

STRESS MENEAGEMENT

this is a set of methods that allow you to cope with the syndrome after unpleasant situations, as well as stress management methods that allow you to prevent conflicts in the working team.

Target audience: managers of different levels.

Level of training participants: special knowledge and skills not required purpose: to reduce risks of professional errors, arising from the adverse effects of stress, and ensure high efficiency in their professional activities through the acquisition of participants practical skills minimizing stress effects, taking into account their personal circumstances.

As a result, participants: Understand the pros and cons of stress.

Learn how to assess the level of stress and control the level of activation of its nervous system, using the technique of quick recovery.

Appreciate your burnout level and determine for themselves the best way to fight.

Learn how to: monitor the level of influence of stress on the adoption of management decisions and to operate effectively under stress, practice the principles of positive thinking, to feel the connection between their emotions and stress levels and apply the rules emotional hygiene.

TYPES OF STRESS

PHYSIOLOGICAL - occurs in response to pain
EUSTRESS - stress useful, because it causes the mobilization of body, raises vitality, gives us the opportunity for self-realization
DISTRESS - it is malicious the stress associated with negative experiences and leading to the development of psychosomatic changes.

DISTRESS can have a negative impact on human activities, until its complete disorganization.

STRESS IS ACCOMPANIED BY:

- EMOTIONAL reaction
- COGNITIVE reaction
- BEHAVIORAL reaction

FRUSTRATION

- human mental state caused by objectively insurmountable (or subjectively so perceived) difficulties towards the goal or the challenge is acute unmet needs
- experience frustration can be described by the following formula: "needs-lock-negative emotions"

CAUSES OF FRUSTRATION

- Physical barriers
- biological barriers — illness, poor health
- psychological barriers — fears and phobias, insecurity in their self-esteem
- negative past experiences of socio-cultural barriers-rules, regulations, prohibitions that exist in society

MALADAPTIVE BEHAVIORS

- aggressive reaction aimed at another person (if is "scapegoat") or himself ("tear their hair out", "banging his head on the wall").
- In some cases, the aggression could be effective and appropriate; care of a situation, waiver of any activity, fatigue; regression, when adults begin to behave like children refuse to eat after a quarrel, ceased to communicate, take offense, waiting for a miracle that will help them resolve the situation;
- arousal, when people cannot control their external behavior and commit indiscriminate and unordered steps: say, a person may repeatedly to yank the door handle, knowing that the door is closed, and he could not get into the room;
- the inclusion of protection mechanisms, which in this case can help you survive the acute frustration ("he didn't really want to go this achieve!")

ADAPTIVE BEHAVIOUR

- overcoming obstacles to the use of new methods and tools or by changing its strategy;
- finding ways to circumvent the obstacle;
- compensation-find other areas to meet the needs;
- waiver of the intended target, the choice of a new objective reappraisal of values

Levels of prevention and stress management

