STRESS MANAGEMENT
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STRESS

- Normal reaction when we are feeling the pressure due to situations around us, especially when things are happening simultaneously..
  - SACS
  - Homework
  - Friendships/Relationships
  - Family
  - Part time work
PROGRESSION OF STRESS

TRIGGERS  EMOTIONS  THOUGHTS  ACTIONS
How **STRESS** Affects The **BODY**

**SKIN**
- skin problems like acne, psoriasis, eczema, dermatitis, random breakouts, and skin rashes

**STOMACH**
- can cause peptic ulcer disease, IBD, IBS, food allergies, stomach cramps, reflux, nausea and weight fluctuations

**PANCREAS**
- results in elevated secretions of insulin, which if chronic could lead to diabetes, damaged arteries and obesity

**IMMUNE SYSTEM**
- suppressed effectiveness of the immune system to battle and recover from illness. Leads to high levels of inflammation in the body, which causes a variety of chronic health conditions

**HEAD**
- issues with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks

**HEART**
- increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol

**INTESTINES**
- decreased nutrient absorption, reduced metabolism, decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes, and more

**REPRODUCTIVE SYSTEM**
- decreased testosterone and estradiol production leading to reduced fertility. Dampening of sexual behaviour and loss of sexual drive

**JOINTS & MUSCLES**
- aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis), tightness in the shoulders and back
1. PHYSICAL SYMPTOMS

- Increased heart rate/palpitations
- Chest pain
- Headaches
- Clenched muscles/jaw
- Increased body temperature
- Redness in the face
- Sweaty palms
- Fidgeting

= ADRENALIN
2. THOUGHTS

- “Nothing ever goes right for me”
- “I can’t cope with this”
- “I’m going to fail”
- “Nobody cares about me”
- “What if...”
- “I should have..”

= IMPACTS EMOTIONS
3. ACTIONS

- Crying
- Swearing
- Anger/Violence
- Absconding
- Withdrawn
- Self harm
- Substance misuse
FEELING **BLUE?** LET IT RAIN!

- **R**ecognize what’s going on
- **A**llow the experience to be there, just as it is
- **I**nvestigate with kindness
- **N**atural awareness, which comes from not identifying with the experience
FAILURE TO PLAN IS A PLAN FOR FAILURE

- **Study Timetable:**
  - writing SACs/due dates immediately into planner
  - allocating one subject per day each week for pure revision
  - completing homework tasks prior to studying
  - ensuring that revision is regular 50 minute intervals followed by a 15 minute break
  - sipping water whilst studying
  - sleep – 8.25-8.25 hours per night
  - study in the same place at the same time every day away from distraction
STRATEGIES FOR STUDENTS

1. Keeping involved with:
   - hobbies/interests
   - exercise 30 minutes, 3 times a week
   - balanced diet of 6 small meals
     = reduce adrenalin

2. Deep breathing to reduce physical symptoms or even meditation – Smiling Mind

3. Scaling the Situation
   1---------------------10
   - is it in your control?

4. Talking to a trusted adult
STRATEGIES FOR STUDY

- 5 senses – different approaches to learning
  1. PRINT notes if you learn best through reading and writing
  2. LISTEN to CD’s/links available with text books for aural learners
  3. Making posters and charts for visual reminders
  4. Associate information with a particular smell or taste
  5. Constant motion for kinaesthetic learners while reading or listening to information

- Group work
- Listening to music
STRATEGIES FOR PARENTS

- 3 TYPES OF PARENT/LEGAL GUARDIAN:
  - Extremely anxious
  - Reasonably relaxed
  - Not very involved

- “Don’t think you can have a social life this year!”
- “What you do in the next few months will completely determine the course for the rest of your life!”
- “This will be the most stressful life event that you will ever experience!”
STRATEGIES FOR PARENTS

- Negotiate with your child about how you can best support them and work together
- Draw up a diary together to plan around
- Avoid nagging about having to take responsibility for studying
- Avoid talking about your own personal experiences of VCE
- Short visits with food/drink
- Make yourself available
COMMUNITY AGENCIES

- Laura – Student Wellbeing Counsellor
- Mary – Careers CoOrdinator

- Youth Beyond Blue
- Orygen Youth
- Headspace
- Melton Youth Health Clinic
- Djerriwarrh Health Service
- GP/Local doctor