Cheatography

Stress Management	
by Quinle via cheatography.com/152592/cs/3356	53/

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 forgetfu	ıl	
Headaches, digestive probl chronic issues	ems, sleep or	

EmotionProblem solving copingcopingstrategystrategybistractActive coping Ex: join supportfrom othergroup, doing online research, olaning aheadTalk aboutPlanning aheadfownedsharing but not seeking oldvice, avoidanceGwite journ:strike but not seeking oldvice, avoidanceBrink alcoholtstrike but not seeking	Coping strategies			
from other activitiesgroup, doing online research, Planning aheadTalk about ownedPassive coping Ex: surrender, sharing but not seeking advice, avoidanceWrite journalVarian (Saraha)	coping	0.0		
ownedsharing but not seekingexperienceadvice, avoidanceWrite journal	from other	group, doing online research,		
•	owned	sharing but not seeking		
Drink alcohol & drinking	Write journal			
	Drink alcoho	& 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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