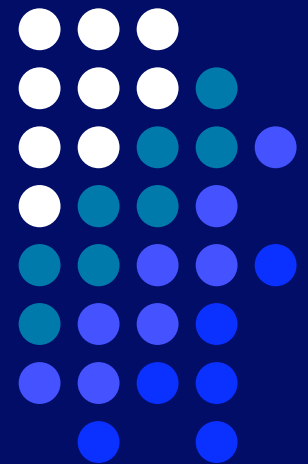


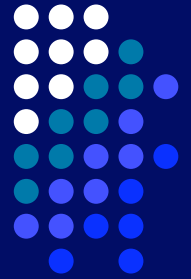
Managing Stress for Life Success!

Presented to Grandview Heights

Christopher Stankovich, Ph.D.

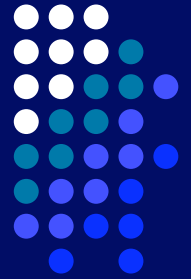
www.drstankovich.com





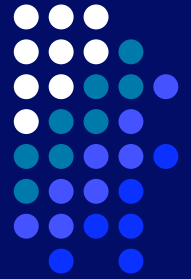
Tonight's Agenda

- Discuss what 'stress' is and how we can deal with it effectively
- Examine common stressors young people face
- Discuss the types of stress (acute and chronic; eustress and distress)
- 3 factors to help with stress
- The "A-B-C's" of perception and stress (challenges or threats?)
- Healthy & Effective Coping strategies
- Attitude projection and emotional wellness



What *is* Stress???

- We stress when we believe/perceive we are being overwhelmed by a situation to the point where we believe we are losing control
- Change – planned or unplanned – often causes stress
- We experience stress both mentally (i.e. breakdown of thinking) and physically (i.e. illness, fatigue, etc.)



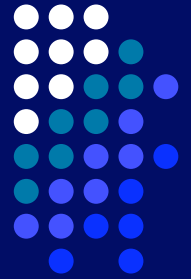
What are YOUR Stressors?

Common Student Stressors

- School/grades
- Relationships (romantic and platonic)
- Athletics (or other activities)
- Future planning
- Driving/transportation
- Establishing a personal identity
- Establishing independence from parents

Common Adult Stressors

- Relationships/family
- Career
- Money
- Health & well being
- Future planning
- Establishing a healthy balance between personal and career interests and responsibilities



Acute or Chronic Stress?

Acute (Pebble in your shoe)

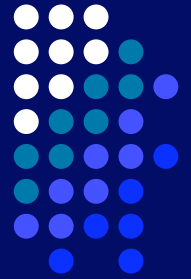
- Traffic jams
- One bad test
- An argument today
- A flat tire
- Head and stomach aches
- Feeling overlooked by someone

Chronic (stuff that demands more attention)

- Terminal health issues
- Ongoing domestic problems
- Poverty conditions
- Any problems that has been around for awhile that *seem* as though they are not going away soon – if ever

***“You don’t get to control any outcome,
only every choice you make along the way”***

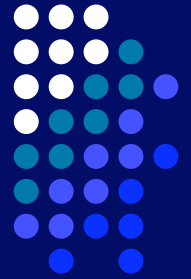
Stephen C. Paul, American Author



“Good” Stress & “Bad” Stress

- Interestingly, while we normally equate stress to bad things, even good things that happen to us in life can cause stress!
- Bad stress is called distress, while good stress is called eustress
- Working toward academic and athletic accomplishments, job promotions, earning more money (and maybe attention), and even the holidays are often “good” stressful events!
- **Again, change is what often causes stress!**

The “Big 3” When Dealing with Stress

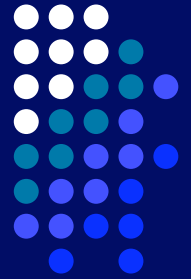


- **Predictability** – what is coming up? How can you get better prepared??
- **Optimism** - Are you confident you can deal with the situation?
- **Locus of Control** – Can you impact the situation, or is it beyond your control (and hope)?

***If you keep on doing what you have always done,
You will keep on getting what you have always got”***

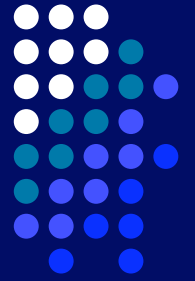
Anonymous

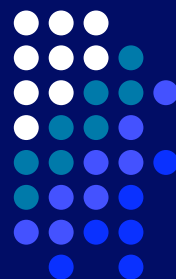
How Perception Impacts Stress Recovery



- What we “see” impacts how we respond to things in life
- No two people “see” things the same exact way
- When a crisis occurs, do you view it as a threat or challenge?
- We all have perception “filters,” including schemas, biases, and previous life experiences
- That immediate decision will take you down two entirely different roads of response!

What do you “See?”

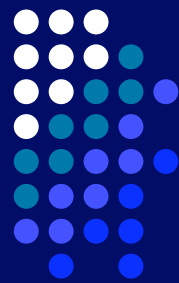




A Test of Perception

Study the list of words below for 30 seconds:

bed	sheet	pillow
blanket	snore	sheet
comforter	wake	
dream		
pillow	bed	slippers
night	dream	rest
robe	bed	pillow



The “A-B-C’s” of Wellness

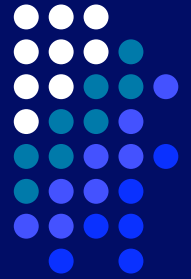
Rational Emotive Therapy (RET), developed by Dr. Albert Ellis, teaches people to examine how their perceptions impact their thoughts, attitudes, emotions, and consequent behaviors

A - Activating Event (i.e. bad game or a poor test score)

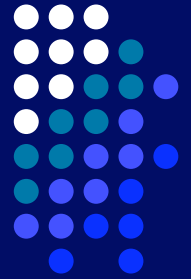
B - Subjective Belief about the event (i.e. “I’m a lousy athlete/student” or “Tomorrows another day – I’m confident with some hard work I can come back strong!”)

C - Behavioral Consequence (Positive, upbeat, optimistic behaviors like practicing or studying more – or negative, angry behaviors like getting mad or quitting???)

Effective AND Healthy Coping is Key

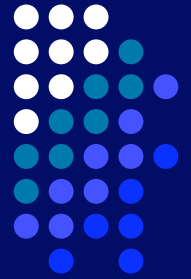


- Exercise
- Talk
- Journal
- Take breaks
- Vary routines
- Have fun & laugh!!



Attitude Projection

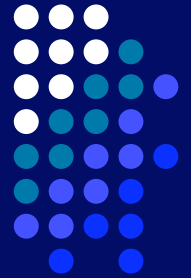
- What you “throw off” to others you will get in return
- Positive attitude projection = Positive responses from others
- We respond to others by how we *perceive* them --- how are others perceiving you??



Homework

- Brainstorm all the things “stressing you out” and ask the following questions: Is it acute or chronic? Is this “good” stress or bad stress? Am I optimistic about dealing with this stressor?
- Examine how you perceive events in your life – challenges or threats?
- Examine your ways of coping – do they help or exacerbate the situation?
- Are you letting go of the small stuff, while giving enough time to figure out the bigger, chronic stressors in your life?

Dr. Christopher Stankovich



Dr. Stankovich received his Ph.D. in Clinical Counseling from The Ohio State University and is the founder of Advanced Human Performance Systems, a counseling center in Columbus, Ohio, that offers performance-enhancement assistance to athletes and coaches, as well as various non-sport groups, including physicians, attorneys, business people, and educators. In addition to his private practice, he is a former Visiting Professor of Psychology at Kenyon College where he taught Clinical and Sport Psychology. He has also taught at Otterbein, Capital, Wittenberg, and The Ohio State University.

Dr. Stankovich is the co-author of 2 books (“The Parents Playbook” and “Positive Transitions for Student Athletes”) and has been published in several scholarly journals. He is recognized throughout Ohio as “The Sports Doc” for his regular featured television segment on Ohio News Network (ONN), and his featured column in Columbus Parent magazine. Additionally, he has worked previously as a featured columnist for Business First newspapers. He is regularly featured in USA Today, Washington Post, The American Psychological Monitor, San Francisco Chronicle, NY Post, ESPN, ABC World News, and Fox National Sports Radio. For more information about Dr. Stankovich’s counseling and performance consulting please visit www.drstankovich.com, or call 614-561-4482