STRESS
Stress Statistics

- Stress has been called the “health epidemic of the 21st century” by the World Health Organization and is estimated to cost American businesses up to $300 billion a year. ~BusinessNewsDaily.com

- 66 percent of employees report that they have difficulty focusing on tasks at work because of stress. ~BusinessNewsDaily.com

- Stress costs approximately $5,000 per employee per year in health care and employee engagement costs – that’s over $3 billion dollars in the US each year. ~Web MD
Stress

- Your body’s reaction to the pressures placed upon it.
- Everyone’s stress tolerance is different
- Is all stress bad?
- Stress vs. distressed
- Positive vs. Negative
- Chronic vs. acute
Positive Stress

- Acts as a motivator
- Keeps you on track to meet deadlines
- Helps with better time management
Negative Stress

- Feeling overwhelmed
- No control
- Fight or Flight
Causes of Stress

- Bereavement
- Family problems
- Becoming a mother or a father
- Parenting
- Financial matters
- Relationships (including divorce)
- Illness
Stressors . . .

- Job issues
- Lack of time
- Moving
- Conflicts in the workplace
- Driving in bad traffic
- Fear of crime
Stressors . . .

- Losing your job (or fear of)
- Pregnancy
- Miscarriage
- Noisy neighbors
- Overcrowding
- Pollution
And more stressors . . .

- Too much noise
- Fear of failure
- Retirement
- Uncertainty (awaiting laboratory test results, academic exam results, job interview results, etc.)
Affects:

- Body
- Thoughts and Feelings
- Behavior
Effects on Your Body

- A tendency to sweat
- Back pain
- Chest pain
- Cramps or muscle spasms
- Fainting spells
- Hard to breathe
Effects on Your Body

- Heart disease
- Headache
- Hypertension (high blood pressure)
- Lower immunity against diseases
- Muscular aches
More Effects on Your Body

- Nail biting
- Nervous twitches
- Pins and needles
- Sleeping difficulties
- Stomach upset
Effects on Your Thoughts and Feelings

- Anger
- Anxiety
- Burnout
- Depression
- Feeling of insecurity
- Forgetfulness
- Irritability
- Problem concentrating
- Restlessness
- Sadness
- Fatigue
Effects on Your Behavior

- Eating too much
- Eating too little
- Food cravings
- Sudden angry outbursts
- Drug abuse
- Alcohol abuse
- Higher tobacco consumption
- Social withdrawal
- Frequent crying
- Relationship problems