

# STRESS

The background features a gradient from dark blue at the top to light blue at the bottom. A prominent wavy line in yellow and light blue curves across the lower half of the image, creating a sense of movement and depth.

# CLINICAL MANIFESTATIONS

- PHYSIOLOGICAL
  - Dilated pupils to increase visual perception
  - Sweating
  - Increased heart rate
  - Cold clammy skin
  - Sodium water retention
  - Rate and depth of respirations increase
  - Decreased urinary output
  - Dry mouth
  - Decreased peristalsis
  - Improved mental alertness
  - Increased muscle tension
  - Increased blood sugar

- PSYCHOLOGICAL
  - Anxiety
  - Fear
  - Depression
  - Anger
  - Ego defense mechanism



- COPING

- Dealing with change – successfully or unsuccessfully

- Coping strategies

- problem – focused coping

- emotion – focused coping

- long term coping

- short term coping

- adaptive coping

- maladaptive coping

- effective coping

- ineffective coping

# NURSING MANAGEMENT

- **ASSESSING:**
  - History collection
  - Physical examination



- **DIAGNOSING**

- Anxiety
- Caregiver role strain
- Compromised family coping
- Decisional conflict
- Defensive coping
- Disabled family coping
- Fear
- Impaired adjustment
- Ineffective coping
- Ineffective denial



- **PLANNING:**

## **GOALS**

- Decrease or resolve anxiety
- Increase ability to manage or cope with stress
- improve role performance

- **IMPLEMENTATION**

1. Encouraging health promotion strategies
2. Minimizing anxiety
3. Mediating anger
4. Crisis intervention



# Encouraging Health Promotion Strategies


- Exercise
- Nutrition
- Sleep
- Time management

# Minimizing Anxiety

- Verbalize feelings
- relaxation

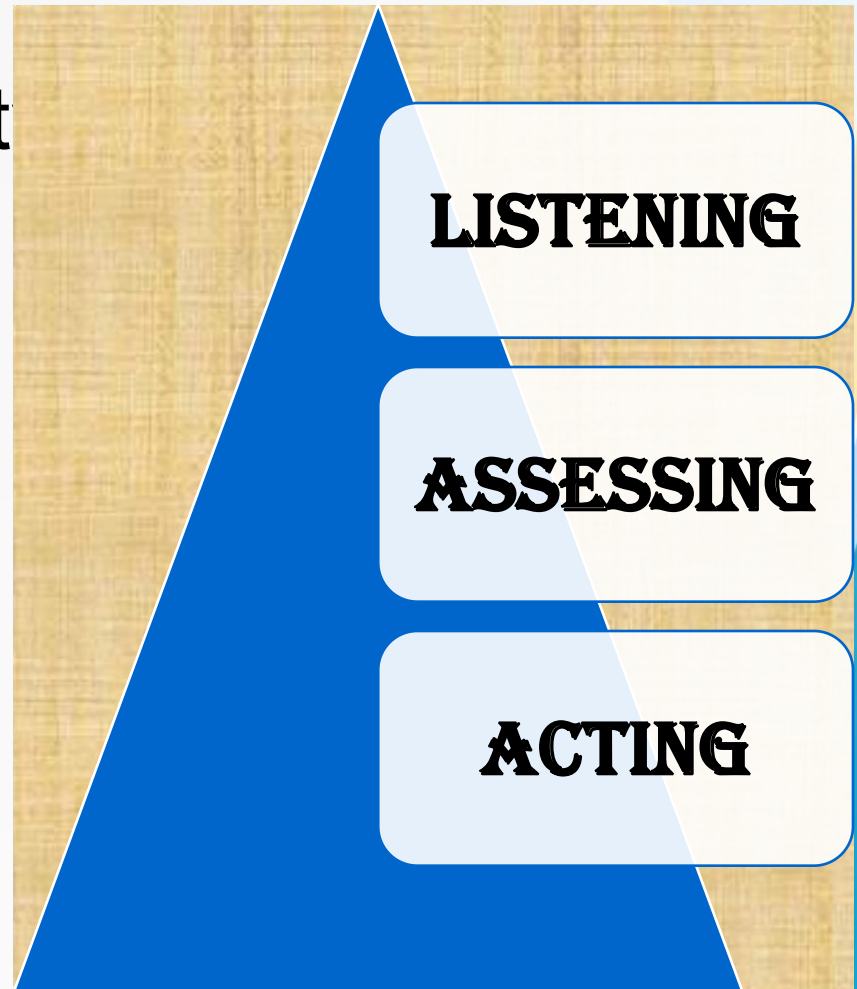


# Mediating Anger

- Breathing exercises
  - Massage
  - Imagery
  - Biofeedback
  - Yoga
  - Meditation
  - Therapeutic touch
  - Music therapy
  - Humor and laughter
- 

# Crisis Intervention

- Define the problem
- Ensure personal safety
- Provide support
- Examine alternatives
- Plan
- commitment



# EVALUATION

- Rechecking for the achievement of goals