



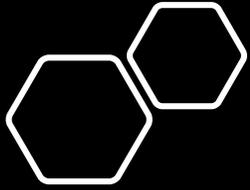
# Definition of Stress

- Lazarus, (1966) said stress, “occurs when an individual perceives that the demands of an external situation are beyond his or her perceived ability to cope with them.”

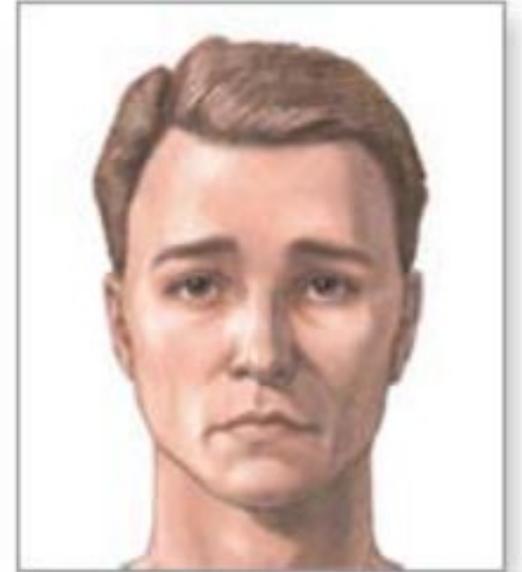


How Are You  
Coping?...





# Stress Versus Anxiety



# Types of Stress

## Acute Stress

- Sudden onset of stress that usually does not last long. Not always bad and can be helpful (e.g., heavy braking to avoid a traffic collision).

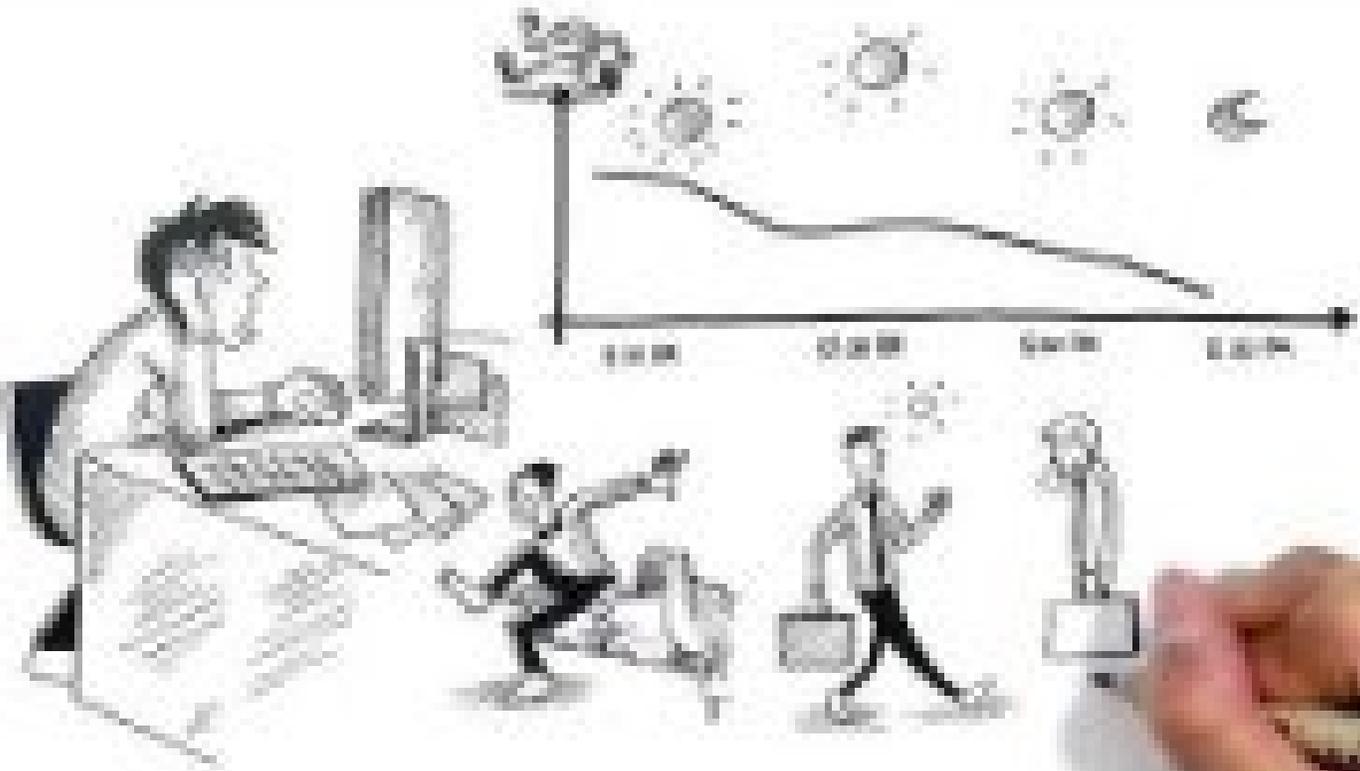
## Episodic Acute Stress

- Acute stresses that frequently occur. Can be serious as you don't get time to return to relaxed state before the next episode (e.g., technology not responding the way you expect it to).

## Chronic Stress

- Continual stress over a duration of time which happens repeatedly due to no change in the stressor (e.g., financial, personal, or work problems).

# The Stress Bucket



# A Human Response to Stress

## **Acute Stress**

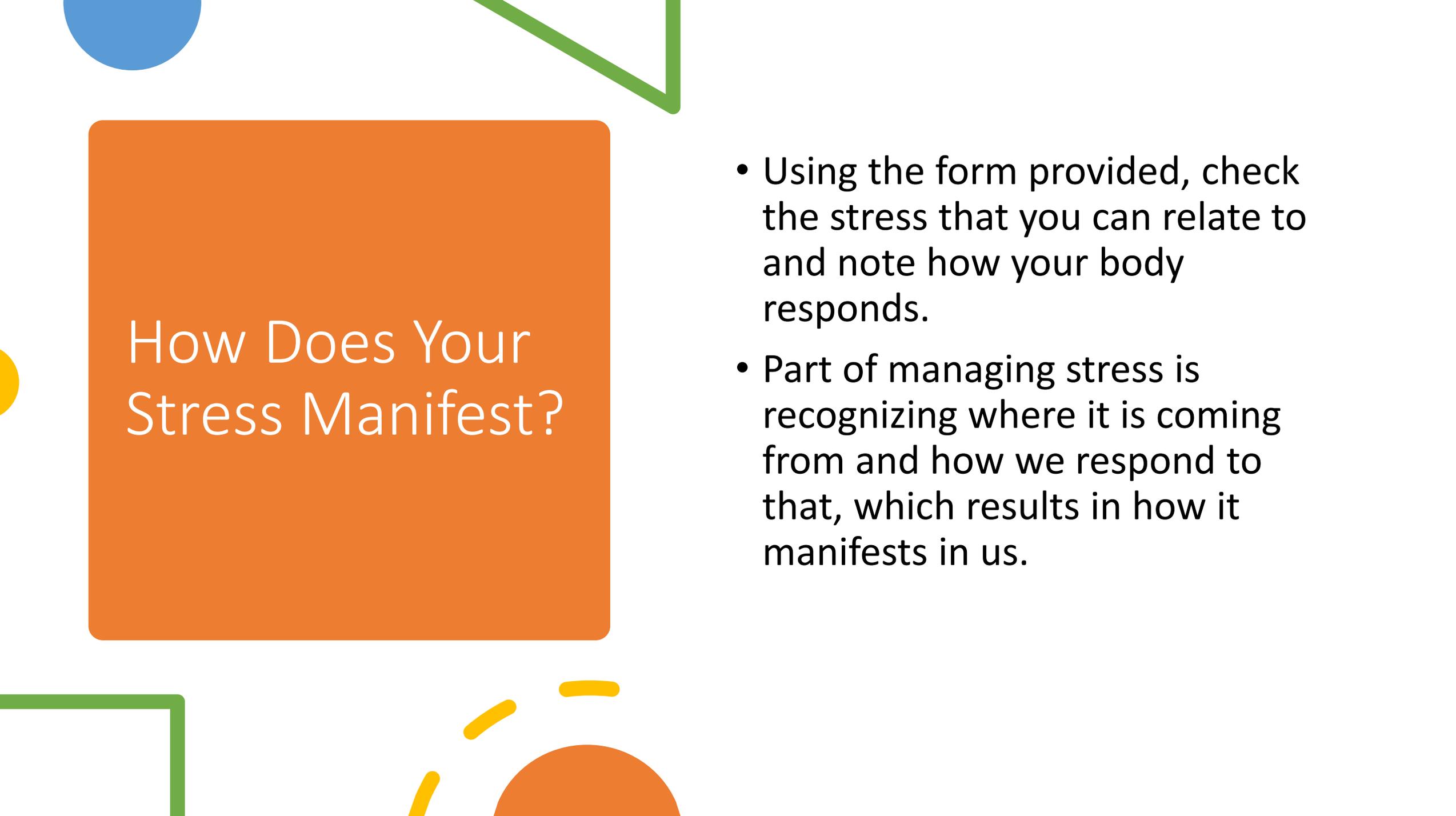
- Pupil dilation
- Heart rate increase
- Perspiration
- Loss of PsyCap
- Anxiety
- Emotional changes
- Poor sleep
- Low concentration

## **Episodic Acute Stress**

- Muscle tension
- Poor concentration
- Feel overwhelmed
- Anger/irritable
- Migraines
- Hypertension
- Loss of PsyCap

## **Chronic Stress**

- weight gain
- Heightened adrenaline and cortisol
- Insomnia
- Panic attacks
- Feel helpless
- Chronic headaches
- Emotional fatigue
- Loss of PsyCap



## How Does Your Stress Manifest?

- Using the form provided, check the stress that you can relate to and note how your body responds.
- Part of managing stress is recognizing where it is coming from and how we respond to that, which results in how it manifests in us.

# Long Term Responses to Chronic Stress

Anxiety disorders

Depression

Burnout

Digestive problems

Heart disease

Obesity and disordered thinking

Loss of PsyCap

# How Can we Mitigate Stress?

Exercise

Mindfulness

Therapy and coaching

Time management

Spend time outdoors

Eat healthily

Spend time with loved ones

Practice sleep hygiene

# Crazy Busy .... Or..... Ready Mode

- Darria Long – Emergency room doctor - [Ready Mode](#)



# Sleep Hygiene



**Sleep Hygiene**

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## CHECKLIST

Bedroom Environment	My Reality
<input type="checkbox"/> Relaxing	<input type="checkbox"/>
<input type="checkbox"/> Welcoming	<input type="checkbox"/>
<input type="checkbox"/> Darkness	<input type="checkbox"/>
<input type="checkbox"/> peaceful	<input type="checkbox"/>
<input type="checkbox"/> A sanctuary for sleep	<input type="checkbox"/>
<input type="checkbox"/> Good quality bedding	<input type="checkbox"/>
<input type="checkbox"/> A comfortable temperature	<input type="checkbox"/>
<input type="checkbox"/> Good quality mattress/pillow	<input type="checkbox"/>

Daily Routines	My Routines
<input type="checkbox"/> Retiring at the same time	<input type="checkbox"/>
<input type="checkbox"/> A wind down routine	<input type="checkbox"/>
<input type="checkbox"/> Fixed wake up time	<input type="checkbox"/>
<input type="checkbox"/> Sleep is a priority	<input type="checkbox"/>
<input type="checkbox"/> Cut back on the naps	<input type="checkbox"/>
<input type="checkbox"/> Dim the lights	<input type="checkbox"/>
<input type="checkbox"/> Unplug from electronics	<input type="checkbox"/>
<input type="checkbox"/> Methods of relaxation	<input type="checkbox"/>

# What is Psychological Capital?

Psychological Capital (PsyCap) is “an individual’s positive psychological state of development” (Luthans, et al., 2007).

A light orange downward-pointing arrow connects the top box to the middle box.

Neuroplasticity is evidence of the brain’s ability to change and grow.

A light gray downward-pointing arrow connects the middle box to the bottom box.

PsyCap measured by HERO – but is more than each individual element – it is the sum of the four parts.

# How is Stress Related to PsyCap?

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We are successful when we are happy.

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The more PsyCap you have, the greater your ability to weather a storm.

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Positive psychology is closely related to appreciation.

# HERO - Measuring PsyCap

The infographic features a dark blue background with white and orange geometric shapes. At the top, the title 'HERO PSYCHOLOGICAL CAPITAL' is displayed in white and orange. Below the title, a paragraph explains that HERO is a way of personally measuring psychological capital and that increasing it begins by knowing the four pillars. The four pillars are presented in orange boxes with white text: Hope, Efficacy, Resilience, and Optimism. At the bottom, a silhouette of a head contains the question 'HOW CAN I HAVE MORE PSYCAP?'. The background also includes faint white line art of a building and a musical note.

## HERO PSYCHOLOGICAL CAPITAL

HERO is a way of personally measuring psychological capital. Increasing your psychological capital begins by knowing the four pillars it is built on

### Hope

Willpower is born from hope  
Waypower leads to achieving goals

### Efficacy

Self-Efficacy (Bandura, 1997) is one's belief in their own abilities

Outcome expectancy  
Efficacy expectancy

### Resilience

Resilience helps us learn how to fall.  
Learning to fall makes it easier to get up.

### Optimism

Optimism is the belief that success is possible both now and in the future.

## HOW CAN I HAVE MORE PSYCAP?

# HOPE

Hope and optimism relate directly to physiological and psychological well-being.

Willpower is born from hope

Waypower (goal planning) leads to positive emotions

# EFFICACY

Bandura (1997) defined self-efficacy as one's belief regarding their capability to produce effects.



Our ability to succeed begins with our thoughts.



Two key ingredients:

Outcome expectancy (what needs to be done)

Efficacy expectancy (our capability to do what needs to be done)

# RESILIENCE



- Luthans (2002), proposed resilience is the ability to bounce back from adversity.... And grow stronger by overcoming the negative events.
- Resilience helps us grow as it enables us to learn how to fall.

A close-up photograph of a hand reaching upwards, palm facing up, towards a bright, glowing sun. The sun is positioned at the top center of the frame, creating a strong lens flare and illuminating the scene with a warm, golden light. The background is a soft, out-of-focus landscape, possibly a field or a road, bathed in the same warm light. The overall mood is one of hope, aspiration, and optimism.

# OPTIMISM

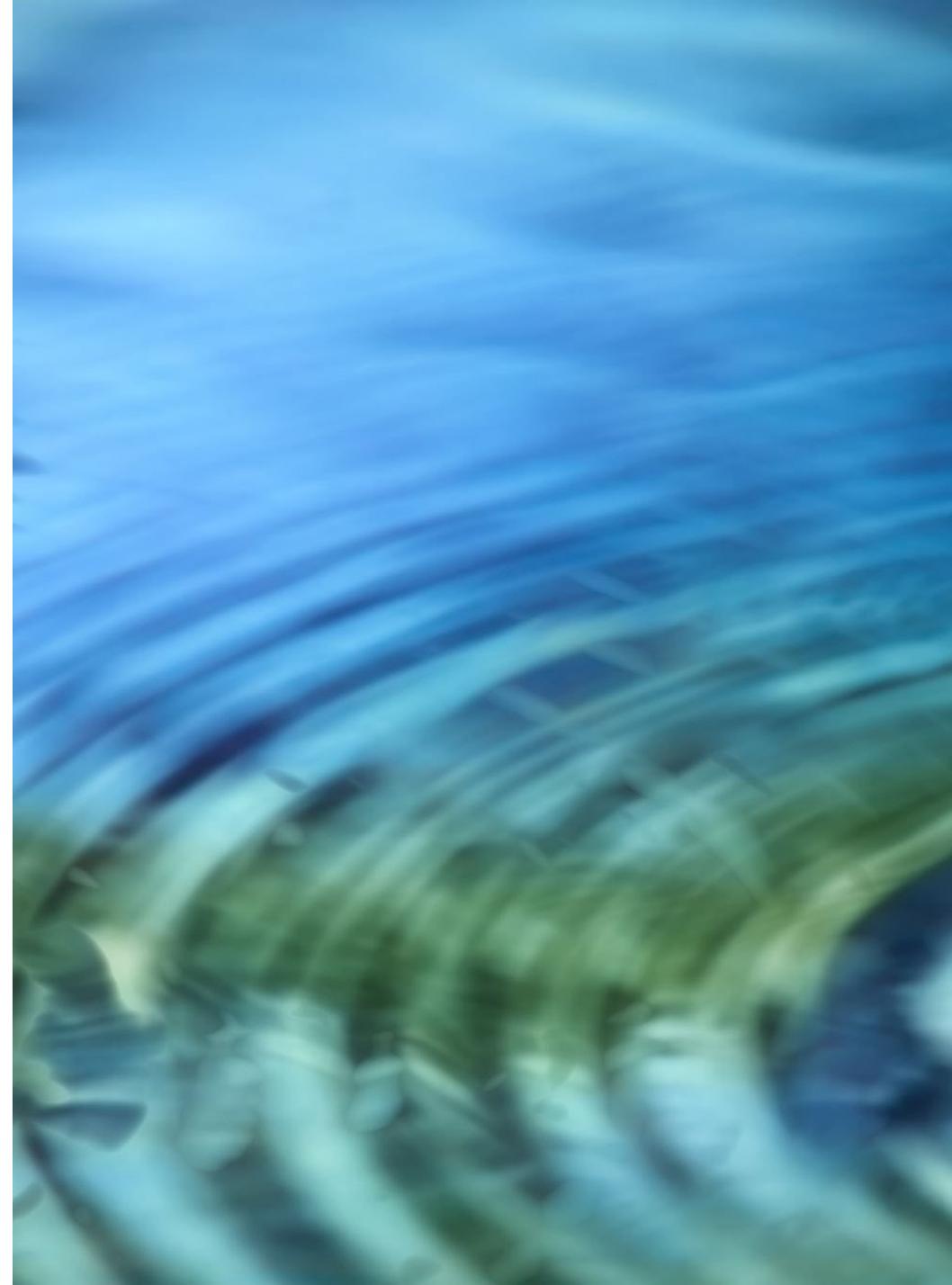
- Optimism is making a positive attribution about success for both now and in the future.
- If you have a low external locus of control, you may think you need to work for everything good.
- However, if you are optimistic, you believe that good things will happen.

# How Stress Affects Psychological Capital

Stress directly affects your psychological capital by reducing your ability to think creatively.

Individuals displaying high levels of chronic stress are less able to problem solve due to brain changes.

Chronic stress shrinks the prefrontal cortex diminishing ability to learn and remember.



# The Link between Psychological Capital and Creative Performance

- PsyCap is your mental health reservoir. The fuller it is, the more likely you are to be healthier in both mind and body.
- Higher PsyCap results in:
  - Less violent tendencies
  - Greater chances of better health
  - Increased belief in better outcomes

# What are the Benefits of Creativity?

Having creativity when teaching allows you to explain a concept in different ways

Creativity can boost emotional intelligence

Helps make learning more engaging

Creative teachers hold student attention longer

Creative teachers have an easier time sparking interest

# References

- <https://positivepsychology.com/psychological-capital-psycap/#:~:text=Psychological%20Capital%20is%20defined%20as,Efficacy%2C%20Resilience%2C%20and%20Optimism>
- [http://ijrar.com/upload\\_issue/ijrar\\_issue\\_2\\_0544228.pdf](http://ijrar.com/upload_issue/ijrar_issue_2_0544228.pdf)

