

# Stress

What is it?  
How much do I have?

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# Module Objectives

- Defining stress
- Stress education quiz
- How stressed are you?
- How can the Stress Management Center Help?



# What is Stress?

- Complex interaction of physical, cognitive, and environmental factors.
- On the biological level, stress can be described as arousal that motivates our bodies (fight or flight).
- Often reflects everyday life concerns, like occupational issues, family trouble, or money.
- Can be initiated and maintained by the way we think and act.



# Is all stress bad?

- Not at all. Consider stress that motivates us to work hard or prepare effectively for necessary tasks.
- So, when is stress bad?
- When we feel like it's too extreme and we can't cope with it.



# Test Your Knowledge

All questions here were adapted from Bamber (2011).  
Please see references for more information.

True or False:

1. There's no way to avoid stress in our lives.
2. People who are strong don't get stressed.



# Test Your Knowledge (Cont.)

True or False:

3. There's no way stress can help us.
4. Some types of stress are common across people.
5. It's easy to separate home stress from work stress.
6. Stress at work can actually come from having too little to do.



# Test Your Knowledge (Cont.)

True or False:

7. You can get over stress by working more or working harder.
8. Dealing with workplace stress can actually save businesses and companies money.
9. There's nothing I can do about my job and how it makes me feel. I'm stuck with it.



# How Did You Do?

1. True
2. False
3. False





# How Did You Do?

- 4. True
- 5. False
- 6. True



# How Did You Do?

- 7. False
- 8. True
- 9. False



# So, how stressed are you?

Yes or No:

1. Would you say you frequently neglect your diet?
2. Do you frequently try to do everything yourself?
3. Do you find that you frequently blow up easily?
4. Do you frequently set goals that are unrealistic?
5. Do you often have trouble seeing why people think something is funny?



# How stressed are you? (Cont.)

Yes or No:

6. Would you say that you often get irritated easily?

7. Do you frequently make a “big deal” out of everything?

8. Do you often complain that you’re disorganized?

9. Do you often keep your emotions bottled up?



# How stressed are you? (Cont.)

Yes or No:

10. Do you frequently neglect exercise?
11. Would you say that you have few supportive relationships?
12. Do you frequently get too little rest?
13. Do you often get angry when you're kept waiting?



# How stressed are you? (Cont.)

Yes or No:

14. Would you say you ignore stress symptoms?
15. Do you frequently put things off until later?
16. Do you feel like there's only one right way to do something?
17. Do you often fail to fit relaxation into your day?
18. Do you often spend a lot of time complaining about the past?



# How stressed are you? (Cont.)

Yes or No:

19. Do you spend a lot of time worrying about the future?
20. Do you often think about how you can't wait until the day ends?
21. Do you frequently feel unable to cope with everything you need to do?



# Score yourself

Give yourself 1 point for each “Yes.”

1 – 6: You currently have few daily hassles.

7 – 12: You have good control over the hassles you do have.

13 – 17: Be careful; you’re dealing with a lot.

18 – 21: You’re experience so much stress that you may want to consider getting some help.





# Now that you have a reference, what can you do about your stress?

- What changes can be made in the environment?
- Arousal reduction
- Cognitive-Behavioral interventions
- Lifestyle Assessments



# Services

- Individual Consultations
- Support Groups
- Structured Workshops and Trainings



# How Can I Learn More?

- Email Kevin Crowley, M. A., at [kcrowley@stressmanagementinc.com](mailto:kcrowley@stressmanagementinc.com)
- Call us at (202) 659-4121



# References

- Bamber, M. R. (2011). *Overcoming your workplace stress: A CBT-based self-help guide*. East Sussex: Routledge.
- Davis, M., Eshelman, E. R., & McKay, M. (2008). *The relaxation & stress reduction workbook* (6<sup>th</sup> ed.). Oakland: New Harbinger.

