

"All Stressed Up and Nowhere To Go;
Laugh It Off"



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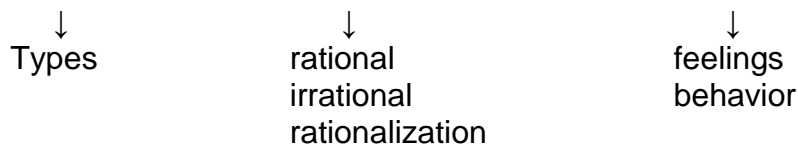
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All Stressed Up and Nowhere To Go; Laugh It Off

Stress is: Learned
Unavoidable
Necessary
Not always negative
Manageable

Stressor: Thoughts and Beliefs about Stressor – Response – Relax



- ◆ Most often a reaction to CHANGE -- we PERCEIVE we cannot cope
- ◆ Change represents a challenge – we must react – then relax. We are so anxious to relax, we sometimes react in haste. Usually we react inadequately or inappropriately which results in feelings of HELPLESSNESS.
- ◆ Change is good for the soul, but it can be hell on the head and stomach.
- ◆ Stress can interfere with routines. If constant or ongoing it can cause anxiety, depression, and physical illness.
- ◆ Pressure from outside causing tension inside.
- ◆ Perceived inability to adequately cope with a particular demand.
- ◆ Adaptive response in which the body prepares or adjusts to a threatening situation.

STAGES OF STRESS:

ALARM: recognize stressor, prepare for fight or flight

RESISTANCE: repairs damage or remains alert

EXHAUSTION: continued alert, distress/disease, run out of energy

INDIVIDUAL BURN-OUT: IT'S SYMPTOMS AND REMEDIES

SYMPTOMS

Blaming others	Feeling trapped
Lots of complaining	Fatigue
Low energy	Short fuse
Boredom	Chemical use
Physical illness	Decreased creativity
Not seeing friends	Nonproductivity, while busy
Priorities out of whack	Inability to focus
Feeling overwhelmed	Emotionally/physically down
Nonchemical speeding	Don't feel effective
Denial of burn-out	Lack of enthusiasm
Trouble sleeping	

REMEDIES

Ask for help	Check out your balance among alone time/ social time/ family time/work time
Look at your priorities	
Choose to become burned out, and set a deadline point	Have a retreat for fun
Get in touch with your support group fast and start to get beyond your own resistance	Take a leave of absence
Take a week off	Ask for feedback about your use of chemicals.
Do things that give you energy	Tell people you are feeling burned out and going to take a "sabbatical."
Take a mental health break	Sleep
Meditate	

ORGANIZATIONAL BURN-OUT: ITS SYMPTOMS AND REMEDIES

SYMPTOMS

Nonproductive, nervous	One person exhibits the symptoms of everyone else
Energy on tasks	Nonproductive meetings
Little energy on maintenance	Individuals start to ask for some Relief.
Blaming "outside" forces	

REMEDIES

Ask for help from one another	Build in more "downtime" no late night meetings no meal time meetings
Ask for help from an outsider	Recognize that you all will lose unless you get a hold
Have a fun retreat	Recognize that the situation is a systemic and needs a major intervention
Close down until the group Feels capable of reopening	

How to Get A Handle on Stress

- ☺ Find your own Natural Stress Level
- ☺ Collect Good Will, Love and Support from Friends
- ☺ Respect yourself and others – Be Your Own Person
- ☺ Change your routine – Add Variety!
- ☺ Check Your Attitude – Get off your own case!
- ☺ Take Care of Yourself – Exercise – Rest – Eat Healthy