



HOW TO DEAL WITH STRESS?

ABOUT ME

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EDUCATION:

Pontifical Salesian University (Rome, Italy)

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Registered Psychotherapist (CRPO)

Specialization:

help professionals become more efficient and successful by overcoming stress and anxiety

FOR WHOM?

This presentation will be useful for those who have situations of:

- emotional distress*
- psychological discomfort*
- stress at work*
- extreme anxiety...*



PLAN

Plan:

- *Stress and its consequences*
- *Structure of stress*
- *How to deal with stress*



STRESS

STRESS AND ITS CONSEQUENCES



STRESS

We can't avoid stress!!!



Work, Changes, Problems, Rhythm of life...

STRESS

THE SIGNS OF STRESS

SIGNS

- Lack of energy/interest
- Withdrawing from normal activities
- Distancing oneself from family, friends, and colleagues



SIGNS

- Sleep disturbances
- Changes in appetite
- Ulcers
- Headaches,
- Backaches or high blood pressure



SIGNS

Feeling:

- physically exhausted
- discouragement
- anxious
- irritable or angry
- losing control



SIGNS

- Guilt/Shame
- Helplessness, hopelessness
- Sadness



SIGNS

- Problems with concentration
- Putting off work,
- Missing deadlines
- Deteriorating quality of work



SIGNS

- Engaging in substance abuse
- compulsive behaviours:
 - overeating
 - overspending
 - gambling...

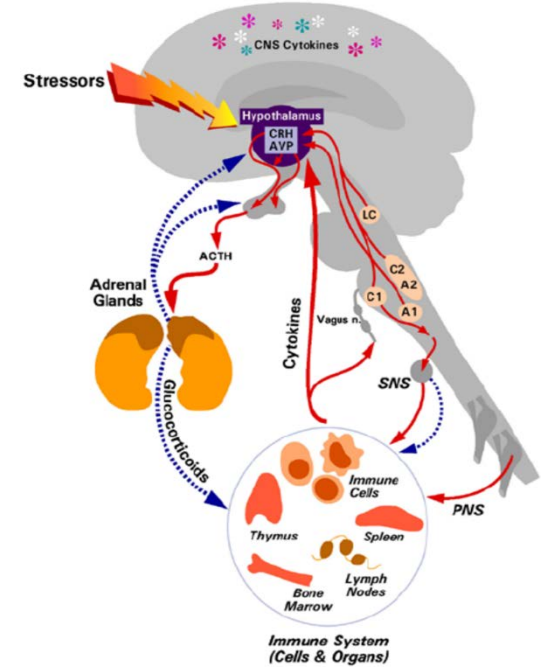


STRESS

Understand Stress...

STRESS

Stress...

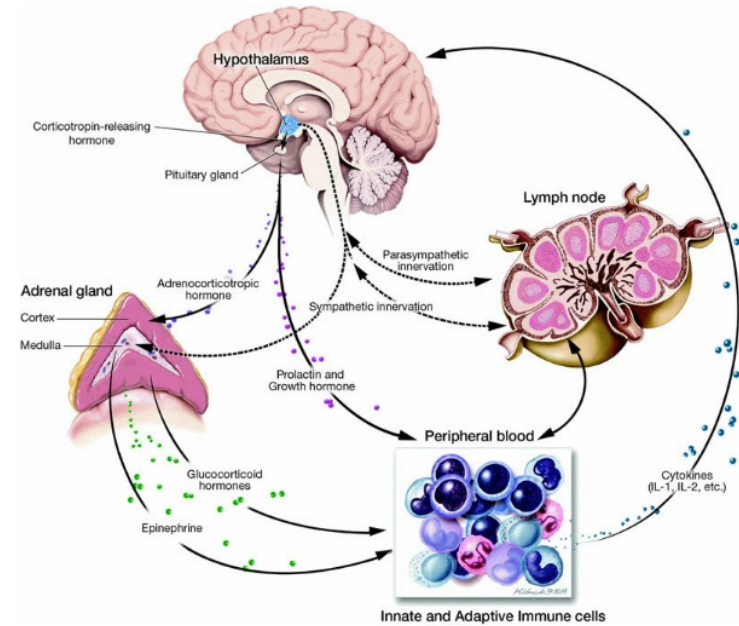


Physiological reaction of our body to challenges and problems of the environment.

HORMONES

Adrenalin, noradrenalin, cortisol:

- correct blood circulation
- increase frequency of heart beats
- influence on tension of muscles
- responsible for oxygen in the body



Supply the muscles and organs with elements needed to fight / escape reaction!!!

STRESS

There are situations in which reaction fight/flight is the **best** solution...



Hormones don't harm if they are produced:

- for short period of time*
- in small quantity*

STRESS

Optimal Stress is our ally!!!

From Intensity of stress depends:

-high performance

-our feelings

-motivation



STRESS



NEGATIVE CONSEQUENCES OF STRESS

STRESS

Chronic stress...

Permanent secretion into the bloodstream of noradrenaline, adrenaline and cortisol **destroys the body.**

This can lead to the development of many diseases...



STRESS

Health problems:

- hypertension and arrhythmia
- raising sugar level
- slows the healing of wounds
- worse resistance to infections and bacteria
- death of brain cells, hippocampus (memorization and learning).
- obesity: abdominal and the entire organism.



COPING WITH STRESS



HOW TO DEAL WITH STRESS???

COPING WITH STRESS

Influence on

BODY

EMOTIONS

THOUGHTS

BODY

- Eating a well-balanced diet
- Keeping hydrated
- Avoiding skipping meals
- Engaging in regular physical activities



BODY

- Getting sufficient sleep and rest
- Avoid stimulants
- Maintaining a regular sleep schedule in a comfortable environment



BODY



- Taking regular breaks and vacations
- Pursuing interests and hobbies outside of job

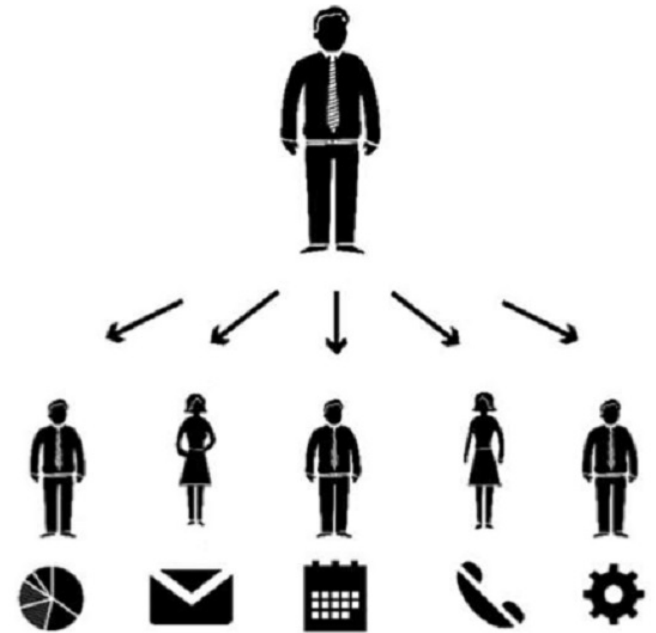
EMOTIONS

- Maintaining social outlets
- Connecting with colleagues
- Having a support structure in place, such as family and friends



EMOTIONS

- Delegating to others to ease workload, if appropriate



EMOTIONS

Incorporating daily mindfulness practices:

- relaxation techniques
- meditation
- deep diaphragmatic breathing



THOUGHTS

INNER DIALOG...



HUMAN MIND

Big discovery...



95% of our emotions are determined by our inner conversation

The way you talk to yourself determines your emotions and your life



HUMAN MIND

Our external world is just reflection of our inner world



HUMAN MIND

Our mind is like very fruitful soil in your garden

Fear

Phobia

Guilt

Stress

Anxiety

Courage

Love

Peace

Confidence

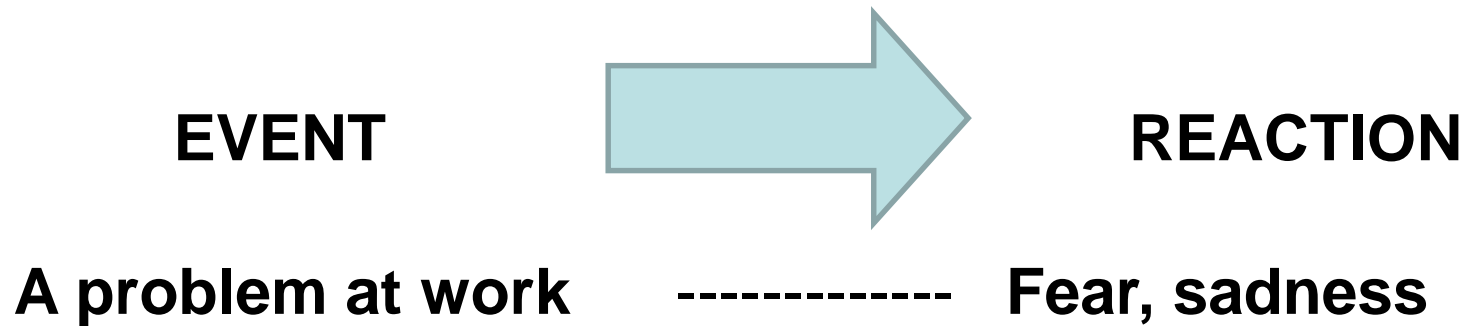
Motivation



ARE CONSEQUENCES OF....

COGNITIVE MODEL OF STRESS

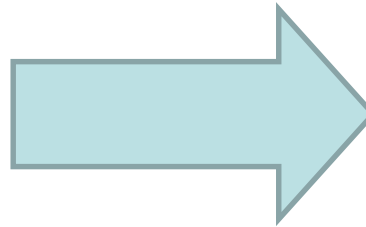
COGNITIVE MODEL OF STRESS:



COGNITIVE MODEL OF STRESS

COGNITIVE MODEL OF STRESS:

EVENT



REACTION

A problem at work



Additional **Motivation?**



COGNITIVE MODEL OF STRESS

OUR REACTION

DOESN'T DEPEND

DIRECTLY ON EXTERNAL EVENTS

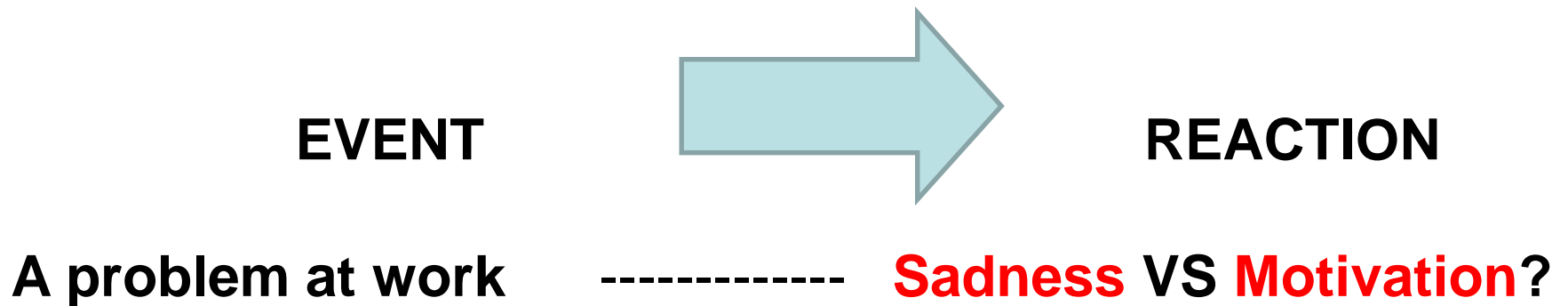
BUT...

COGNITIVE MODEL OF STRESS

***ON OUR INTERPRETATION OF THESE
EVENTS!!!***

COGNITIVE MODEL OF STRESS

COGNITIVE MODEL OF STRESS:



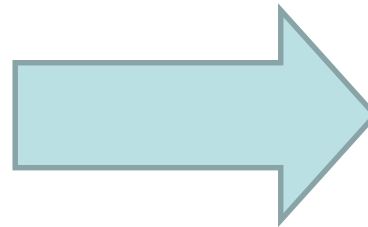
Between Events and Reaction there is

PROCESS OF THINKING

COGNITIVE MODEL OF STRESS

COGNITIVE MODEL OF STRESS:

EVENT



REACTION

A problem at work - **my career is over** - Sadness

A problem at work - **I can resolve this problem** - Motivation

OUR THINKING

DESTRUCTIVE PATTERNS OF THINKING



OUR THINKING

Examples of destructive patterns of thinking:

1. *Self-criticism*
2. *Too high standards*
3. *Generalization*
4. *Imperatives*
5. *Negative selective attention*
6. *Catastrofization*
7. *...*



OUR THINKING



**For this reason we need total control (mastering)
over our thinking!!!**

OUR THINKING

IMPORTANT TIPS...

1. *Be realistic*
2. *Forgive yourself little imperfections*
3. *Show compassion for yourself*
4. *Accept that this world not always is as you want*
5. *Don't be too attached to your standards*
6. *Consider that you can be wrong...*
7. *Sometimes you can lose and it's okay)))*

SYSTEM

There is a system

to neutralize: anxiety / stress

and

to increase: confidence and efficiency

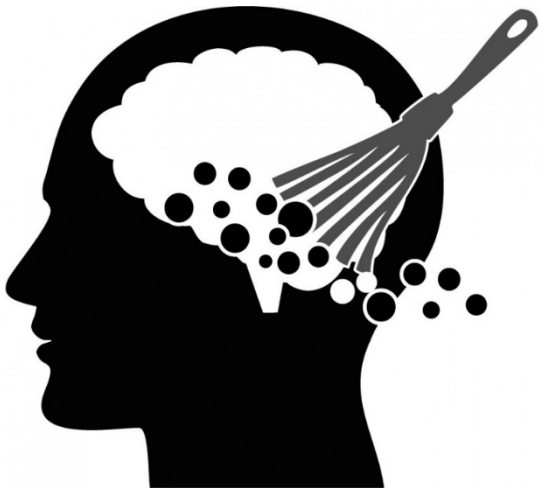


SYSTEM

1 Step – Understand inner dialog...



2 Step – Neutralize destructive thoughts...



SYSTEM



3 Step – Install positive thoughts

SYSTEM

4 Step – Learn to manage this process



CONSTRUCTIVE THINKING

**MAKE ORDER IN YOUR HEAD
AND YOU WILL MAKE ORDER IN YOUR LIFE**

You can do it!!!



CONCLUSIONS

- ***What did I learned today – 3 things?***



QUESTIONS

THANK YOU FOR YOUR ATTENTION



If you have any questions:

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