



Stress

University of Wisconsin - Whitewater Transition Program

Project ASSIST
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Recognizing Stress

- Short-term physical symptoms
 - Faster heart beat
 - Increased sweating
 - Cool skin, hands, feet
 - Feelings of nausea, “Butterflies”
 - Rapid breathing
 - Tense muscles
 - Dry mouth
 - A desire to urinate
 - Diarrhea

Short Term Stress

- Short-term performance effects:
 - Interferes with clear judgment, makes it difficult to take time to make good decisions
 - Reduce your enjoyment of school or work
 - Interferes with fine motor control
 - Causes difficult situations to be seen as threat, not challenge
 - Consumes mental energy in distraction, anxiety, frustration; energy that could be devoted to achieving goals

Short Term Stress

- Short-Term performance effects (cont):
 - It damages the positive frame of mind you need for high quality work by:
 - Promoting negative thinking,
 - Damaging self-confidence,
 - Narrowing attention,
 - Disrupting focus and concentration and
 - Making it difficult to cope with distractions

Recognizing Stress

- Long-Term Physical Symptoms
 - Change in appetite
 - Frequent colds
 - Illnesses such as: Asthma, back pain, digestive problems, headaches, skin eruptions
 - Sexual disorders
 - Aches and pains
 - Feelings of intense and long-term tiredness

Long-Term Stress

- Internal symptoms of long-term stress:
 - Worry or anxiety
 - Confusion, inability to concentrate, make decisions
 - Feeling ill
 - Feeling out of control, overwhelmed
 - Mood changes: Depression, frustration, hostility, helplessness, impatience & irritability, restlessness, lethargic

Long-Term Stress

- Internal symptoms of long-term stress:
 - Difficulty sleeping
 - Drinking more alcohol and smoking more
 - Changing eating habits
 - Reduced sex drive
 - Relying more on medication

Long-Term Stress

- Internal symptoms of long-term stress:
 - Talking too fast, too loud
 - Yawning
 - Fiddling, twitching, nail biting, grinding teeth, drumming fingers, pacing, etc.
 - Bad moods: being irritable, defensiveness, being critical, aggression, irrationality, overreaction, reacting emotionally

Long-Term Stress

- Internal symptoms of long-term stress (cont.):
 - Reduced personal effectiveness: being unreasonably negative. making less realistic judgments, being unable to concentrate, having difficulty making decisions
 - Being more forgetful
 - Making more mistakes, being more accident prone
 - Changing work habits, increased absenteeism
 - Neglect of personal appearance

Sources of Stress

- Survival stress
- Internally generated stress
- Environmental and job stress
- Fatigue and overwork

Survival Stress

- Survival or health is threatened
- Where you are put under pressure,
- Where you experience some unpleasant or challenging event
- Adrenaline is released in body, experience “fight or flight”

Internally Stress

- Anxious worrying about events beyond control
- Tense, hurried approach to life
- Relationship problems caused by your own behavior
- Can come from an “addiction” to and enjoyment of stress, chaos

Environmental Stress

- Living or working environment causes the stress
- May come from noise, crowding, pollution, untidiness, dirt or other distractions
- Stress can come from events at work.

Fatigue And Overwork

- Stress builds up over a long period
- Can occur when try to achieve too much, too quickly
- Not using effective time management strategies.

Want to Learn More?

Coping with Stress More Resources

<http://www.coping.org/growth/stress.htm>

- Coping.org has an entire series of online resources for coping with life's stressors.
- HUGE variety of topics and strategies for healthy living make this a valuable resource for college students