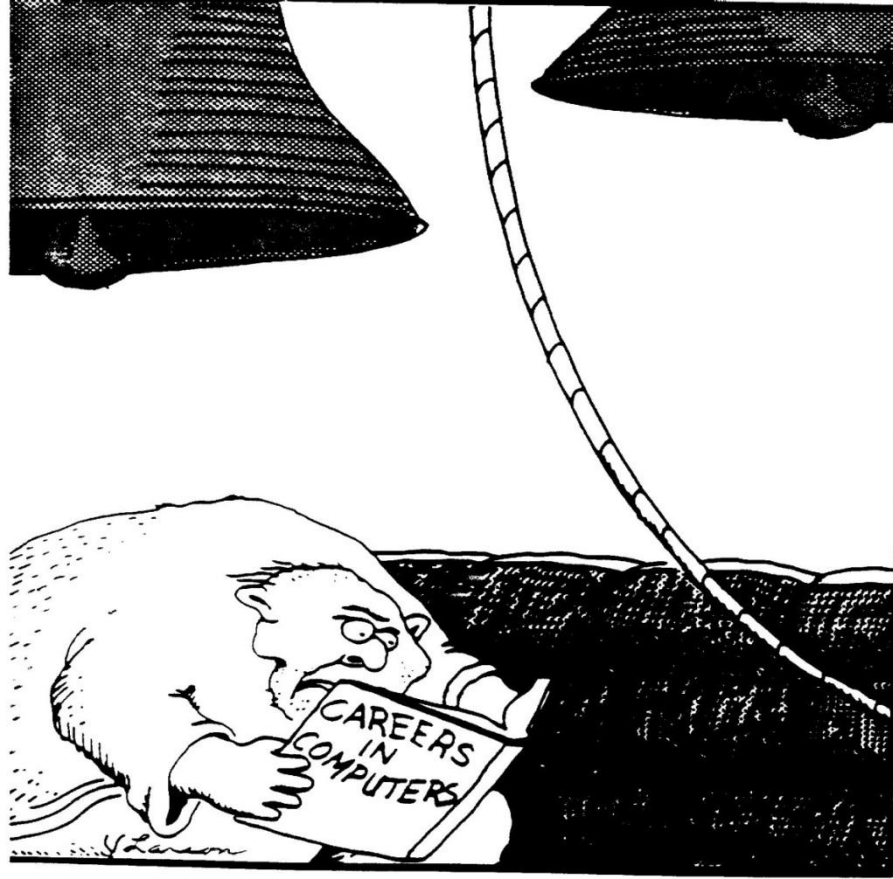


Stress is IT !!!



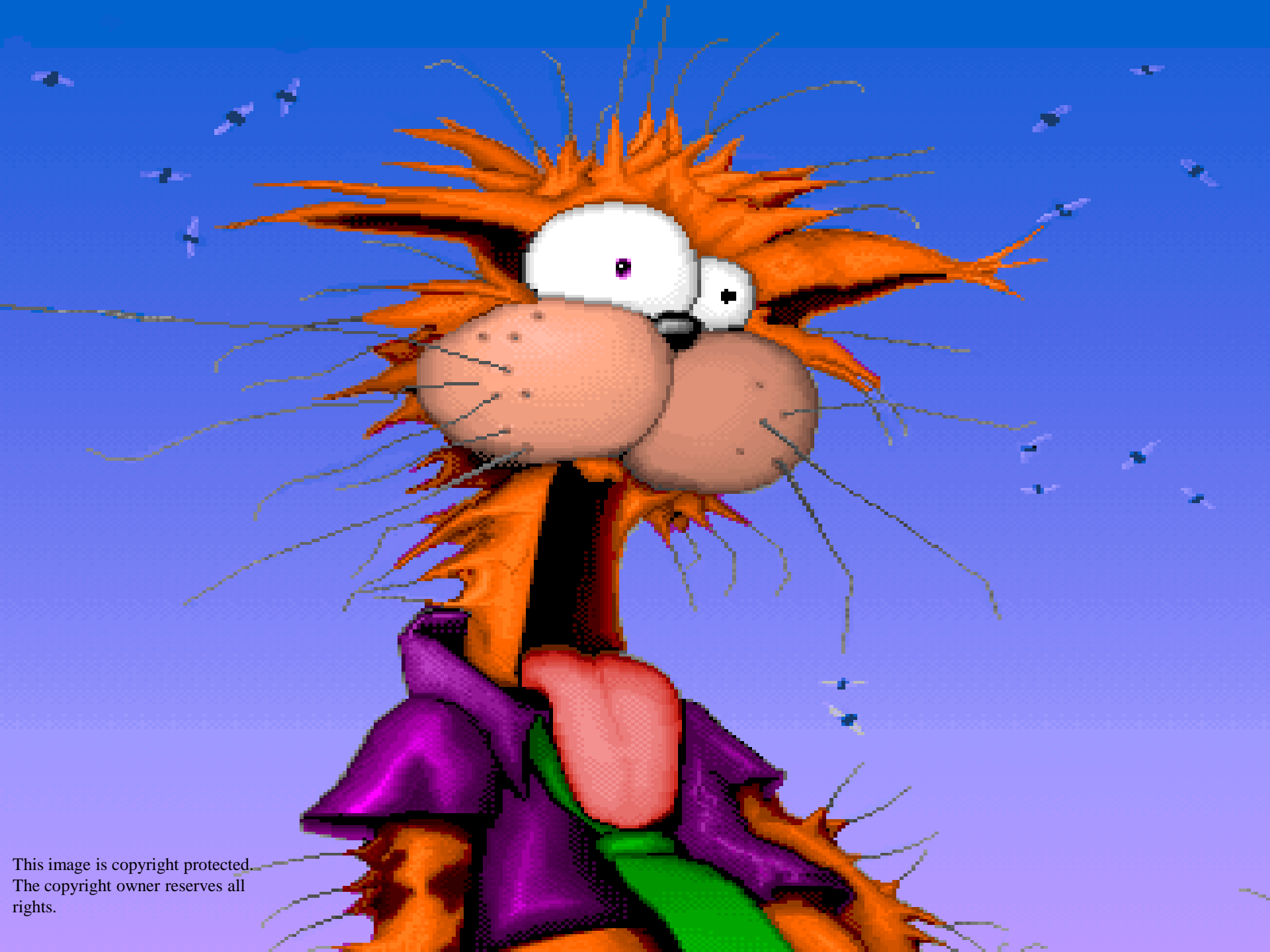
Dr William C. Cross
Sr. Consultant
eComp Consultants

Stress

Bodily or mental tension resulting from factors which alter an existing equilibrium

Stress

That Confusion Created When One's Mind
Overrides the Body's Basic Desire to Choke
the Living sh** Out of Some As*ho** Who
Desperately Needs It.



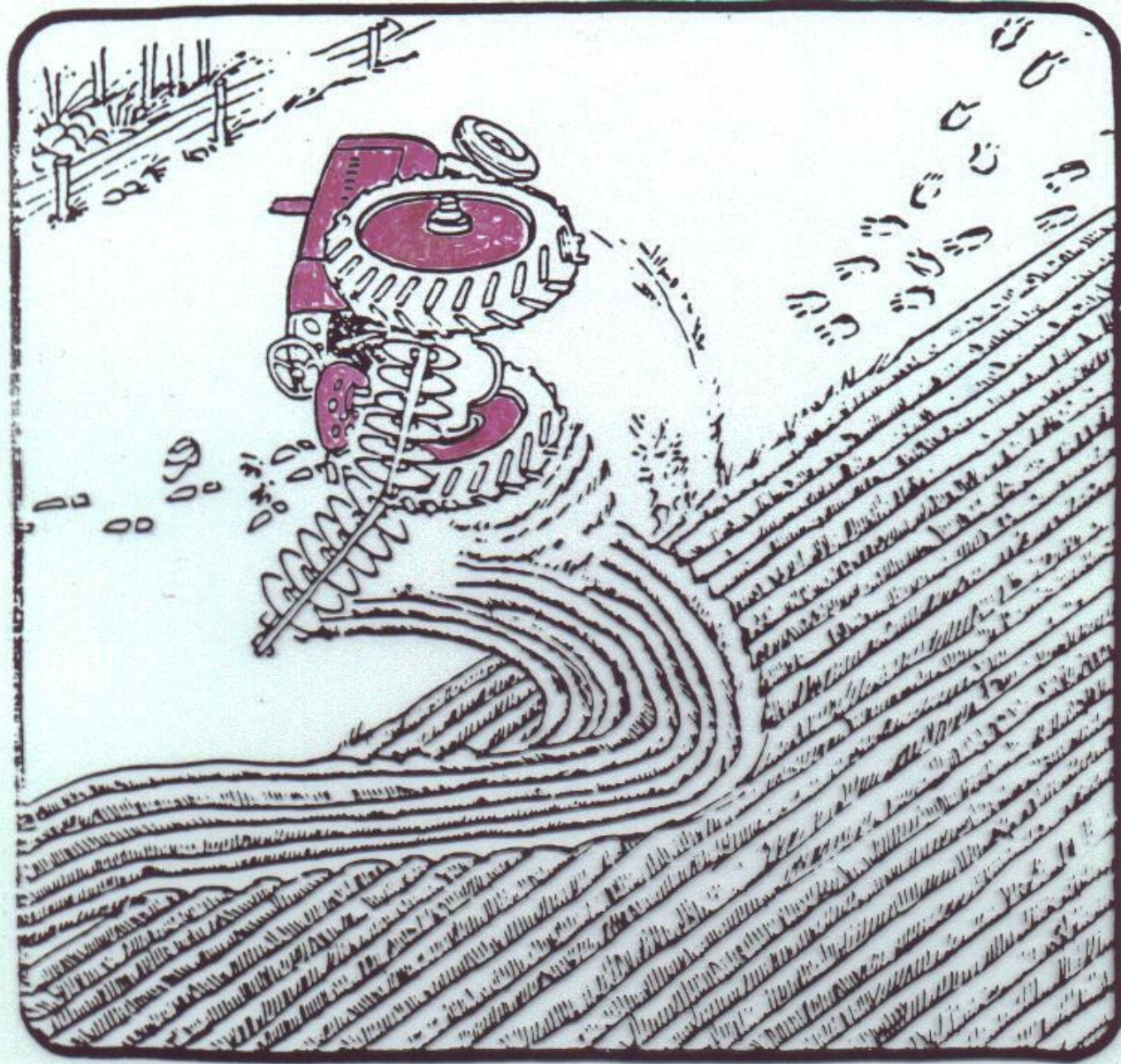
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Body Reacts

- Breathe faster
- Vision narrows
- Concentration sharpens
- Heart pounds
- Palms cold & sweaty
- Forward on balls of feet
- Hearing acute
- More blood
 - To muscles
 - To head
- Less blood
 - To extremities
 - To digestive system

Inside

- Increase:
 - Adrenaline
 - Corticoids
 - Blood pressure
 - Blood sugar
 - Clotting agents
 - Heart rate
 - Breathing rate



You can just about see where farmer Artie Mason first noticed the bear.



Women:

- Tend and befriend
 - Protect & nurture children
 - Female social networks
- Oxytocin
 - Calming hormone



THE PAJAMA DIARIES by Terri Libenson





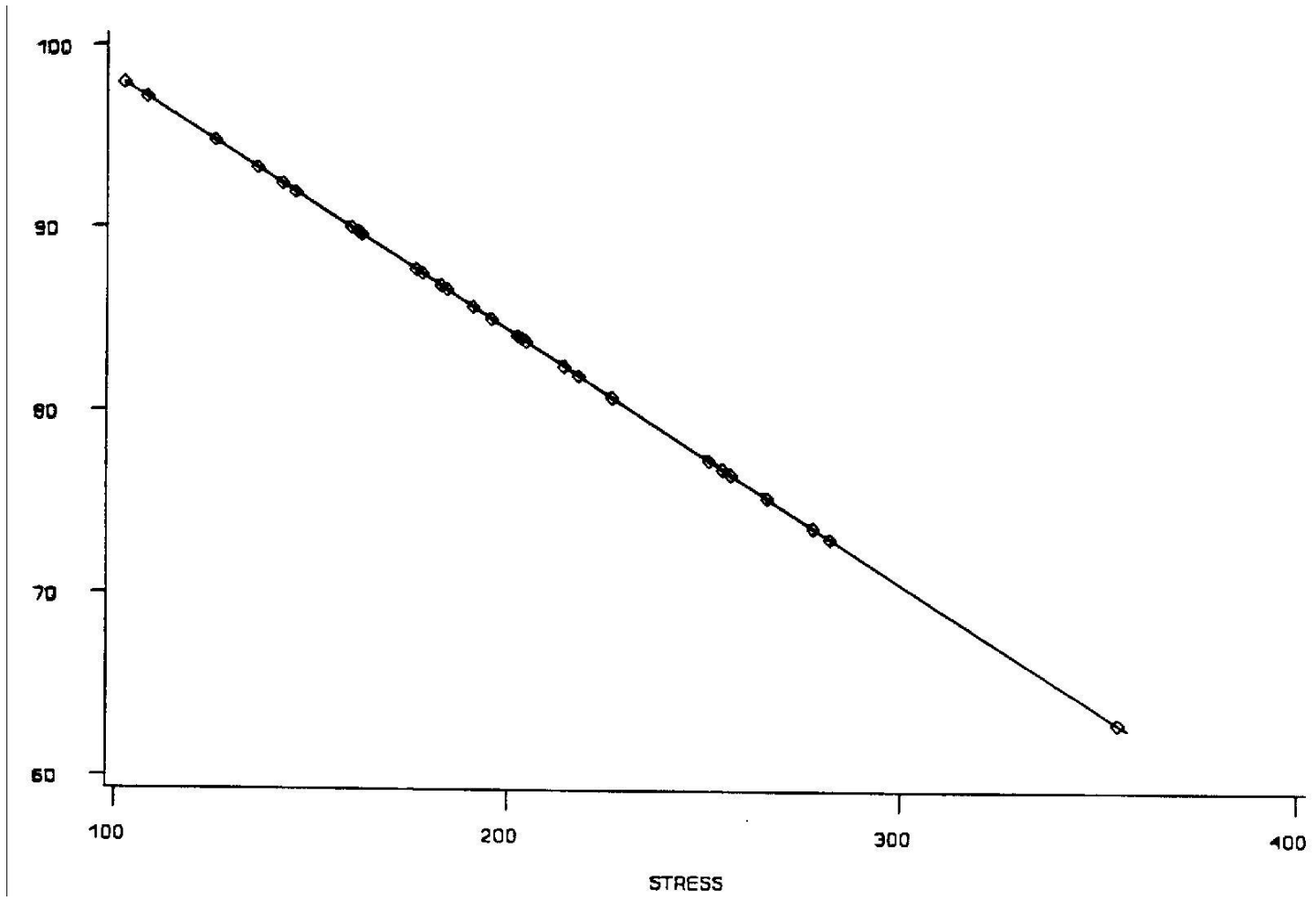
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- Cardiac events
- Diabetes
- Ulcers
- Cancer
- Psychological problems

Stress & Programming Quality





Causes of Stress

- Genetics

- Women feel more stress
 - Careers have increased stress levels
 - Family, work & money
 - Societal & cultural expectations
- Men partition
- Age changes stress effects



Causes of Stress

- Genetics
- Disease
- Life experience

Life Experience

- Do you feel exhausted?
- Do you have a “short fuse”?
- Do you find muscle tension, especially in your neck, back and jaw?
- Do you have trouble falling asleep or staying asleep because your body is tense or your mind is racing?
- Have you become an Emotional Eater?

Life Experience

- Do you feel anxious about things you can't control?
- Do you have more difficulty with decision-making and concentration these days, or find that you're forgetting things more often?
- Have you experienced weight gain or weight loss, or are you storing more fat in your belly lately?

Life Experience

- Do you experience tension headaches?
- Do you feel of being overwhelmed?
- Do you feel less social than usual?
- Do you get less joy from your work, or feel a sense of burnout?
- Do you find that your libido has decreased, or that you're just too tired for sex?
- Do you drink alcohol, or smoke more?

Life Experience

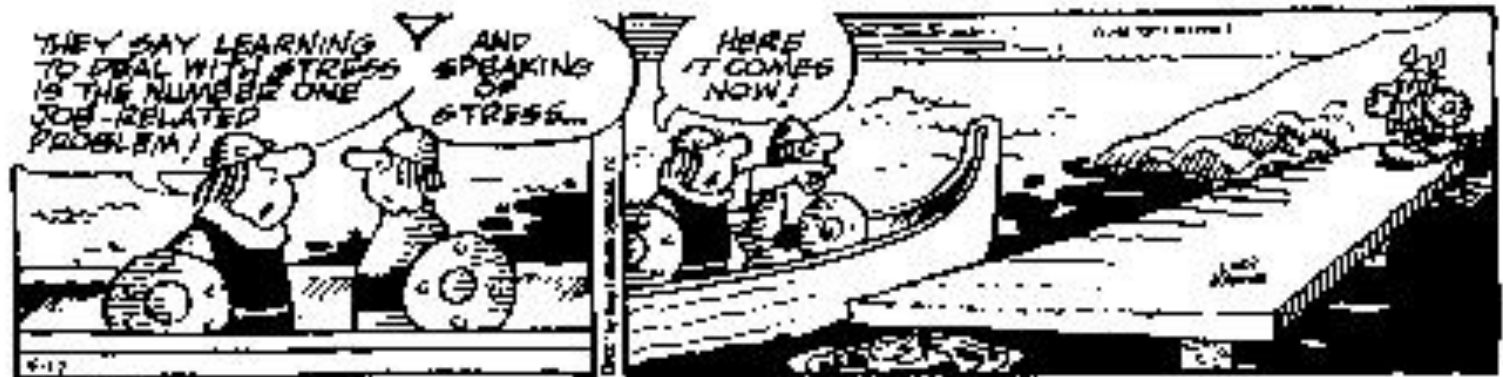
- More than five yes answers indicate elevated stress levels.

Causes of Stress

- Genetics
- Disease
- Life experience
- Job
- Personality type

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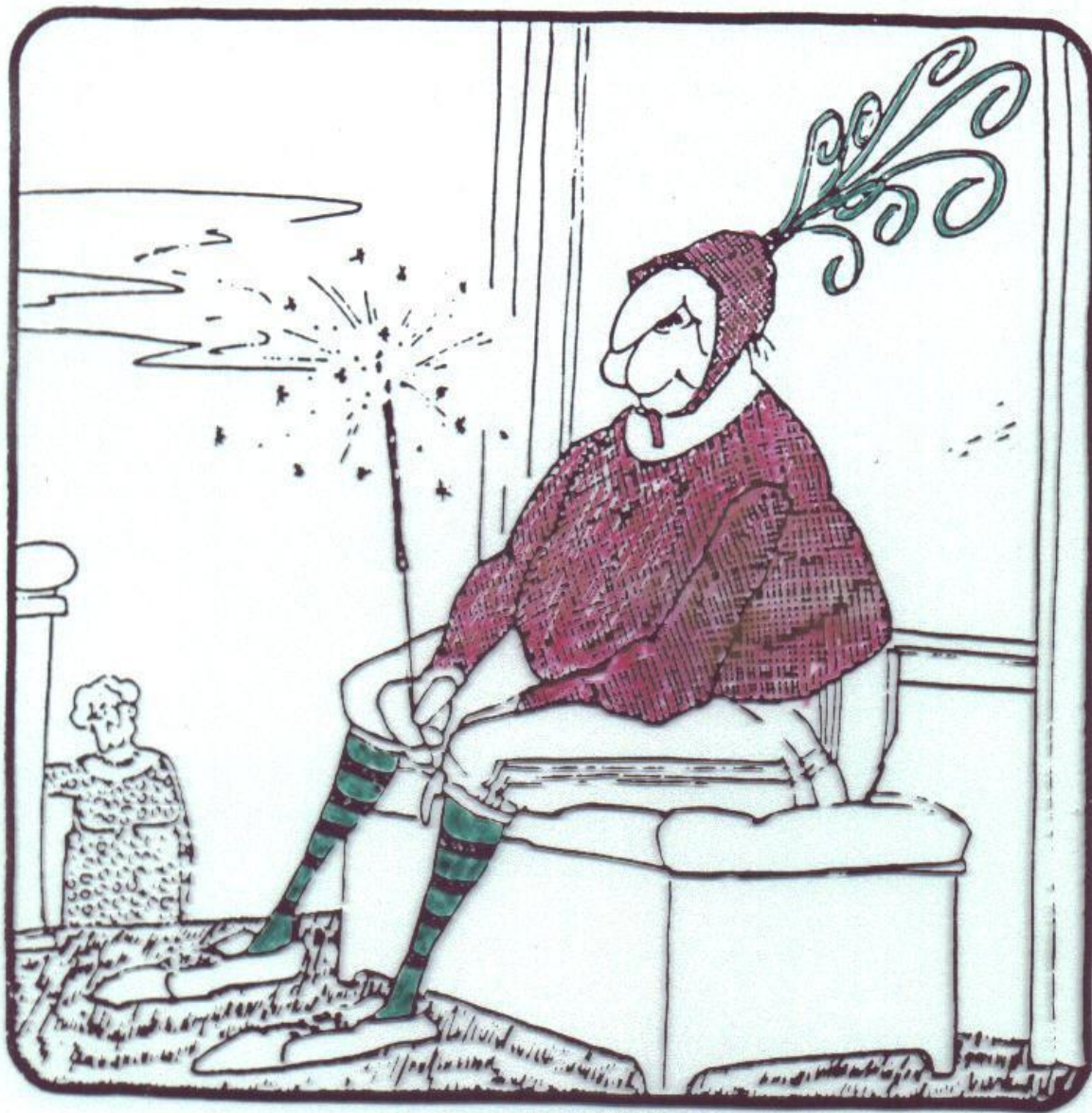
HAGAR THE HORRIBLE by Clark Gable



You Are Type A

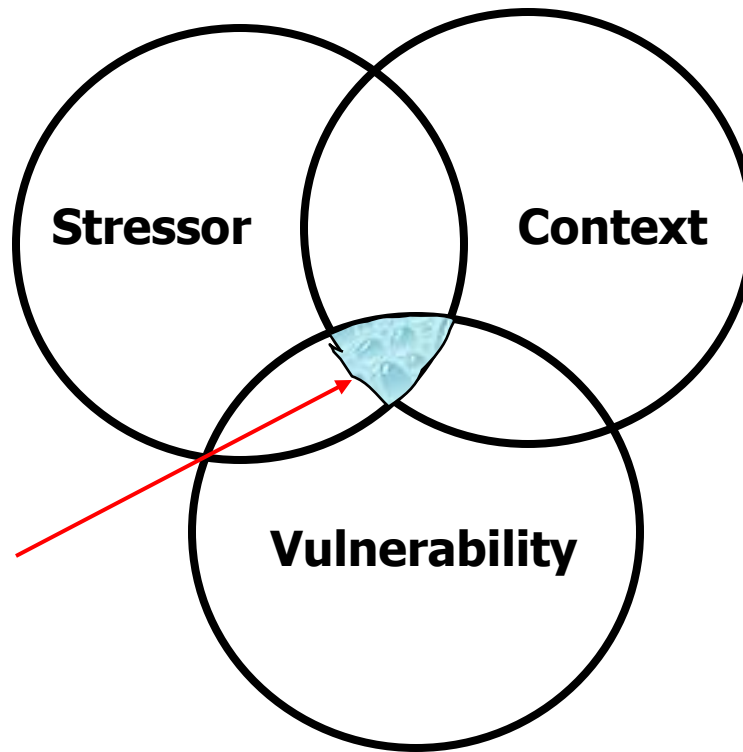
- Explosive accentuation
- Rush sentence endings
- Impatience
- Polyphasic
- Directs conversations
- Guilt when relaxing
- Materialistic
- Competitive
- Rapid completion means success



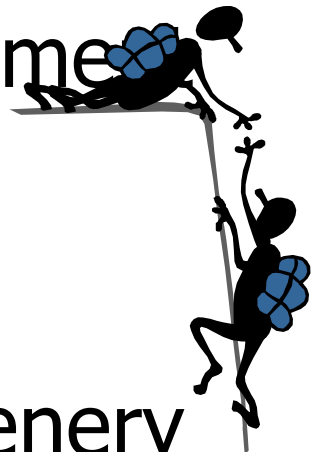


Sid has less need than most to know exactly
where he's going.

McLane Model



- Plan ahead
- Avoid gossip & negative people
- Seek encouragement
- Set priorities
- Refocus
- Your job is not you
- Reward accomplishment
- Sleep
- Play
- Change scenery





Dr Bill's Six R's...

- Relax
- Relate
- Refresh
- Religion
- Recover
- Remove yourself

