

# MANAGING STRESS

**STRESS:** Pronunciation: strēs

**n. 1. Distress.**

Sad hersal of his heavy stress.

- Spenser.

- 2. Pressure, strain;** - used chiefly of immaterial things; except in mechanics; hence, urgency; importance; weight; significance.

The faculties of the mind are improved by exercise, yet they must not be put to a stress beyond their strength.

- Locke.

A body may as well lay too little as too much stress upon a dream.

- L'Estrange.

- 3. (*Mech. & Physics*)** The force, or combination of forces, which produces a strain; force exerted in any direction or manner between contiguous bodies, or parts of bodies, and taking specific names according to its direction, or mode of action, as thrust or pressure, pull or tension, shear or tangential stress.

Stress is the mutual action between portions of matter.

- Clerk Maxwell.

- 4. (*Pron.*)** Force of utterance expended upon words or syllables. Stress is in English the chief element in accent and is one of the most important in emphasis. See Guide to pronunciation, 31-35.
- 5. (*Scots Law*)** Distress; the act of distraining; also, the thing distrained.

Stress of voice  
unusual exertion of the voice.

Stress of weather

constraint imposed by continued bad weather; as, to be driven back to port by stress of weather.

To lay stress upon  
to attach great importance to; to emphasize.  
To put stress upon  
to strain.

- Atterbury.

- v. t. 1.** To press; to urge; to distress; to put to difficulties.
- 2.** To subject to stress, pressure, or strain.
- 3.** To subject to phonetic stress; to accent.

4. To place emphasis on; to make emphatic; emphasize.

The definition above is from: <http://www.webster-dictionary.org/definition/stress>

## DIS`TRESS´

- n. 1. Extreme pain or suffering; anguish of body or mind; as, to suffer distress from the gout, or from the loss of friends.

Not fearing death nor shrinking for distress.

- Shak.

2. That which occasions suffering; painful situation; misfortune; affliction; misery.

Affliction's sons are brothers in distress.

- Burns.

3. A state of danger or necessity; as, a ship in distress, from leaking, loss of spars, want of provisions or water, etc.

4. (*Law*) The act of distraining; the taking of a personal chattel out of the possession of a wrongdoer, by way of pledge for redress of an injury, or for the performance of a duty, as for nonpayment of rent or taxes, or for injury done by cattle, etc.

If he were not paid, he would straight go and take a distress of goods and cattle.

- Spenser.

The distress thus taken must be proportioned to the thing distrained for.

- Blackstone.

Abuse of distress

(*Law*) See under Abuse.

- v. t. 1. To cause pain or anguish to; to pain; to oppress with calamity; to afflict; to harass; to make miserable.

[imp. & p. p. Distressed ; p. pr. & vb. n. Distressing.]

We are troubled on every side, yet not distressed.

- 2 Cor. iv. 8.

2. To compel by pain or suffering.

Men who can neither be distressed nor won into a sacrifice of duty.

- A. Hamilton.

3. (*Law*) To seize for debt; to distraint.

From: <http://www.webster-dictionary.org/definition/distress>

Stress (in this handout think about Stress being short for “Distress”) is something that bothers us all from time to time. Some people handle it well and others let stress handle them. Here are some points to consider that can help you manage stress.

### **ACTIVITY HELPS REDUCE STRESS**

Light to moderate physical activity can help relieve stress and so it is suggested if you are not recreationally active that you consider starting some program such as taking an early morning or late evening walk. Ride a bicycle or go swimming or do something other than sitting on the couch watching TV or sitting at a desk using a computer or playing digital games. *Check with your doctor before trying any new physical exercise if you are not used to exercising.*

### **GOOD EATING HABITS ARE ESSENTIAL**

Eat less, especially at night-time. Going to bed with a full stomach can cause you to get poor sleep, and being tired the next day allows stress to get a hold on you.

Eat well balanced meals. Fast food is bad for two big reasons.

1. It is not healthy because of the high fat and calorie content. You need balance in your diet so you get essential vitamins and nutrients.
2. It encourages us to rush; rush to go back to work; rush to go home; rush to do just about anything. Sitting down to a structured meal and dedicating time for that that you will not compromise helps you keep from building up stress.
3. Reduce caffeine intake, especially at night when you need to sleep.

### **BE ORGANIZED**

A well-organized person avoids stress by having things planned and laid out so there are fewer surprises than one who marches blindly into things and just tries to deal with them as they happen. If you know what is coming, you can have longer to figure out what to do at the appropriate time. The best organization tip I can offer is to take time to think about what is coming. Start the day by sitting and thinking of the things you have to complete during the day and consider how you will attempt to do so. Make a list of things to accomplish. This gives you a path to walk as you move through the day. “Act, don’t react.”

Think ahead. Keep a calendar (paper or electronic) and mark it with all appointments and plans.

Before you leave a place take inventory and be sure you have all you will need in the places you will go next.

Set short and long –term goals so you do not waste time doing things that will not help you end up where you want to be.

### **WORK (Study) SPACE**

Both to help manage stress and to improve study skills you should have a good study space. It needs to be relatively free of noise. It should be well illuminated and should have a full stock of material and easy access to your books and supplies. Make sure the desk or table is the right size for you so you do not have to hunch over or stretch to reach the items you will need to use.

## **DON'T BE AFRAID TO MAKE HARD DECISIONS**

Some stress is dictated by our lack of action. You might have a miserable job but you do not look for a change in work. You might have a terrible place to live but you do not consider trying to find something more acceptable. You might “hang-out” with people you know are bad for you to be around but they are easier to be with than forming new and better relationships. You might need to take stock of your life and make some hard decisions to make changes. You already have made one by starting back to school to improve education but maybe other decisions are also called for.

## **MEDICAL**

Some stress is best treated by a doctor. If you have stress that comes back frequently or that never goes away, consider seeing a medical doctor for help. It might be controllable with medicine or therapy.

## **HOBBIES**

Some people think they do not have time to have hobbies. Consider making time to have a hobby. It does not have to be expensive; just something you like and will distract you. A good hobby will allow you to concentrate on something other than your daily routine. It might be as simple as reading or as complicated as traveling to a new state every year. IT might be expensive like model building or comic collecting or cheap like collecting and organizing some kind of bric-a-brac. IF you start a hobby, make time for it and give it some importance in your schedule.

## **MENTAL DISCIPLINE**

Some stress is caused by a lack of mental discipline. You have heard people talk about having a positive outlook and that is something that is not just a naturally occurring thing but something that is designed and purposeful. You can think yourself into a bad mood or into great stress by thinking only bad things all the time. If you look for the worst it will find you.

- Actively start each morning with a smile, even if you have to make yourself smile, and you might notice your mental stress reduces almost immediately.
- Start every day making a point to tell yourself good things. If thinking the good things puts you in a loop where you discount what you are thinking, say positive things out loud.
- Literally count your blessings because many people forget them the moment anything unpleasant happens.
- Don't be your worst judge. Take credit for your accomplishments and pay attention to the little accomplishments along the way and don't just look for one big achievement to feel good about yourself.

## **KNOW WHEN TO HOLD 'EM and KNOW WHEN TO FOLD 'EM**

If something happens that agitates you, consider if there is anything you can do to change it or not. If there is nothing you can do to change a thing it is best to not dwell on it and just move on. The longer you carry around anger that is the result of something you can do nothing about the worse your stress will be come. Don't fill your soul with hateful thoughts and then you will have room for more pleasant things in your life.

## **OTHER**

Here are some other ideas you can look up on the internet or in the library as means of controlling stress:

- Meditation
- Tai Chi
- Martial Arts
- Chiropractic
- Acupuncture
- Religious Belief

**Visit the following URL for more information on Stress.**  
**[http://www.wordiq.com/definition/Stress\\_management](http://www.wordiq.com/definition/Stress_management)**