



# CO2 TRAINING:



# “AFTER HOLIDAY STRESS MANAGEMENT”

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## **STRESS: A WORKING DEFINITION:**

- **Dr. Hans Selye, an endocrinologist, University of Montreal (“The Father of Stress”) introduced the term stress in his writings in referring to the body’s nonspecific response to any demand placed on it, pleasant or not.**
  
- **These are outside forces or agents acting on the organism, or the general wear and tear of life on the body. These agents might be called stressors.**
  
- **Webster’s Dictionary: “A physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.”**

# BACKGROUND INFORMATION

- Selye identified 3 Phases of Reaction to Stress as a “general adaptation syndrome.” (Alarm, Resistance, Exhaustion Stages).
- Stress is a universal response resulting from the *perception* of an intense or distressing experience (boss, death, an airplane flight, too much work).
- Stress might be referred to as anxiety (which in fact is a consequence of stress), conflict, frustration, pressure, and emotional trauma.
- In a stimulus definition, stress is an external *agent* or *stressor*. In the response definition, stress involves the consequences.

# STRESS AND DISEASE

**This formula has been used to illustrate the relationship between chronic stress and disease:**

$$\text{DISEASE} = S \times C \times F$$

**S = emotional stressor(s)**

**C = your personal stress, managerial style, and general state of health**

**F = other factors such as environment, medical history, genetics, and so on**

**(This formula, developed by H. Lagerlof in 1967, illustrates the complex interrelationship between stress and lifestyle and a range of environmental and individual factors. It illustrates why one person might succumb to stress-related diseases and another might not.)**

## **RESEARCH: STRESS & HEALTH**

- **A Study of 27 people in the mountains of Thailand revealed certain characteristics associated with longevity. These people were all over 100 years of age; one was 124 years old. They ate a great deal of fish, walked a lot, and lived near mountains. They were also poor, and drinking and smoking did not seem to have any effect on their longevity.**
- **A Study at Duke University Medical School revealed that “church-going (attending) people had fewer heart attacks/strokes.”**

**“Out of clutter, find simplicity  
From discord, make harmony,  
In the middle of difficulty lies  
opportunity.”**

**- Albert Einstein**

# **STRESS QUIZ**

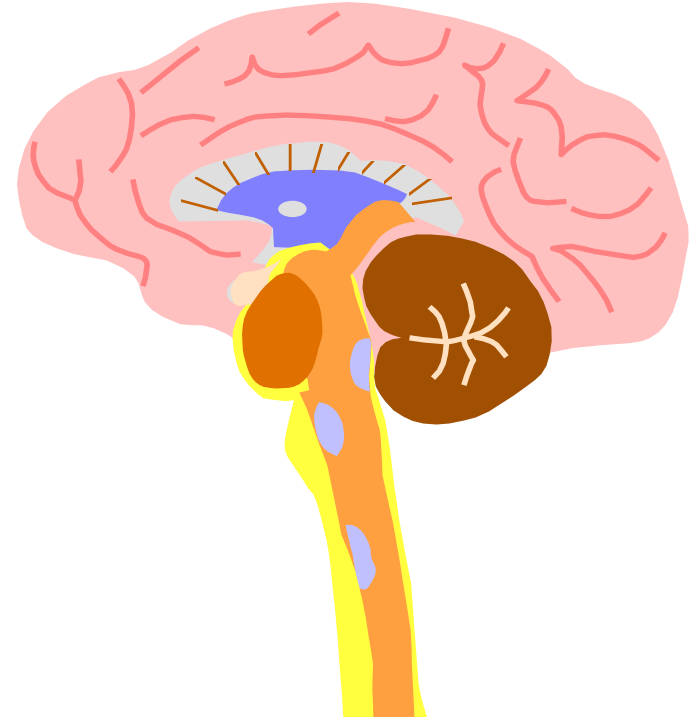
**(True/False)**

- 1. The greatest stress comes from overwork.**
- 2. If I really enjoy my work, I can work as long and hard as I want without suffering.**
- 3. Stress is a personal issue, not an organizational one.**
- 4. If I exercise vigorously, I will be less likely to feel stress and be less prone to heart attacks.**
- 5. Stress is associated more with overwork than underwork.**
- 6. As the person goes up in the hierarchy (in the case of the Army, rank), he or she is likely to experience more stress.**
- 7. Certain jobs are, by definition, more stressful, including police work, air traffic control, and so forth.**

# STRESS WARNING SIGNS:

## Cardiovascular Warnings:

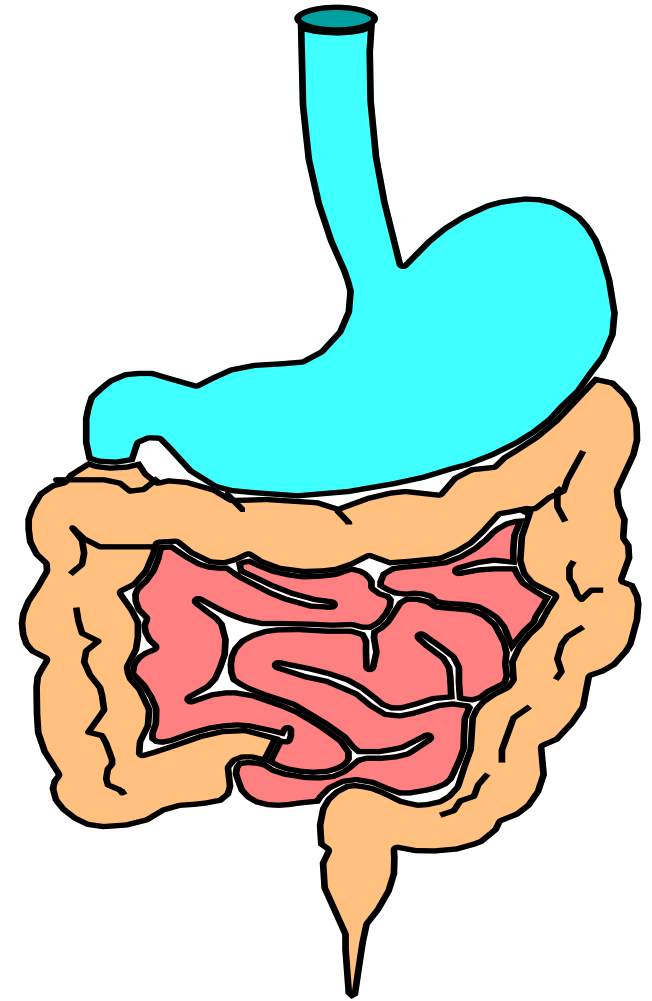
- **Faintness**
- **Out of breath**
- **Tiredness**
- **Racing heart**
- **High blood pressure**





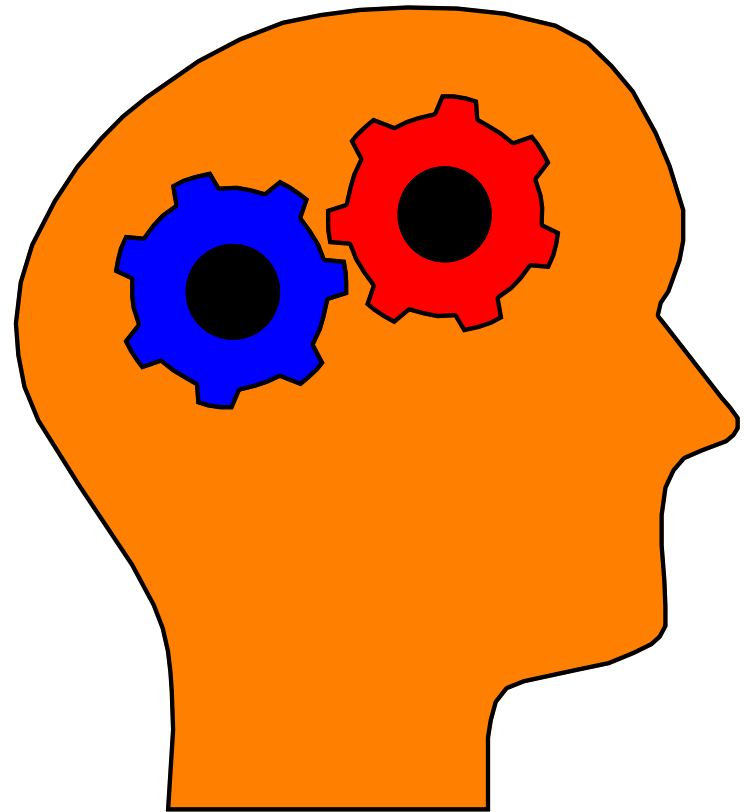
## *Digestive System Warnings:*

- **Indigestion**
- **Compulsive eating**
- **Stomachaches**
- **Diarrhea or uneven stools**
- **Nervous stomach**
- **Excessive gas**
- **Constipation**



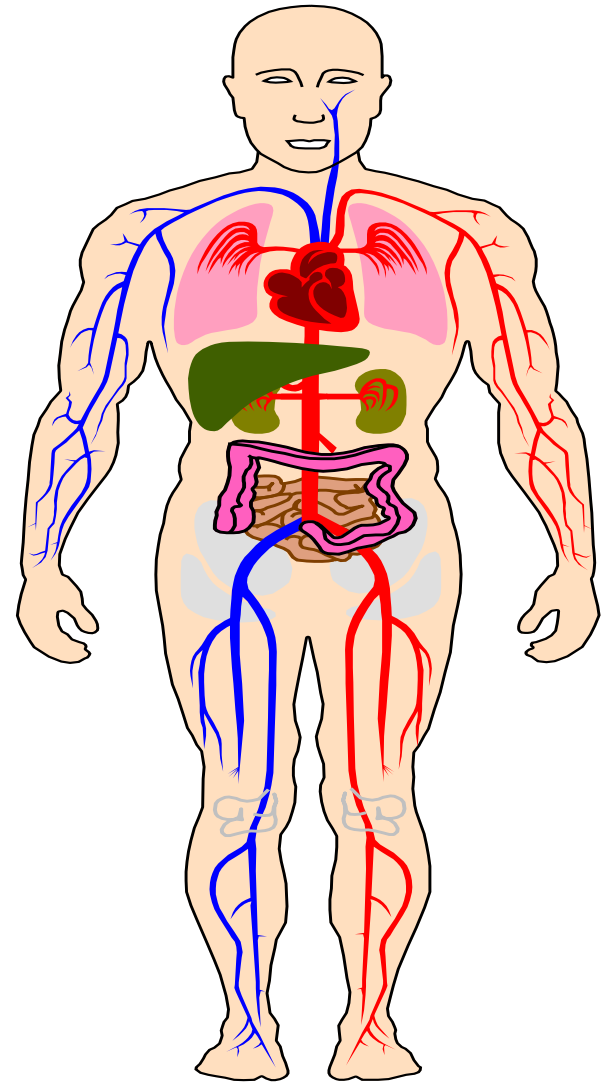
## *Immunological System Warnings:*

- **Feeling overworked**
- **Tired**
- **Trouble thinking clearly**
- **Forgetfulness**
- **Memory loss**
- **Inability to make decisions**
- **Constant worry**
- **Loss of sense of humor**



## *Muscular-Skeletal Warnings:*

- **Backaches**
- **Muscle tightness**
- **Tightneck, shoulders**
- **Headaches**



## *Emotional and Psychological Warnings:*

- **Anger**
- **Sweaty palms**
- **Sleep difficulties**
- **Loneliness**
- **Crying**
- **Anxiety, nervousness**
- **Easily upset**
- **Feeling powerless**
- **Edginess--ready to explode**



# **RISK FACTORS ASSOCIATED WITH HEART DISEASE AND CANCER**

- **Depressed people are 5 times as likely to die within 6 months of leaving a hospital.**
- **Generally, about 1 in 5 individuals are significantly depressed after a heart attack, but depression can play a key role in rehabilitation.**

## **STUDY OF 222 PATIENTS:**

- **In one study involving 222 patients who had just suffered heart attacks, researchers interviewed people who were hospitalized. 35 could be classified as depressed (low mood, prolonged periods of sleep disturbance, and problems in concentrating).**

## **STUDY OF 222 PATIENTS (Continued)**

**Within 6 months of being discharged from the hospital, 12 of the 222 patients died.**

**7 had succumbed because their hearts had slipped into an ineffective beat in rhythm.**

**4 died from another heart attack.**

**1 died from congestive heart failure.**

**17% of the depressed patients died compared with 3% of patients without depression.**

**(Results were significant even after other risk factors were taken into account {being a smoker, having a prior heart attack, having impaired function.})**

**The results indicate that treating depression may be very important to recovery.**

## RISK FACTORS

- **1/2 of North American women die of blood vessel diseases, primarily heart attacks and strokes. As the leading overall cause of death in women, heart attacks account for twice as many deaths as cancer.**
- **After menopause, heart attack rates in women rise sharply and reach the rate found in men. While heart attacks become the leading cause of death in men at age 39, in women they remain second to cancer until the age of 66.**
- **High blood pressure and raised levels of fat in the blood are as serious a risk factor for women as for men. For every 1% rise in blood cholesterol, there is a corresponding 2% increase in risk of heart attack. This is true for both women and men. Raised levels of blood fats (*triglycerides*) are linked to increased coronary risk.**

## **RISK FACTORS (Continued)**

- **Men and women with diabetes face a much greater risk of heart disease.**
- **Obesity is as damaging to women's hearts as it is to men's.**
- **Women, like men, are affected by certain kinds of behavior. Women classified as Type A are twice as likely to suffer heart attacks as those that are not.**
- **The percentage of women in the workforce has grown over the last 30 years. The 5-year advantage that women have over men in life expectancy in most developed countries may change as the full toll of work stress has its effects. Rates of alcoholism, smoking, and suicide are increasing in women.**



# **TRANSCRIPT OF ACTUAL RADIO CONVERSATION BETWEEN A US NAVAL SHIP AND CANADIAN AUTHORITIES OFF THE COAST OF NEWFOUNDLAND IN OCT 95:**

**Communication:** Please divert your course 15 degrees to the north to avoid a collision.

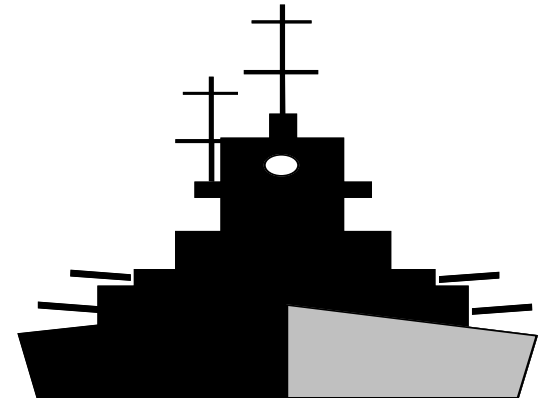
**Response:** Recommend you divert **YOUR** course 15 degrees to the south to avoid a collision.

**Communication:** This is a captain of a US Navy ship. I say again, divert **YOUR** course.

**Response:** No, I say again, you divert **YOUR** course.

**Communication:** **THIS IS THE AIRCRAFT CARRIER U.S.S. MISSOURI, WE ARE A LARGE WARSHIP OF THE U.S. NAVY. DIVERT YOUR COURSE NOW!**

**Response:** This is a lighthouse. Your call.



# **LIFE'S UNPREDICTABLE CRISES**

**The way we adjust to the many unpredictable crises and uncertainties of life is critically important to our growth and development. Some people have used such experiences and learned from them.**

**They have adapted and grown.**

**Others have resisted these experiences, fought them, and have agonized through them.**

# Holmes/Rahe Life Events Scale

(This inventory is strictly confidential: we will not discuss anyone's individual score or Life Event Items)

Indicate the number of times any of these life events have happened to you in the last 12 months and multiply by the "Item Value." Add up the scores.

Item	Times it Happened	Item Value	Your Score
1. Death of spouse	_____ x 100		= _____
2. Divorce	_____ x 73		= _____
3. Marital separation	_____ x 65		= _____
4. Jail term	_____ x 63		= _____
5. Death of close family member	_____ x 63		= _____
6. Personal injury or illness	_____ x 53		= _____
7. Marriage	_____ x 50		= _____
8. Fired at work	_____ x 47		= _____
9. Marital reconciliation	_____ x 45		= _____
10. Retirement	_____ x 45		= _____
11. Change in health of family member	_____ x 44		= _____
12. Pregnancy	_____ x 40		= _____
13. Sex difficulties	_____ x 39		= _____
14. Gain of new family member	_____ x 39		= _____
15. Business readjustment	_____ x 39		= _____
16. Change in financial state	_____ x 38		= _____
17. Death of close friend	_____ x 37		= _____
18. Change to different line of work	_____ x 36		= _____
19. Change in number of spousal arguments	_____ x 35		= _____
20. Mortgage over \$ 150,000	_____ x 31		= _____
21. Foreclosure of mortgage or loan	_____ x 30		= _____
22. Changes in responsibilities at work	_____ x 29		= _____
23. Son or daughter leaving home	_____ x 29		= _____
24. Trouble with in-laws	_____ x 29		= _____
25. Outstanding personal achievement	_____ x 28		= _____

(CONTINUED ON NEXT PAGE)

# LIFE EVENT'S SCALE (Continued)

- |  |            |         |
|--|------------|---------|
| 26. Spouse begins or stops work              | _____ x 26 | = _____ |
| 27. Begin or end school                      | _____ x 26 | = _____ |
| 28. Change in living conditions              | _____ x 25 | = _____ |
| 29. Trouble with boss                        | _____ x 23 | = _____ |
| 30. Change in work hours or conditions       | _____ x 23 | = _____ |
| 31. Change in residence                      | _____ x 20 | = _____ |
| 32. Change in schools                        | _____ x 20 | = _____ |
| 33. Change in recreation                     | _____ x 19 | = _____ |
| 34. Change in church activities              | _____ x 19 | = _____ |
| 35. Change in social activities              | _____ x 18 | = _____ |
| 36. Mortgage or loan less than \$10,000      | _____ x 17 | = _____ |
| 37. Change in sleeping habits                | _____ x 16 | = _____ |
| 38. Change in number of family get-togethers | _____ x 15 | = _____ |
| 39. Change in eating habits                  | _____ x 15 | = _____ |
| 40. Vacation                                 | _____ x 13 | = _____ |
| 41. Christmas                                | _____ x 12 | = _____ |
| 42. Minor violations of the law              | _____ x 11 | = _____ |

**TOTAL SCORE**

\_\_\_\_\_

# THE LIFE EVENTS PROFILE

## (Interpreting Your Scores)

- A total score of 150 - 199 indicates mild life change or possibility to be stressed. Holmes and Rahe indicated that 37% of the people in this category had an appreciable change in their health.
- Moderate life change is described by people with scores of 200 - 299. People in this category have a 50-50 chance of experiencing a change in their health.
- People with a score of over 300 can be categorized as experiencing major life changes. 70% of the people that Holmes and Rahe studied had some illness the following year.
- A score on the life-change index does not mean that a person will be ill the next year. There are many limitations to such tests, which rely on memory and which do not take into account genetic differences and personal perceptions of what is stressful.

# INTERPRETING YOUR SCORES

## (Continued)

- The test can be used as a general guide to recognizing that an accumulation of stressful events can be overwhelming. It might be used as a way to understand and plan for future events. In this regard, a person might wish to avoid quitting a job or school just after he or she had experienced the death or illness of a close friend.
- You may even wish to include other life events not listed on the test. The scores do not reflect how you deal with stress. They simply show how much change you have to deal with.
- When you are faced with a number of stressors at the same time, be aware of their potentially overloading effect.
- In the same way, certain times of the year....**Christmas**, for example....are more stressful because they create extra demands on us. For some people, **Christmas** means an examination period, visits from relatives, and extra financial demands.
- The life events in the Life Events Scale will affect each of us differently. As a result, a high score for one person may be more meaningful than it is for others.

**PEOPLE WHO ARE MORE LIKELY TO  
DEAL EFFECTIVELY WITH THE  
STRESSORS AROUND THEM HAVE A  
MEANING AND PURPOSE IN THEIR  
LIVES.**

**THE MEANING IS SOMETHING  
BEYOND THEMSELVES: WORK, AN  
IDEA, A LEISURE PRODUCT, OTHER  
PEOPLE, A BOOK, OR A SOCIAL  
OBJECTIVE.**

**PEOPLE WHO ARE EFFECTIVE  
IN RESPONDING TO  
STRESSORS ARE VERY OPEN  
AND WILLING TO TALK TO  
OTHERS.**





**ALBERT SCHWEITZER ALWAYS  
BELIEVED THAT THE BEST  
MEDICINE TO HANDLE ANY CRISIS  
OR ILLNESS WAS HIS KNOWLEDGE  
AND HIS ABILITY TO USE HIS  
KNOWLEDGE CREATIVELY, PLUS A  
GOOD SENSE OF HUMOR.**

**JOHANN SEBASTIAN BACH MADE IT  
POSSIBLE FOR ALBERT SCHWEITZER TO  
FREE HIMSELF FROM THE PRESSURES  
AND TENSION OF HIS JOB AT THE  
HOSPITAL.**

**HE FOUND SPLENDOR AND CREATIVE  
ECSTASY IN MUSIC.**

**HIS POWERFUL HANDS WERE IN  
COMPLETE CONTROL AS HE PLAYED.  
AFTER PLAYING, HE FELT RESTORED.**

**“Laughter produces a feeling of health through the furtherance of the vital bodily processes, the affection that moves the intestines and the diaphragm; in a word, the feeling of health that makes up the gratification felt by us; so that we can thus reach the body through the soul and use the latter as the physician of the former.”**

**--Immanuel Kant**

**(from The Critique of Pure Reason)**

# CONCLUDING THOUGHTS

- **Are you willing to make radical changes in attitudes, lifestyles, and behaviors?**
- **Being effective in dealing with life crises sometimes requires radical shifts in behavior and personal values.**
- **Effective people are able to:**
  - \* **View life crises as creative ways to develop and grow**
  - \* **Define meaning and a clear purpose in life**
  - \* **Develop support systems and be open to expressing their fears**
  - \* **Gather information from a variety of perspectives and be receptive to being creative in using it**
  - \* **Exhibit creativity, humor, and relaxation**