

HEALTH LITERACY MODULE

Stress Management

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'Man is the architect of his own happiness'

Henry David Thoreau

- **Definition of Stress**

- It is a condition that occurs when the physical and mental limits of the organism are threatened and forced.
- There is an obstacle, loss or threat in the wishes and needs of the person.

«Fight or Flight» Reponse to Stress

- In the face of threats and difficulties, the person has the ability to activate a chain of reactions to protect her/himself.
- This often results in the so-called "fight or flight" response.
- Fight or flight response/Alarm phase
- 
- + Adaptation phase -Exhaustion phase

Causes of Stress for Elderly People



Causes of Stress for Elderly People

- Micro level

- Worsening of physical health
- Be ill
- Decreased mental capacity
- Increasing of care needs
- Wife's/Husband's death
- Loneliness
- Low income
- Gender
- Loss of roles
- Be pessimistic
- Adapting to aging

Inability to meet the demands of life

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Causes of Stress for Elderly People

- **Mezzo level**
- Lack of social services for the elderly
- Lack of health services for the elderly
- Lack of life- long learning opportunities
- Lack of social support
- Lack of care services

Causes of Stress for Elderly People

- **Macro level**
- Exposure to age discrimination
- Attitudes to elderly people
- Accessibility to services
- Accessibility in urban area
- Lack of age friendly cities application
- Air pollution
- Crowded
- Lack of green area

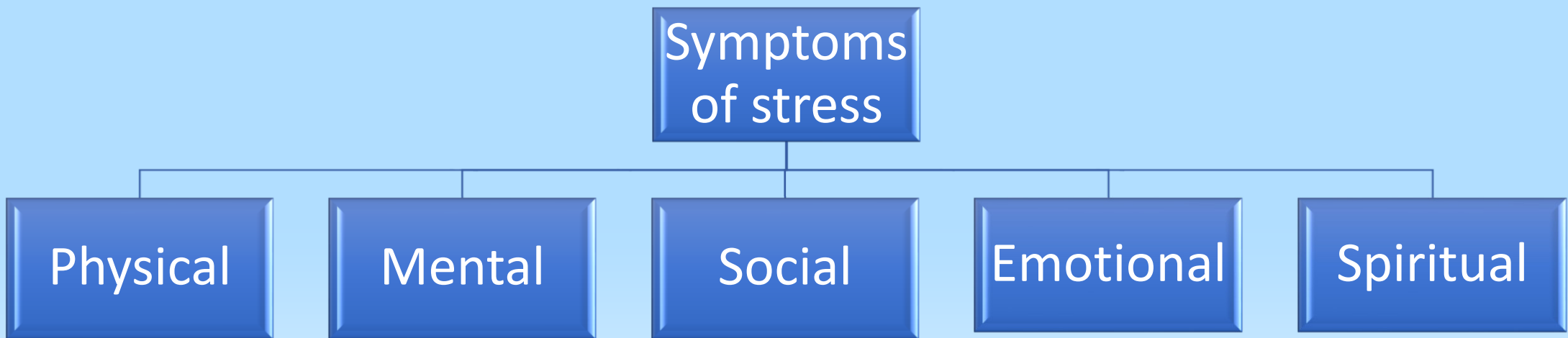
Causes of Stress for Elderly People

- The greatest stress is when we feel powerless or believe to be powerless to control, influence, or change the situation we are in, in an unexpected situation that we are not prepared to control.

Stress for Elderly

- If there is no economic and social preparation and planning, changes and losses and old age are a difficult and stressful period to control.

Symptoms of Stress



Physical Symptoms of Stress

- Heart palpitations,
- Increased blood pressure,
- Constipation, shivering, insomnia,
- Tinnitus,
- Back pain ,
- Chest pain,
- Muscle spasm ,
- Muscle strain,
- Ice cutting of hands and feet,

Physical Symptoms of Stress

- Skin disease
- Sudden weight change
- Chronic fatigue
- Headaches ,
- Excessive sweating
- Numbness in fingers and toes
- Teeth grinding ,
- Nervous tics
- Excessive movement of fingers and toes
- Nail biting
- Increase in alcohol and cigarette smoking

Mental Symptoms of Stress

- Frequent memory loss
- Thoughts attacking the mind
- Difficulty concentrating
- Difficulty making a decision
- Boredom , Pessimism , Fears
- Confusion suicidal ideation
- Others.....

Social Symptoms of Stress

- Isolation from other people
- Pain and resentment
- Be self-centered
- Loneliness
- Retreat
- Not tolerant
- Inability to relate to people
- Others.....

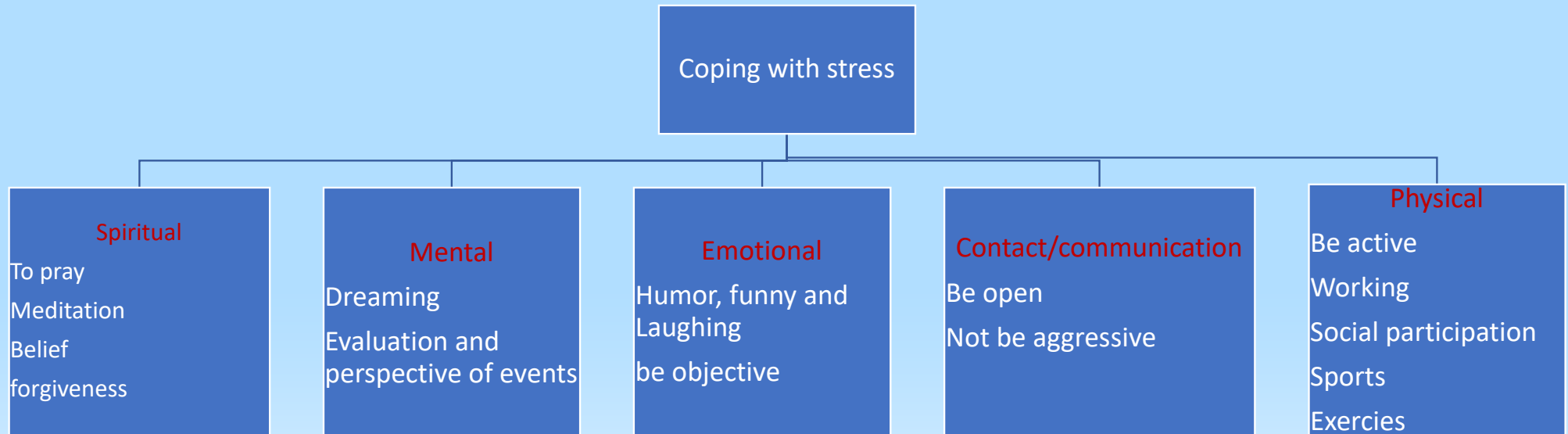
Emotional Symptoms of Stress

- Frequent change of emotions
- Feeling uneasy
- Anger , Depression , Sadness , Coldness
- Frequent nightmares
- Inability to calm down
- Feeling of hopelessness
- Excessive crying
- Nervous bursts of laughter
- Delusion of sickness
- Others.....

Spiritual Symptoms of Stress

- Feel an emptiness inside
- Don't forgive and hate
- Losing the meaning of life
- Losing your direction
- A feeling of guilt
- Hostile to other people
- Others.....

Coping With Stress in the Elderly



Coping With Stress in the Elderly

- Individual strategies for coping with stress
- Take control of your life
- Include more humor and jokes in your life
- Compare yourself to others
- Take advantage of stress
- Learn to live with the stress you can't avoid
- Do sports and exercise regularly
- Have an adequate and balanced diet

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GAP-IOS is funded by the Erasmus+ Program of the European Union 2020-1-TR01-KA204-094736



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