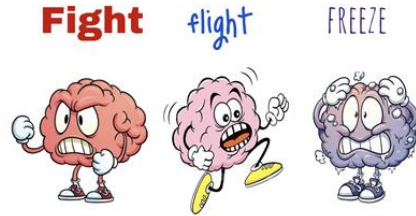


LONG TERM EFFECTS OF STRESS ON MENTAL HEALTH AND HOW TO MANAGE IT.

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Stress



- ▶ The body's response when it senses danger.
- ▶ We all experience stress and need it to function.
- ▶ The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic and alert, In emergency situations, stress can save your life-giving you extra strength to defend yourself.
- ▶ But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships and your quality of life.
- ▶ Some stress is good, without it, life can be a bit dull and unexciting. It can pump you up, give you energy, supply that zest for living
- ▶ It is an unavoidable part of life. The challenges caused by stress help to develop new skills and behavior patterns. The problems occur when stress becomes excessive. It can become destructive and can turn into distress.
- ▶ Too much stress will have long term effect on your mental health and physical health.

Acute Stress

Acute stress is the most common form and is the result of recent or anticipated stressors. As long as the acute stress doesn't last for extended periods or occur too frequently, there is nothing wrong with suffering from acute stress. It happens to all of us, and it passes with time.

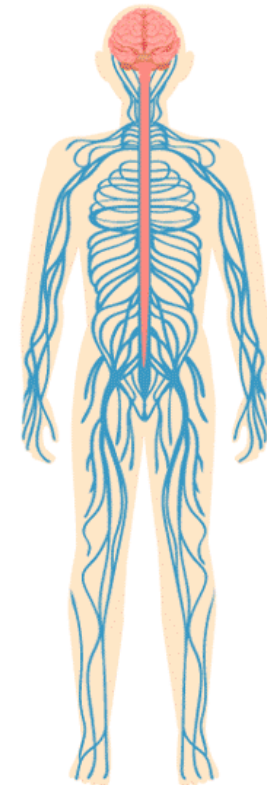
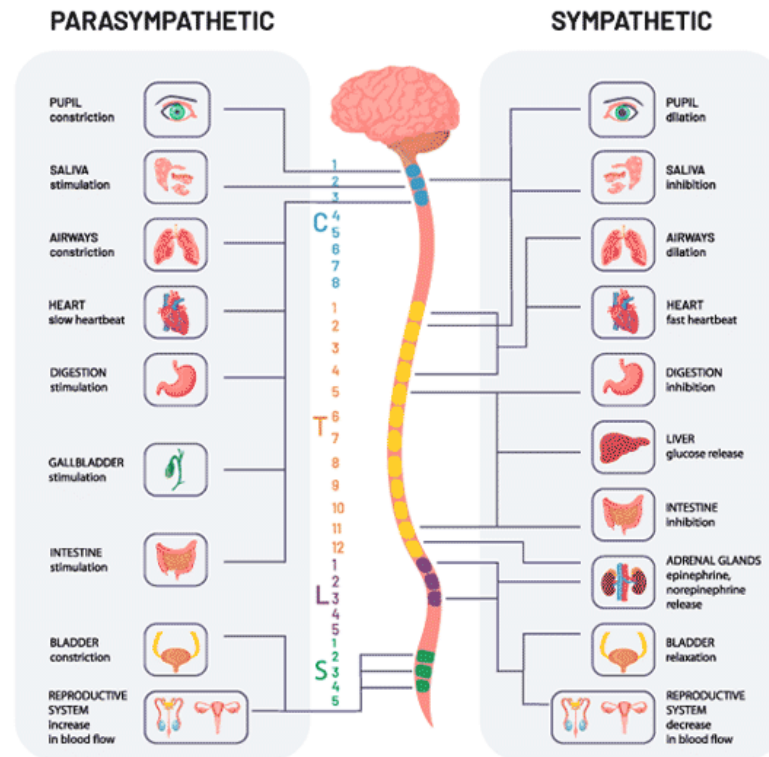
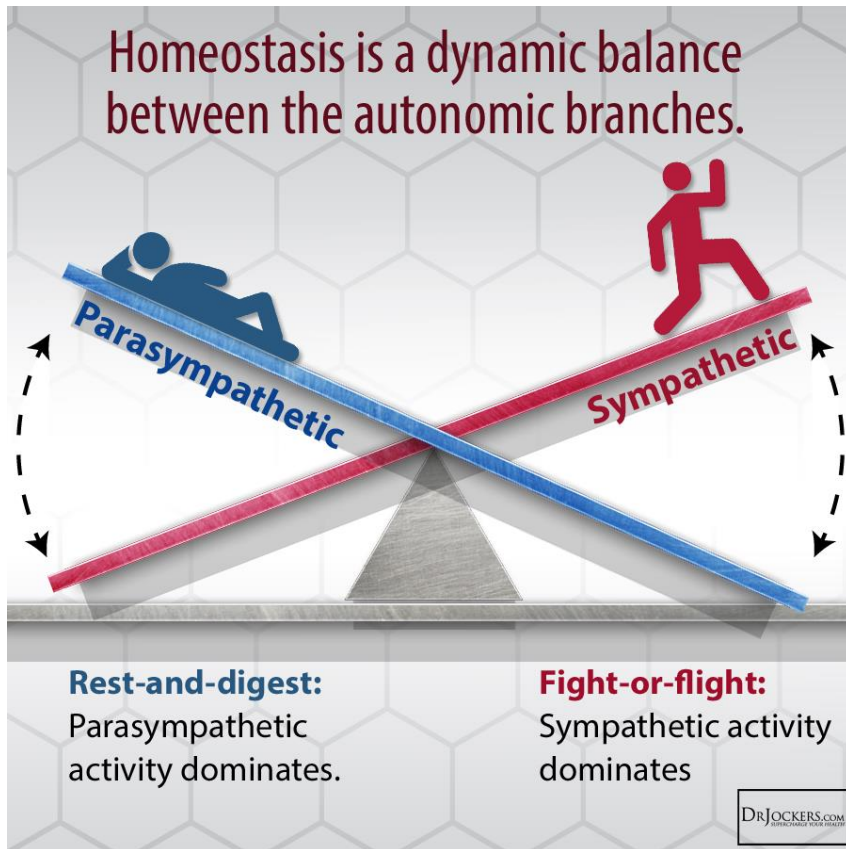
Episodic Acute

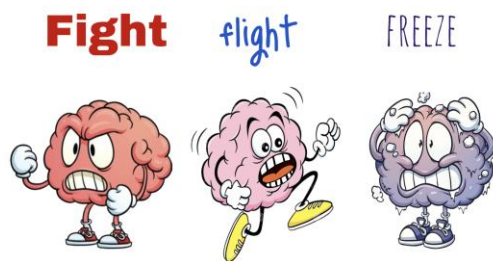
Episodic acute stress is acute stress that occurs frequently. This is the kind of stress that continuously pops up, sometimes in a pattern. It is accompanied by worry and angst about things that are happening to you or around you. Episodic acute stress is a recurring type of stress, happening over and over.

Chronic Acute

Chronic acute stress can be thought of as never-ending stress that relentlessly wears away at you. If you don't see an end in sight, if you are facing something that has no way out, then you are likely to begin suffering from chronic stress. Chronic stress definitely requires reaching out for help.

Difference Between Sympathetic And Parasympathetic







Positive Stress

Results in brief increases in heart rate and stress hormones. Experiencing positive stress is part of healthy development.

Tolerable Stress

Results in temporary and intense stress responses that is buffered by supportive relationships.

Toxic Stress

Results in prolonged activation of the body's stress response to frequent and/or intense experiences, without sufficient relationships to buffer the stressor.

Stress and Mental health

- ▶ Long term stress and poor management of stress can lead to poor mental health.
- ▶ Poorly managed stress can make you more vulnerable to developing mental disorders such as depression and anxiety.
- ▶ In some cases, stress can lead to psychosis.

Common Signs and Symptoms of Stress



PHYSICAL: Fatigue, headaches, rapid heartbeat and worsening of pre-existing conditions

EMOTIONAL: Feelings of sadness, despair, anxiety, anger and irritability



BEHAVIORAL: Not acting like oneself, experiencing restlessness, being argumentative and experiencing changes in eating, sleeping and substance use

MENTAL: Confusion, forgetfulness and difficulty concentrating or making decisions



In Adults

Major cause of stress

In Children



Work pressure
or Job Loss



Bereavement
(death of
close people)



Relationship
Challenges



Money
worries



Social
pressure:
(Bullying)



Studying for
Exams



Parental
Divorce

How are you currently coping with stress-unhelpful ways

- ▶ Smoking
- ▶ Alcohol use
- ▶ Poor nutrition
- ▶ Zoning out, scrolling on social media
- ▶ Social withdrawal
- ▶ Sleeping too much
- ▶ Procrastinating
- ▶ Taking out stress on others-lashing out, angry outbursts, physical violence.

Learning healthier ways to manage stress

- ▶ In order to manage your stress levels, it is important to first understand what is causing you stress.
- ▶ If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones.
- ▶ There are many ways to manage and cope with stress, but they all require change. You can either change the situation or change the your reaction
- ▶ Change the situation-Avoid, Alter
- ▶ Change your reaction-Adapt, Accept.



4 ways to deal with stress



In the long-term

- ✓ Exercise regularly
- ✓ Eat well
- ✓ Practice Mindfulness
- ✓ Practice relaxation techniques



In the short-term

- ✓ Take a walk
- ✓ Practice deep breathing
- ✓ Use aromatherapy
- ✓ Get a hug from a loved one



Home

- ✓ Express yourself
- ✓ Take action
- ✓ Get organized
- ✓ Create your own space



Work

- ✓ Understand the expectations
- ✓ Avoid multitasking
- ✓ Minimize conflict
- ✓ Get comfortable



Relationships

- ✓ Remove external stressors
- ✓ Get to the root of the problem
- ✓ Save time for yourself
- ✓ Improve your communication skills

Conclusion

- ▶ Stress affects everyone
- ▶ There are different kinds of stress
- ▶ Everyone is different and perceives stress differently
- ▶ Chronic stress can lead to poor mental health and physical health
- ▶ Stressors vary over time so it is important to 'check in' regularly
- ▶ How you manage stress will also vary over time
- ▶ Identifying and managing stress regularly will help improve/maintain your mental health and physical health