



STRESS MANAGEMENT

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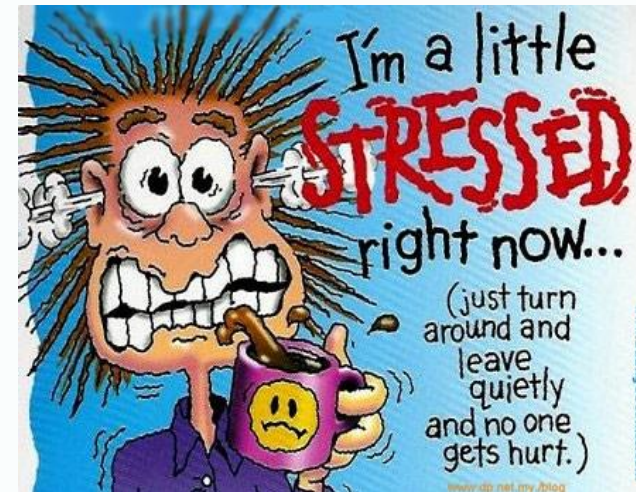
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What is Stress???

Signs and Symptoms

What Stresses us Out??

- Classes/Professors
- Work
- Family
- Friends
- Significant Other
- Homework/Tests
- Other Stressors



Physical Signs/Symptoms

- Low energy
- Headaches
- Upset stomach
- Muscle pain/tension
- Rapid heartbeat
- Insomnia
- Dry mouth
- Low immune system- frequent illnesses or infections
- Loss of sexual desire or ability



Cognitive and Behavioral Symptoms/Signs

- Racing thoughts
- Constant worry
- Forgetfulness
- Changes in appetite
- Being pessimistic
- Nervous behaviors (nail biting)
- Inability to focus
- Mood swings
- Feelings of being overwhelmed
- Increase in alcohol or drug use
- Procrastination or avoidance





Long Term Effects

- Depression
- Anxiety
- Cardiovascular issues (stroke, high blood pressure, heart attacks)
- Obesity or other eating disorders
- Gastrointestinal problems (ulcers, IBS)
- Sexual dysfunction and/or issues with menstrual cycle

How do I deal with Stress???

Tips and Techniques

Relaxation



- Meditation
- Deep Breathing
- Guided Imagery
- Progressive Muscle Relaxation
- Yoga
- Massage Therapy
- Exercise
- Coloring

Managing Stress

- Organized
- Time Management
- Anticipate Problems
- Plan Ahead
- Set Goals
- Do not self medicate
- Ask for help





Life Balance

- Personal Growth
- Significant Other/Romance
- Family
- Friends
- Recreation/Fun
- Spirituality
- Education
- Finances/Work