

Stress



by Diana Derżko

What is it?

Stress is the response of our body to a stressor such as an environmental condition. Our organism can show it in a lot of ways: panic, sweating, stomachache, vomiting and other.



Main causes of stress at school

1. Not being organized
2. Poor eating habits
3. Competition
4. Work load
5. Social stress and relationships
6. Time management



Consequences of stress

1. Lower immunity to diseases - stress uses a lot of energy and our body cannot fight with bacteria and viruses what means that we become ill earlier and faster



Consequences of stress

2. Weight loss/weight gain - it depends on person. Some people need energy to fight with stress, so they eat too much. Even if they don't overeat when they become stressed, they will still gain weight because the energy that should be used to digest their food is now used to cope with stress.



Consequences of stress

3. Decreased ability to heal - when the body suffers from a lot of stress, the secondary functions of the body (such as to heal itself) is temporarily shut. This prevents quick healing and your body weak.



Consequences of stress

4. Inability to sleep - stress causes to be on the alert for real or potential danger. The person always think how to reduce danger or how to solve the problem. People cannot sleep, because they always are on thinking and stress.



Signs and symptoms of stress overload

- Memory problems
- Aches and pains
- Agitation, inability to relax
- Inability to concentrate
- Poor judgment
- Seeing only the negative





STRESS QUIZ

How well do you handle stress in your life?

1. I have people I confide in when I'm feeling under pressure who make me feel better.
2. I feel comfortable expressing how I feel when something is bothering me.
3. In general, I feel in control of my life and confident in my ability to handle what comes my way.
4. I find reasons to laugh and feel grateful, even when going through difficulties.
5. No matter how busy I am, I make it a priority to sleep, exercise, and eat right.
6. I'm able to calm myself down when I start to feel overwhelmed.

Each "yes" answer represents an important stress coping skill. Each "no" represents an area to work on to become more resilient.

Teacher's opinion

„As a High School teacher, I have seen everything you have written about. Lack of sleep is a really big one. As an avid meditator, I have introduced simple breathing and focusing exercises into my classroom. This has helped kids relax during test time. More importantly, it has given kids a tool to deal with stress and anxiety in all aspects of life. Stress management unfortunately is not a subject in school. It really should be.”

Thank you for Your attention!



Websites:

- https://en.wikipedia.org/wiki/Main_Page
- <http://lifestyle.allwomenstalk.com/main-causes-of-stress-in-college-students>
- <http://simonarich.com/consequences-of-stress>
- <http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm>
- <http://www.columbiapsychiatric.com/stress.html>