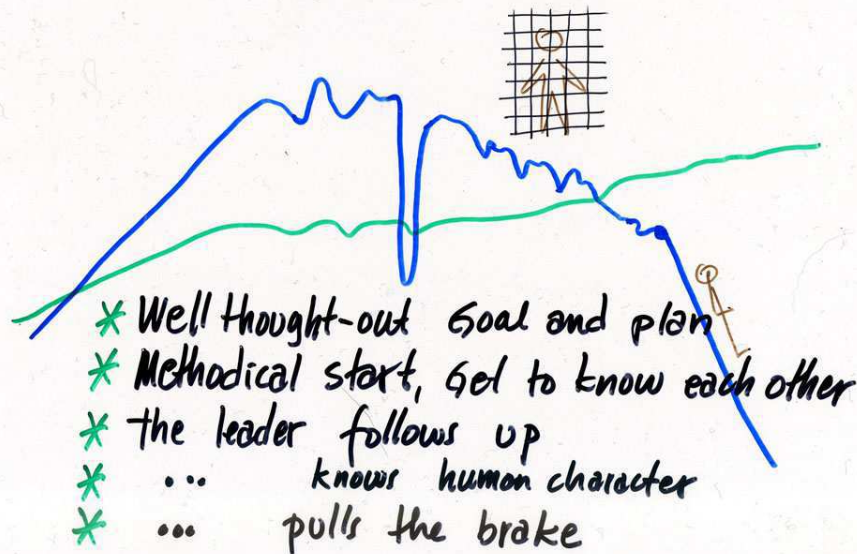
Assignment done

The boss has not been angry on me!

A road to BURN-OUT
Committed Stagnation Frustration Exhaustion



Committed Stagnation Frustration Exhaustion



Some steps towards BURN-OUT

- 1 Commitment
- 2 Neglecting oneself (cloths smell)
- 3 Conflict and needs are neglected
- 4 Chang of values in personal life
- 5 Intolerance increase
- 6 Commitment decrease
- 7 Change in behaviour
- 8 Feeling of emptiness
- 9 Total exhaustion

Burn out: WARNINGS!

Way of thinking ends in body pressure

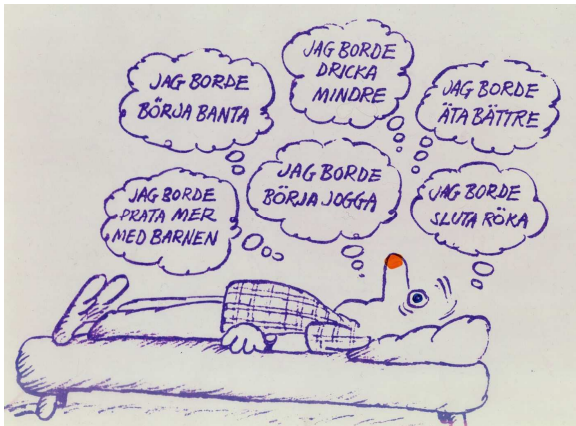
- 1 I'm not pleased until it is perfect
- 2 Perfect is not good enough!
- 3 My work is my life!
- 4 I don't know my limits.
- 5 I must steel myself every day.
- 6 I must always surpass myself.
- 7 I keep my things and thoughts for my self to long

Your thoughts about yourself
can hurt you more
than other's thoughts about
you

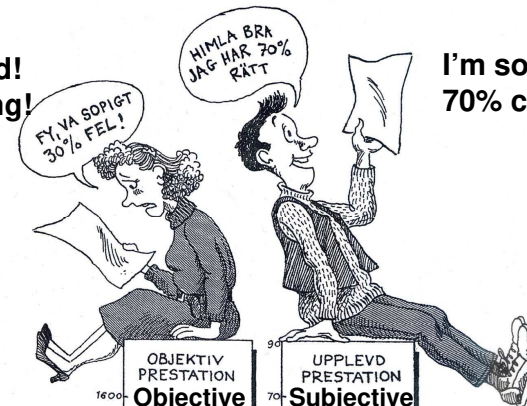
This man, who tries to rest his body,
is actually very stressed!

I should

- ..get slimmer
- .. spend more time with the children
- ..drink less
- ..stop smoking
- ..start jogging
- ..eat better food

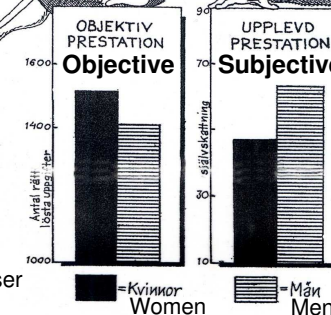


I'm so bad!
30% wrong!



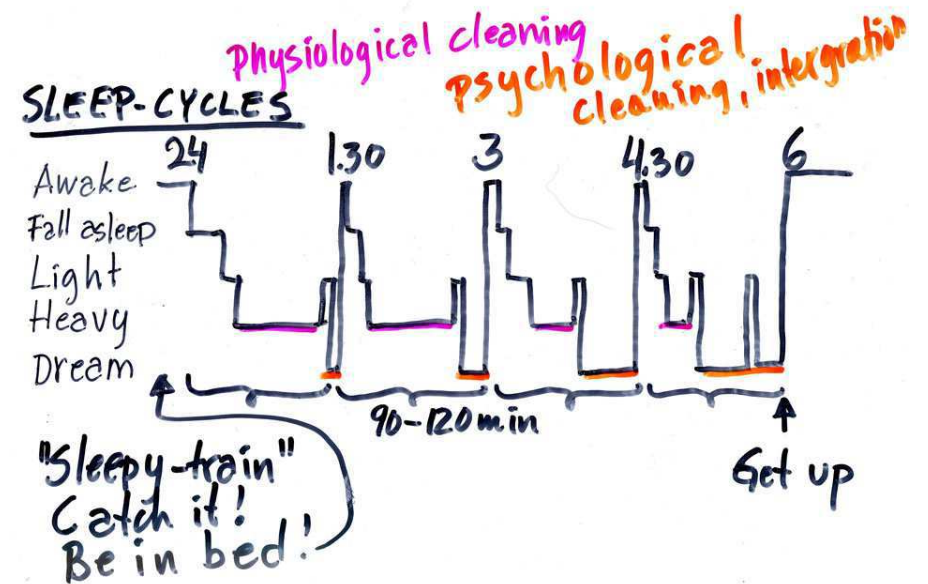
I'm so good!
70% correct!

Research by
Marianne Frankenhauer
KI



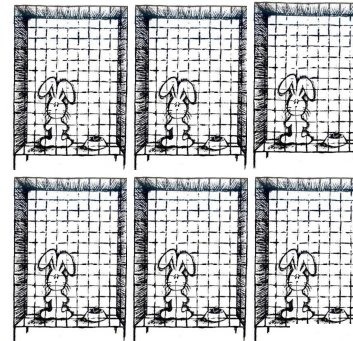
Prevent Burn Out

- Listen to the needs of your body
- Be with others, get other's thoughts
- Make "work contracts" with colleagues
- Change the changeable .. accept the other
- Reconsider your values
- Be kind to your body
- Learn your own pace
- Laugh at yourself
- Just laugh!



Best ways to sleep

- Sleep in the rythm of your sleeping-cycle.
- Relaxe early in the evening so you feel tired when going to bed
- Fresh and cool air in the bed room.
- Be in the bed when the "sleep-train" comes. Read someting boring. Soduko.
- Go to bed and get up on regular time
- Read some book about sleeping well.



How food affect the blood vessels

Biological test on rabbits

All got food rich in colesterol.

Most of them got worse health

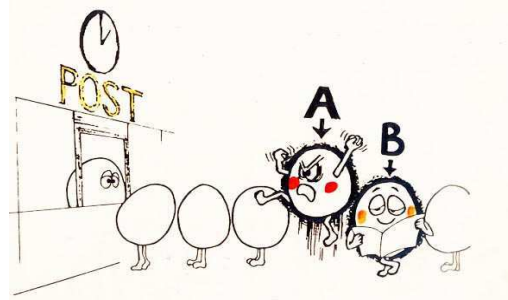
Some were completely healthy

The healthy rabbits were huged every day by the caretaker



Take care of each other

How do you react in a slow que?



A-person

Life is competition!
 Feels allways stressed
 Diffuse goals in life

More often ill

B-person

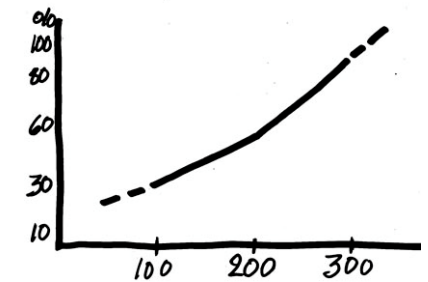
No need for competition
 Leisure time relaxed
 Clear goals in life

More often healthy

Difficulties in life in points and the risk to get ill next year

Life partner's death	100
Divorce	65
Death of relative	63
Got hurt	53
Marriage	50
Pregnant	40
Sexual problems	39
Difficulties at work	39
Money problems	38
Children move out	28
Change of habits	24
Moved	20
Vacation	13
Lesser crime	11
And more	

The probability in % to get ill next year



Sum of points for what happened last year