

So, you have
arrived at the
house expecting a
normal sort of day

.....

What!? Me Stressed!?!



STRESS.....

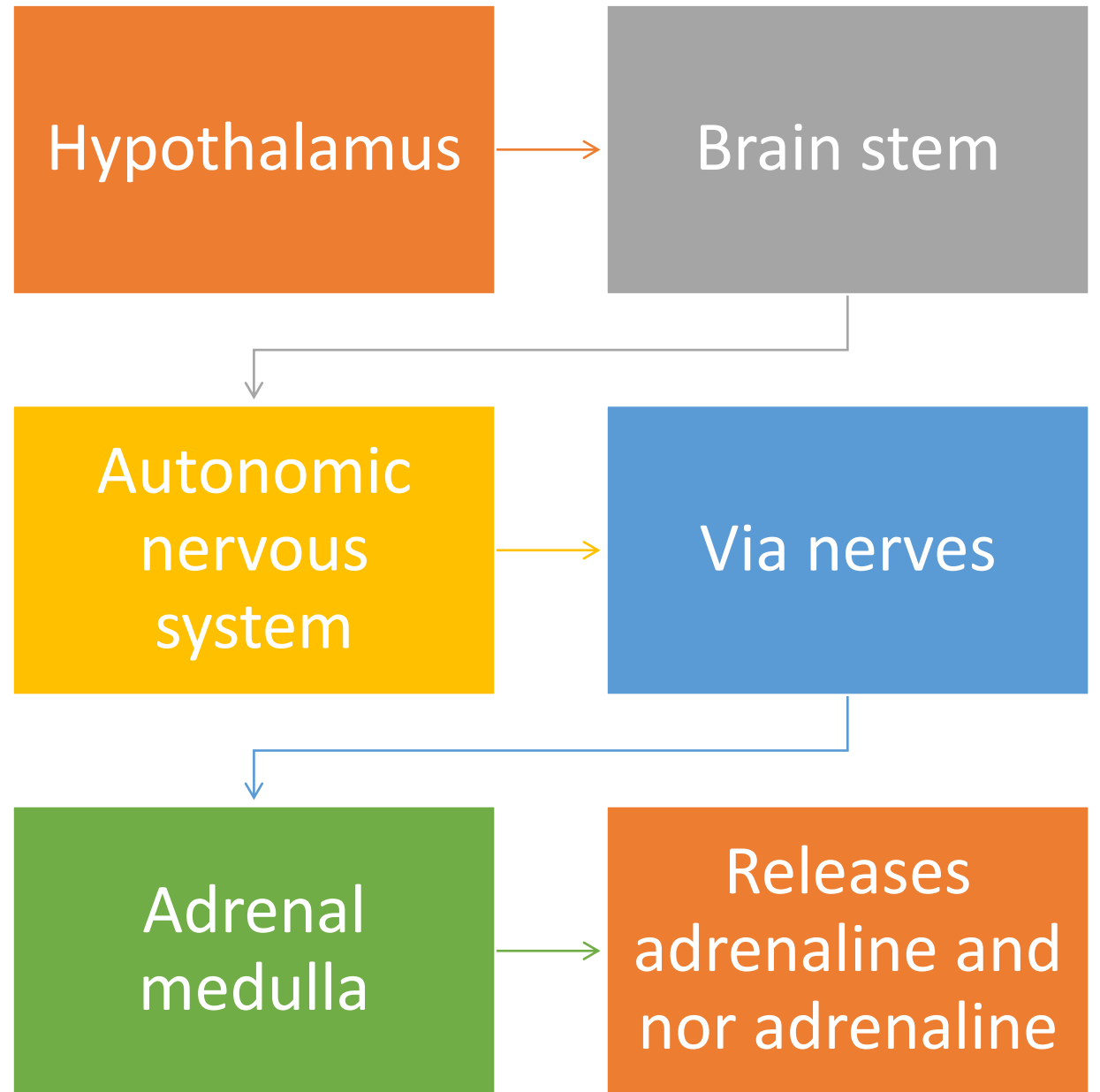
- We speak of it very often , but what does it mean?
- Under what circumstances does it arise in your services(s)

What is stress and how does it affect you?

Stress occurs when there is a mismatch between the perceived demands being made on an individual, and their perceived ability to cope with these demands.

There are two elements which make up our initial fight or flight reaction and our ongoing maintenance of stress levels. Two pathways are followed to produce the hormones

Physiological reaction 1



Physiological reaction 2

Stressor

Hypothalamus is alerted

Hypothalamus alerts the pituitary gland

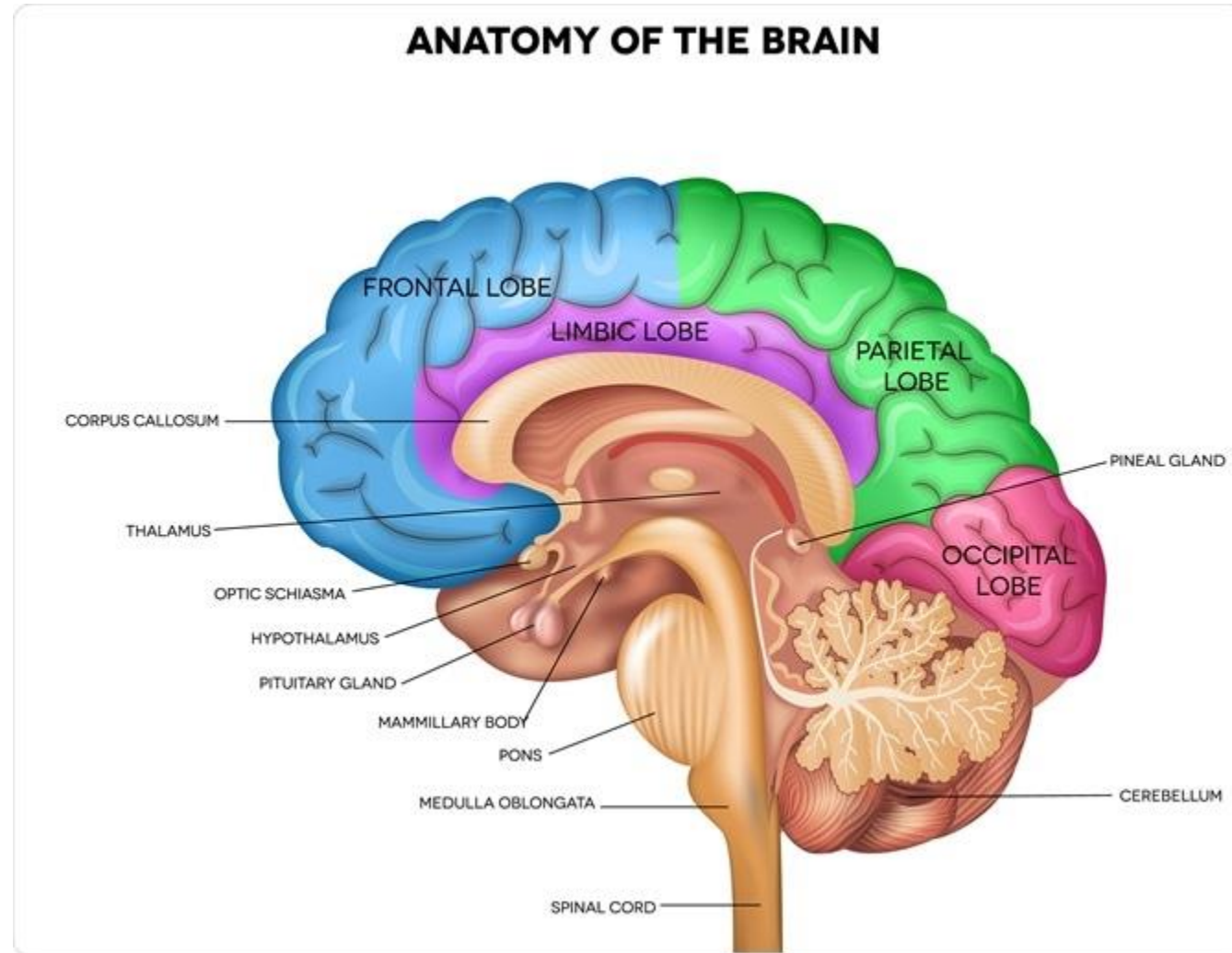
Pituitary gland secretes ACTH

ACTH arrives at the adrenal cortex

The adrenal cortex secretes corticosteroids

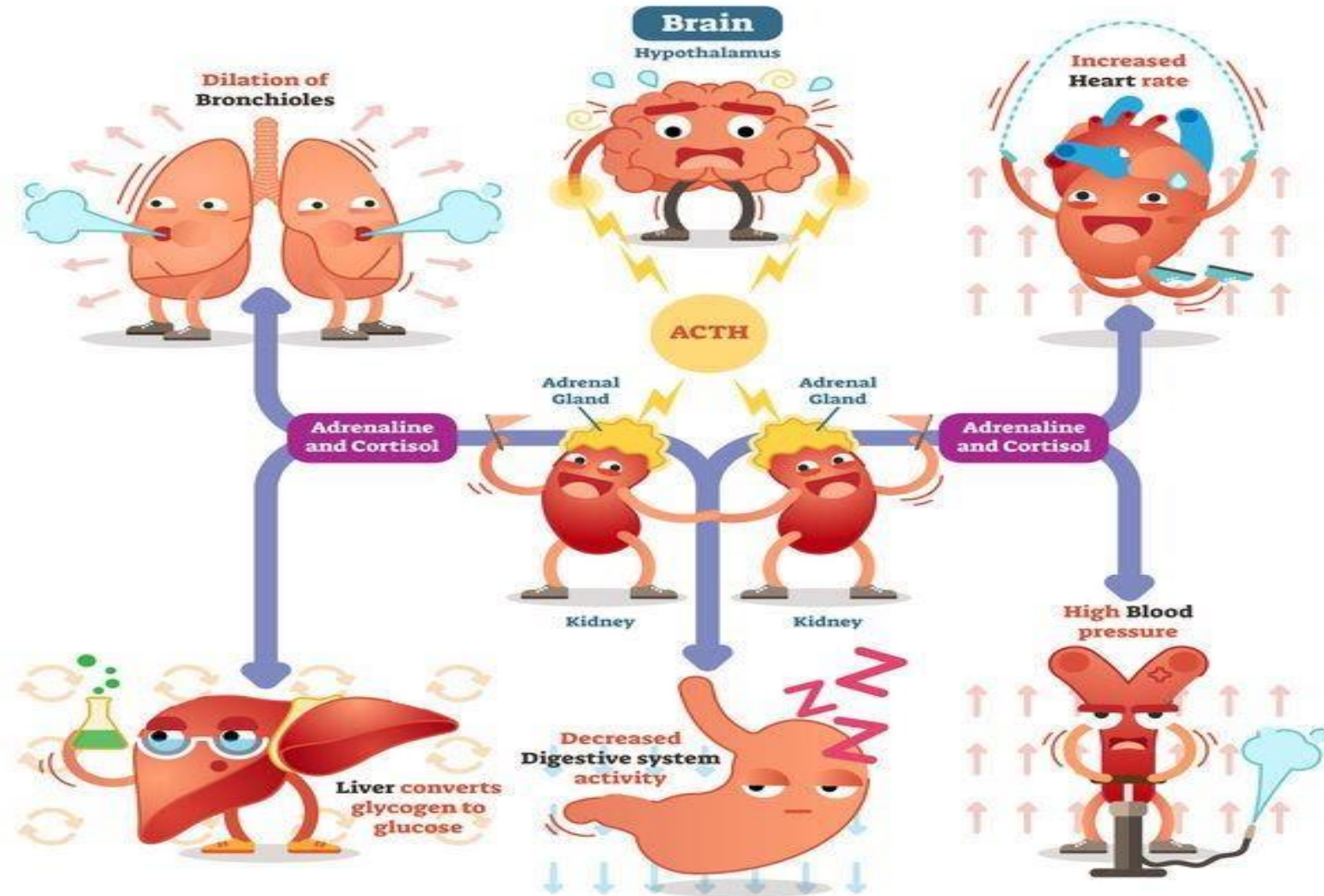
Physiological response

The brain :



The adrenals and the stress response:

STRESS RESPONSE SYSTEM



How do you
respond?

Alarm response-the fight or flight mechanism that prepares you for immediate action- heart rate up , breathing rate up, blood supply diverted to muscles and core , pupils dilated, blood pressure up , increased mental alertness

Adaptation phase- when stress/stressor is prolonged. Sugars are released. Not harmful but you must have some relaxation and rest to counterbalance this. If it becomes negative sleeplessness , irritability , fatigue , concentration lapses set in

Exhaustion-chronic stress sets in with impact on all body systems , mental , emotional health

REFLECTION-Do
you recognise
this?

Think about how you have reacted when in this situation – did you make the right decisions and responses?

Staff feel like this – supervision , appraisal , disciplinary , PIP, observation, behaviours which challenge all create this response. They may also have other factors in their lives which are causing this reaction. Do you recognise their responses?

Our young people may feel in a constant physiological state of stress

Points to take away:

- Do you recognise issues of stress in your home / services? Why is this occurring?
- Do you recognise the issue of stress in yourself?
- Anything you can do about it?