

# Surviving STRESS



Presentation developed by LAUSD  
Psychological Services

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## Objectives

- Definition of Stress
- Prevalence of Stress
- Symptoms of Stress
- Healthy Ways to Cope with Stress (Adults)
- Helping Children Cope with Stress
- Developing Resilience in Children
- Simple Tips to Reduce Stress



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## Definition of Stress

Stress is...a physical, mental, or emotional  
response to events that cause bodily or  
mental tension.



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### Prevalence of Stress

- Stress of city life 
- Workplace stress  
- Stress in children 

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### Symptoms of Stress

- Tension and irritability
- Fear and anxiety about the future
- Difficulty making decisions
- Being numb to one's feelings
- Loss of interest in normal activities
- Loss of appetite
- Anger

Center for Disease Control & Prevention

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### Symptoms of Stress

- Increase use of alcohol and drugs
- Sadness
- Feeling powerless
- Sleep problems
- Headaches, back pains and stomach problems
- Trouble concentrating

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## Stress is Beneficial

...when it helps people develop the skills they need to cope with and adapt to new situations that may be potentially threatening situations.



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## Stress is Harmful

...when it is severe enough to overwhelm a person's ability to take care of himself/herself or their family



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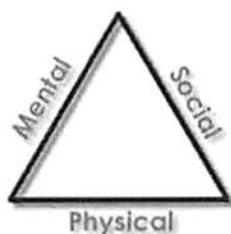
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## Health Triangle



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## Health Triangle




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## Types of Stress

Acute Stress = Short lived stress

- Can be beneficial...
  - Meeting a deadline
  - Studying for exams



Beneficial

- Can be damaging...
  - Car accident
  - Trouble at work
  - Problems with children at school
  - Daily hassles



Damaging

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## Types of Stress

Chronic Stress = Long term stress

- The result of a situation that has not been resolved
  - Traumatic event
  - Ongoing situation
    - War
    - Family abuse
    - Ongoing illness in the family




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## Types of Stress

### Acute Stress can become Chronic Stress

- An isolated event can begin as acute stress, but if the repeated event is judged as stressful or threatening for the person, the acute stress may be characterized as chronic stress.
- o Traffic may become chronic stress if the driver assesses the reoccurring experience as stressful or threatening, especially on a daily morning commute.

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## Healthy Ways to Cope With Stress

### Take care of yourself

- Eat healthy
- Exercise
- Get plenty of sleep



### Seek social support – talk to others

- Friends, family members, and others you can confide

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## Healthy Ways to Cope With Stress

### Learn new things

### Take a break

### Go for walks

### Do an enjoyable activity

### Create alone time



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## Ways to Reduce Stress

- Plan ahead and be organized
  - consider a "To-do" list
- Set boundaries
  - at home and at work (if possible)
- Stay connected
  - especially when spending time with your children

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## Ways to Reduce Stress

- Enlist help
  - Family, friends, neighbors
- Develop a routine
- Develop chores for all family members



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## Simple Tips to Reduce Stress

- Do not rely on your memory...write it down
- Set priorities in your life
- Always make copies of important papers
- Appreciate the world around you (i.e. nature)
- Practice breathing slowly



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## Simple Tips to Reduce Stress

- Schedule "Family ONLY" times
- Stand up and stretch
- Stop saying negative things to yourself
- Give a compliment to someone
- Give a SMILE



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## Simple Tips to Reduce Stress

- Develop a sense of humor
- Laugh more
- Strive for excellence NOT perfection
- Believe in yourself



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## Helping Children



- Maintain a consistent routine
  - Waking up, eating, going to sleep at regular time
  - Going to school and participating in the afterschool activities
- Talk, listen, and encourage expression
  - Create opportunities to have your children talk, but do not force them
  - Listen to their thoughts & feelings and share some of yours

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## Helping Children

- Watch and listen
  - Be alert for any changes in behavior
- Reassure
  - Take opportunities to reassure your child about his/her safety and well being
  - Discuss ways you, the school and the community are taking steps to keep them safe
- Connect with others
  - Make on-going efforts to talk to other parents and the teacher about concerns and ways to help your child cope

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## Resiliency

The ability to adapt well to adversity, trauma, threats, or even significant source of stress.



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## 10 Tips to Build Resilience in Children

1. Make connections
  - Connecting with people provides social support and strengthens resilience
2. Help your child by having him/her help others
  - By helping others, your child will feel important and will improve his/her self-esteem
3. Maintain a daily routine
4. Take a break
  - Endless worrying can be counter-productive

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## 10 Tips to Build Resilience in Children

5. Teach your child self-care
  - Rest and play
6. Move towards your goals
  - Set reasonable goals
7. Nurture a positive self-view
  - Trust him/herself



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## 10 Tips to Build Resilience in Children

8. Keep things in perspective and maintain a hopeful outlook
9. Look for opportunities for self-discovery
10. Accept that change is part of living

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## Final Tips to Reduce Stress

- ✓ Remember that STRESS is an attitude.
- ✓ Relax, take each day at a time...You have the rest of your life to live!



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## ACTIVITY

- Activity
- Story



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## Questions/Discussion



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**Thank You** *Mahalo*  
*Tsch* **Kiitos**  
*Grazie* *Toda*  
*Obrigado* **Thanks**  
*Gracias* *Merci*

Thank You for Your Attention!

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