

DEPRESSIE 101

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3 TYPES
OF STRESS

Stress
busting tips

at work and at school

*stress ...
making it worse*

VERMY
STRES SÓ

STRESS

is the body's reaction to a challenge. This process is often referred to as the "fight or flight" response: Our bodies are poised to either run away from the stressor or stick around and fight against it.

MELISSA COHEN

3 TYPES OF STRESS



ACUTE STRESS

Getting into a car accident is negative acute stress. 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 STRESS

is a recurring type of stress, happening over and over, sometimes in a pattern. It is accompanied by worry and angst about things that are happening to you or around you.

CHRONIC ACUTE STRESS

is the never-ending stress that relentlessly wears away at you: If you don't see an end in sight. This type of stress eventually begins to affect your health, and can lead to heart problems, strokes, or even cancer. **Chronic stress definitely requires reaching out for help.**



STRES of ANGS?

STRES is 'n reaksie op iets wat in daardie oomblik gebeur en wat deur 'n spesifieke situasie veroorsaak word.

ANGS is iemand se besorgdheid oor iets wat in die toekoms kan of nie kan gebeur nie. Die stresfaktor verdwyn nie, al is die stressor iets van die verlede.

STRESSIMPTOME

FISIES

ongereelde stoelgang ▪ bewe onwillekeurig ▪ slaan
maandstonde oor ▪ is meer as gewoonlik siek ▪ borspyn met of
sonder abnormaal hoë hartklop ▪ hoofpyne, naarheid ▪
spierpyne ▪ gebrek aan slaap ▪ sooibrand ▪ moegheid ▪ kners op
tande ▪ gewigsverandering

GEDRAG

verandering in slaap- en eetgewoontes ▪ verhoogde dwelm-
misbruik ▪ byt naels ▪ loop op en af ▪ verantwoordelikhede word
uitgestel of bly onafgehandel ▪ werk gaan agteruit ▪ jok
voortdurend ▪ kan nie met ander oor die weg kom nie

EMOSIONEEL

baie ongeduldig ▪ hartseer, depressief ▪
voel oorweldig ▪ rusteloos ▪ geïrriteerd
▪ voel uitgesluit ▪ uifers pessimisties

KOGNITIEF

afname in konsentrasie ▪ geheue
verswak ▪ gedurig bekommerd
▪ angstige gedagtes ▪ mompel of
hakkel ▪ negatiewe gedagtes

STRESS busting tips



at work

HAVE A PLACE TO VENT

You might not want to discuss your work troubles with coworkers, as gossip can run rampant. But have someone you can talk to outside of work who will understand your situation.

WALK AWAY

Never let yourself become angry and lash out at work – that will be detrimental to your work experience and lead to more stress. Find some way to blow off steam.

teenagers & students

GET PLENTY OF SLEEP

Not getting enough sleep impairs academic performance and makes it harder to get through the day.

THINK POSITIVE

Research has shown that positive thinking may improve physical well-being, produce lower feelings of depression and produce lower levels of distress.

HAVE A STRESS “OUTLET”

This could be a social activity like going out or participating in intramural sports, finding a hobby or joining a social club.

ENGAGE IN RELAXATION TECHNIQUES

This can include things like slowly counting to ten, meditation, thinking positive thoughts, visualisation or playing with a stress ball.

TALK TO SOMEONE

Sometimes just talking about what's stressful or having someone listen to your problems can drastically reduce stress.

Why not dust off your dancing shoes? Britain's Paddy still dances at 79!

MAKE THE MOST OF WORKDAY BREAKS

Take some time to cool down and take a deep breath. A slow walk and deep breathing during the middle of the day can help center you.

STAY REASONABLE

There are certain job standards you must live up to, but don't be pushed to go too far above what is reasonable for your pay grade. Never expect perfection!

TWEAK YOUR JOB DESCRIPTION

If you find that you are consistently doing work that is not in your job description, speak to your employer about either delegating that work to someone else or compensating you fairly for it.

VERMY STRES SELF

WAT IS JOU BEPERKINGE?

Moenie meer probeer doen as wat jy kan hanteer nie.

GOEIE ONDERSTEUNING

van familie, vriende en kollegas indien dit nodig is.

IDENTIFISEER JOU STRES-SNELLERS

Probeer die dinge vermy wat jou angstig, sensuueagtig of bekommerd maak. Dit alleen kan jou stresvlakke verlaag.

ONTSPANNINGSOEFENINGE

Leer oefentegnieke aan waarmee jy gemaklik is.

TYDSBESTUUR

Beplan jou tyd wat jy deurbring by die werk, skool en jou alledaagse lewe. Maak voorsiening vir genoeg ontspanning.

SÊ DOODEENVOUDIG NEE

wanneer daar van jou verwag word om goed te doen waarvan jy nie hou of jou verantwoordelikheid is nie. [By die werk sal dit heel moontlik nie gedoen kan word nie.]

OEFEN

'n Paar minute se oefening elke dag kan wondere verrig.

WEES MEER ASSERTIEF

Moenie toelaat dat ander jou boelie nie.

desserts

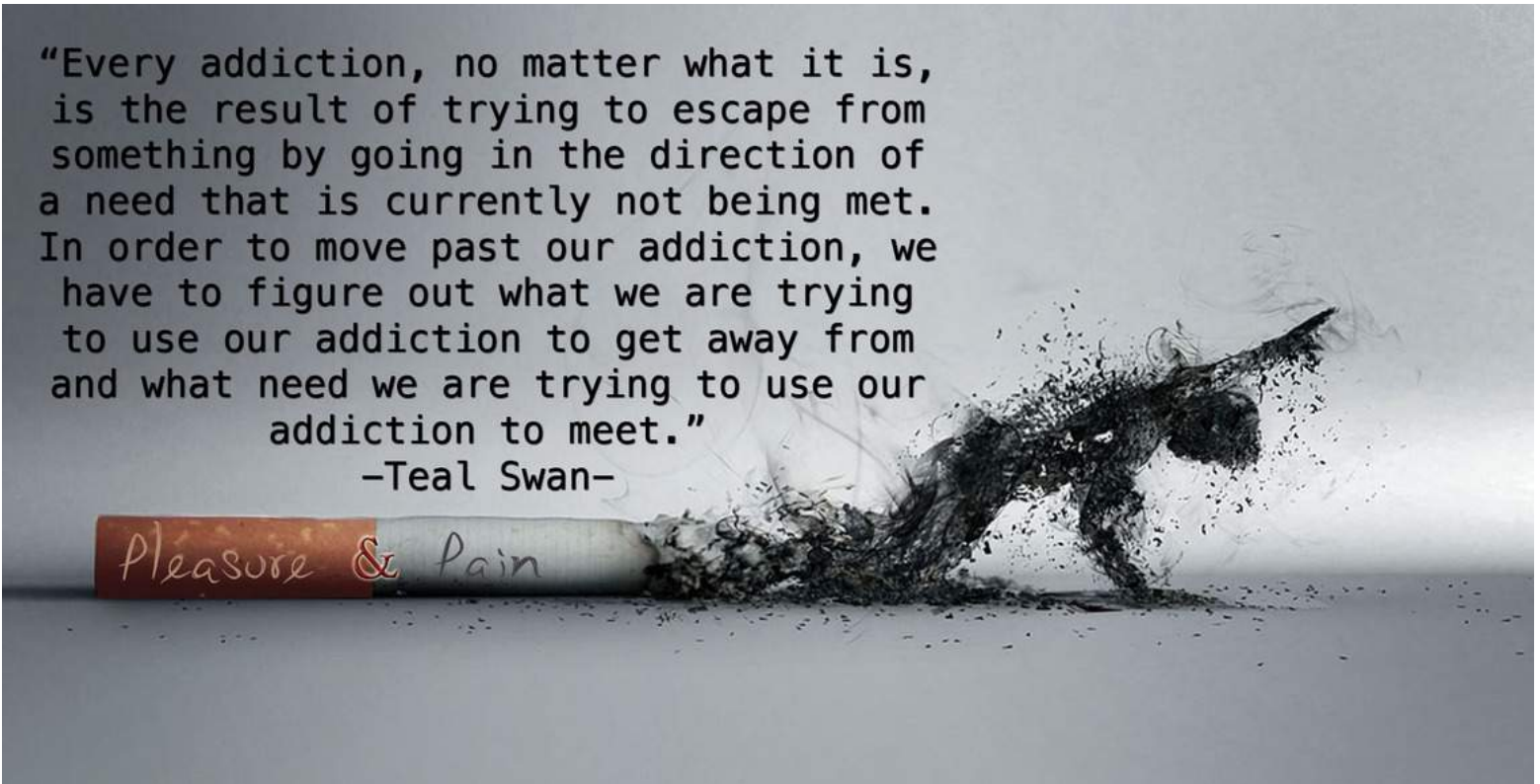
stressed spelled backwards ...



Making stress **WORSE**

"Every addiction, no matter what it is, is the result of trying to escape from something by going in the direction of a need that is currently not being met. In order to move past our addiction, we have to figure out what we are trying to use our addiction to get away from and what need we are trying to use our addiction to meet."

-Teal Swan-



MIDDELMISBRUIK

saai net meer verwoesting. Die ontsnapping van jou probleme is van korte duur en jou toekoms word 'n nagmerrie.

ADDICTION

Any sort of addiction can quickly spiral into something you can't handle. Avoid anything that might seem to be an addictive trigger for you, including substances, gambling, and the like.

ENIGE VORM VAN MISHANDELING

bv. emosionele, verbale, fisiese en seksuele mishandeling kan jou stresvlakke die hoogtes instuur. Kry onmiddellik hulp.

ISOLATION

When you are feeling isolated for whatever reason, stress builds up to the breaking point. If you are suffering alone, without a support group or support system to help you, it's time to reach out.

#puppet



'N TEATERPRODUKSIE OOR
DEPRESSIE

aangepas vir

skole | volwassenes | besighede

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