STRESS MANAGEMENT CONCEPT MAP
1. DEFINITION OF STRESS
ORIGIN OF STRESS
MECHANICAL PHYSICS
INTRODUCTION TO PSYCHOLOGY
SELYE
LAZARUS
DEFINITION OF STRESS
PHYSICAL RESPONSE
EMOTIONAL RESPONSE
PREPAREDNESS FOR THREAT
STATE OF ALERT
WHO DESCRIPTION
GROUP OF ACTIONS
PREPARATION FOR AGGRESSION
COMMON TRIGGERS
JOB CHANGES
PUBLIC SPEAKING
MOVING
WORK-RELATED STRESS
DEFINITION BY EUROPEAN COMMISSION
JOB DEMANDS EXCEED ABILITIES
DEFINITION BY ILO
IMBALANCE BETWEEN DEMANDS AND ABILITIES
CONTRIBUTING FACTORS
PRESSURE FOR EFFICIENCY
FREQUENT JOB CHANGES
OCCUPATIONAL HEALTH
UNDERSTANDING WORKERS
IDENTIFYING RISK FACTORS
PROVIDING STRESS MANAGEMENT STRATEGIES
ORGANIZATIONAL RESPONSIBILITY
REORGANIZING WORK TASKS
ENSURING SKILLS AND SUPPORT
2. TYPES OF STRESS
EUSTRESS
DEFINITION
POSITIVE STRESS
CHARACTERISTICS
JOY AND SATISFACTION
VITALITY AND CREATIVITY
EXAMPLES
EXCITEMENT BEFORE ROLLER COASTER
PRIDE AFTER COMPLETING A JOB
DISTRESS
DEFINITION
NEGATIVE STRESS
CHARACTERISTICS
OVERWHELMING FEELINGS
EXAMPLES
UNPAID BILLS
FAMILY CONFLICTS
EFFECTS
SLEEP DISTURBANCES
HEALTH ISSUES (E.G., HYPERTENSION)
EPISODIC STRESS
DEFINITION
MOMENTARY STRESS
RESOLUTION
RESOLVES AFTER SITUATION IS ADDRESSED
EXAMPLE: STRESS OF BEING FIRED
CHRONIC STRESS
DEFINITION
CONTINUOUS AND RECURRENT STRESS
PERSISTENCE
LASTS AS LONG AS SITUATION IS UNRESOLVED
EFFECTS
PHYSIOLOGICAL IMBALANCES
HYPERACTIVITY
MUSCLE TENSION
3. PHASES OF STRESS (GENERAL ADAPTATION SYNDROME)
ALARM PHASE
IMMEDIATE REACTION
RESPONSE TO STRESSOR
RESISTANCE PHASE
COPING MECHANISM
BODY'S ADAPTATION
EXHAUSTION PHASE
RESOURCE DEPLETION
NEGATIVE HEALTH CONSEQUENCES
4. CAUSES OF STRESS
EXTERNAL FACTORS
ENVIRONMENT
FAMILY
WORK
DEMANDING JOB RESPONSIBILITIES
STUDIES
FINANCIAL DIFFICULTIES
CHALLENGING RELATIONSHIPS
INTERNAL FACTORS
PERSONALITY CHARACTERISTICS
PERFECTIONISM
NEGATIVE SELF-TALK
COPING MECHANISMS
POOR PROBLEM-SOLVING SKILLS
OVERALL STRESS LEVELS
CONTRIBUTION OF EXTERNAL AND INTERNAL STRESSORS
IMPORTANCE OF UNDERSTANDING STRESS SOURCES
EFFECTIVE MANAGEMENT STRATEGIES
5. STRESS MANAGEMENT STRATEGIES
RECOMMENDATIONS
RAUL PULITI (2004)
GOOD NUTRITION
HATHA YOGA
POSITIVE THINKING
MEDITATION
FRIENDSHIPS
RECREATION
HERNÁNDEZ (2014)
INDIVIDUAL COPING STRATEGIES
INTERPERSONAL SKILLS TRAINING
ORGANIZATIONAL INTERVENTIONS
DEVIGGIANO (2017)
RECOGNIZE UNCHANGEABLE THINGS
ADOPT A POSITIVE ATTITUDE
CONNECT WITH LOVED ONES
LEARN TO SAY NO
HERVAT DE ORTÍZ'S (2016)
NEUROPLASTICITY ACTIVITIES
ADEQUATE HYDRATION AND OXYGENATION
SHORT ENGAGING EXERCISES
EYE MOVEMENT EXERCISES
PASSIVE TACTILE DISCRIMINATION EXERCISES
FORMAL TECHNIQUES
PROGRESSIVE MUSCLE RELAXATION
TENSING AND RELAXING MUSCLE GROUPS
BREATHING EXERCISES
CONSCIOUS AND CONTROLLED BREATHING
VISUALIZATION
IMAGINING RELAXING SCENES
MINDFULNESS
FOCUSING ON THE PRESENT MOMENT
RELAXATION THROUGH LANGUAGE
USING CALMING WORDS AND PHRASES
INFORMAL TECHNIQUES
PRACTICING SPORTS
LISTENING TO MUSIC
READING
DANCING
SPENDING TIME IN NATURE
HEALTHY EATING