

Short term stress vs. Long term stress

Short term stress	Long term stress
Provide more energy	Feeling of drain & depleted
Increase motivational level	Frequent viral infections
Common side effect. Ex: irritating or angry	Digestive issues
Sadness/ Depression	Skin issues
Affect thinking and ability to focus	Migraines
More confused and forgetful	
Headaches, digestive problems, sleep or chronic issues	

Coping strategies

Emotion coping strategy	Problem solving coping strategy
Distract from other activities	Active coping Ex: join support group, doing online research, Planning ahead
Talk about owned experience	Passive coping Ex: surrender, sharing but not seeking advice, avoidance
Write journal	
Drink alcohol & drinking	
Engage in relaxing activities	
Humor in talking	
==> Cant do much to change the situation, change our view	

12 stages model burn out

12 stages model burn out
Compulsion to prove oneself
Work harder
Neglecting needs
Displacement of conflicts
Revision of values
Work is the only focus
Denial of emerging problems
Withdrawal
Odd behavior changes
Depersonalization
Inner emptiness
Depression



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Page 1 of 1.

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