



Western China Medical Mission – 中国西部卫生健康服务目标

Session Title: Stress Management
Total Time: One (1) – 20 Minute Sessions with 10 Minutes Q&A Included.

Objectives: By the end of the lesson the attendees will be able to:

1. Understand what stress is and some of the causes
2. Know what signs to look for
3. Learn some simple ways to help manage stress

Outline:

1. Welcome Participants:
 - a. Presenters and translator's introductions.
 - b. Today I'll be talking about stress and ways to help you manage it

1. What is stress?
 - Ask audience – what do you think stress is?
 - Stress is what you feel when you are worried or uncomfortable about something
 - Stress is very common
 - There is good and bad stress
 - Small amounts of stress can be good as it helps you to get things done
 - If there is too much stress or if it goes on for too long it can be a problem and make you unwell

2. Causes of stress
 - Many different things can cause stress - from physical things, such as fear of something dangerous like a snake, to emotional things, such as worry over your family or job.

3. What are the signs of stress?
 - Making your heartbeat and breath faster
 - Making you sweat more
 - Leaving you with cold hands, feet, or skin
 - Making you feel sick to your stomach or giving you 'butterflies'
 - Tightening your muscles or making you feel tense
 - Leaving your mouth dry
 - Reducing your enjoyment



- Making it difficult for you to concentrate or remember information
- Leaving you anxious, frustrated or mad
- Changing your appetite (making you eat either less or more)
- Changing your sleep habits (either causing you to sleep too much or not letting you sleep enough)
- Causing you to get sick more often (i.e. colds, headaches, stomach problems)
- Making you feel constantly tired and worn out

4. What can you do?

- It's may not be possible to make the stressful thing stop or go away but you can learn ways to help manage the stress better
- Realizing that you are under stress is the first step in learning to deal with stress.
- One of the quickest and easiest ways to deal with stress is responding to your body's physical symptoms.
 - Breathe deeply - Stop what you're doing and take a few deep, relaxing breaths to slow down your heart rate. Sound too easy? Well let's try it (i.e. take 5 deep breaths with me now – count in for 5, and out for 5)
 - Stretch and relax your muscles – this helps to get some of the tension out of your body.
 - Hands - bend and straighten fingers several times to increase blood flow
 - Hands - let fingers and hands hang loosely from your wrists; gently shake hands
 - Biceps – clench your hands into fists, bend your arms at the elbow and flex up and down
 - Shoulders - with your arms at your side, lift your shoulders high (toward your ears) and then release; repeat
 - Shoulders - keep your arms at your side and roll your shoulder in forward circles; stop after several rotations and switch directions
 - Back and spine - sitting or standing straight, keep your hips facing forward and gently turn your upper body to the left; return to center; gently turn your upper body to the right; return to center
 - Arch your back
 - Head and neck - slowly roll your head to the right then to the left
 - Close your eyes as tight as you can
 - Smile as wide as you can
 - Press your lips together as hard as you can
 - Feet - wiggle your toes in your shoes
 - Point your feet up and down
 - Laugh - nothing relieves the tension in your body, or your mind, like a little humor. Let's laugh together now....hahaha!



- Maintaining a healthier lifestyle and building activities into your day that help you relax can also help your body, and mind, bounce back from stress.
 - Stay active and exercise - do something to get your blood pumping. This keeps your heart and lungs healthy. Walk, run, dance or whatever exercise you enjoy doing
 - Do an activity that you enjoy. This could be singing, playing mah-jong, cooking etc. Make this your chance to 'escape from the world' for a while.
 - Stop Smoking - many people light up when they are stressed, without realizing that this is making their stress even worse. The nicotine in tobacco causes a stress response in our body.
 - Eat Healthily - You are what you eat and sticking to a healthy diet will help keep your body strong. Remember to eat regularly so you have enough energy.
 - Sleep Regularly and Get Enough Sleep - Base your sleep on what you need and try to stick to a regular sleep schedule so that you can get the most from your sleep time.
 - Avoid overusing alcohol

5. Wrap up and evaluation

- That's the end of my talk today
- Hopefully you've learnt something about stress - such as what it is, the signs to look for and what you can do to reduce it.
- Can someone tell me one thing they've learnt or found interesting?
- Any questions?