

**OSC 10**  
Ohio Safety Congress & Expo

**Me under stress?  
You've got to be  
kidding!**

**386  
Paddy Kutz**

Wednesday, March 31, 2010 4 to 5 p.m.

**Continuing Nursing Education Disclosures**

- **Goal:** To educate conference attendees on specific aspects of accident prevention and Ohio's workers' compensation system
- **Learning objectives:**
  - Define stress,
  - Identify the warning signs of stress; and
  - List three characteristics of personal mental health
- **Criteria for Successful Completion:** Attend the entire event and complete a session evaluation.
- **Conflict of Interest:** The planners and faculty have no conflict of interest.
- **Commercial Support:** There is no commercial support for this event.
- **Continuing Education:** Awarded 0.1 IACET general CEUs and 1.0 RN\* contact hour.

\*The Ohio BWC (OH-18801-01-2013) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**The Stress Mess**  
BWC Safety Congress

**"Bringing Wellness Home"**

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**Good Mental Health Is 1, 2, 3**



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**A Mentally Healthy Person:**

**1. Has Good Self Esteem**

- Likes who they are
- Feels like a valuable, worthwhile person
- Recognizes they are not perfect
- Thinks and behaves in ways that are good for them and good for others

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**A Mentally Healthy Person:**

**2. Gets Along With Others**

- Respects differences in others
- Uses self-control

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## A Mentally Healthy Person:

### 3. Is Able to Meet the Demands of Life

- Uses positive ways to cope and deal with stress

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## Let's Have A Look At Stress

- What is it?
- How does it affect you?

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## Learn To Manage Stress Before It Manages You



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Stress Is a Natural Part of Life

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## Without Stress You Would Be Dead!

- Unfortunately, stress has a negative connotation but stress also has beneficial effects.
- We call that good stress or EUSTRESS.

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Eustress Motivates Us, Thrills Us, Excites Us, Stimulates Us, Produces Creativity etc.

- It's the bad stress or DISTRESS that causes the problems.

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## Everyone Handles Stress Differently

– Some Better Than Others.

- Left unchecked, stress can cause physical, emotional, and behavioral problems which can affect your:
  - Health.
  - Vitality.
  - Peace-of-Mind.
  - Personal & Professional Relationships.

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## What Are Your Warning Signs?

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## Left Unchecked, Stress Can Cause:

- Headaches
- Tight neck & shoulders
- Back pain
- Chest pain
- Hypertension
- Jaw tension
- Teeth grinding
- Loss of Appetite
- Overeating/undereating
- Pounding Heart
- Dizziness
- Insomnia
- Use of Drugs/Alcohol/Tobacco/Caffeine
- Upset stomach
- Cold or sweaty hands
- Excessive sweating
- Rashes
- Constipation/diarrhea
- Difficulty concentrating
- Anger—yelling/blaming
- Agitation/impatience
- Irritability
- Forgetfulness
- Poor decisions
- Fatigue
- **Depression** and/or **Anxiety**

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## Depression Is an Illness & It Is Treatable

- Symptoms vary from person to person:
  - Persistent sad, anxious, or “empty” mood
  - Sleeping too much or sleeping too little
  - Changes in weight or appetite
  - Loss of pleasure or interest in activities
  - Persistent physical symptoms that don’t respond to treatment
  - Difficulty concentrating, remembering or making decisions
  - Fatigue or loss of energy
  - Feeling guilty, hopeless or worthless
  - Thoughts of death or suicide

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## There are 5 kinds of Depression

Unipolar  
Seasonal Affective Disorder  
Postpartum  
Bipolar Disorder  
Clinical Depression

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## Anxiety Disorders

- There are 5 kinds of disorders

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## Anxiety Disorders

- GAD – generalized anxiety disorder
- PTSD – post traumatic stress disorder
- OCD -- obsessive – compulsive disorder
- Panic Disorder – panic attacks
- Phobias – especially Social Phobia called social anxiety disorder

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## Stress Management Strategies

- Learn to Relax:
  - Appropriate breathing
  - Stretching
  - Use meditation/yoga
  - Deep muscle relaxation
  - Direct massage
  - Hypnosis or self-hypnosis
  - Biofeedback
  - Communicating effectively

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## Exercise

- Walking/hiking
- Running
- Swimming
- Biking
- Aerobics
- Weight lifting
- Kick boxing
- Isometrics

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## Eat Right & Sleep Right

- Eat a well balanced diet
- Water is essential for brain health
- Reduce caffeine (i.e. coke, coffee)
- Do not use alcohol to cope
- Watch allergy producing additives
- Get 8 hours of sleep

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## Learn To Be Assertive

- Stand up for yourself without being aggressive

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## Learn Good Time Management Skills

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## Relax Your Emotions

- Talk to someone and express your feelings
- Do something you love to do
- Read
- Cry
- Laugh

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## How to Find a Balance for Good Mental Health

- Know who you are—make a list of your qualities, skills, hobbies and goals
- Focus on your assets
- Develop skills for better time management
- Make time for physical exercise
- Develop a support system of family, friends and others
- Join a group for support

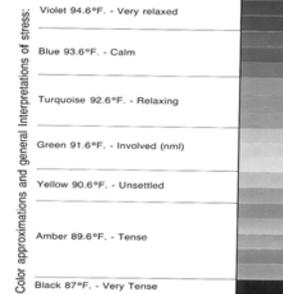
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## Thought for the Day

*You can choose to be peaceful. Peace is a choice and it has nothing to do with what other people do or think.*

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### BIODOTS



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