

STRESS MANAGEMENT

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Different Coping Styles:

- Avoidance/ distraction.
- Reappraisal.
- Active thinking.
- Relaxation.
- Direct action.
- Catharsis.
- Social support.
- Acceptance/ passivity.
- Religion/ faith.

Coping styles and Personality:

- Worriers
- Dramatists ('drama queen')
- Passives
- Obsessives
- Victims
- Risk-seekers

Resources for coping with stress:

- Everybody needs a little help to cope;
 - PHYSICAL RESOURCES
 - PSYCHOLOGICAL RESOURCES
 - SOCIAL RESOURCES
 - MATERIAL RESOURCES

- PHYSICAL RESOURCES:
 - Genetic
 - Health status
 - Nutritional status
 - Physical strength, endurance.

- PSYCHOLOGICAL RESOURCES:

- Beliefs

- Attitudes

- Skills

- Motivation

- Self-esteem

- **SOCIAL RESOURCES:**

- Care and support
- Social climate
- Institutional support
- Stable socio-economy

- **MATERIAL RESOURCES:**

- Income
- Food, shelter
- Information
- Access to health etc.

Methods of managing STRESS

- RELAXATION TECHNIQUES
- TIME MANAGEMENT
- EFFECTIVE COMMUNICATION
- ASSERTIVE TECHNIQUE
- PROBLEM-SOLVING SKILL
- BEING REALISTIC
- EXERCISE
- FRIENDS
- HEALTHY EATING/ LIFE-STYLE