

Stress Management and Modifying Unhealthy Behavior

Learning Objectives

- Discuss the terms *stress* and *stressors*.
- Outline the steps involved in stress management.
- List several common relaxation techniques used to manage stress.
- Outline the model for behavior modification.
- Explain behavior modification.
- Identify the most common types of accidents.
- Outline steps to reduce your risk of accidents.

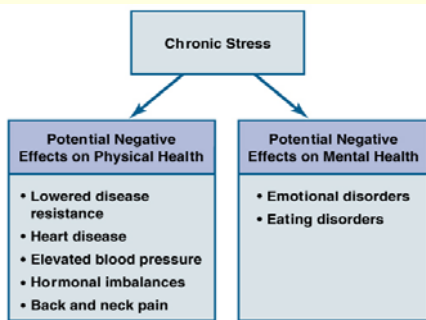
Stress: Impact on Health

- A major health problem in the U.S.
 - Stress-related problems affect 10-15% of people in the U.S.
- A physiological and mental response to something uncomfortable
 - A factor that produces stress is a *stressor*

Is This a Stressor?



Health Effects of Chronic Stress.



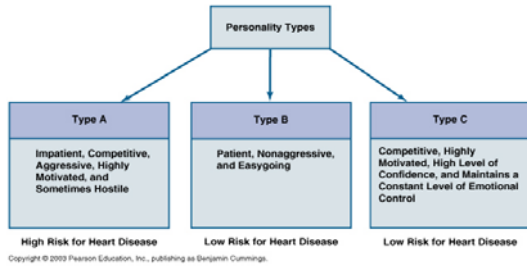
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Concepts of Eustress and Distress.



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Personality Types.



Steps in Stress Management

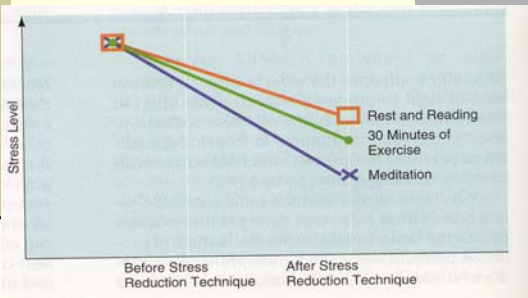
- Identify factors that promote stress in your life
- Eliminate as many stress-producing factors as possible
- Use relaxation techniques to cope with stress

Coping with Stress: Relaxation Techniques

- Progressive relaxation
- Breathing exercises
- Rest and sleep
- Exercise
- Meditation
- Visualization



Exercise and Stress Reduction



Guidelines to Improving Time Management

- Establish goals
- Use a daily planner
- Evaluate your time management skills regularly
- Learn to say "no"



Guidelines to Improving Time Management

- Delegate responsibility
- Eliminate distractions
- Schedule time for you
- Reward yourself when you complete a goal



Modifying Unhealthy Behavior

- Identify problem
- Desire change
- Analyze history of problem
- Establish short- and long-term goals
- Sign a behavior modification contract
- Develop and implement a strategy for behavior change

Accidents

- Number one killer of people under the age of 35
- Most common accidents
 - Automobile
 - Falls
 - Poisoning
 - Drowning
 - Fire



Reducing Your Risk of Accidents

- Increase your awareness of risk factors
 - Unsafe attitudes
 - Stress
 - Drug use
 - Unsafe environment

Summary

Behaviors to promote healthy lifestyle: physical fitness, nutrition, weight control, stress management, modification of unhealthy behaviors.

Stress is a physiological and mental response to something that causes discomfort.

Two steps in stress management are to reduce stress and learn to cope with stress.

Common relaxation techniques.

Summary (continued)

Behavior modification is elimination of undesirable behavior.

Five most common accidents: automobile, fire, drowning, poisoning, falls.

Risk factors for accidents: unsafe attitudes, stress, drug use, unsafe environment.
