



**Tishk**  
International University

**Personal and organizational Psychology**  
**4<sup>th</sup> Lecture**

**Ismail Khalid Tofiq**

**MSc. In Psychiatric Nursing**

**27<sup>th</sup> April 2026**



# What Is Stress

- **Stress** is a reaction of your body and mind to challenging events in your life.
- **Stressors** are the causes of stress



# Causes of Stress

## 1. Major Life Changes

ex. family school life

## 2. Everyday Problems (hassles)

ex. losing something, having many things to do

## 3. Physical Surroundings

ex. noise, crowded area, weather

## 4. Other Stressors

ex. conflicts, dates



# Types of Stresses

**Eustress is positive stress**



**Distress is negative stress**



# THE TWO FACES OF STRESS: UNDERSTANDING EUSTRESS VS. DISTRESS

## EUSTRESS (Good Stress)

- SHORT-TERM
- MOTIVATING
- PERFORMANCE-ENHANCING
- FOCUSED
- GROWTH
- ACHIEVABLE

Marathon Finish Line



CHARGING

PERCEPTION OF CONTROL

## DISTRESS (Bad Stress)



DRAINING

Financial Crisis  
Toxic Environment



OVERWHELMED

UNMANAGEABLE

THREAT

DEPLETING

CHRONIC

HEALTH-DAMAGING

Grief

FOCUSED BREATH

CLEAN ENERGY

QUICK RECOVERY

SHALLOW BREATH

JITTERY TENSION

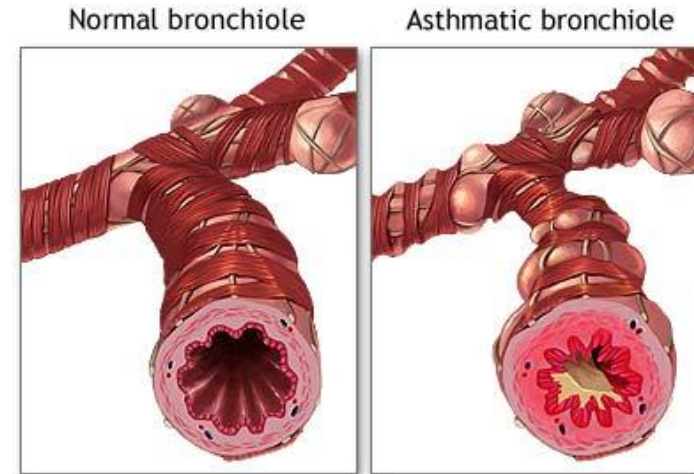
SLOW RECOVERY

# Psychosomatic Illnesses

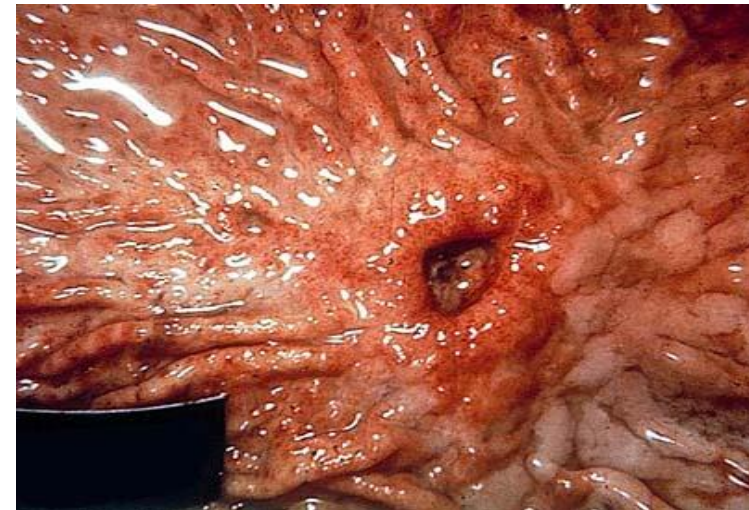
**Psychosomatic illnesses** are physical disorders that result from stress.

## Types of Psychosomatic Illnesses

1. Lowered Resistance – unable to fight off the common cold or flu
2. Ulcers – an open sore in the lining of the stomach
3. Asthma
4. High Blood Pressure and Heart Disease



ADAM.



# Stages Of Stress

1. **Alarm Stage** – your body's response to a stressor

- **Homeostasis** – body's normal balanced state
- **Adrenaline** – a hormone secreted by the adrenal glands that gives you a burst of energy
- **Fight or Flight Response** – Stand and fight or run away



"It was the classic fight or flight response. Next time, try flight."



**2. Resistance Stage** – when your body tries to recover from the alarm stage

however the stressor still remains

**3. Exhaustion Stage** – the body is worn down and no longer has energy to

fight off the stressor

# Emotional Symptoms of Stress

Becoming easily  
frustrated,  
agitated, or moody

Feeling  
overwhelmed

Having difficulty  
relaxing and  
easing your mind

Low self-esteem  
and depression

Avoiding others

Change in eating  
habits

# Physical Symptoms of Stress



Low energy



Headaches



Upset stomach



Chest pain and  
rapid heartbeat



Insomnia



Nervousness and  
shaking

# Cognitive Symptoms of Stress



Constant worrying



Racing thoughts



Inability to focus



Poor judgment

# Behavioral Symptoms of Stress

Procrastinating

Eating too much or too  
little

Increased use of  
alcohol, drugs, or  
cigarettes

Exhibiting more nervous  
behaviors (nail  
biting, fidgeting, pacing)



# Stressors

**Stressor:** "*n.* any event, force, or condition that results in physical or emotional stress. Stressors may be internal or external forces that require adjustment or coping strategies on the part of the affected individual."

# Common Stressors in Everyday Life

Problems with friends/family

Homework

Extracurriculars

Work/financial troubles

Death of a loved one

Unsafe living environment

### REFRAMING & SELF-TALK



Reframing: Chasing the light, not the shadow.  
\*Self-Talk: This is a challenge, and I am learning.\*

### SOCIAL CONNECTION



Sharing the load. Connection is a buffer.

### MINDFULNESS & RELAXATION



Breathing in peace, breathing out tension.

### CREATIVITY & EXPRESSION



Finding my flow. Creative release.

### PROBLEM-SOLVING



Break it down. Map the solution.

### BUILDING RESILIENCE (SLEEP, NUTRITION)




Resting to recharge.  
Food as fuel, not comfort.

# Coping Mechanisms

# Coping

***"N.* the use of cognitive and behavioral strategies to manage the demands of a situation when these are appraised as taxing or exceeding one's resources or to reduce the negative emotions and conflict caused by stress."**



# **Importance of Coping**

Resilience

Physical Health Issues

Mental Health Issues

Healthier & Happier

# How to Cope

---

## HEALTHY COPING

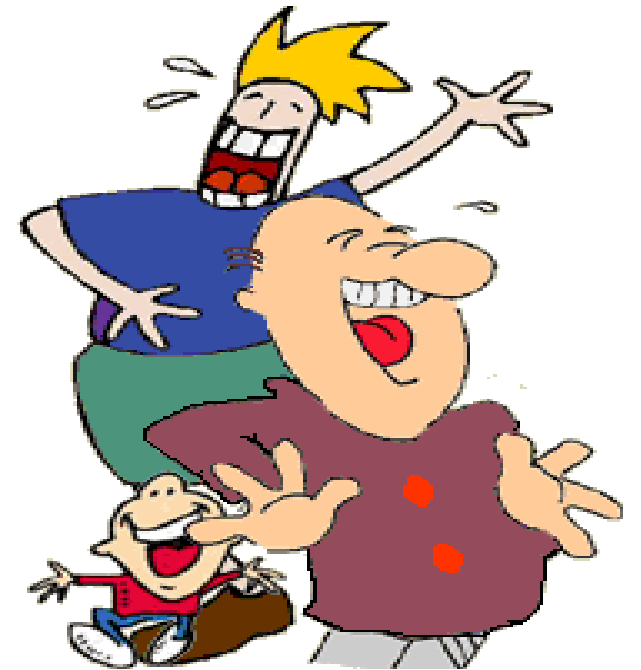
- Cooking
- Cleaning
- Praying

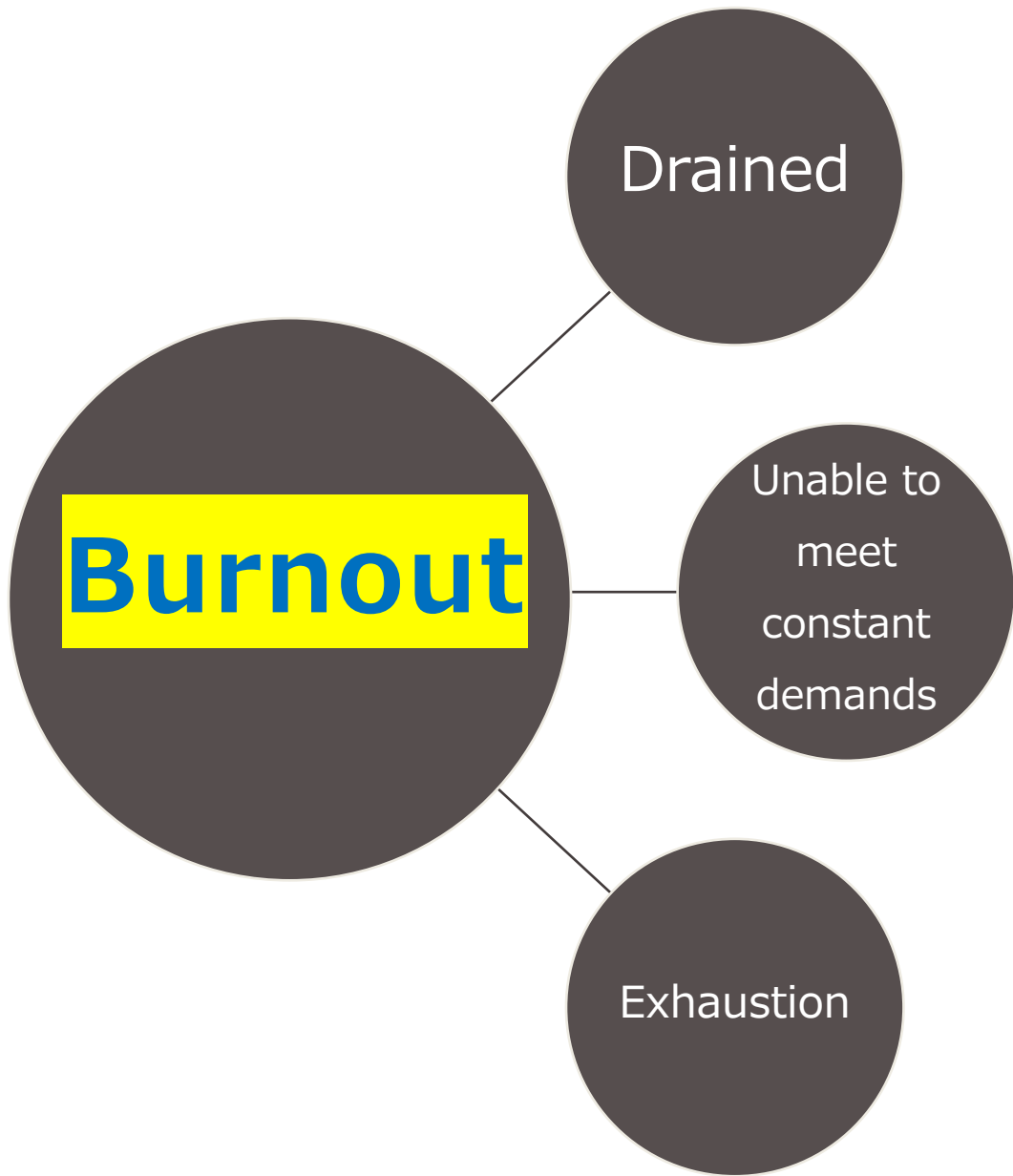
## UNHEALTHY COPING

- Aggression
- Isolating yourself from others
- Procrastination

# Ways to Manage Stress

1. Confronting the Problem
2. Time Management
3. Physical Activity
4. Relaxation
5. Mental Rehearsal
6. Biofeedback
7. Humor
8. Getting Help When Needed





# Avoiding Burnout

---

**When was a time you experienced burnout?**

---

**How could you personally avoid or reduce your chance of burnout?**



**True or  
False?**



**Stress is the  
number one  
health concern  
among high  
school students.**

True or False?

**True!**



**Appetite  
changes are  
not a symptom  
of stress.**

True or False?

**False!**



**Depression  
and anxiety  
are linked to  
stress.**

True or False?

**True!**



**25% of  
people have  
trouble sleeping  
because of stress.**

True or False?

# False!

**48%** of people have trouble sleeping due to stress.



**Money, work,  
and  
relationships  
are all  
causes of  
stress.**

True or False?

**True!**



# Review

***ARM yourself with ways to combat stress!***

**Managing stress includes:**

Avoid

Reduce

Make healthy decisions

# References

*American Psychological Association.* (2020). <https://dictionary.apa.org/>.

Eliasz, I. (2021, February 25). *Why Stress Management Is So Important For Your Health.* mindbodygreen.

<https://www.mindbodygreen.com/0-2557/Why-Stress-Management-Is-So-Important-for-Your-Health.html>.

Mayo Clinica Staff. (2021, February 26). *Stress Basics.* Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495#:~:text=It%20can%20help%20your%20mind,relationships%20or%20quality%20of%20life>.

Patterson, E. (2020, November 6). *Stress Facts, Statistics and Trends: The Recovery Village.* The Recovery Village Drug and Alcohol

Rehab. <https://www.therecoveryvillage.com/mental-health/stress/related/stressstatistics/#:~:text=According%20to%20The%20American%20Institute,that%20impacts%20their%20mental%20health>.

[0Institute,that%20impacts%20their%20mental%20health](https://www.therecoveryvillage.com/mental-health/stress/related/stressstatistics/#:~:text=According%20to%20The%20American%20Institute,that%20impacts%20their%20mental%20health).

Smith, M., Segal, J., & Robinson, L. (2020, October). *Burnout Prevention and Treatment.*

HelpGuide.org. <https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>.

WebMD. (n.d.). *Stress Symptoms: Physical Effects of Stress on the Body.* WebMD. [https://www.webmd.com/balance/stress-management/stress-symptoms-effects\\_of-stress-on-the-body#:~:text=Becoming%20easily%20agitated%2C%20frustrated%2C%20and,%2C%20lonely%2C%20worthless%](https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body#:~:text=Becoming%20easily%20agitated%2C%20frustrated%2C%20and,%2C%20lonely%2C%20worthless%2C%20and%20depressed)

[2C%20and%20depressed](https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body#:~:text=Becoming%20easily%20agitated%2C%20frustrated%2C%20and,%2C%20lonely%2C%20worthless%2C%20and%20depressed).

<https://worksheets.theteacherscorner.net/make-your-own/word-search/>



**Any  
Questions**