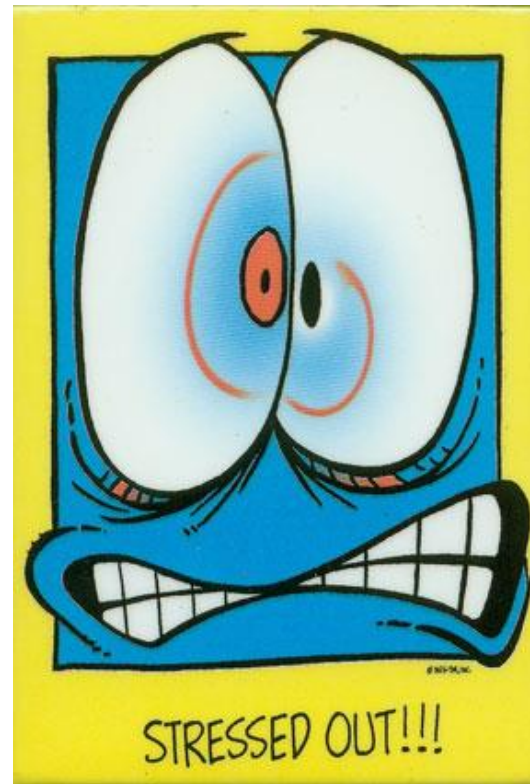
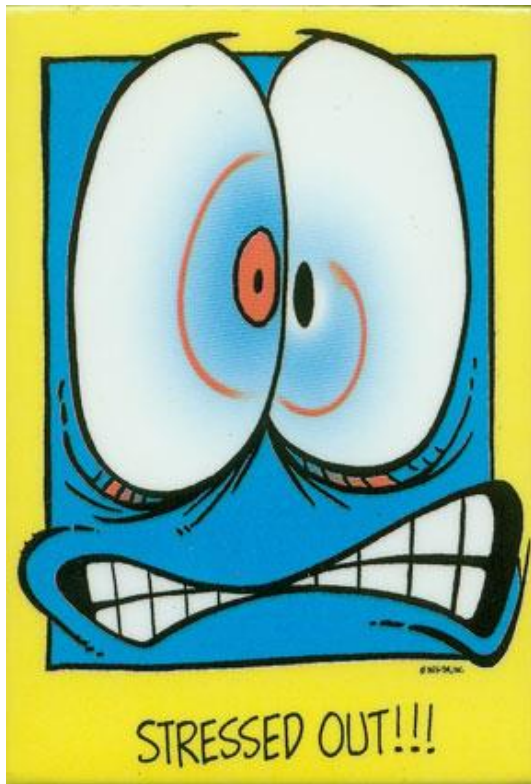


Occupational Stress

2018
NEW DIRECTIONS
IN
STUDENT DEVELOPMENT
CONFERENCE





Identify & Recognize warning signs of excessive stress at work.

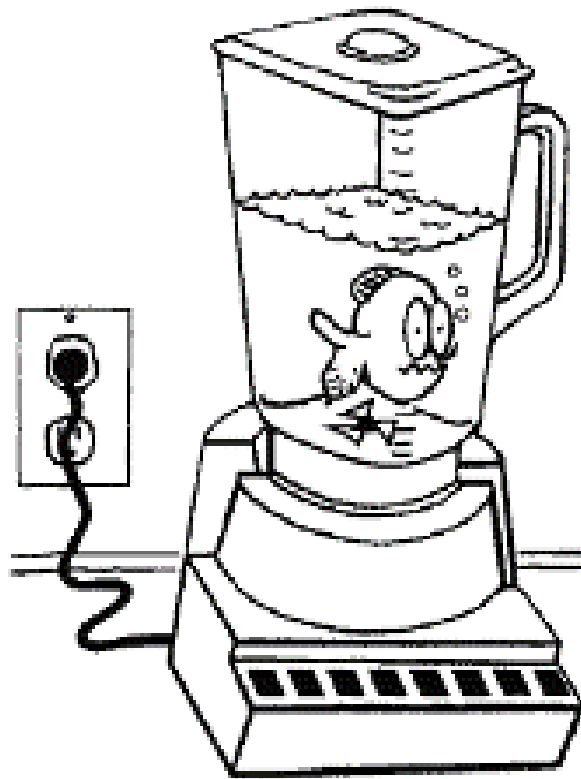


Learn ways to reduce job stress in the workplace.

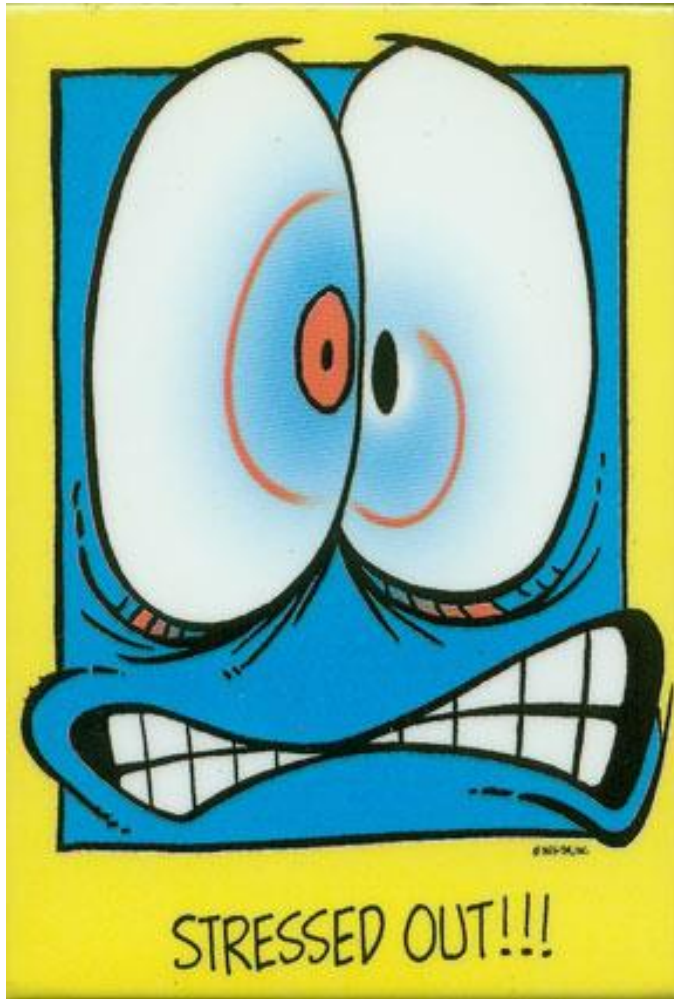


Learn ways to cope with stress in the workplace.





**And you thought
there was stress
in your life !**



Whirlwind of change?
Want better control?
Signs of overload?

Are YOU stressed?



Recognize Warning Signs!



**Poor attention, concentration and memory?
Increasing irritability and frustration?
Anxiety and worry?**



**Physical symptoms like: headaches,
neck pain, backaches, dizziness,
chest pain, heart palpitations, belly
pain, or GI problems?**

Stress The Silent Killer

**If the answer to these questions is YES
then,**



Are YOU really stressed?



Are you stressed? Find out by taking the test

DISCLAIMER: (This test is not meant to replace a clinical assessment but to help you judge how you are doing.)



1. Do you frequently neglect your diet?

- ☐ **Yes**
- ☐ **No**

2. Do you frequently try to do everything yourself?

- ☐ **Yes**
- ☐ **No**

3. Do you frequently blow up easily?

- ☐ **Yes**
- ☐ **No**

4. Do you frequently seek unrealistic goals?

- ☐ **Yes**
- ☐ **No**

5. Do you frequently fail to see the humor in situations others find funny?

- ☐ **Yes**
- ☐ **No**

6. Do you frequently get easily irritated?

- ☐ **Yes**
- ☐ **No**

7. Do you frequently make a "big deal" of everything?

- ☐ Yes
- ☐ No

8. Do you frequently complain that you are disorganized?

- ☐ Yes
- ☐ No

9. Do you frequently keep everything inside?

- ☐ Yes
- ☐ No

10. Do you frequently neglect exercise?

- ☐ Yes
- ☐ No

11. Do you frequently have few supportive relationships?

- ☐ Yes
- ☐ No

12. Do you frequently get too little rest?

- ☐ Yes
- ☐ No

13. Do you frequently get angry when you are kept waiting?

- ☐ Yes
- ☐ No

14. Do you frequently ignore stress symptoms?

- ☐ Yes
- ☐ No

15. Do you frequently put things off until later?

- ☐ Yes
- ☐ No

16. Do you frequently think there is only one right way to do something?

- ☐ Yes
- ☐ No

17. Do you frequently fail to build relaxation into every day?

- ☐ Yes
- ☐ No

18. Do you frequently spend a lot of time complaining about the past?

- ☐ Yes
- ☐ No

19. Do you frequently race through the day?

- ☐ **Yes**
- ☐ **No**

20. Do you frequently feel unable to cope with all you have to do?

- ☐ **Yes**
- ☐ **No**

Diagnosis



Your Score ????

Scores of 1-6

Few Hassles

Scores of 7-12

**Pretty Good
Control**

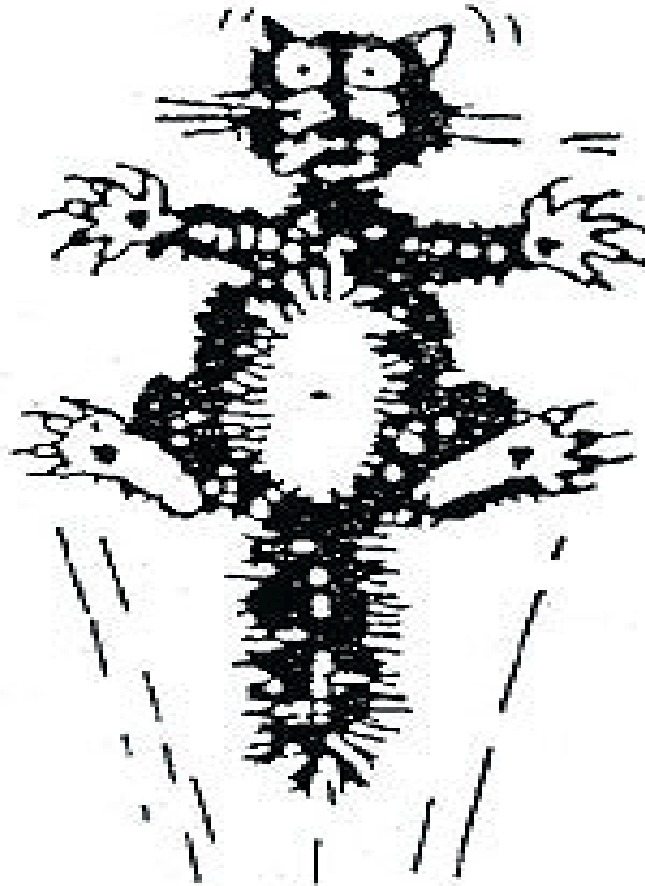
Scores of 13-17

Danger Zone.
Watch out!

Scores of 18+

Stressed Out!!
**You may need
help with stress.**

If you feel like this Cat looks,
you are TOO stressed!



HUMOR AND STRESS













NAME AND ADDRESS

TELEPHONE

AREA CODE /

AREA CODE /

AREA CODE /

AREA CODE /

AREA CODE /

F

G

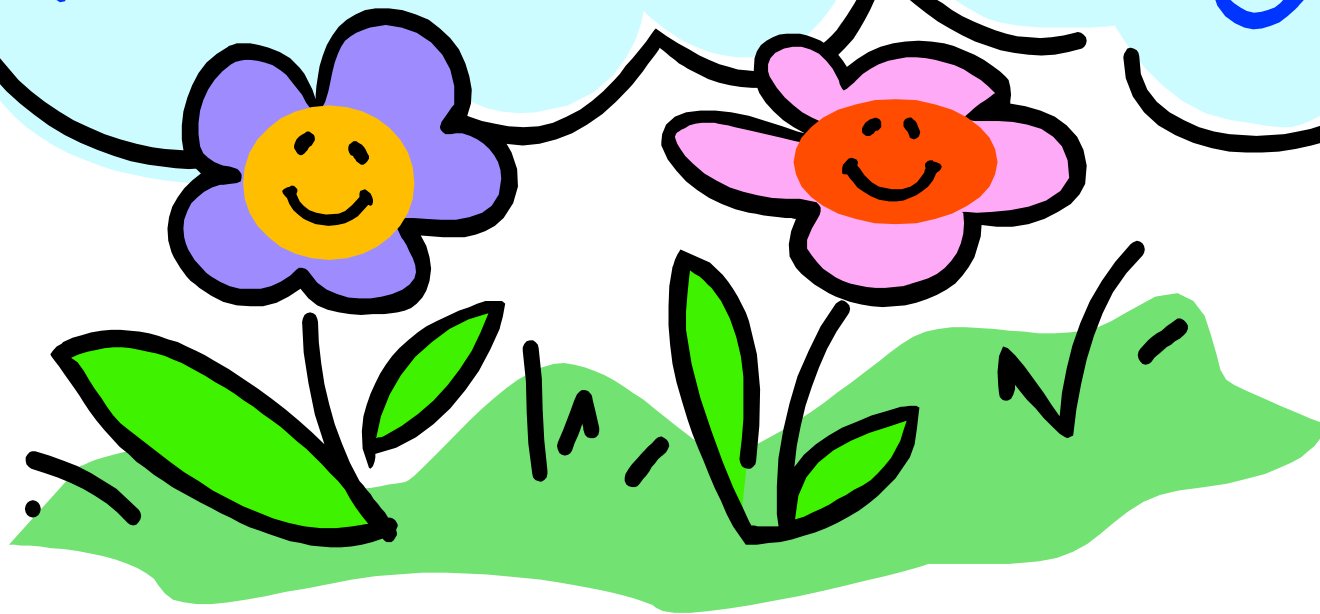
H

I

J

K

Have a Nice Day







You know you're
really
stressed
when you
start
getting on
your own
nerves.

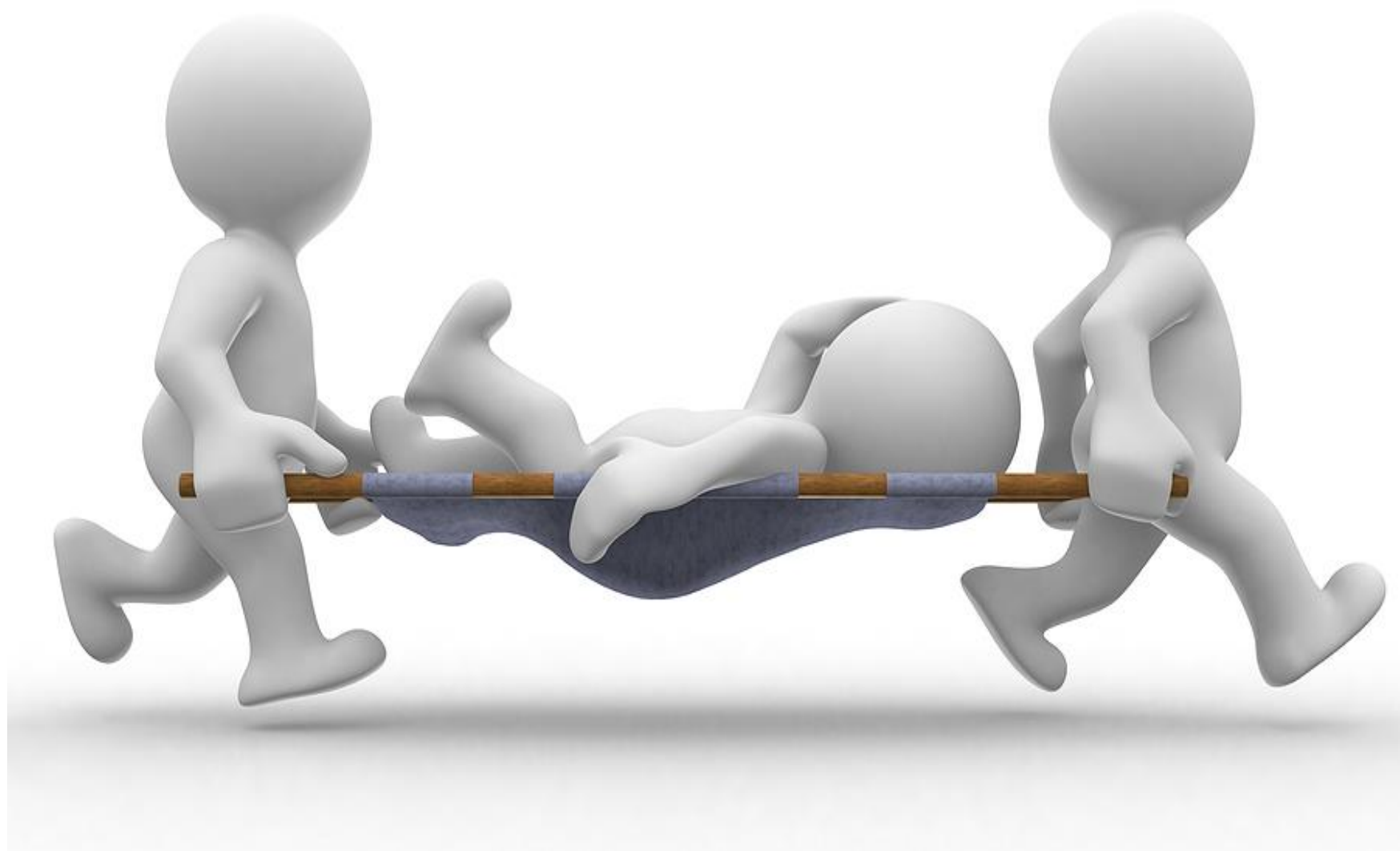


© Gad Becklund 2013

aunty acid

www.facebook.com/auntyacid



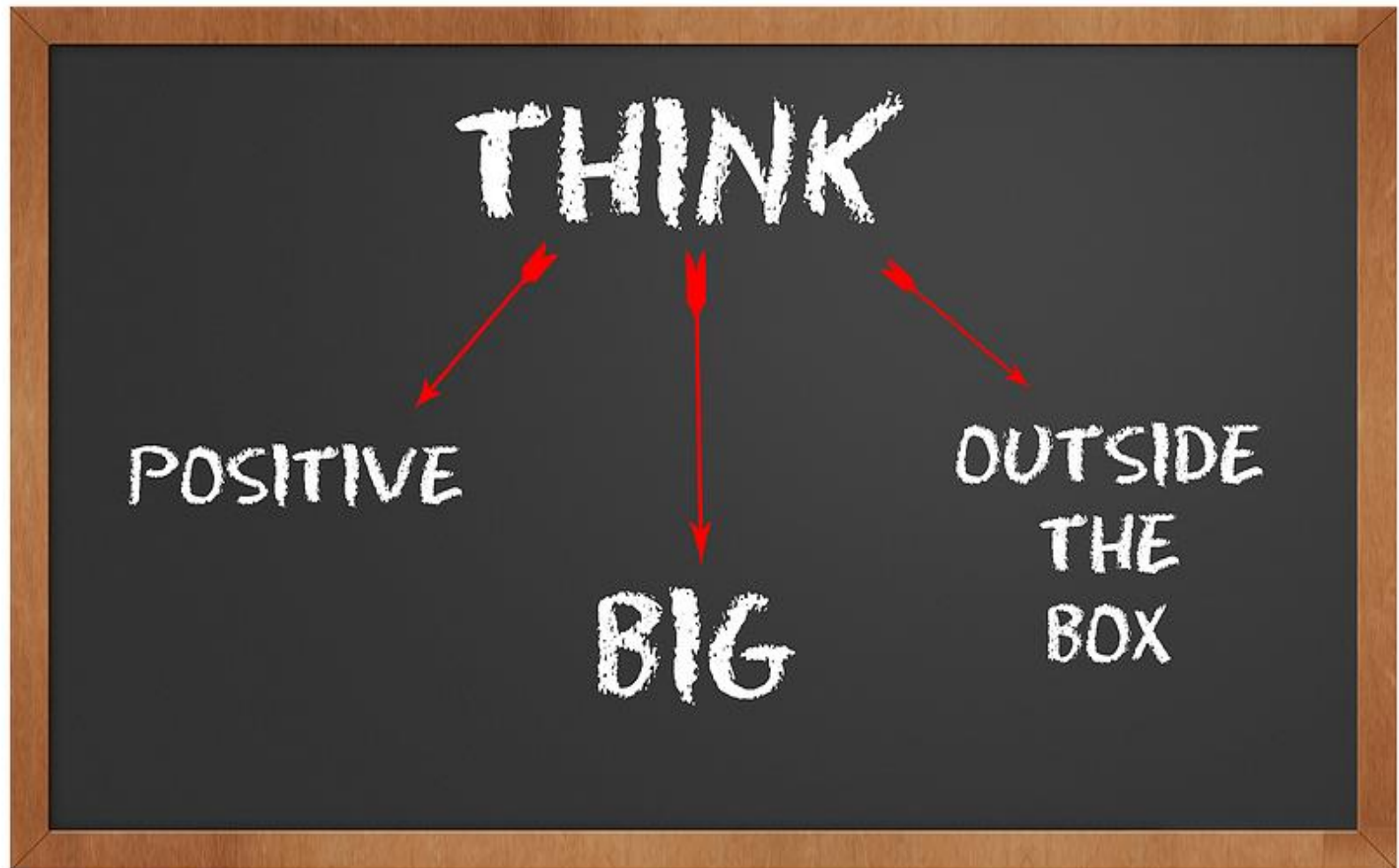


DESTRESSING



A 3D rendering of a golden humanoid figure, possibly a personification of time, standing in the center. The figure is surrounded by five golden alarm clocks, each with a white face and black numbers. The clocks are arranged in a circular pattern around the figure, with one clock positioned directly above the figure's head. The entire scene is set against a plain white background.

Think positive, learn to control worry



Know when you need help and get it



Be kind to yourself



Learn to say NO!!

Don't Forget to Laugh out Loud!!



Avoid negative people

Don't let

negative & toxic people
rent space in your head.

**Raise the rent &
kick them out.**

Get Enough Sleep



PRAY

A Prayer for the Stressed



Grant me the serenity to accept the things I cannot change, the courage to change the things I cannot accept, and the wisdom to hide the bodies of those I had to kill today, because they got on my nerves.



Also help me to be careful of the toes I
step on today, as they may be
connected to the feet I may have to
kiss tomorrow.

Help me to do my work 100%:

12% on Monday

22% on Tuesday

38 % on Wednesday

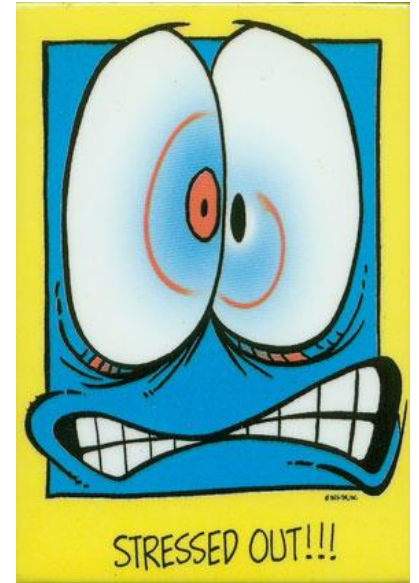
23% on Thursday

5% on Friday



And help me to remember....

When I'm having a bad day and it seems that people are trying to wind me up, that it takes 42 muscles to frown, 28 muscles to smile, and only 10 to extend my arm and smack you in the mouth.



LAST, BUT NOT LEAST

**Remember, "stressed" spelled
backwards is
"desserts." This was just
stress relief humor, folks!**

THANK YOU
VERY MUCH



JANICE T. LYLE