

Stress Management

Are You Type “A” or Type “B”? *

To find out which type you are, circle the number on the scale that best characterizes your behavior for each trait.

1. Casual about appointments	1	2	3	4	5	6	7	8	Never late
2. Not competitive	1	2	3	4	5	6	7	8	Very competitive
3. Never feels rushed even under pressure	1	2	3	4	5	6	7	8	Always rushed
4. Takes things one at a time, thinks about what to do next	1	2	3	4	5	6	7	8	Tries to do many things at once
5. Slow doing things	1	2	3	4	5	6	7	8	Fast (eating, walking, etc.)
6. “Sits” on feelings	1	2	3	4	5	6	7	8	Expresses feelings
7. Many interests	1	2	3	4	5	6	7	8	Few interests outside work

Total your score: _____ Multiply your score by three: _____

Number of points

Less than 90
 90 to 99
 100 to 105
 106 to 119
 120 or more

Type of Personality

B
 B+
 A-
 A
 A+

*Schuler, R.S. Individual Stress and the Management of Human Resources. College of Administrative Science Reprint and Working Paper Series, WPS79-26; Ohio State University, Columbus, 1979. For demonstration purposes to get an approximation only; not considered suitable for research.

Life Change and Physical Ailments

After studying the recent histories of people with medical problems, Homes and Holmes (1970) have concluded that any number of illnesses, and not just the commonly recognized psychophysiological disorders, can be precipitated by the stress accompanying changes in one's life. To measure the impact of different kinds of changes, Holmes and Rahe (1967) have developed the Social Readjustment Rating Scale, which rates each kind of potentially stressful event in terms of "life changing units (LCUs).

Life Event	LCUs	Your LCUs
Death of spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Jail term	63	_____
Death of a close family member	63	_____
Personal injury or illness	53	_____
Marriage	50	_____
Fired at work	47	_____
Marital Reconciliation	45	_____
Retirement	45	_____
Change in health of family member	44	_____
Pregnancy	40	_____
Sex difficulties	39	_____
Gain of new family member	39	_____
Business readjustment	39	_____
Change in financial state	38	_____
Death of a close friend	37	_____
Change to a different line of work	36	_____
Change in number of arguments with spouse	35	_____
Mortgage over \$10,000	31	_____
Foreclosure of mortgage or loan	30	_____
Changes in responsibilities at work	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Wife begins or stops work	26	_____
Begin or end school	26	_____
Change in living conditions	25	_____
Revision of personal habits	24	_____
Trouble with boss	23	_____
Change in work hours or conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreation	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan less than \$10,000	17	_____
Change in sleeping habits	16	_____
Change in number of family get-togethers	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas	12	_____
Minor violations of the law	11	_____
TOTAL LCUs		_____

What your score may mean. If you had over 150 LCUs within the last year, you have a 30-50% change of developing an illness. A score of over 300 LCUs gives you about an 80% chance of developing an illness. Notice that "positive events" can also cause "negative" stress.



Reacting To and Handling Stress In Your Life

You need stress in your life! Does that surprise you? Perhaps so, but it is quite true. Without stress, life would be dull and unexciting. Stress adds flavor, challenge, and opportunity to life. Too much stress, however, can seriously affect your physical and mental well being. A major challenge in this stress-filled world today is to make the stress in your life work for you instead of against you.

Stress is with us all the time. It comes from mental or emotional activity and physical activity. It is unique and personal to each of us. So personal, in fact, that what may be relaxing to one person may be stressful to another. For example, if you are a busy executive who likes to keep busy all the time, “taking it easy” at the beach on a beautiful day may feel extremely frustrating, nonproductive, and upsetting. You may be emotionally distressed from “doing nothing.” Too much emotional stress can cause physical illness such as high blood pressure, ulcers, or even heart disease; physical stress from work or exercise is not likely to cause such ailments. The truth is physical exercise can help you to relax and handle your mental or emotional stress.

Hans Selye, M.D., a recognized expert in the field, has defined stress as a “non-specific response of the body to a demand.” The important issue is learning how our bodies respond to these demands. When stress becomes prolonged or particularly frustrating, it can become harmful causing distress or “bad stress.” Recognizing the early signs of distress and then doing something about them can make an important difference in the quality of your life, and may actually influence your survival.

REACTING TO STRESS

To use stress in a positive way and prevent it from becoming distress, you should become aware of your own reactions to stressful events. The body responds to stress by going through three stages:

(1) alarm, (2) resistance, and (3) exhaustion.

Let us take the example of a typical commuter in rush-hour traffic. If a car suddenly pulls out in front of him, his initial alarm reaction may include fear of an accident, anger at the driver who committed the action, and general frustration. His body may respond in the alarm stage by releasing hormones into the bloodstream which cause his face to flush, perspiration to form, his stomach to have a sinking feeling, and his arms and legs to tighten. The next stage is resistance, in which the body repairs damage caused by the stress. If the stress of driving continues with repeated close calls or traffic jams, however, his body will not have time to make repairs. He may become so conditioned to expect potential problems when he drives that he tightens up at the beginning of each commuting day. Eventually, he may even develop one of the diseases of stress, such as migraine headaches, high blood pressure, backaches, or insomnia. While it is impossible to live completely free of stress and distress, it is possible to prevent some distress as well as to minimize its impact when it cannot be avoided.

When stress does occur, it is important to recognize and deal with it. Here are some suggestions for ways to handle stress. As you begin to understand more about how stress affects you as an individual, you will come up with your own ideas of helping to ease the tensions.

- **Try physical activity.** When you are nervous, angry, or upset, release the pressure through Exercise or physical activity. Running, walking, playing tennis, or working in your garden are just some of the activities you might try. Physical exercise will relieve that “up tight” feeling, relax you, and turn the frowns into smiles. Remember, your body and your mind work together.
- **Share your stress.** It helps to talk to someone about your concerns and worries. Perhaps a friend, family member, teacher, or counselor can help you see your problem in a different light. If you feel

- your problem is serious, you might seek professional help from a psychologist, psychiatrist, or social worker. Knowing when to ask for help may avoid problems that are more serious later.
- **Know your limits.** If a problem is beyond your control and cannot be changed at the moment, do not fight the situation. Learn to accept what is—for now—until such time when you can change it.
 - **Take care of yourself.** You are special. Get enough rest and eat well. If you are irritable and tense from lack of sleep or if you are not eating correctly, you will have less ability to deal with stressful situations. If stress repeatedly keeps you from sleeping, you should ask your doctor for help.
 - **Make time for fun.** Schedule time for both work and recreation. Play can be just as important to your well being as work; you need a break from your daily routine to just relax and have fun.
 - **Be a participant.** One way to keep from getting bored, sad, and lonely is to go where it is all happening. Dining alone can make you feel frustrated. Instead of feeling sorry for yourself, get involved and become a participant. Offer your services in neighborhood or volunteer organizations. Help yourself by helping other people. Get involved in the world and the people around you, and you will find they will be attracted to you. You are on your way to making new friends and enjoying new activities.
 - **Check off your tasks.** Trying to take care of every thing at once can seem overwhelming, and, as a result, you may not accomplish anything. Instead, make a list of what tasks you have to do, then do one at a time, checking them off as they are completed. Give priority to the most important ones and do that first.
 - **Must you always be right?** Do other people upset you—particularly when they do not do things your way? Try cooperation instead of confrontation; it is better than fighting and always being “right.” A little give and take on both sides will reduce the strain and make you both feel more comfortable.
 - **It is O.K. to cry.** A good cry can be a healthy way to bring relief to your anxiety, and it might even prevent a headache or other physical consequence. Take some deep breaths, they also release tension.
 - **Create a quiet scene.** You cannot always run away, but you can “dream the impossible dream.” A quiet country scene painted mentally, or on canvas, can take you out of the turmoil of a stressful situation. Change the scene by reading a good book or playing beautiful music to create a sense of peace and tranquillity.
 - **Avoid self-medication.** Although you can use drugs to relieve stress temporarily, drugs do not remove the conditions that caused the stress in the first place. Drugs, in fact, can be habit-forming and create more stress than they take away. They should be taken only on the advice of your doctor.

THE ART OF RELAXATION

The best strategy for avoiding stress is to learn how to relax. Unfortunately, many people try to relax at the same pace that they lead the rest of their lives. For a while, tune out your worries about time, productivity, and “doing right.” You will find satisfaction in just being, without striving. Find activities that give you pleasure and are good for your mental and physical well being. Forget about always winning. Focus on relaxation, enjoyment, and health. Be good to yourself.

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