

WHAT'S THE *current* READING ON YOUR "STRESS-O-METER?"



The Art of De-stressing
While Doing one of the Most Stressful
Jobs... TEACHING!!

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DECODING THE STRESS CODE The Harvard Business model

- What is the Problem?
- Why is the Problem?
- What are the solution options?
- What doable solutions WILL I implement to solve the problem?

The Source of Stress

- The 10/90 rule – Life/stress is 10% of **what** happens to me and 90% of **how** I respond to it
- "In all my life, I have never met a man who causes me as much trouble as **myself.**" D.L. Moody
- **Stress confession: "I am the source of much of my stress."**

"STRESS-O-METER"

- Thermometer – temperature
- Barometer – pressure
- Odometer – miles
- "Contentometer" – contentment
- "Stress-o-meter" – stress quotient
- IQ measures intelligence; EQ - emotional quotient; CQ – contentment quotient; SQ - stress quotient

What is the problem? Stresssssss...

- Stress is anxiety/worry – conscious or subconscious
- Jesus – "Don't be anxious about anything, for your..."
- Irishman's philosophy – Why worry?***
- The necessity of stress – guitar/violin
- Eustress (Hans Selye) - positive form of stress related to desirable events/experiences

Top Ten Most Stressful Jobs (Health Magazine, April 2008)

- Inner city high school teacher
- Police officer
- Miner
- Air traffic controller
- Medical intern

Top Ten Most Stressful Jobs

(Health Magazine, April 2008)

- Stockbroker
- Journalist
- Customer service/complain worker
- Secretary
- Waiter
- "When anyone walks into an unknown situation, it is going to raise their stress level."

BIBLE CHARACTERS WITH HIGH SQ

— STRESS QUOTIENT (Stress is like golf – the lower your score, the better your play.)

- David – "Be merciful to me, O Lord, for I am in *distress*; *my eyes grow weak with sorrow and my soul and my body with grief*. My life is *consumed with anguish* and my *bones with groaning*." Ps. 31:9,10
- ??What made David so stressed??

Bible Characters With High SQ

- Solomon – 300 "Hives and 700 porcupines"
- Jeremiah – 11:19 – rejected by neighbors
 - 12:6 – rejected by his family
 - 20:10 – rejected by friends
 - 26:18 – rejected by audience
 - 36:23 – rejected by kings/prophets/priests
 - 36/37 – thrown into a cistern, jail, taken captive to Egypt

Bible Characters With High SQ

- Elijah – 1Kings 19:3-6
- "Elijah was afraid and ran for his life...a day's journey into the desert...and *prayed that he might die*."
- 1Kings 19:10: "I am the only one left and they are trying to kill me."

Bible Characters With High SQ

- Paul (Mr. Positively Optimistic)
- 2Cor.1:8-11 "We are under great pressure, far beyond our ability to endure, so that we *despaired of even life*. Indeed in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves, *but on God...*"

The Effects of Stress

- 75% of employees say they suffer stress on the job
- 2 million in stress disabling jobs
- 15,000 lose their jobs annually because of stress
- Neo-stress – "eStress"
- Large %tage of mental, physical,
- Emotional illness is stress induced

What is Stress?

- Stress – any physical, chemical, emotional factor that causes bodily or mental unrest and that may be a factor in disease causation.
- Stress is an individual thing (Frog)
- Stress can be measured, but not predicted
- Rubber band effect – can be stretched/stressed only so much!

Why is the Problem?

- Genome study – Genes are not self emergent, but must have a trigger to activate them
- Genetic pre-disposition?
- Expectation of self and of others
- Guilt (Why are Christians some of the most stressed people on earth?)
- Lack of transparency (The Truth about me.)

External Factors that Cause Teacher Stress?

- Lack of principal support
- Lack of parental support
- Lack of collegial support
- Lack of ethical work environment
- Lack of clarity about job performance expectation
- Lack of job satisfaction
- Lack of authentic feedback about job performance

Personal Personality Factors That Influence Stress-O-meter (Stacey)

- **EXTRAVERSION:** excitability, sociability, talkativeness, assertiveness, emotional expressiveness
- **AGREEABLENESS:** trust, altruism, kindness, affection, pre-social behaviors
- **CONSCIENTIOUSNESS:** thoughtfulness, impulse control, goal directed behaviors, organized, detailed oriented

Personal Personality Factors That Influence Stress-O-meter

- **OPENNESS:** imagination, insight, broad range of interests, accepting of self and others
- **NEUROTICISM:** emotional instability, anxiety, moodiness, irritability, sadness, critical

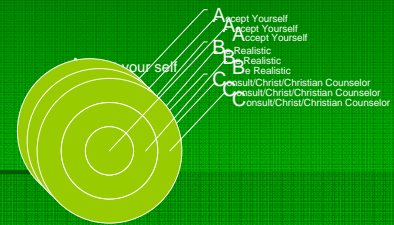
Internal Factors that Cause Trigger Teacher Stress

- Unresolved pain/hurt/guilt
- Feeling under valued (unappreciated)
- Sense of inadequacy (personal/social or professional)
- Known personal “non-transparency”
- Professional burnout
- Loss/trauma*

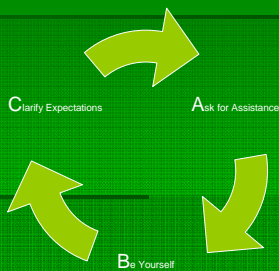
??What Are The Solution Options??

- **Fact: Elimination of stress is unrealistic – the violin/guitar/piano need tension to produce their best music**
- **Solutions to deal with INTERNAL stress**
- **Solutions to deal with EXTERNAL stress**

DEALING WITH INTERNAL STRESS



Dealing With External Stress



CONCLUSION "Don't worry, be happy!"



Managing the Stress Valve

- The overflow valve – removes excess...?
- The release valve – releases whatever, whenever 🌸
- The backflow valve – prevents a return of ...those who live in the past...!
- The reset button – cancel what IS and go for what ought to be!

WHAT IS YOUR STRESS BUSTER?

- My stress busters: Gardening, "Chef-ing", and "Humor-ing", golfing, visiting friends
- Name your fave 5 stress busters

My Stress Buster



My Stress Buster



My Stress Buster

