

# Stress Management

*Orientation to College*  
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## What is the definition of stress?

-Stress is defined as the reaction to events in our environment. Scientist Han Selye described it as wear and tear on the body.

## Give 3 examples of eustress.

1. Getting into your desired school
2. Getting married or engaged
3. Winning the lottery

## List 4 types of stress.

1. General stress- which is common and dissolves easily.
2. Cumulative stress- where stress is building up in your body and you may experience more mental anguish
3. Acute traumatic stress- where there is considerable psychological distress and the person reacts normally to abnormal circumstances.
4. Post Traumatic Stress- Severe stress caused by trauma and has lasting effects.

## Name 2 short term stress symptoms.

1. Tense muscles
2. Faster Heart rate

### **List 5 healthy living examples that you can use to manage stress.**

1. Lower your salt intake
2. Lower your sugar and carb intake
3. Lower your caffeine intake
4. Incorporate vitamins and more water
5. As well as fruits and vegetables

### **List 4 situations that can cause stress.**

1. Personal life
2. Finances
3. Education/ pursuit for more
4. Work

### **What are 2 long term stress symptoms?**

1. Insomnia
2. Prone to illness

### **What are things you enjoy doing to relax?**

I enjoy painting and going for long drives to relax. Both of those activities allow me time to go through a range of emotions and give myself the time to find inner peace and calmness.

### **List all the easy but wrong ways people manage stress.**

People choose many ways to manage stress including marijuana, pharmaceutical medicines and pills, alcohol and drugs. These are all methods of coping with stress although not helpful or healthy.