

# ***Stress, Problem Solving, and Substance Use***

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## **Module 4 of Team Awareness Training for Substance Abuse Prevention**

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**The Workplace Project**

**Institute of Behavioral Research  
Texas Christian University  
Fort Worth, Texas, 76129**

[www.ibr.tcu.edu](http://www.ibr.tcu.edu)

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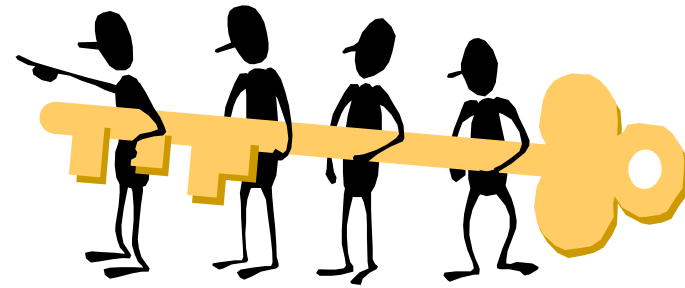
# **STRESS and COPING**

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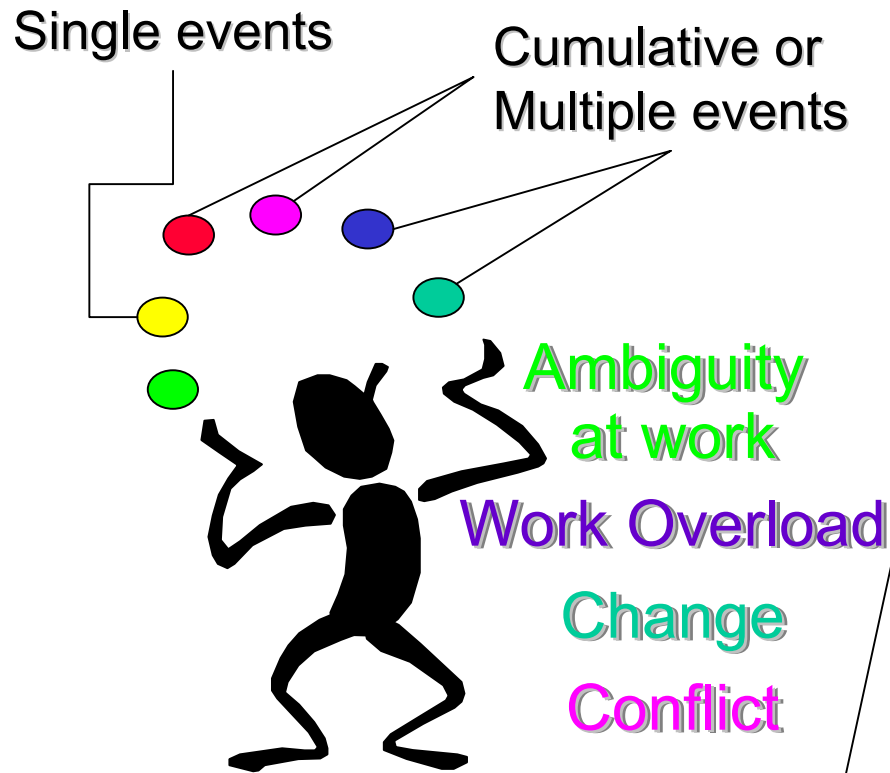
## **PURPOSE OF MODULE 4**

- **Identify the effects of stress and signs of not coping well.**
- **Identify own personal coping style and whether stress is a risk factor for alcohol or drug use.**
- **Recognize healthy alternatives for dealing with stress.**

# Stress



The key is in HOW you respond, and the resources you all bring to the problem



- **Life-Style**  
(e.g., health, support)
- **Coping Style**
  - Problem Solving Skills
  - Social Support
  - Hardiness
  - Avoidance

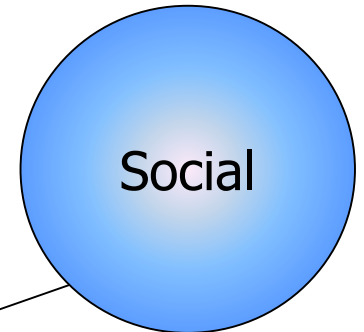
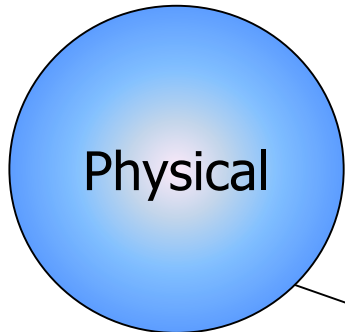
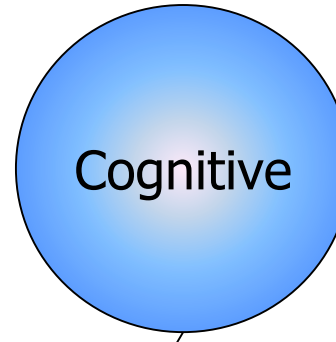
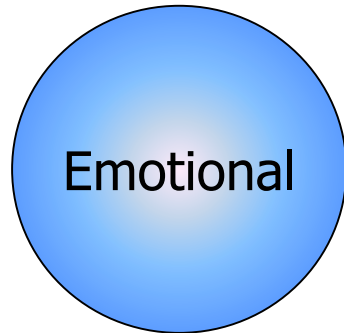
Health symptoms  
• headaches  
• hypertension  
• stomach problems

Anxiety  
Frustration  
Irritable  
Excitable

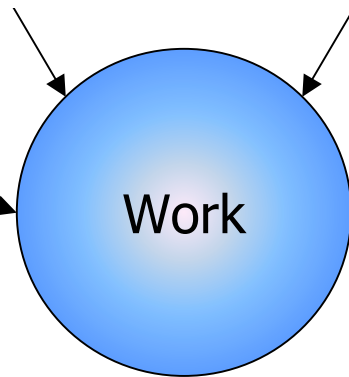
Poor Concentration  
Inattentive  
Reasoning Impaired  
Distractible

Grouchy  
Impulsive  
Critical/Hostile  
Complaining  
Oversensitive  
Snappy  
Grumpy

Immune system  
Muscle tension  
Asthma  
Exhaustion



**FAILING TO DEAL  
WITH STRESS**



Decreased Job Involvement

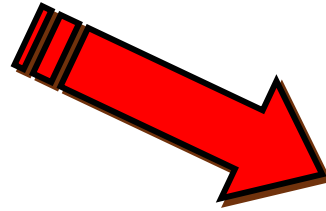
Easily Fatigued

Withdrawn

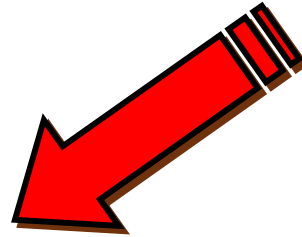
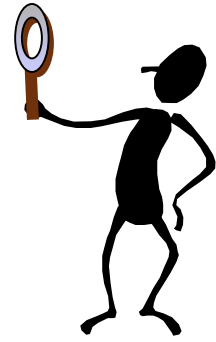
Less Conscientious

Less Cooperative

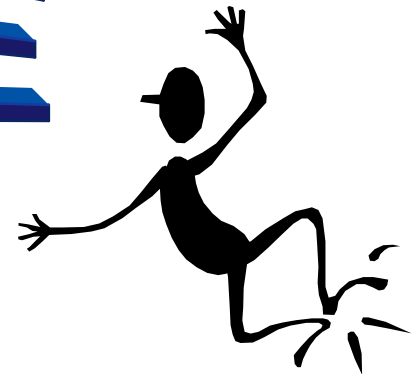
# Stress



# Evaluate



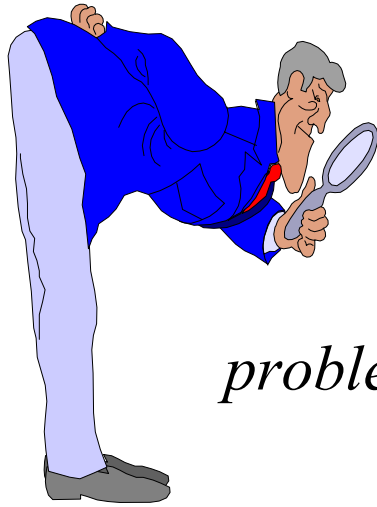
# COPE



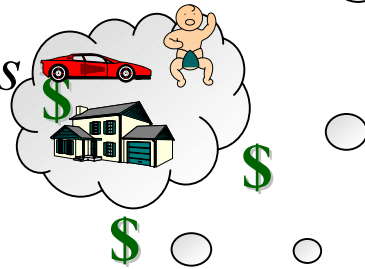


# Stress

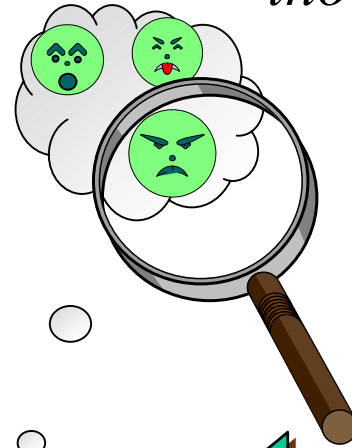




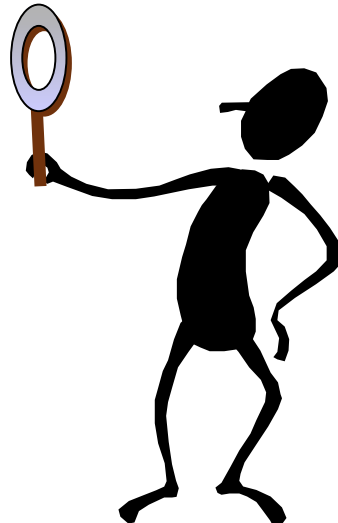
*problems*



*thoughts*



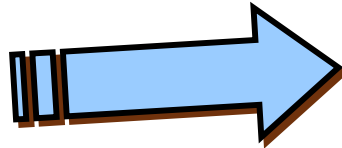
# Evaluate



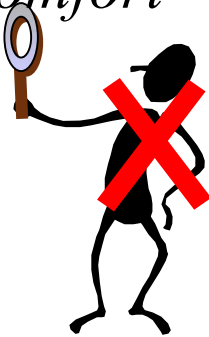




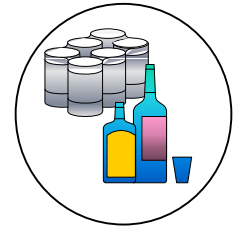
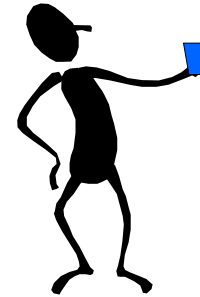
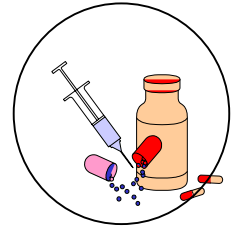
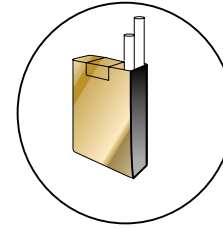
# Stress



*Pain &  
discomfort*



# Evaluate?



# Tension

# Release

# Signs of NOT Coping Well

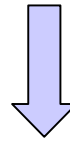
- Changes in sleep habits (too much or too little)
- Changes in eating habits (losing/gaining weight)
- Unable to shake off feeling blue or down in the dumps
- Increased use of alcohol or other drugs
- Feeling like "It's just not worth it"
- Feeling like "everything is hopeless"
- Difficulty concentrating; distracted; "in a fog"
- Unable to control anger; irritable over "little things"
- Crying a lot or "shutting down" your feelings
- Fighting with family, friends, coworkers

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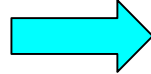
*How many of the above 10 have you had in past month?*

*Explore*

Life-style



Stressful  
Events or  
Situations



Evaluate  
Event



Ways of  
Coping



Beliefs  
About  
Yourself

*Explore*