



# STRESS MANAGEMENT

BY DR. MICHAEL ADAMS

BYU PSYCHOLOGY INTERN

What is Stress? Stress is most commonly defined as a "condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize." (Richard S. Lazarus, see <http://www.mindtools.com/smpage.html>)

We all find different things stressful and cope with stress in different ways. Accordingly, Dr. Richard Earle (see [http://stress.about.com/cs/inthenews/a/ucstresstypes\\_2.htm](http://stress.about.com/cs/inthenews/a/ucstresstypes_2.htm)) has found that there are 6 different ways in which people stress.

## *Six Different Stress Types*



### **Stress Type 1: The Speed Freak**

- \*Always has to give 110% no matter how small or trivial the task is
- \*They are always on the go
- \*Talks rapidly and often interrupts others
- \*A workaholic or a perfectionist
- \*Constantly driven, but efforts leave them feeling tired and fatigued



### **Stress Type 2: The Worry Wart**

- \*Cannot let go of things
- \*Loves to analyze situations, but at the same time is paralyzed by consuming worries
- \*Seldom moves to the action stage where they do something about the problem
- \*Frequently is overcome with anxiety and has tension headaches
- \*Takes them a while to recover from highly stressful situations



### **Stress Type 3: The Drifter**

- \*Takes on numerous, different projects all at once
- \*The ultimate multi-tasker
- \*Struggles to put a lot of effort into just one project at a time
- \*Ends up feeling as if they never accomplish anything that has depth, substance, or real meaning
- \*Feels there is something missing in their lives



### **Stress Type 4: The Loner**

- \*Experiences a lot of anxiety, stress, and discomfort within social situations
- \*Experiences difficulty in giving to others or receiving things from others
- \*Feels alone in the burdens and struggles they carry
- \*Feels unfulfilled in their personal relationships
- \*Tends to avoid or cancel their appearances at social events at the last minute



### **Stress Type 5: Basket Case**

- \*Always feels tired, fatigued, low energy
- \*By mid-day they feel all their energy resources have been depleted
- \*Cannot complete tasks required of them
- \*Complains a great deal of aches and pains within their muscles or joints



### **Stress Type 6: Cliff Walkers**

- \*At high risk for stress problems because of their poor health lifestyle
- \*Suffers from high blood pressure, usually smokers, use a lot of alcohol, and only gets a little, if any, exercise
- \*Maintains the attitude that any kind of physical problems would "never happen to them."
- \*Often appears disheveled and worn-down and has a great deal of difficulty in maintaining their energy



## *Five Methods of Controlling Stress*

1. Clarify your personal values and determine what brings you personal rewards daily.
2. Develop skills so that you can relax through your own will, at any time, in any situation. (E.G., Deep Breathing Exercises, Deep Muscle Relaxation, Meditation, etc. To see techniques on these types of exercises go to [http://www.mindtools.com/pages/article/newTCS\\_05.htm](http://www.mindtools.com/pages/article/newTCS_05.htm))
3. Find and develop relationships that are rewarding and fulfilling.
4. Create and follow a nutritious diet.
5. Start or increase exercise.

# UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT  
wellness.byu.edu OR CALL 2-5884

ALL EVENTS ARE **FREE** UNLESS OTHERWISE NOTED

## Stress Management Well & Wise

**June 22 & 23, 12:00-1:00 p.m.**

Feeling a little stressed? Don't stress it! Come join us for one of our hands-on Well & Wise Seminars, featuring experts from the Stress Management and Biofeedback Lab where you will be able to learn helpful tips and exercises to lessen your stress.

## Sleep Well & Wise

**June 30, 12:00-1:00 p.m.**

Can't sleep? Join us for this Well & Wise as Dr. Edgington of Intermountain Health Care will present ways to overcome the barriers to a good night's sleep.

## Golf Well & Wise

**July 28, 12:00-1:00 p.m.**

Want to improve your golf swing? Join us as Dr. George, from the department of Exercise Sciences, will instruct on tips to improve your golf swing.

## 5K Fun Run

**August 20, 8:00 a.m.**

Start preparing for BYU's faculty & staff fun run around Campus. Online registration will be available.



### \*GREEN SALAD WITH CHICKEN AND MANGOES

1 lb. boneless, skinless chicken breast	1/4 teaspoon salt	4 s m a l l
1/2 cup low-sodium chicken stock	1/4 teaspoon black pepper	mangoes, peeled and diced
1/4 cup lemon juice	2 heads Romaine lettuce	1 teaspoon finely chopped fresh tarragon, or 1/4 teaspoon dried tarragon, crumbled
2 tablespoons olive oil	2 bunches watercress	1 cup finely chopped scallions
	2 cups diced red bell peppers	
	1 cup shredded red cabbage	

1. Boil 2 cups of water over medium heat. Add chicken, and reduce the heat to low, partially cover the pan, and simmer for 10 minutes, or until the chicken is cooked through. Drain, and set aside.
2. For the dressing, whisk together the stock, lemon juice, oil tarragon, salt, and black pepper.
3. Tear the Romaine into bite-size pieces, trim the watercress and combine the greens in a large bowl. Add bell peppers, cabbage, and scallions, and toss well.
4. Cut chicken diagonally into thin slices. Add the chicken, mangoes, and dressing. Makes 4 servings

Cal. 403; Fat 11 g.; Chol. 69 mg; Fiber 12 g.

\* From *The Wellness Lowfat Cookbook*