

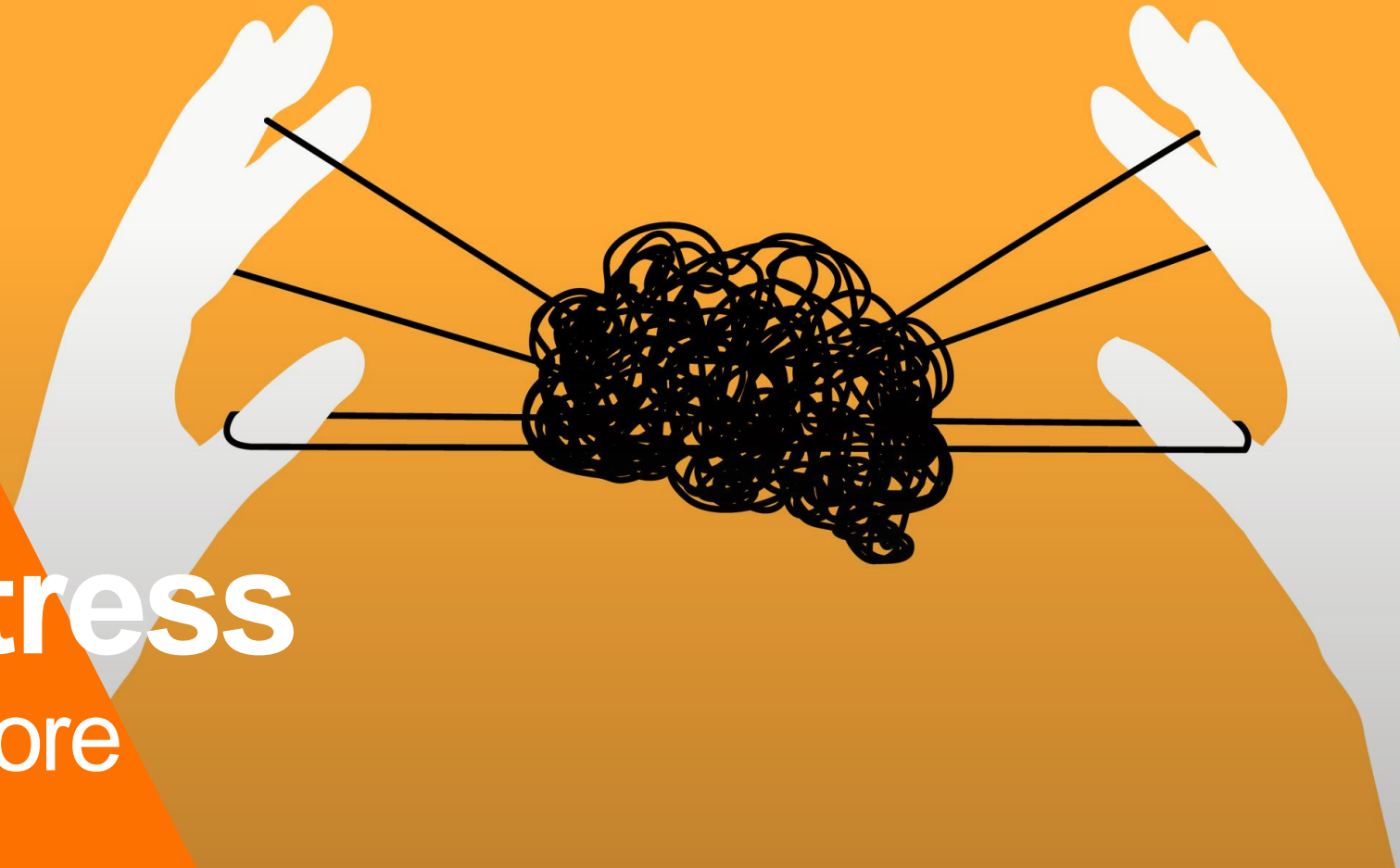
October 26, 2023
10:00 AM - 11:45 AM

Managing Stress

Stress Less, Live More

Dr. Steve Conway

Mental Health and Wellness Director
Manufacturing Safety Alliance of BC



MIS
MAKE IT SAFE

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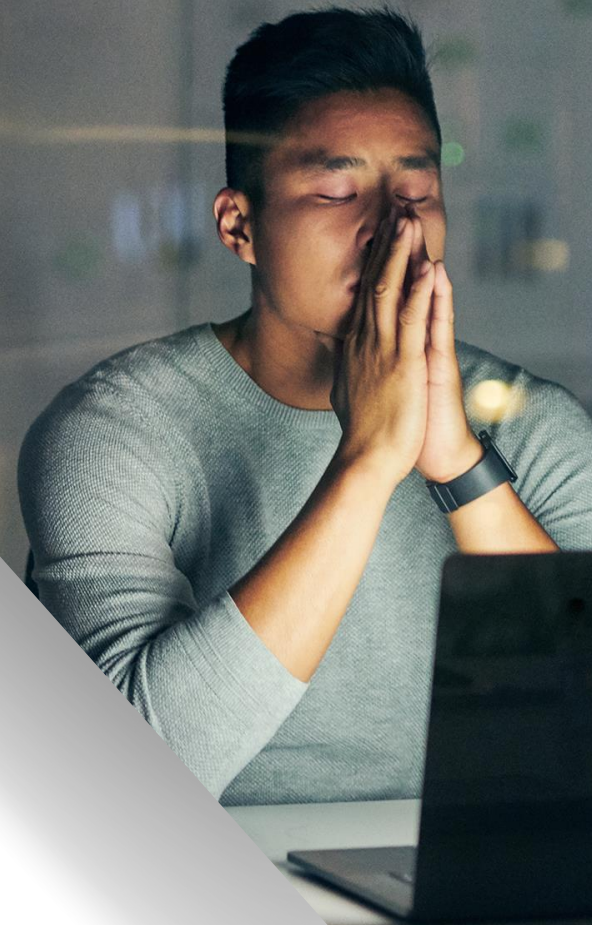
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Agenda

- Defining Stress
- Impacts of Stress including Chronic Stress
- Sources of Stress in our Lives
- Strategies for Managing our Stress



The World We Live In





What is *Stress*?



Stress is an **emotional** and **physiological** response to any **perceived** threat, real or imagined.



Body reacts by releasing hormones that prepare us to respond quickly to a perceived threat or challenge.



Physical symptoms such as a racing heart, faster breathing, and tense muscles.



The stress response evolved to be a motivator for survival.



Fight, flight, freeze or fawn!

Stress is Neither Good or Bad



Positive, short term, stress helps us perform better.

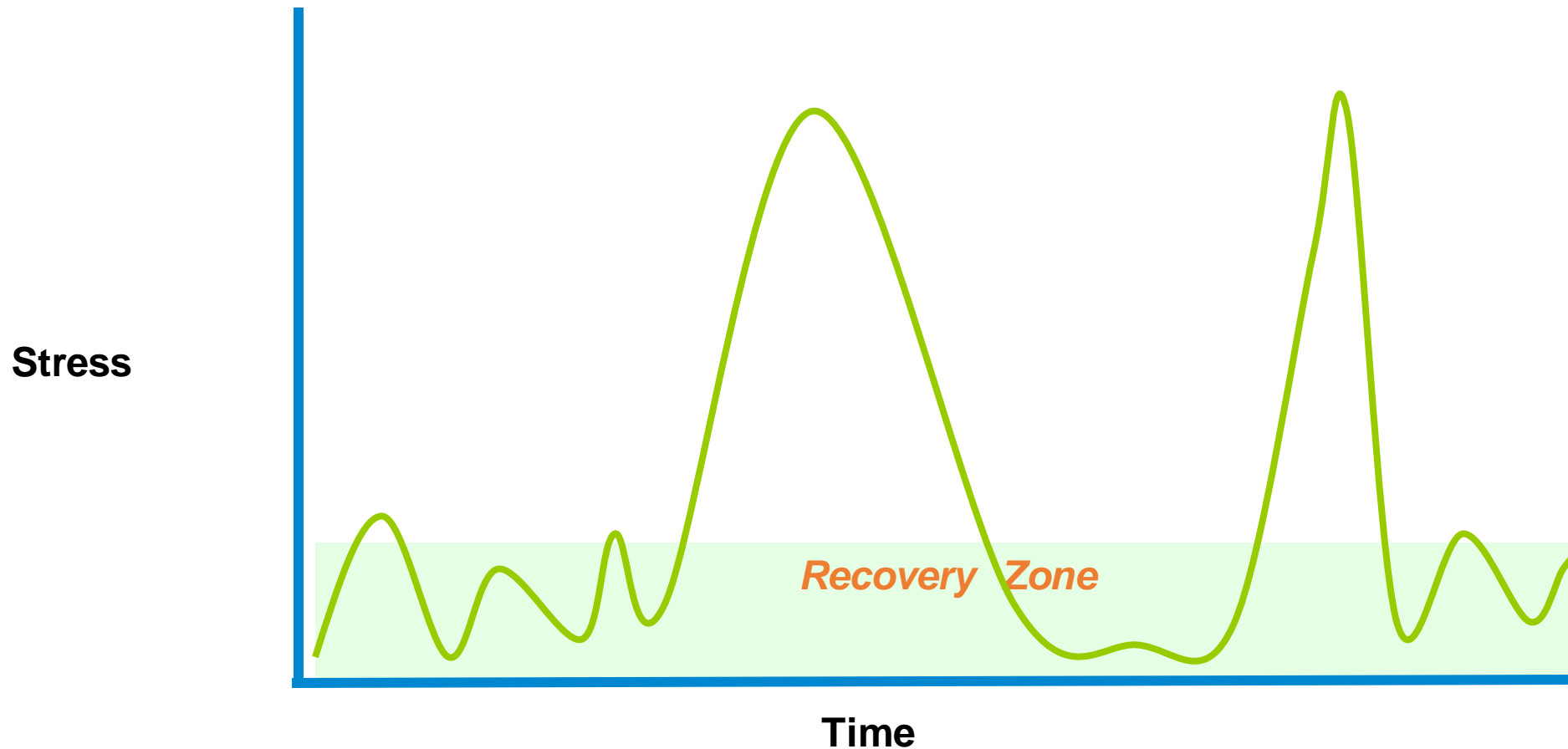


Enables us to react quickly to a situation that may be dangerous or challenging



Exposure to long term stress may result in physical and emotional health issues or exacerbate pre-existing issues.

Adaptive Stress



The Stress Response

Activating Event or Trigger

Perception

Chemical Response

Emotional Response

Physiological Response

Behavioral Response

3 Types of Stress

Acute Stress

- Physical reaction to new or challenging stimuli
- Short term, return to homeostasis

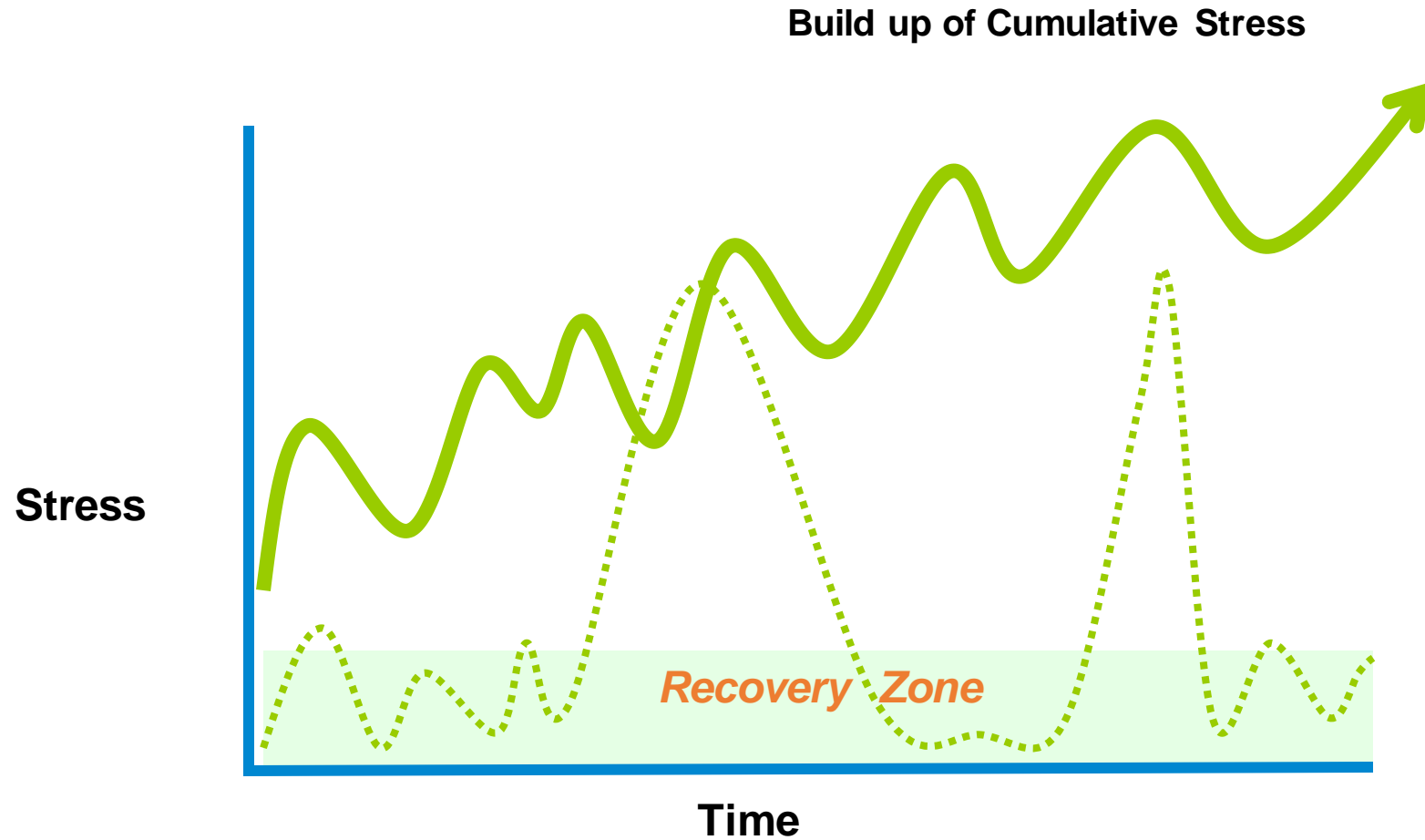
Episodic Acute Stress

- Frequent exposure to acute stressors
- Ongoing crisis mode

Chronic Stress

- Long term stressors

Adaptive Stress



Signs & Symptoms of Stress



Cognitive impacts:

- Decreased ability to concentrate
- Impaired memory
- Increased negative self-talk and rumination
- Decreased problem-solving skills and creativity

Physical impacts:

- Increased heart rate and blood pressure
- Headaches, muscle tension, and body aches
- Digestive problems, such as stomach pain or diarrhea
- Weakened immune system and increased susceptibility to illness
- Sleep disturbances, such as difficulty falling or staying asleep

Signs & Symptoms of Stress



Emotional impacts:

- Anxiety, irritability, or anger
- Depression, apathy, or feelings of hopelessness
- Decreased motivation and productivity
- Difficulty regulating emotions

Relational impacts:

- Increased conflict and tension in relationships
- Decreased empathy and emotional support
- Increased social isolation and loneliness
- Decreased job satisfaction and engagement

Long-term Exposure to Chronic Stress

Increased risk of cardiovascular disease, such as hypertension and heart attacks

Increased risk of metabolic disorders, such as diabetes and obesity

Increased risk of mental health disorders, such as depression and anxiety

Increased risk of cognitive decline and memory problems

Increased risk of chronic pain conditions, such as headaches and back pain

Weakened immune system and increased susceptibility to illness and infection

Increased risk of substance abuse and addiction

Decreased lifespan and reduced quality of life



Sources of Stress

Common Sources of Workplace Stress

Heavy workload or unrealistic job expectations

Poor communication or conflicts

Lack of control over work tasks or decisions

Inadequate support or resources to complete tasks

Job insecurity or uncertainty about career advancement

Workplace discrimination or harassment

Work-life balance challenges

Physical work environment, such as noise, temperature, or lighting

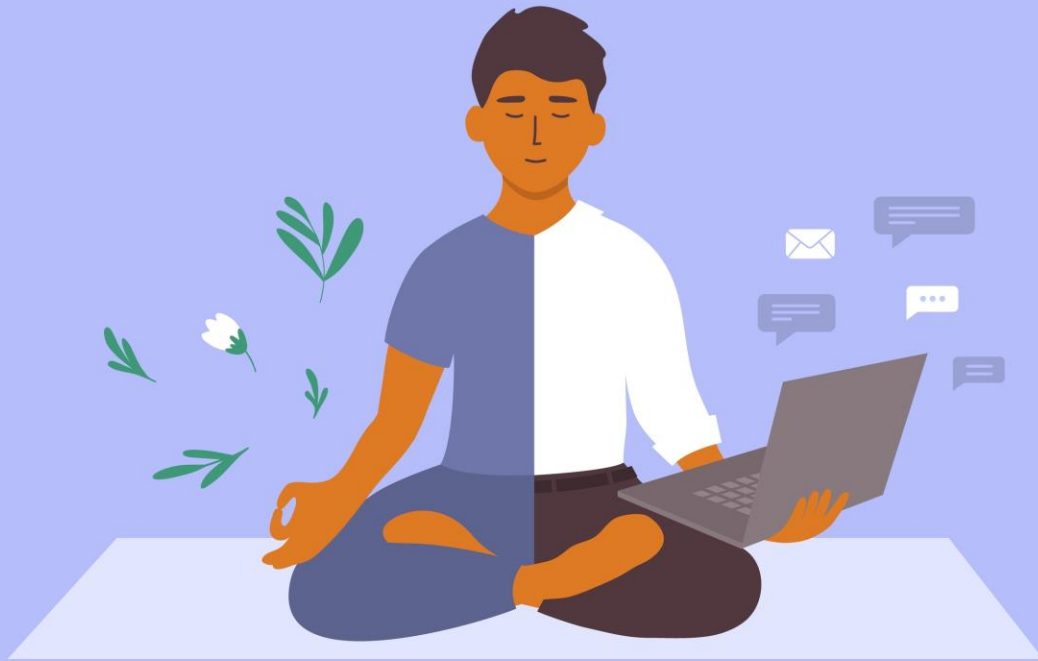
Organizational changes, such as restructuring or downsizing

Poor management practices, such as micromanaging or lack of recognition.

Common Sources of Personal Stress



- Relationship issues or conflicts
- Major life changes
- Financial stress or worries about money
- Health concerns or chronic illness
- Caregiving responsibilities for children, elderly parents, or others
- Balancing work and personal responsibilities
- Unmet expectations or feelings of disappointment
- Environmental factors
- Personal insecurities or self-doubt



Managing stress is an ongoing process, and what works for one person may not work for another.

It's essential to experiment and find strategies that resonate with you.

Be patient with yourself, and seek professional help if stress becomes overwhelming or persists despite your efforts.

Proactive Stress Management



- Identify and Manage Stress Triggers
- Change Your Perceptions
- Prioritize Self-Care (Sleep, Nutrition & Exercise)
- Develop Healthy Coping Strategies
- Moderate Use of Substances
- Practice Effective Boundaries
- Foster Healthy Relationships

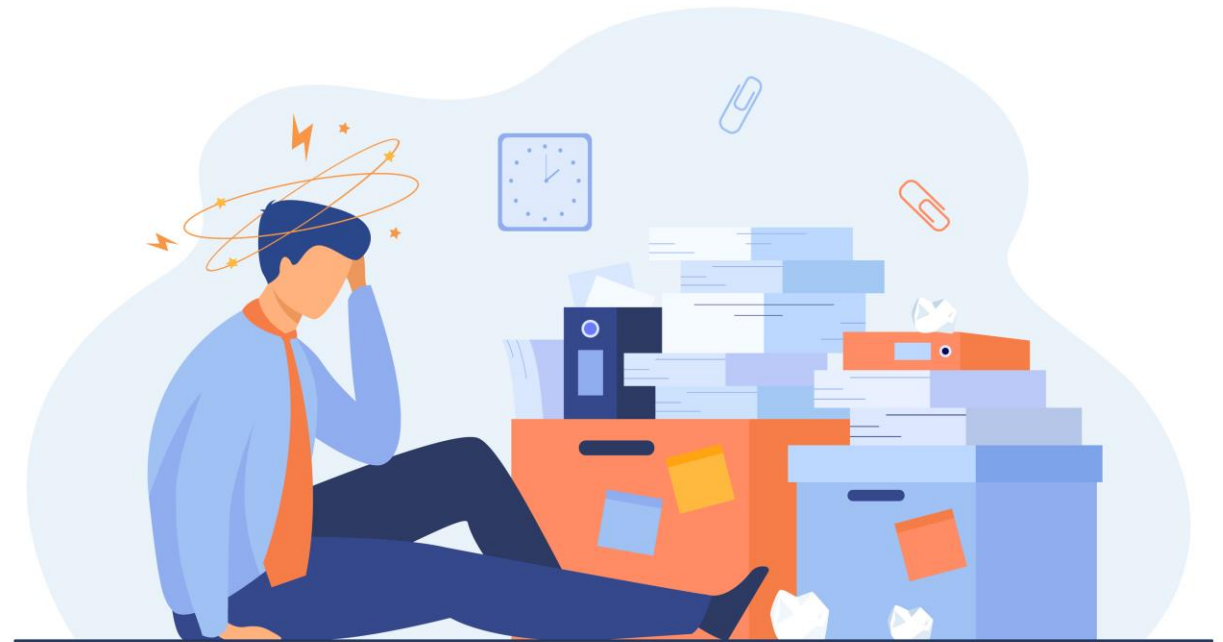


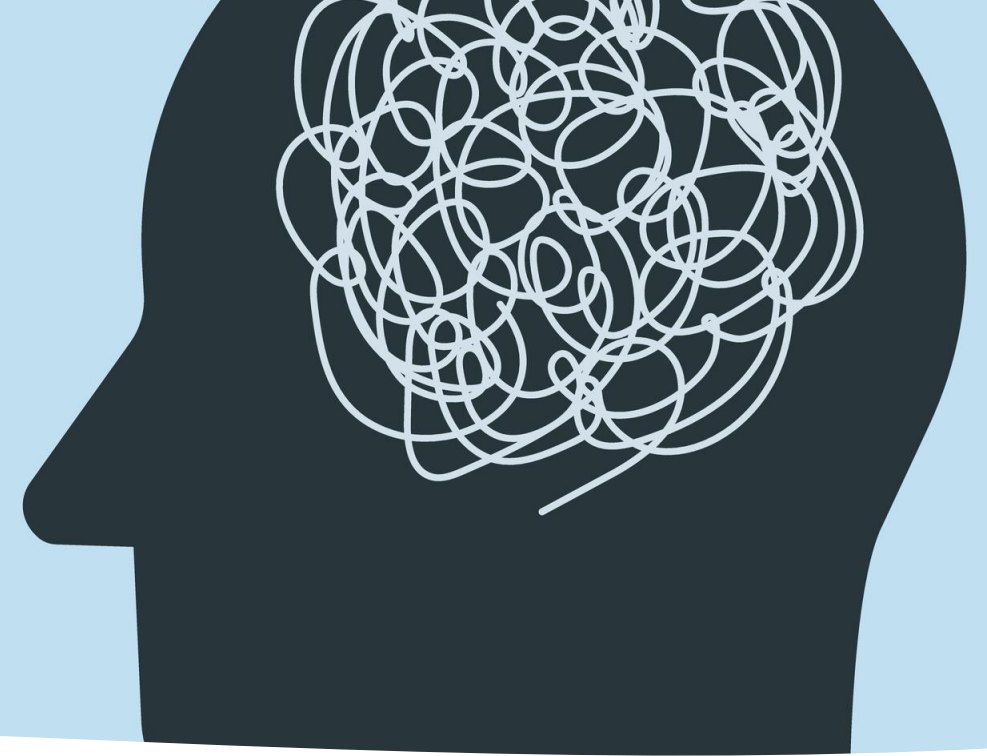
Managing Stress in the Workplace

- Identify the causes of stress in the workplace
- Prioritize and manage workload effectively
- Set realistic goals and expectations
- Take regular breaks and time off
- Establish Work-Life Balance
- Engage in physical exercise and activities outside of work
- Practice relaxation techniques, such as deep breathing, meditation or yoga
- Seek support from colleagues, managers, and employee assistance programs

Managing Stress Response

- Take Deep Breaths
- Use Grounding Techniques
- Practice Mindfulness
- Engage in Quick Physical Activity
- Repeat Affirmations or Positive Statements
- Seek Support





Calm VS Stress

Calmness and stress are contrasting states that cannot coexist simultaneously.

When we consciously induce a state of calmness through relaxation techniques or mindfulness practices, we activate the body's relaxation response, which counteracts the physiological and psychological manifestations of stress.



When to Seek Help for Stress

- Feeling overwhelmed
- Is negatively affecting your mood
- Have fears you can't control
- Stress is affecting you physically
- Are unable to function well at home or at work
- Feel you need help for any reason



Summary

- Stress affects everyone
- Stress can negatively impact our lives
- We can learn to manage stress
- Know when to get help
- Invest in your own wellbeing

“Don’t underestimate the value of Doing Nothing, of just going along, listening to all the things you can’t hear, and not bothering.”

—Winnie the Pooh



Any Questions...



MSABC Mental Health and Wellness

- Information & Resources
- Mental Health and Wellness Training
- Mental Health and Wellness Consultation and Coaching

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