**Definition of Stress**

Stress is the feeling of pressure or tension experienced when the demands made on an individual exceed the resources available to deal with those demands.

The resources we have available to deal with stress can vary at different times in our lives. The death of a family member, relationship problems, etc will reduce our ability to deal with challenging or stressful situations.

**The Effects of Stress**

Short-term symptoms include:

* Pale face
* Hair stands on end
* Heart beat increases
* ‘Butterflies’ in the stomach
* Faster breathing
* Muscles tensed
* Sweaty hands
* Feeling cold in hands and feet

The long-term effects of stress can be:

* Stroke
* Heart Disease
* Irritable Bowel Syndrome (IBS)
* Some Cancers
* Asthma
* Skin Conditions such as Eczema, Psoriasis
* Rheumatoid Arthritis
* Indigestion and ulcers
* Headaches and migraine

Here are some other biological and psychological affects you might see:

* General irritability, over-excitement or depression
* Impulsive behaviour and emotional instability
* Fatigue
* Trembling and nervous tics
* Nervous, generally high-pitched laughter
* Tendency to be easily startled
* Stuttering speech difficulties
* Grinding of the teeth
* Insomnia
* Sweating
* Nightmares
* Accident prone behaviour

These symptoms may lead to a change in someone’s demeanour and mood. You may see:

Anxiety Frustration

Aggression Bad temper

Apathy Moodiness

Boredom Low self-esteem

Depression Nervousness

Fatigue Loneliness

**Managing Stress – A 10 Point Plan**

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| **Action Point** | **Things For Me to Think About….** |
| 1. Keep perspective.  Event + Response = Outcome  (can’t influence) (can influence) (can influence)  You cannot influence the things that happen to you, but you can influence your response to them. Ask yourself, ‘is my response to this situation logical, rational and in proportion?’ |  |
| 2. Accept that you always have choices and be assertive in explaining them. |  |
| 3. Take responsibility for what you want to happen. |  |
| 4. Support your own values behaviourally.  Keep doing what you enjoy doing, during times of stress. For example, running, swimming, going to the cinema, etc. |  |
| 5. Learn to laugh honestly at yourself. |  |

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| **Action Point** | **Things For Me to Think About….** |
| 6. Reward yourself for your achievements. |  |
| 7. Remember that personal values are personal.  No two people are the same. Accept other people’s views as valid, even if they are different to yours. |  |
| 8. Have positive aims, rather than negative ones. |  |
| 9. Live by the 80:20 rule (and make your objectives achievable). |  |
| 10. Understand that there are only 3 types of problem:   * Problems that you can resolve yourself * Problems that you need help to resolve * Problems that you can do nothing about |  |

**Extraverts and Introverts**

People with a preference towards extraversion are likely to:

* Be more sociable
* Have many friends
* Need to have people to talk to
* Crave excitement
* Take chances
* Act on the spur of the moment
* Like practical jokes and fancy dress parties
* Like change
* Be care-free, easy-going, optimistic and like to laugh and be merry
* Can be aggressive and lose their temper quickly
* Wear their heart on their sleeve

A more extraverted person is less likely to enjoy:

* reading or studying by themselves
* being alone
* being constrained by rules and regulations

An extrovert finds their energy in other people. If they have a problem they are more likely to discuss it with a number of people before making a decision.

People with a preference towards introversion are likely to:

* Be quiet and thoughtful
* Be reliable and introspective
* Prefer books to people
* Be reserved and distant except to intimate friends
* Like to plan ahead
* Distrust the impulse of the moment and dislike surprises
* Take matters of everyday life seriously and prefer a well-ordered mode of life
* Keep their feelings under control
* Seldom show aggression
* Can be somewhat pessimistic
* Place great importance on ethical standards

A more introverted person is less likely to enjoy:

* Socialising in large groups
* Having their personal space being invaded by someone they don’t know well
* Losing their temper

An introvert finds their energy inside themselves. If they have a problem they are likely to work out the solution themselves and then discuss their thoughts with close friends.

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| **The Introverted Thinker**  The introverted thinker will look to take time to understand why something needs to be done and to plan their work in detail. They will often observe situations for a long time before they comment on them, and because their views are well considered before being spoken, they can be viewed as being very wise, or pedantic!  On a good day an introverted thinker can be deliberate, questioning and precise.  On a bad day, they can be aloof, reserved and indecisive. | **The Extraverted Thinker**  The extraverted thinker is task focused, driven and determined and will strive to ensure work progresses. They are good at delegating work and directing others. They can be perceived as being abrupt in their approach and overbearing in their style towards others.  On a good day an extraverted thinker can be determined, strong-willed and purposeful.  On a bad day, they can be aggressive, controlling and intolerant. |
| **The Introverted Feeling Person**  The introverted feeling person is motivated by the feelings of others. They are happy if those around them are happy. Their focus will mainly be on people as opposed to tasks, and they will often be seen as the most caring, and self-less team member.  On a good day, an introverted feeling person can be supportive, reliable and trusting.  On a bad day they can be bland, reliant and stubborn. | **The Extraverted Feeling Person**  The extraverted feeling person is a great communicator who enjoys coming up with ideas, but who dislikes the application of detail in a piece of work. Once the essentials have been agreed they want to move on to the next challenge.  On a good day, an extraverted feeling person can be sociable, dynamic and friendly.  On a bad day, they can be indiscreet, flamboyant and hasty. |