UNDERSTANDING STRESS TOWARDS MANAGEMENT

A PRACTITIONER’S PERSPECTIVE
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COMMON STRESSORS PEOPLE FACE

- Home / $$$
- People
- Sex
- Health
- Work
- Thoughts
STRESS IS AN EVERYDAY FACT OF LIFE

YOU CANNOT AVOID STRESS !!
• External source
• One source
• Many theories
• Process of 5 interacting factors
(Cox & Mackay – Transactional model of stress)
EXTERNAL EVENTS
- Insult
- Assault
- Frustration
- Demand
- etc.

COGNITIVE PROCESSES
- Appraisal of threat
- Expectations of coping or not and consequences

BEHAVIOURAL REACTIONS
- Aggression active or passive
- Escape or avoidance

EMOTIONAL REACTIONS
- Usually anxiety

PHYSIOLOGICAL REACTIONS
- Autonomic response
COMPONENTS OF STRESS

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- Insult
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- etc.

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Bronfenbrenner’s ecological approach emphasizes the interaction across different systems in which people operate.
1. ORGANISATIONAL EFFECTS:

Burnout, low morale, low performance, poor working relationships, absenteeism, high turnover, job dissatisfaction, high use of health facilities, accidents, ……
2. **BEHAVIOURAL EFFECTS:**
   Drug use, alcohol, smoking, overeating, appetite, impulsive/aggressive outbursts, accident proneness, restlessness, blaming others, withdrawal, isolation…..

3. **MENTAL EFFECTS:**
   Concentration, task performances, defensiveness, mental blocks, sleepiness, focus on details…..
4. EMOTIONAL EFFECTS:
Anxiety, anger, boredom, depression, fatigue, frustration, irritability, moodiness, tension, nervousness, self-hate, worry ….

5. PHYSICAL EFFECTS:
Medical imbalances, inc blood glucose, heart rate, bp, breathing, numbness, tingling, back pain, fatigue, every system..
Result: damage to organs, chronic disease, death
## 5 FACTORS

| STRESSORS          | EXTERNAL
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STRESS IS PRIMARILY AN INTERNAL PROCESS

GOOD NEWS:

STRESS IS UNDER YOUR CONTROL!!
STRESS

S: Source
T: Thoughts
R: ReActions
E: Emotions
S: Systems
S: SURVIVAL SKILLS

SELF-AWARENESS
STRESS MANAGEMENT

• Myth: tablet
• Myth: overnight
• Myth: external
• Myth: belief in God
• Myth: run away
• Fact: many more myths…..
## STRESS MANAGEMENT

<table>
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<tr>
<th>Relaxation</th>
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<td>Job stress management</td>
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<td>Assertiveness</td>
<td>Time management</td>
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STRESS MANAGEMENT

MANAGEMENT !!   Active Coping SKILLS

Manage the 5 Factors:
Source : Interpersonal skills
Thoughts : Learn to think skillfully
Reactions : Learn from past / new ones
Emotions : Self-awareness and EI (Test)
Systems : Stay healthy
That’s it folks!

Objectives:
You need to understand ‘stress’.
1. You need to analyse stress.
2. You need to do something about it!!!!!!
3. You need to learn to live with it.
4. You need a ‘tool kit’.
Jambu's 5 Senses:

1. Sense of Spirituality
2. Sense of Responsibility
3. Sense of Reality
4. Common Sense
5. Sense of Humour
I WISH YOU ALL HAVE AS MUCH FUN LIVING WITH STRESS AS I DO!
paul.jambunathan@monash.edu

THANK YOU
MENTAL HEALTH
MENTAL

HYGIENE
1. Mid 19th cent – W. Sweetzer

2. Isaac Ray – “art to preserve the mind against incidents and influences which would inhibit or destroy its energy, quality or devt.” (J.Hopkins University 2007) Origins of Mental Health

3. Dorothea Dix (1808-87) – the mental hygiene movement

4. 20th cent – Clifford Beers – National Comm for Mental Hygiene
HYGIENE

• The science or art of preserving health.
• The science that deals with the promotion and preservation of health.
• A condition or practice conducive to the preservation of health.

Mosby: ‘Mental Hygiene’

The study concerned with the development of healthy mental and emotional habits, attitudes and behaviour and with the prevention of mental illness.
WHO (2005)
Promoting mental health....

“a state of well-being in which the indiv realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

• 2001 World Health Report, WHO
Global Mental Health – “area of study, res & practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide.

Patel and Prince (2010) Global Mental Health – a new global health field comes of age, JAMA
1. “...evidence that emotional abilities are assoc with prosocial behavs such as stress mgt and physical health

2. ..people who lack emotional expression developed misfit behavs which were a direct reflection of their mental health

MENTAL HYGIENE
PSYCHOPHYLAXIS

• the development of healthy emotions, attitudes and behavior,

• and, is concerned with the prevention of emotional problems and mental illness.

• preserving, promoting and enhancing a healthy state of mind
BASIC NEEDS (Dr. Banks, 1976)

1. I need to live
2. I need a feeling of importance
3. I need someone to love me
4. I need a little variety
eMotions
Emotion ??

Fact:
For every human behaviour, however peculiar, there is always a reason.

Reason = Motivation

Motivation ← Motive ← Motion

E-MOTION

Summary: Behaviour ← ← EMOTION
• Difficult !
• Describes a series of complex, inter-connected happenings in a number of different locations in the body and the mind.
• Scientifically observable facts...
• **Personal Internal Experience (PIE)**
A PSYCHOLOGY TEST?

1. Are you happy?
2. Do you look forward to waking up everyday and facing the world?
3. Social skills, social life?
4. Balance / Bouyancy?
5. Do you have Problem-Solving skills?
6. What is your ‘vision’/ sight like? Foresight, Hindsight, Insight?
7. Is there at least one other person you trust?
8. Humour? Laughter?
9. Do you like your ‘occupation’?
10. Do you know how to worry effectively?
Research - Dr. W.F. Harley

- Affection
- Sexual fulfillment
- Conversation
- Recreational companionship
- Honesty & openness
- Physical attractiveness
- Financial support
Domestic support
Family commitment
Admiration
Attention

Emotional intelligence
A Wellness model

(Myers, Sweeney, Witmer) (“..most of the US..

5 Life tasks: essence or spirituality, work and leisure, friendship, love & self-direction

12 sub tasks, sense of worth, sense of control, realistic beliefs, emotional awareness & coping, problem-solving & creativity, sense of humour, nutrition, exercise, self care, stress mgt, gender identity, cultural identity
MENTAL HYGIENE & PSYCHOPHYLAXIS
THANK YOU AGAIN!

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