



# Things Worth Knowing About Stress

## 关于压力——一些值得知道的事

life  beats

# Objective目的

- The objective of this month's LifeBeats topic is to provide you with a better understanding of stress and stressors.
- 本月LifeBeats主题的目的是为您提供一个更好的理解压力和压力源。
- You will also get a better understanding of what happens to your body in cases of stress.
- 你也将更好的理解你的身体在应激的情况的发生了什么, 。
- Most importantly, you will learn what you can do yourself to manage your stress in a healthy way.
- 最重要的是, 你会学到自己应该怎样以一个健康的方式来管理压力。



# What is Stress?什么是压力？

**Stress:** The body's response to a situation that is perceived as challenging or threatening to the person's well-being

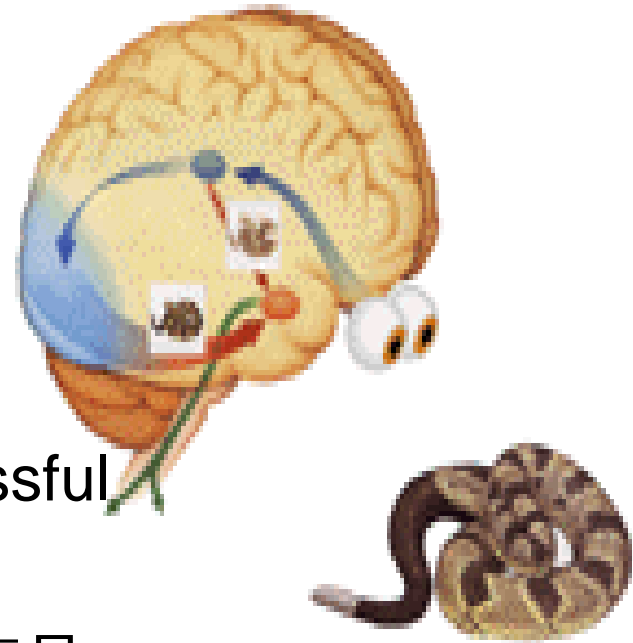
压力: 当人感觉到威胁时身体的一种感受(对形势的反应)。



# The Difference Between Stressors and Stress

## 压力源和压力的不同点

- ▶ **Stressor:** A potential source of stress
- ▶ 压了源: 一种压力的来源
  - ▶ Situations, events... 形势, 事件
  - ▶ *In this case, the snake 比如说看到蛇*
- ▶ **Stress:** Your body's response to stressful events
- ▶ 压力是你身体对紧迫得事情做出的反应是
  - ▶ What you feel... 你的感觉是什么...
  - ▶ *In this case, an increased heart rate and you want to flee! 在这种情况下, 心跳会加速并且想“逃跑”*



# External Stressors

## 外在的压力源

- Major Life Events
  - Birth, death, change in marital status, change jobs
  - 生活中的重大事件出生, 死亡, 婚姻状况变化, 换工作
- Daily Hassles
- 日常困扰
  - Getting the kids to school, commuting, misplaced keys
  - 让孩子上学, 上下班, 错放钥匙
- Demand-Support Imbalance
- 需求支持失衡
  - Career and family
  - 事业和家庭
- Work Environment
- 工作环境
  - Lack of recognition, autonomy, support, conflict of values, socio-economic insecurity
  - 缺少识别, 自主性, 支持, 价值观的冲突, 社会经济不安全

# Internal Stressors

## 内部的压力源

- Lifestyle Choices
- 生活方式的选择
  - Lack of sleep, caffeine intake, alcohol, overloaded schedule
  - 睡眠不足, 摄取咖啡因, 酒精, 计划太满
  - Negative Self-Talk消极的本性  
Pessimistic thinking, self criticism, over analysing
  - 观的思想, 自我批评
- Mind Traps
- 心灵陷阱
  - Unrealistic expectations, taking things personally, all or nothing thinking, rigid thinking, exaggeration
  - 不切实际的期望, 自说自话, 全有或全无的思维, 思维僵化, 夸大
- Personality Traits
- 人格特质
  - Perfectionist, workaholic, aiming to please everyone
  - 完美主义者, 工作狂, 旨在取悦所有人

# Stress (Your Body's Response)

## Potential Body Response 潜在的身体反应

- Worried 担心
- Nervous tension 神经紧张
- Frustration 挫折
- Tired 累
- Frightened 惊
- Very Excited 很兴奋
- Depressed 郁闷
- Anxious 急
- Anger 愤怒
- Increased blood sugar, adrenaline, heart rate, blood pressure 增加血糖, 肾上腺素, 心脏加快, 血压升高
- Muscle tension 肌张力

## Potential Impact 潜在影响

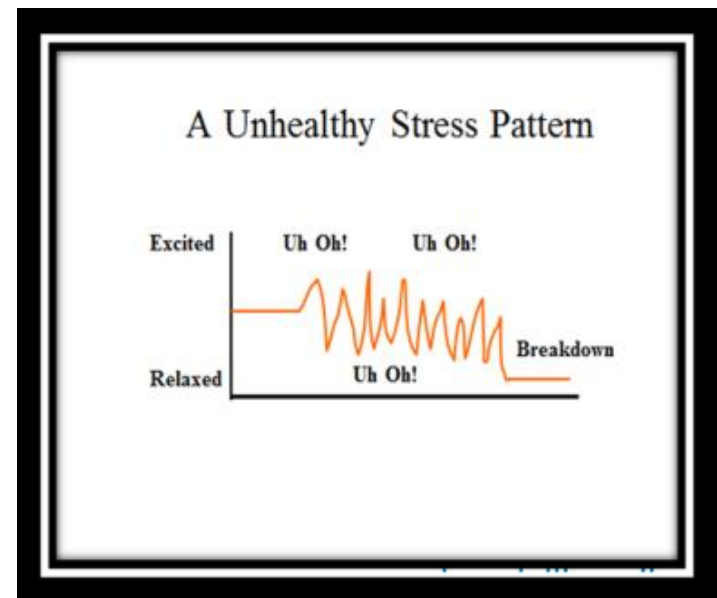
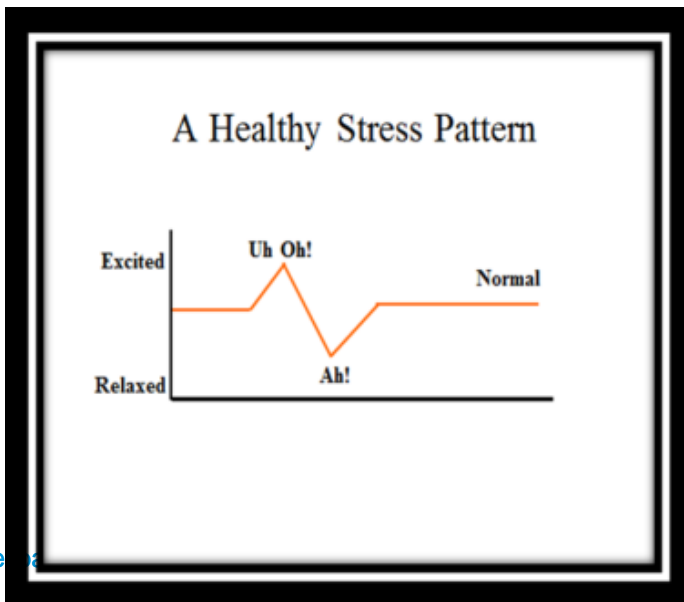
- Headache 头疼
- Tiredness 疲劳
- Loosing motivation, interest 失去动力, 兴趣
- Lack of creativity, flexibility 缺乏创造性, 灵活性
- Memory lapses 失忆
- Difficulty in making decisions 难以做决定
- Infections 感染
- Back problems 回到问题
- Cardio vascular problems 心血管问题
- Alcohol and tobacco abuse 酗酒和吸烟

**Note:** *there is no 1:1 correlation. Each response can have different impacts*

注: 不是一一对应的关系。每个反应可以有不同的影响

# Unhealthy Stress Can Lead to Tiredness, Exhaustion or Burnout 不健康的压力会导致疲劳, 疲劳或倦怠

- We need stress. Stress can help one to focus. 我们需要压力。压力可以帮助人们集中精力。
- Recovery and the number of stressors make the difference. 采取不同的刺激方式回复
- If recovery is not sufficient or the number of stressors are too much, the situation can become unhealthy. 如果恢复不充分或压力源的太多时, 就会变得不健康。



# Unhealthy Stress不健康的压力

- Unhealthy stress can lead to tiredness, exhaustion or burnout.
- 健康的应激可导致疲劳，疲惫或衰竭。
- There are clear differences between tiredness, exhaustion and burnout.疲劳，疲惫或衰竭具有明显的区别

	Tiredness疲劳	Exhaustion疲惫	Burnout衰竭
Self-Confidence自信心	OK	Uncertain不确定	Strongly Reduced严重减少
Mood脾气	OK	Impaired破坏	Depressed沮丧
Cognitive Functions 认知功能	Slightly Impaired轻微影响	Impaired破坏	Strongly Constrained, Tunnel Vision强迫压缩,
Emotionality情绪	OK	Unstable不稳定	Reduced, Numb降低, 麻木
Performance表现	Temporarily & Slightly Constrained临时的轻微的 拘谨	Temporarily Constrained临时拘谨	Sustainably & Substantially Reduced可 持续及大幅减少
Ability to Recover能否 恢复	OK	Not or Slightly Constrained没有或轻微 不舒服	Restricted压抑的



## What To Do?做什么

- Know your stressors知道你压力源是什么
- Know your responses to them知道自已的责任
- Reduce number of stressors健身紧张点
  - At home and work在家工作
  - Ask yourself: 问问自己
    - Can the stressor be eliminated?紧张感能消除吗?
    - Can it be avoided?能避免吗?
    - Can I gain more control over the situation?我能控制的更好吗
    - Can I control my reaction to it?我能控制我们的反应吗?
    - Who could I go to for advice about this problem?面对这个问题我能找谁  
需求建议
- Take your recovery time; make it a priority!优先给自己适当的恢复时间。



# Permanent Stress Affects Perception 长期的压力会影响知觉



## Available Training Material & Resources (培训资料和资源)

- Elements, My Career, Training (公司网站)
- LYB Learning Online Catalogue
  - Optimizing Your Work/Life Balance: Taking Control of Your Stress (Skillsoft) - 3 modules 15" each
    - Understanding Stress
    - Coping with Stress to Prevent Burnout
    - Using the ABC Model to Manage Your Reaction to Stress
  - Getting Time under Control (Skillsoft)
- Time Management: LifeBeats Monthly Topic (August)
- LifeBeats Mental Health Focus Area

# Manage Your Stress

Now that you have learned about what stress is and it's potential impacts, you can take steps to manage it in your life.

## Check Signals pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

## Focus - Start to Finish