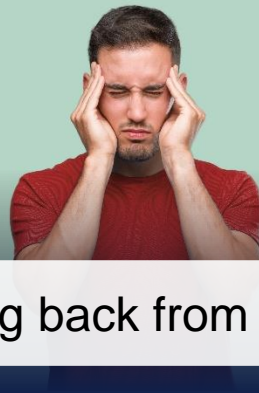
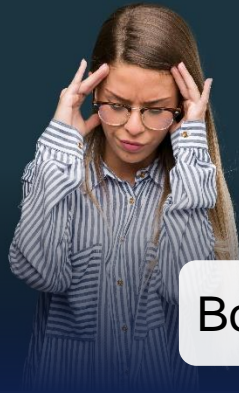


# DON'T HOLD ME BACK

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING



Bouncing back from **STRESS**

T: +27 51 401 2537 | E: niemancl@ufs.ac.za | [www.ufs.ac.za](http://www.ufs.ac.za)

 UFSUV |  UFSweb |  UFSweb |  ufsuv

*Inspiring excellence.  
Transforming lives.*

# Today's Discussion:

What is stress?

Identifying stress in yourself

How does stress grow

The challenge

10 Stress Busters



# What is Stress

*Am I struggling with this???*



Stress is a mental and physical reaction to perceived or real threats. In small doses, it is helpful. It protects us from danger and focuses our attention on problems.

**BUT** when stress is too severe, or occurs too frequently, it can become debilitating.

# HOW TO IDENTIFY STRESS

**DO I EXPERIENCE STRESS??  
LET'S SEE**

- Headaches
- Sweating
- Nausea
- Fatigue
- Back Pain
- Indigestion
- Chest Pain
- Migraine

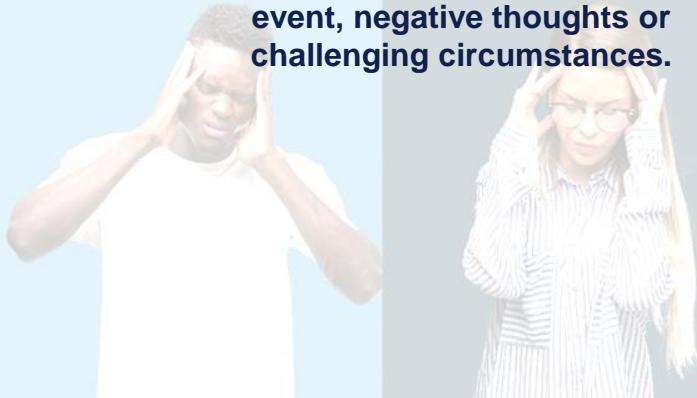
- Nail biting
- Restlessness
- Teeth grinding
- Social withdrawal
- Substance use
- Procrastination
- Sleep problems

- Worry
- Irritability
- Anger
- Loss of motivation
- Memory problems
- Mood instability
- Difficulty concentrating
- Constant thoughts about stressors

# HOW DOES STRESS GROW?



**Stress experienced due to an event, negative thoughts or challenging circumstances.**



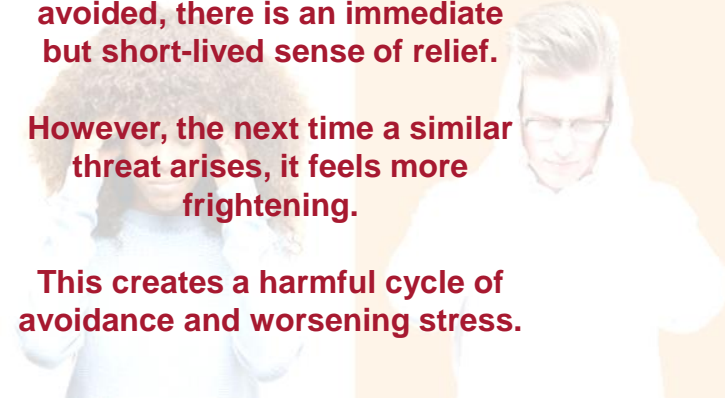
**Stress drives people to avoid the things that scare them.**



**When a frightening thing is avoided, there is an immediate but short-lived sense of relief.**

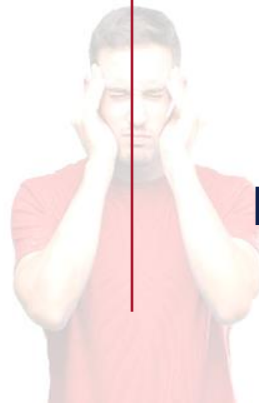
**However, the next time a similar threat arises, it feels more frightening.**

**This creates a harmful cycle of avoidance and worsening stress.**



# The Challenge:

## *Coping with stress*



At the moment most of us are experiencing stress and anxiety due to the impact of COVID-19 and various other stressors.

Whether it is because of financial stress, working from home, health concerns, personal stress, or stressing about family and friends, ***stress and anxiety is affecting all of us.***

**Let us tackle this stress with the following 10 stress busters!!**

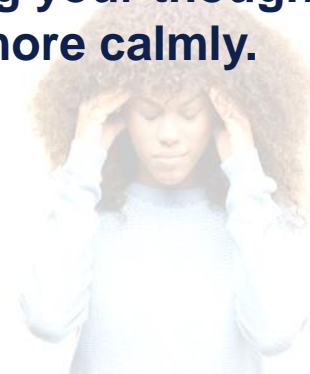
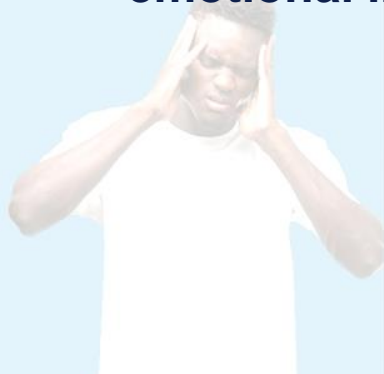


# STRESS BUSTER NUMBER 1

**BE ACTIVE**



**Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.**





# STRESS BUSTER NUMBER 2

## TAKE CONTROL



**There's a solution to any problem. If you remain passive, thinking, 'I can't do anything about my problem', your stress will get worse. That feeling of loss of control is one of the main causes of stress and lack of well-being.**

**The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.**



# STRESS BUSTER NUMBER 3

## CONNECT WITH PEOPLE



**A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way. If you don't connect with people, you won't have support to turn to when you need help.**

**The activities we do with friends help us relax. We often have a good laugh with them, which is an excellent stress reliever. Talking things through with a friend will also help you find solutions to your problems.**

# STRESS BUSTER NUMBER 4

## HAVE SOME ME TIME



**We often don't spend enough time doing things we really enjoy. We all need to take some time for socialising, relaxation or exercise.**

**Setting aside a couple of nights a week for some quality "me time" away from work is a great idea. By earmarking those 2 days, it means you won't be tempted to work overtime.**

# STRESS BUSTER NUMBER 5

## CHALLENGE YOURSELF



**Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps build confidence. This will help you deal with stress.**

**By continuing to learn, you become more emotionally resilient as a person. It arms you with knowledge and makes you want to do things rather than be passive, such as watching TV all the time.**

# STRESS BUSTER NUMBER 6

## AVOID UNHEALTHY HABITS



**Don't rely on alcohol, smoking and caffeine as your ways of coping. We call this avoidance behaviour.**

**In the long term, these crutches won't solve your problems. They'll just create new ones. It's like putting your head in the sand. It might provide temporary relief, but it won't make the problems disappear. You need to tackle the cause of your stress.**

# STRESS BUSTER NUMBER 7

## HELP OTHER PEOPLE



**Evidence shows that people who help others, become more resilient. Helping people who are often in situations worse than yours will help you put your problems into perspective. The more you give, the more resilient and happy you feel.**

**If you don't have time to volunteer, try to do someone a favour every day. It can be something as small as helping someone cross the road or supporting a colleague in need.**

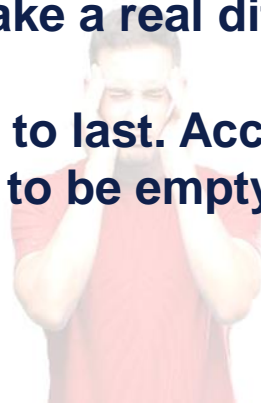
# STRESS BUSTER NUMBER 8

**WORK SMARTER, NOT HARDER**



**Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference.**

**Leave the least important tasks to last. Accept that your in-tray will always be full. Don't expect it to be empty at the end of the day.**



# STRESS BUSTER NUMBER 9

**TRY TO BE POSITIVE**



**Look for the positives in life, and things for which you're grateful.**

**People don't always appreciate what they have. Try to be glass half full instead of glass half empty.**

**Try writing down 3 things that went well, or for which you're grateful, at the end of every day.**



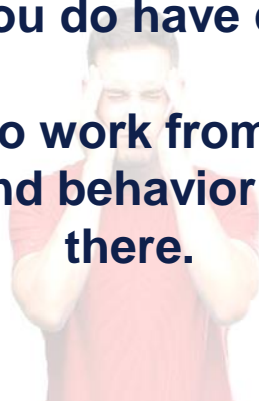
# STRESS BUSTER NUMBER 10

## ACCEPT THE THINGS YOU CAN'T CHANGE



**Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.**

**If the lockdown requires you to work from home, you can't change that. You can change your attitude and behavior when working from home, start there.**



# Contact us for more information

## Contact information

**Carmine Nieman**

[niemancl@ufs.ac.za](mailto:niemancl@ufs.ac.za)

051 401 2537

**Burneline Kaars**

[kaarsb@ufs.ac.za](mailto:kaarsb@ufs.ac.za)

051 401 2937

