



Teachers on the Line

Boboy Sze Alianan



Definition of “STRESS”

Stress is the resultant of a **change**—
whether expected or otherwise—and the
reaction to it.



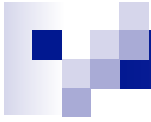
Factors of Stress

- Predictability
- Controllability
- Stress Reactivity



Resiliency

“The universal capacity which allows a person, group or community to prevent, minimize or overcome the damaging effects of adversity” – E. Grothberg (1995)



Resiliency: External Resources

- Trusting and supportive relationships
- Access to Basic Services
 - education
 - security
 - welfare
 - extended family



Resiliency: Internal Resources

- Feel lovable and appealing
- Pride in oneself, sense of competence
- Independence and responsibility
- Ability to communicate
- Capacity to solve problems
- Skills to manage feelings and impulses
- Possession of a sense of humor
- Belief in something higher (hope, transcendence, morals)



Preventing Adverse Stress Reactions

- Be mindful of your body
- Mind the basics
 - Sleep right
 - Eat right
 - Exercise



Stress Management

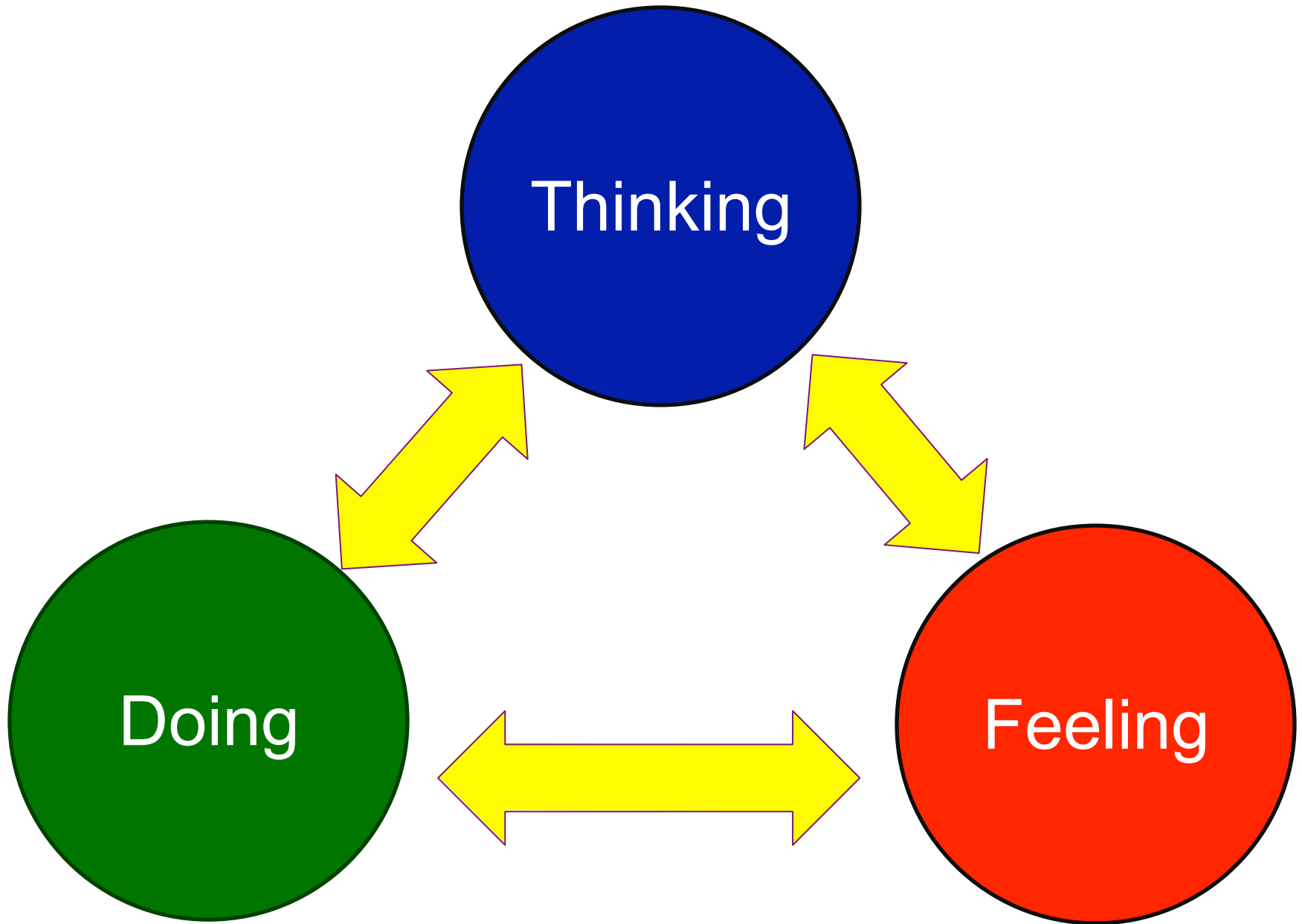
Cognitive Techniques

- Cognitive appraisal
- Anticipating difficulties and preparing oneself for them
- Taking control of oneself



Stress Management

- When faced with a difficult situation
 - Identify one's adverse reactions
 - Calm oneself
 - Identify subjective experience
 - Feelings
 - Thoughts
 - Behaviors
 - Monitor oneself without judgment





Stress Management

Intrapersonal

- Keeping a Stressors/Hassles log
- Reduce exposure to noise
- Limit life changes
- Define success
- Spiritual development



Stress Management

Interpersonal

- Assert yourself
- Conflict resolution
- Time management
- Social support



Stress Management

Perception Interventions

- Selective awareness
- Stop and smell the roses
- Attitude of gratitude
- Sense of humor
- Limiting Type A behavior
- Fostering self-esteem
- Develop a more internal locus of control
- Anxiety management



Stress Management

Relaxation Techniques

- Meditation
- Autogenic Training
- Imagery
- Progressive Relaxation
- Biofeedback



Summary

- We can manage the effects of stress
 - Cognitive techniques
 - Intrapersonal adjustments
 - Interpersonal skills
 - Perception interventions
 - Relaxation techniques



Thank you.