



Help! I'M STRESSED!

There is a big difference between stress and burnout. Consider the differences between the two:

- Burnout is a defense characterized by disengagement.  
Stress is characterized by overengagement.
- In burnout, the emotions become blunted  
In stress, the emotions become overactive
- In burnout the emotional damage is primary.  
In stress the physical damage is primary
- In burnout the exhaustion affects motivation and drive  
The exhaustion of stress affects physical energy
- Burnout produces demoralization  
Stress produces disintegration
- The depression of burnout is caused by the grief engendered by the loss of ideals and hope.  
The depression of stress is produced by the body's need to protect itself and conserve energy.

### **OVERCOMING STRESS**

-Begin each day by asking God to help you prioritize those items that need to be done first. Then do only those items you really have time for. Write them down and check them off.

-If you begin to feel pressured about completing your tasks, ask yourself: *Will completing this task matter three to five years from now? Must it be done now? If so, why? Could someone else do it? If not, why not?*

-Stick to accomplishing one thing at a time.

-If you have something to say, ask yourself, *Who really wants to hear this? Is this the best time to share it*

-Play some soft background music at home or at the office for a soothing atmosphere

-Try to drive when traffic is light. Try to reduce your tendency to drive just as fast as others

-Pick a few days to leave your watch at home. See how many times you look at your wrist that day.

-Tape one of your phone or dinner conversations. Play it back to see if you talk most, ask questions or listen to answers. Do you interrupt to change the topic to fit your needs?

-Before you get home, stop and have tea for 10 minutes to decompress close to home. Or have an agreement with your family that the first 10 minutes you arrive home belong to you.

-Allow more time than you need for your work. If you usually take a half-hour for a task, allow 45 minutes. You will see an increase in the quality of your work.

## **TOP TEN STRESSORS**

1. Death of Spouse
2. Divorce
3. Marriage
4. Death of close family member
5. Fired at work

6. Marital Separation
7. Pregnancy
8. Jail Term
9. Death of a close friend
10. Retirement

## **NEW STRESSORS**

1. Disabled child
2. Single parenting
3. Remarriage
4. Depression
5. Abortion
6. Infertility
7. Child's illness
8. Victim of crime
9. Husband's retirement
10. Parenting parents
11. Chemical Dependency
12. Raising Teens
13. Parent's illness <sup>1</sup>

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<sup>1</sup> Report, *The State of American Women Today* p.132-133