



# Managing Stress in Times like These

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# Objectives



By the end of presentation participants will have the information to do the following:



Define stress as it relates to them



Identify positive ways of coping with stress



Set goals to reduce/eliminate or/and better cope with stress.

# Recent Major Stresses

- Losing their job
- Having had COVID
- Family members having had COVID
- Working in high-risk occupations, like public transportation
- Caring for those with COVID
- Losing their business
- Financial difficulties

# Stress Defined

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The physical, emotional or psychological response to any demands.

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Perceived mentally as pressure or urgency to respond, which is experienced as mental strain.

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An automatic reaction to demand or danger.

# Physical Causes to Health



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Misuse of Medication

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Poor Diet

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Smoking

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Lack of Sleep

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Lack of Exercise

# Stress Affects Health

◎ Possibly contributes to:

- High blood pressure
- Upset stomach or heartburn
- Sleep disorders
- Migraine or tension headaches
- Muscle tension, often in the form of a stiff neck or sore back
- Heart disease and heart attacks

# Family Stressors

- Parents Fighting
- Financial problems
- Moving
- Behavior Problems with Children
- Health Problems in Family Members
- Death of a Family Member
- Anniversary of the death of a loved one



## ENVIRONMENTAL STRESSORS

Crime  
Economy  
Noise  
Pollution  
Traffic disasters  
Wars  
Weather events



# Financial Stressors

- Alimony
- Bankruptcy
- Child support
- Growing debts
- Sudden financial gain
- Fixed income
- Reduced income
- Taxes

# Job-Related Stressors

Varies



New Job



Retirement



Too Much Work



Poor Relationships with Boss, Colleagues



Unclear Duties or Responsibilities

# Daily Stressors

Car trouble

Childcare

Household Chores

Forgetting or misplacing something

Oversleeping

Traffic jams

Waiting in lines

# Health-Related Stressors

Arthritis

Poor  
eyesight

Poor hearing

Headaches

Illness, injury  
or disease

Trouble with  
medicines

Loss of  
mobility

# Health-Related Stressors

Being  
overweight

Chronic  
pain

Sleep  
Disorders

# Behavioral Symptoms of Stress

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Increase use of alcohol, tobacco or other drugs

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Neglecting appearance

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Neglecting appearance

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Avoiding tasks or responsibilities

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Difficulty concentrating

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Crying easily

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# Behavioral Symptoms of Stress



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Being late to work

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Overeating or under-eating

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Snapping at people

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Watching more TV

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Withdrawing from family and friends

# Healthy Ways to Reduce Stress



Set aside time  
for yourself



Do something  
you enjoy.



Do it with  
commitment.



Exercise



Hobbies



Deep breathing



# Healthy Ways to Reduce Stress

- Learn to say **NO**
- Eat nutritious foods and avoid junk foods
- Talk out troubles and get professional help if needed
- Have a good laugh at least once per day
- Be good to your body
- Be kind to your mind

# Christian Ways to Reduce Stress

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say “No,” to projects/activities that won’t fit into your schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and un-clutter your life.
7. Less is more.

# Christian Ways to Reduce Stress

8. Allow extra time to do things and to get to places.
9. Pace yourself.
10. Take one day at a time.
11. Separate worries from concerns
12. Live within your budget.
13. Have backups; an extra car key, etc.
14. K.M.S. (Keep Mouth Shut.)

# Christian Ways to Reduce Stress

15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read while waiting in line.
17. Get enough exercise.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write thoughts and inspirations down.

# Christian Ways to Reduce Stress

22. Everyday, find time to be alone.

23. Make friends with godly people.

24. Keep a folder of favorite scriptures on hand or memorize one.

25. Laugh.

26. Having problems? Talk to God on the spot.

27. Remember that the shortest bridge between despair and hope is often a good “Thank you Jesus!”

28. Laugh some more.

# Christian Ways to Reduce Stress

29. Take your work seriously, but not yourself not at all.
30. Develop a forgiving attitude (most people are doing the best they can.
31. Be kind to unkind people.
32. Sit on your ego.
33. Talk less and listen more.
34. Slow down.

# Christian Ways to Reduce Stress

- 35. Remind yourself that you are not the general manager of the universe.
- 36. Every night before bed, think of one thing you're grateful for that you're never been grateful for before.

# Goals for Managing Stress

- Recognize Stressors
- Identify Stresses that can be controlled
- Identify Stresses that can be eliminated
- Develop positive coping techniques for dealing with stress



# Stress in the Elderly

Common sources of stress for elderly include:

- Changes of lifestyle and financial status after retirement
- Caring for grandchildren
- Caring for a sick spouse
- Death of relatives, beloved or close friends
  - Deterioration of physical abilities and chronic illness
  - Worries for not being able to live independently
  - Worries for institutionalism

# Stress Management for the Elderly

The elderly can share their difficulties and feelings in facing stress their way of coping, with those they can confide (e.g., relatives and friends).

An active social life, healthy lifestyle and relaxation exercises are ways to handle stress.

Engaging in volunteer work is a means to help those less fortunate.

# Now that we Know, What do we do?

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

Matthew 11:28

# God's Desire for Us to Rest

- According to Patsy Clairmont, author of “Resting in Him”, God invites us to step off the treadmill of life and find rest in Him. This is the kind of rest that goes deeper than a good night’s sleep or an afternoon at the spa; this the rest that renews the innermost parts of our being and reminds us whose we are.



# Thank you

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