



# Stress

The good, the bad  
and the ugly



# Stress

- WHAT IS IT?

A condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilise



# WHY SHOULD I BOTHER?

- Selfish reasons:
  - More time for you
  - Easier results
  - Better health




# STRESS IN FIRST YEAR UNIVERSITY STUDENTS

- 1. New Uni Environment
- 2. New Relationships
- 3. Competitive Circumstances and Exams
- 4. Lack of Time Management Techniques
- 5. Parental Pressure



# HOW ARE YOU GOING?

- Ans: Not very well
- ( Dr Helen Stallman, UQ School of Psych )
- 50% Mild-Very High Levels of stress
- NOTE...Unable to work or study 8 days per month AND work at reduced capacity for an additional 9 days per month!!
- 65% of distressed students did not seek any support services



# READY TO CHECK YOUR OWN STRESS LEVELS?

- KNOW THIS.....
- Nobody cares.....
- Welcome to adult environments and Uni.  
People only care about you if you engage them first.
- You must do your own stress inventory



# CHECKLIST

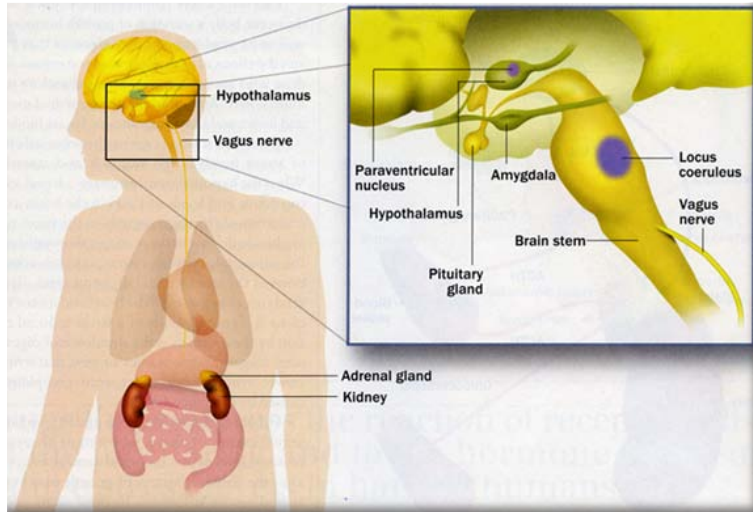
- Do your own stress test...Schedule of Recent Experience
- Score yourself
- Use tools to identify your unique stress profile ( See attached links )
- Develop your management plan
- Start with simple steps



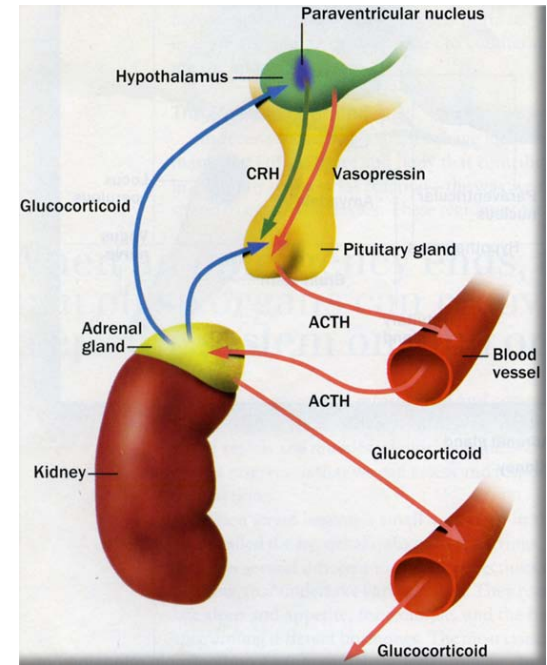
# GOOD STRESS

- “Fight-flight” response
- Alert. Improved performance
- FLOW..The Peak Experience...intensely creative and satisfying, efficient state of mind. Best performance. Great exam. Persuasive speech. New software or composition. Time is distorted

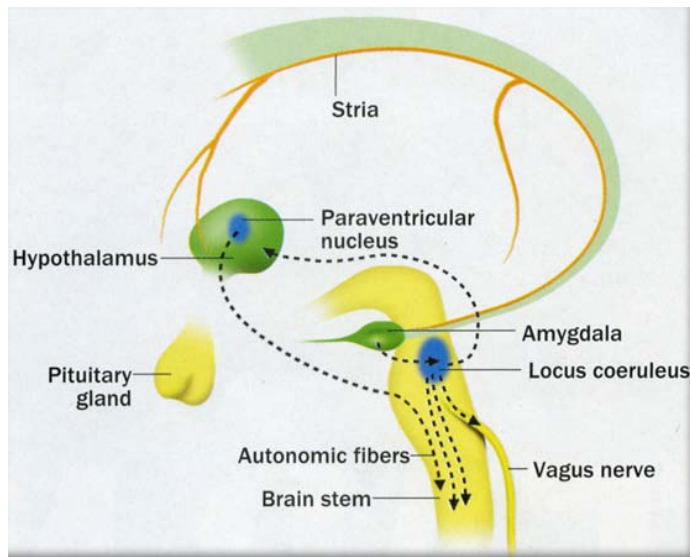
# TURNING ON



# TUNING IN



# STRESSING OUT



# BAD STRESS

- DECREASED ABILITY TO DEAL WITH LARGE AMOUNTS OF INFORMATION
- PERSISTING IN A COURSE OF ACTION WHEN BETTER ALTERNATIVES ARE AVAILABLE
- Altered immune response...cytokine release...increased inflam response...asthma...viral infections...spinal joint and nerve problems...headaches



# UGLY STRESS

- Depression / Psychiatric disorders
- Burnout
- Nervous breakdown
- Suicide



# WHAT WORKS?

- EXERCISE...enjoyable and often
- COMFORT FOOD...
- CAFFEINE...
- SMOKING...what price?
- MARIJUANA...Paranoia Can't Plan
- DRUGS...Prescription and recreational
- SEX...
- RISKY BEHAVIOURS...
- SIGNATURE STRENGTHS...Seligman



# LINKS

- UQ Health
- Mindtools.com
- “Flow”... Mihaly Csikszentmihalyi
- Authentic happiness.org...Martin Seligman...signature strengths