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.

- Chronic Stress
  - Potential Negative Effects on Physical Health:
    - Lowered disease resistance
    - Heart disease
    - Elevated blood pressure
    - Hormonal imbalances
    - Back and neck pain
  - Potential Negative Effects on Mental Health:
    - Emotional disorders
    - Eating disorders

Concepts of Eustress and Distress.
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.