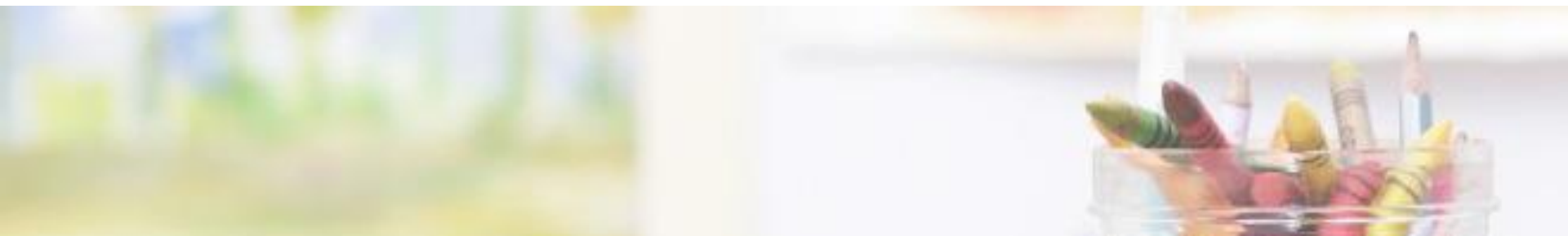


# Stress Management in Adults and Children



Presented by Stone County  
Health Department

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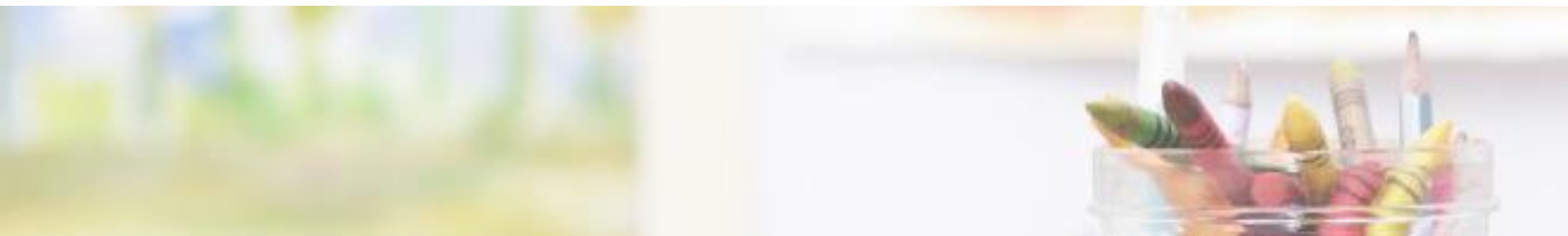


# Learning Objectives

- Identify stressors and how the body reacts to stress.
- Recognize stress in children.
- Acquire stress management techniques and ways of teaching children healthy coping skills.



# What is Stress???



# Stress Is.....

- It's a response of the body
- Protecting you....the old saying “Fight or Flight”.

## What is Stress?

- Hans Selye first defined stress in 1936 as, “The Non-Specific Response of the Body to any Demand for Change”.

AND...

- The Physical, Mental, or Emotional Strain or Tension.



# What is a Stressor?

## 1. Stressor – Definition

A **stressor** is a chemical or biological agent, environmental condition, external stimulus or an event that causes stress to an organism.



# 10 Most Common Stressors

1. Not having enough time.
2. Unhealthy lifestyle.
3. Taking on too much.
4. Conflicts in the workplace or at home.
5. Inability to accept things as they are.
6. Missing opportunity to take time out and relax.
7. Serious illness or death in family.
8. Neglecting to see humor in situations.
9. Particular situations that cause stress.
10. Major life changes.





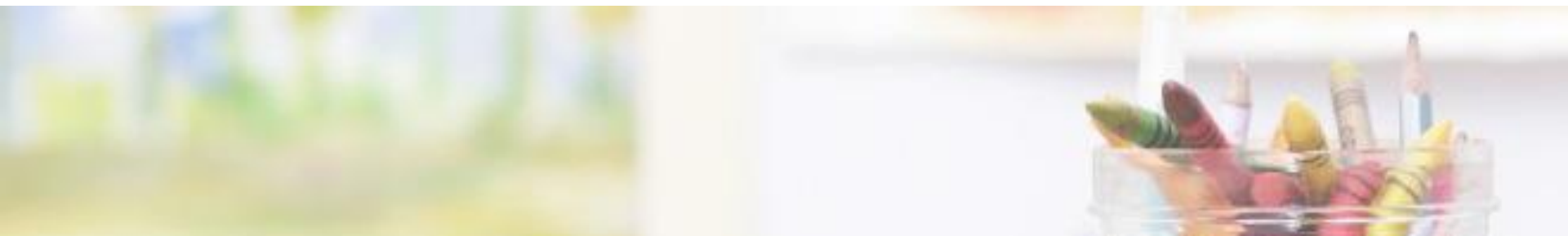
## What Does Stress Look Like?

Let's take a self check list 😊



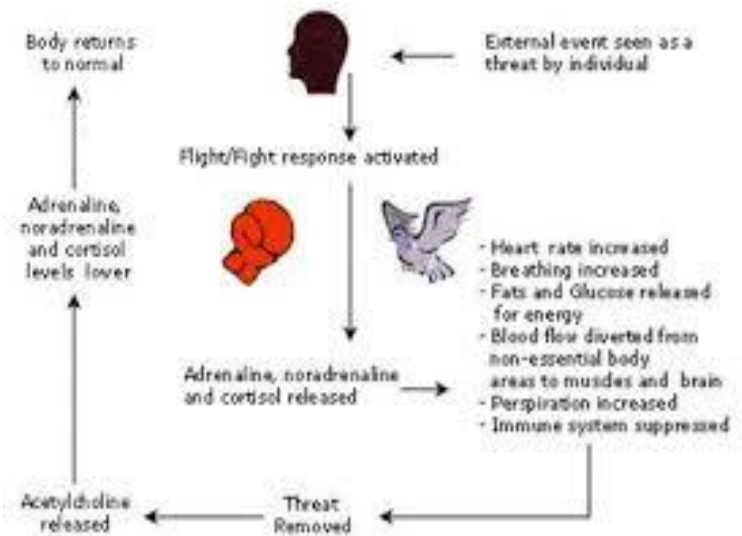


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# Physiological responses to stress (immediate)

- Rise in blood pressure
- Breathing increases
- Rise in heart rate
- Perspiration increases
- Digestive issues
- Headache
- Muscles tense



# Physiological responses over time with stress



**What Stress Does to Your Body**

**HEAD** – Issues with mood, anger, depression, irritability, sadness and a lack of energy, swings in appetite, concentration problems, sleeping issues, headaches and pain, mental health issues, like anxiety disorders and panic attacks

**SKIN** – Skin problems like acne

**JOINTS AND MUSCLES** – Aches and pains, tension, lowered bone density

**HEART** – Increased blood pressure, increased heart beat, higher cholesterol and instances of heart attack

**STOMACH** – Stomach cramps, reflux, and nausea and weight fluctuations

**PANCREAS** – Diabetes

**INTESTINES** – Digestive issues like irritable bowel syndrome, diarrhea and constipation

**REPRODUCTIVE SYSTEM** – Reduced sex drive, lower sperm production (for men) and increased pain during periods (for women)

**IMMUNE SYSTEM** – Reduced ability to battle and recover from illness

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# Emotional changes

- Tension-lose ability to relax
- Anxiety
- Depression
- Addiction to drugs and alcohol
- Post traumatic stress syndrome
- Conflict - a more aggressive attitude



**KIDS**  
Have  
**ART CLASS**  
too!



# Common stress in children

- In younger children, separation from parents.
- In older children, academic – “too many” activities or demanding classes
- Social pressures
- Things happening in their life – overhearing parents talk about finances, work, a sickness in family, world news and of course parent divorce/separation.



# Signs of stress in children

- Behavioral changes – mood swings, acting out, changes in sleep patterns, or bedwetting.
- Physical changes – complaining of stomachaches, headaches, withdrawn, or trouble concentrating, change in academic performance.
- Picking up new habits like thumb sucking, hair twirling, or begin to lie, bully, or defy authority.



# How can we help children cope?

- First we have to recognize the signs of stress in a child.
- Provide proper rest and good nutrition while in your care.
- Anticipate “potential stressful” situations and try to prepare children. (Discuss with them age appropriately)
- Spend time doing Fun Activities either while in your care or even suggest for home time with parents.
- Encourage to “talk” about what is wrong
- Some level of stress is ok ...let children know its ok to feel angry, scared, anxious, etc. Give them support, understanding and reassurance.





# Workplace stress

- Stress accounts for 5% of workers compensation claims from Child Care industry
- Everyone needs to be aware of stress factors in workplace and actively have a plan to manage stress



# Stress in child care

- Children's needs/ families needs
- Low ratios of caregivers to children
- Length of shifts and break times
- Lack of preparation time
- Unrealistic rosters and workloads
- Communication problems- with other carers, parents & management
- Inadequate policies, poorly planned practices & procedures
- Lack of leave



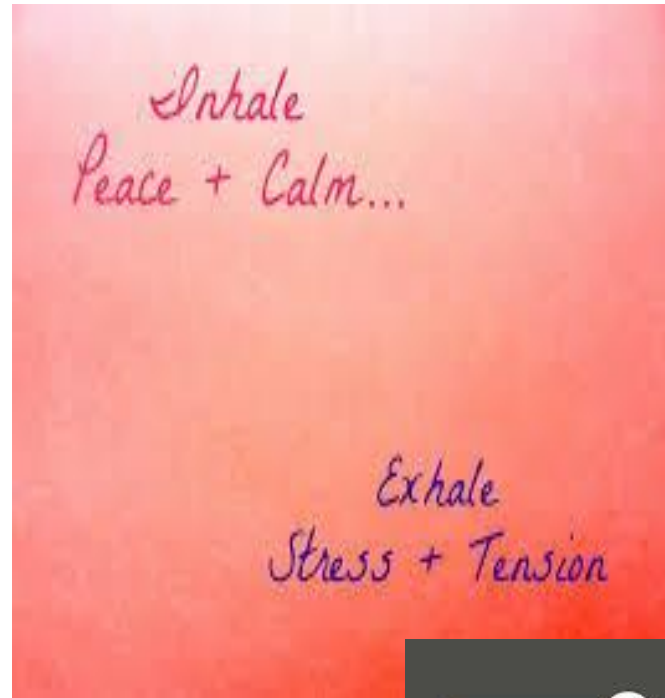
# Stress in child care

- Lack of professional development & recognition
- Low salaries
- Undervaluing the role of the carer - the importance, the professional status
- High noise levels
- Badly designed environments and equipment
- Change to – routines, high turnover of staff, carers sick



# Stress Management

YOU ARE  
IN  
CONTROL



# Stress Management Techniques and Relaxation Methods

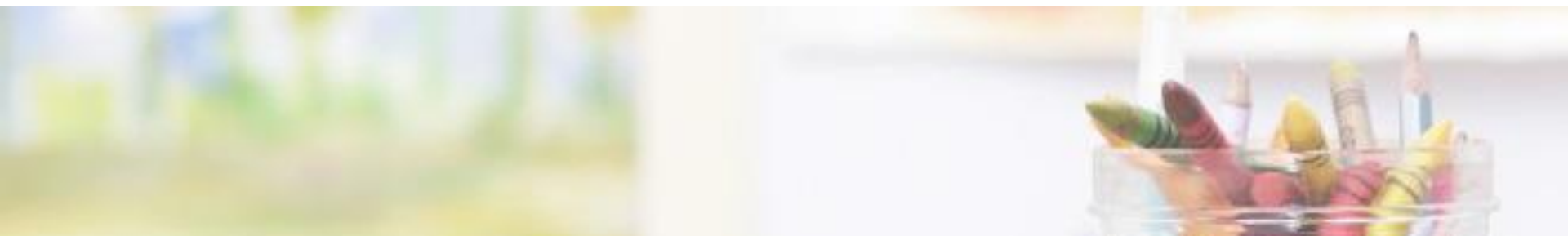
- Music
- Progressive Muscle Relaxation
- Guided Imagery
- Deep Breathing
- Visualization Techniques
- Positive “Self Talk”



# MUSIC



Sing



# MUSIC .....

- <https://www.youtube.com/watch?v=Q-GLuydiMe4><https://www.youtube.com/watch?v=CS9000S5w2k&list=RDCS9000S5w2k>
- <https://www.youtube.com/watch?v=moSFlvxnbgk>
- <https://www.youtube.com/watch?v=CNdzb7e1ppl>
- <https://www.youtube.com/watch?v=Q-GLuydiMe4>



# Progressive Muscle Relaxation

## Progressive Muscle Relaxation

- 1) Get comfortable— lie down, loosen any tight clothing, put a pillow under your head or knees if you'd like.
- 2) Quiet your mind and focus on your body.
- 3) Tense for 5 seconds and then relax each muscle group as follows:

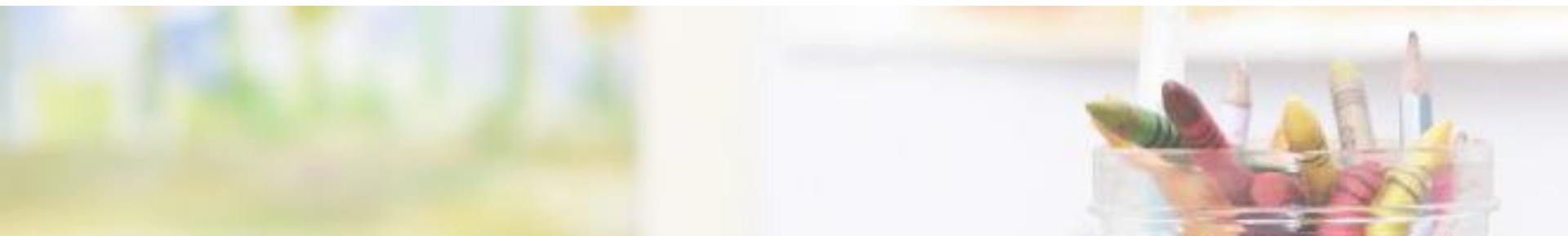
- Raise your eyebrows as high as you can
- Squeeze your eyes tightly shut
- Purse your lips together tightly
- Extend your arms alongside your body and clench your hands into fists
- Extend your arms towards the ceiling and push as if there was an imaginary wall there
- Bend your elbows and tense your biceps
- Strug your shoulders up towards your ears
- Arch your lower back up off of the floor
- Tighten your abdominal muscles
- Tighten the muscles of your butt and hips
- Press your thighs together as hard as you can
- Flex your feet towards your body
- Curl your toes tightly

- 4) Focus on any muscles that may still be tense and repeat the tensing and relaxation a few times for them
- 5) Be aware of how your body feels. Try to fix the feeling of relaxation in your mind so you can return to it when you need to in the future.





# Guided Imagery

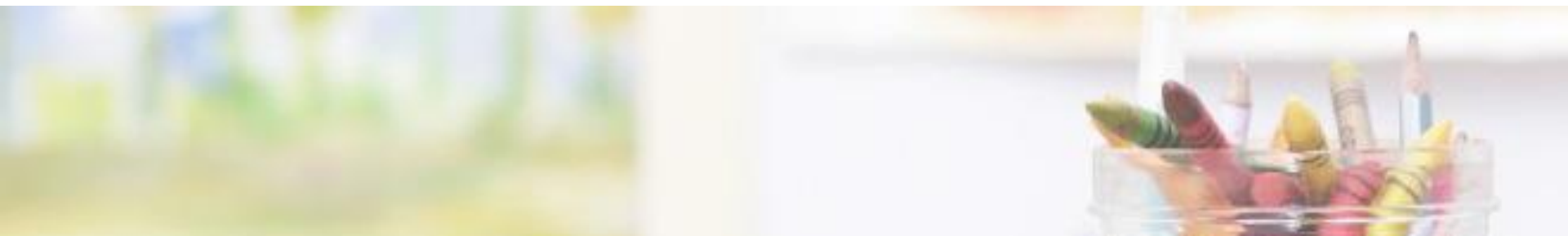




[www.youtube.com/watch?v=OG2eGVt6v2o](https://www.youtube.com/watch?v=OG2eGVt6v2o)



# Deep Breathing



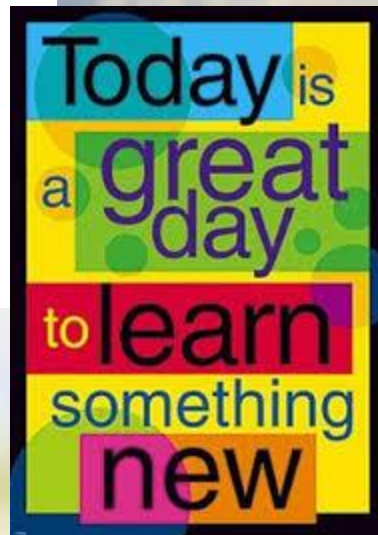
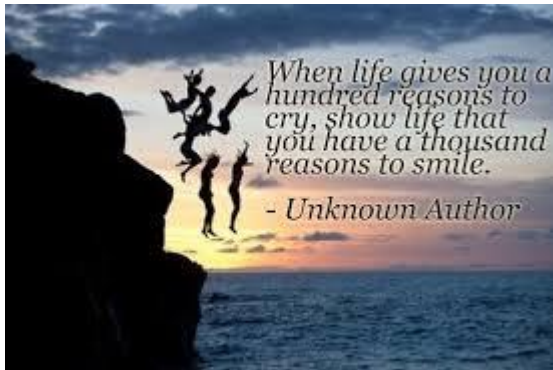
# Visualization Techniques

- Create a detailed scenario of your desires. Picture in your mind having or doing whatever it is that you want. Visualize these scenarios over and over.
- “I visualized where I wanted to be, what kind of player I wanted to become. I knew exactly where I wanted to go, and I focused on getting there.” ~ Michael Jordan
- Jim Carrey wrote a check to himself for 10 million dollars in 1987. He dated the check for Thanksgiving 1995, and added a note “for services rendered.” He visualized on this for years and in 1994 he received 10 million dollars for his role in *Dumb and Dumber*.
- Be grateful for everything
- Finally, and importantly: Dream big! It is as much work for the mind to manifest a diamond as a button. Sometimes the hardest part is thinking of what you want to visualize into your life. Think big and go for it.



# Positive “Self Talk”

- Motivational quotes or funny anecdotes



# 10 Commandments for Reducing Stress

- 1 Thou shalt not be perfect or even try to be
- 2 Thou shalt not try to be all things to all people
- 3 Thou shalt not leave things that ought to be done
- 4 Thou shalt not spread thyself too thin
- 5 Thou shalt schedule time for thyself and for thy supportive network



# 10 Commandments for Reducing Stress

- 6 Thou shalt learn to say “NO”
- 7 Thou shalt switch off and do nothing regularly
- 8 Thou shalt be boring, untidy, inelegant and unattractive at times
- 9 Thou shalt not feel guilty
- 10 Especially thou shalt not be thine own worst enemy but be thine own best friend

Source: Gore, A (1993) The Office Athlete, Life Style Press, Sydney, Australia



# Ways to manage stress

- Take a moment and breathe
- Turn up the music! Singing can sometimes do the trick
- Post motivational quotes where you can see them
- Find the humor throughout the day.. Lighten up the day with laughter and decrease stress
- Let go of trying to control Everything or others behaviors
- List the aspects of the situation that cause stress to you
- Try to change the aspects where possible or come to terms with them if you can't change them
- Practice empathy and try to imagine walking in shoes of others
- Lean on others
- Pat yourself on the back – treat yourself to something special
- Take a “Mental health day” for yourself





# How to manage stress symptoms

- Examine the way you regard the situation and realize where you may be negative about aspects of the situation
- Use a stress release technique-relaxation
- Change your habits so you can plan your time, have a balanced diet and make time to relax



# Managing stress in the workplace

- Ensure staffing levels are adequate to meet needs of children and perform the duties required
- Have clearly defined job descriptions
- Have clearly defined goals for service
- Ensure adequate training is received to perform the job at a high level
- Open communication between workers and management can solve many issues



# Managing stress in workplace

- Ensure resources are available to perform duties and tasks appropriately and without risk
- Ensure clear, open communication is maintained
- Be clear, on policies and procedures
- Ensure supportive relationships amongst staff
- Maintain a healthy and balanced approach to life



# Teaching Children Stress Coping Skills

- Teach children about feelings – how to identify and verbalize feelings instead of acting out
- Essential that you Role Model appropriate behavior and how to manage stress – you lose your cool, so will they
- Pointing out times of when you are feeling frustrated teaches children how to talk about feelings
- Take responsibility for your behavior when you lose your cool in front of them and apologize
- Teach them to take a break, deep breaths, count to 10
- And show them how to relax by doing something fun



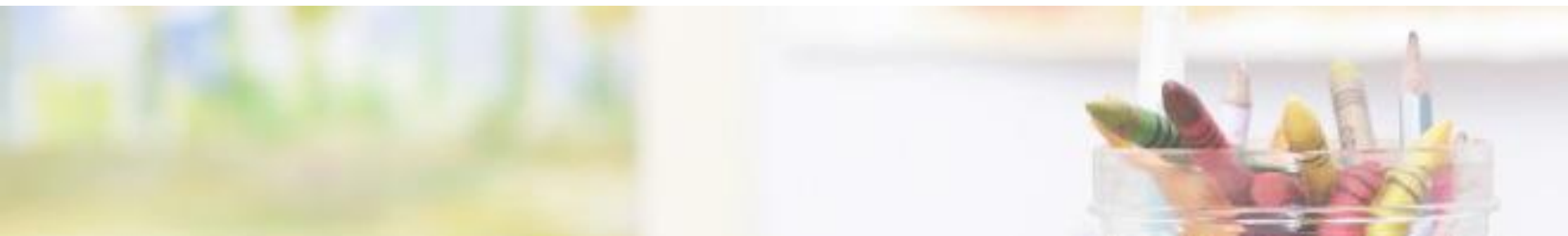
**QUESTIONS ???????**



# Resources

- Understanding the stress response, Harvard Health Publications. [www.health.harvard.edu](http://www.health.harvard.edu)
- Childhood stress, Kids Health. [www.kidshealth.org](http://www.kidshealth.org)
- Best stress management for childcare providers, [www.edugraduate.blogspot.com](http://www.edugraduate.blogspot.com)
- 5 ways to teach your child anger management, [www.discipline.about.com](http://www.discipline.about.com)
- Stress Management, [www.cultureofsafety.com](http://www.cultureofsafety.com)
- How vulnerable are you to stress? [www.stress.org.uk](http://www.stress.org.uk)



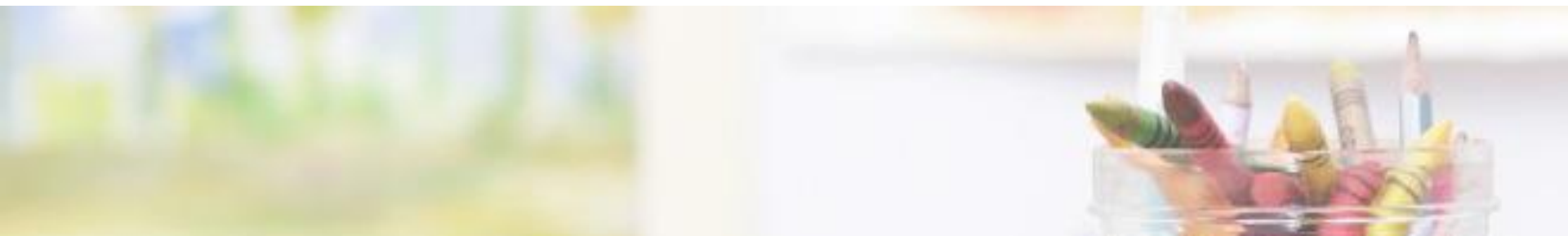




I'm a little  
**STRESSED**  
right now...

(just turn  
around and  
leave  
quietly  
and no one  
gets hurt.)

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SOMETIMES I LIE AWAKE AT NIGHT,  
AND I ASK "WHERE HAVE I GONE WRONG?"  
THEN A VOICE SAYS TO ME, "THIS IS GOING  
TO TAKE MORE THAN ONE NIGHT."

