

Module 3: Individual Peacekeeping
Personnel

Lesson
3.10



Stress Management



Relevance

Be aware:

- High-risk areas or crisis operations
- Need to carry out work without adverse effect
- Work/life balance



Learning Outcomes

Learners will:

- Identify symptoms of negative stress
- List sources of stress
- Explain different types of stress
- Describe stress management techniques and coping methods



Lesson Overview

1. Definition of Stress
2. Useful versus Harmful Stress – Positive versus Negative Stress
3. Sources of Stress
4. Types of Stress
5. Coping with Stress



Learning Activity

3.10.1

Job-related Stress

Instructions:

- Consider your work as peacekeeping personnel
- Why are you at risk of stress due to your job?
- List other high-risk jobs and draw comparisons
- Discuss the importance of self-care

Time: 10 minutes

- Group work: 5-7 minutes
- Discussion: 3 minutes



1. Definition of Stress

- **Stress:** any change or demand that the human system (mind, body, spirit) is required to meet or respond to
- Stress is simply the body's response to changes that create taxing demands
- Stress is not always a bad thing





2. Useful versus Harmful Stress – Positive versus Negative Stress

- In the presence of a threatening or dangerous situation, the person reacts with the “fight or flight” response
- **Distress:** any stress that occurs too often (frequency), lasts too long (duration) and is too severe (intensity)
- A consequence of long-term distressors or daily cumulative (negative) stress is “breaking down”



2. Useful versus Harmful Stress – Positive versus Negative Stress

Common Symptoms of Negative Stress

Physical

- Fatigue
- Back pain
- Headache
- Ulcer

Psychological

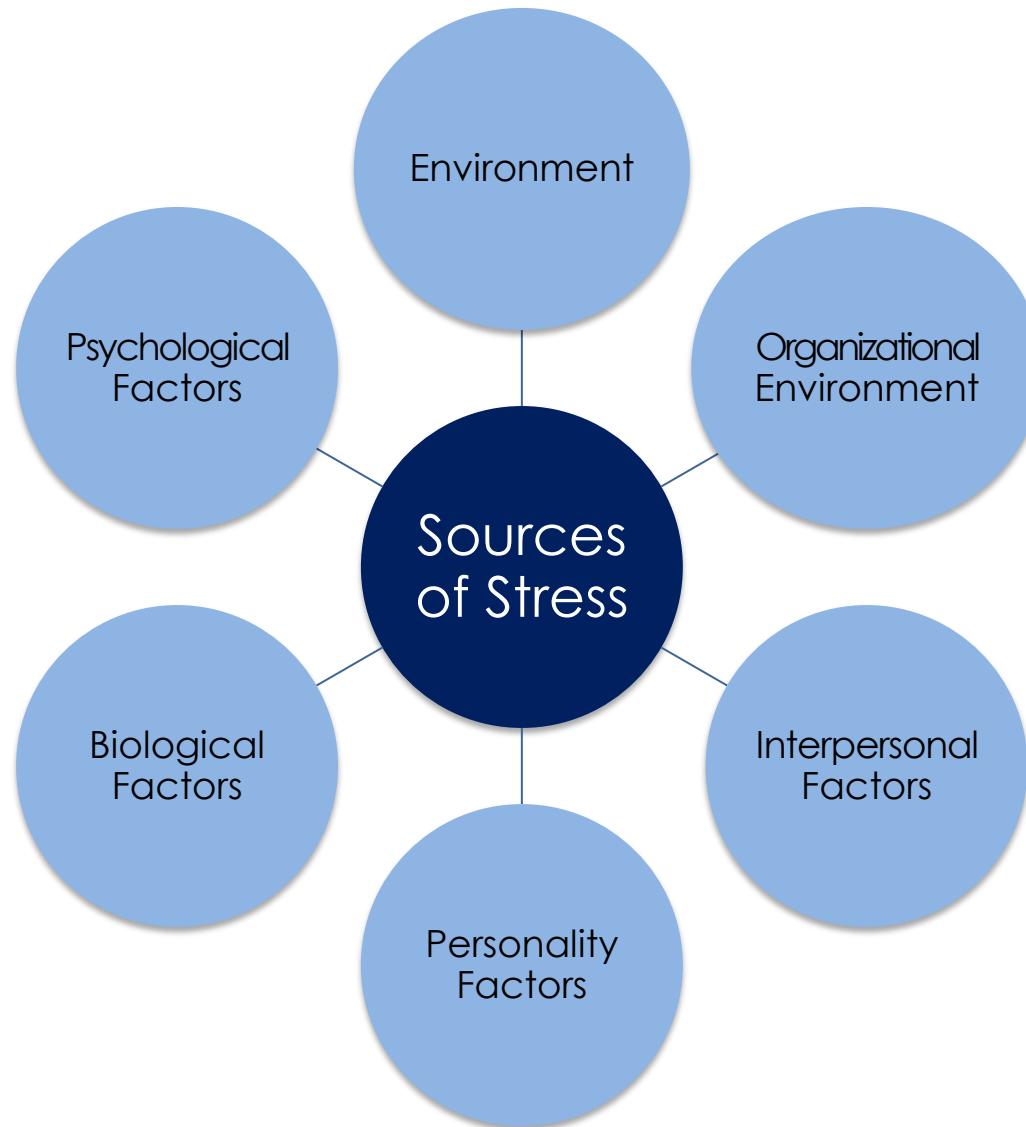
- Memory loss
- Poor concentration
- Decrease in esteem
- Depression

Behavioural

- Verbal outburst
- Increased smoking
- Increased alcohol use
- Eating disorders



3. Sources of Stress





4. Types of Stress

In normal situations

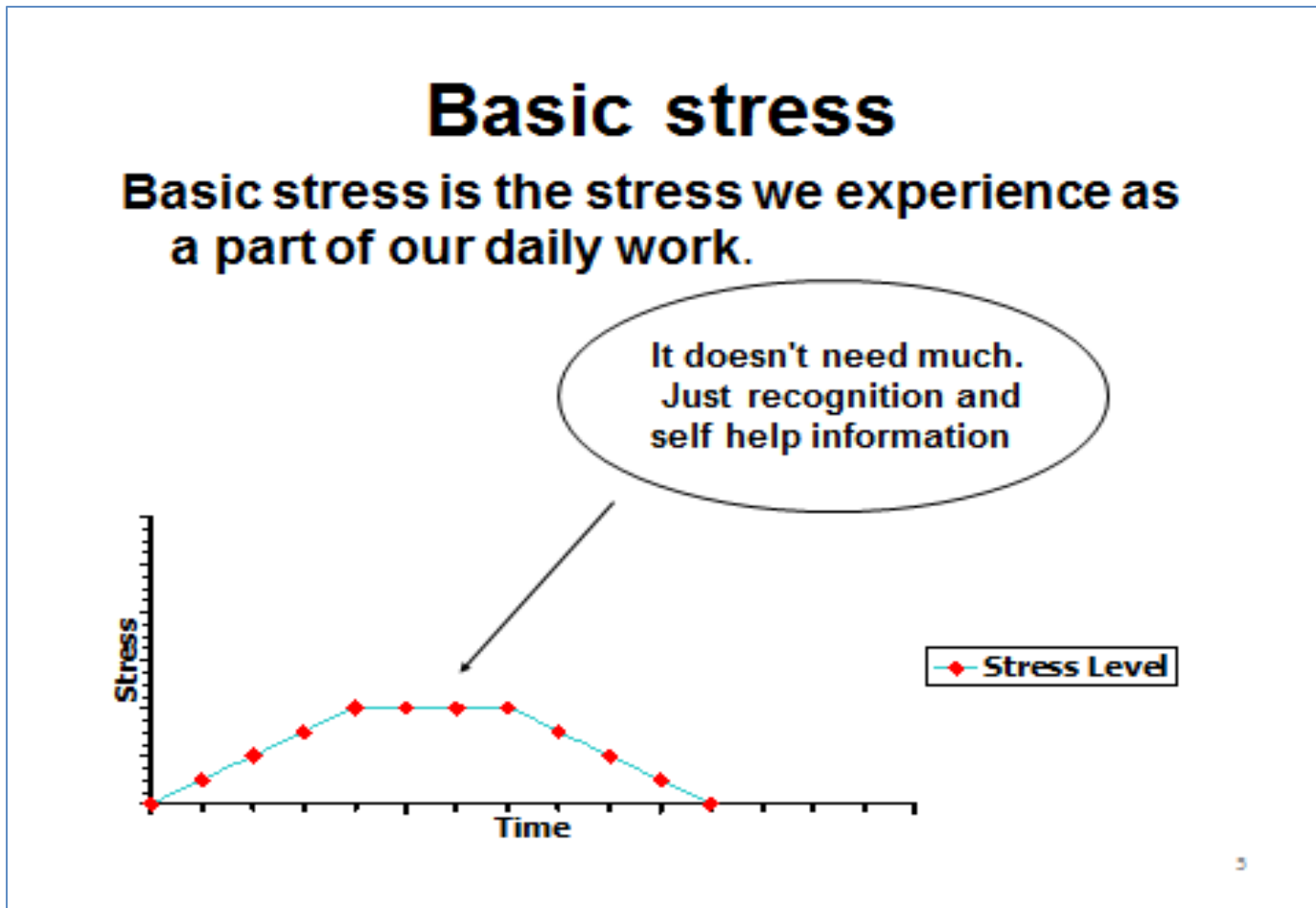
- Basic Stress
- Cumulative Stress

In abnormal situations

- Traumatic/Critical Incident Stress
- Post-Traumatic Stress Disorder (PTSD)

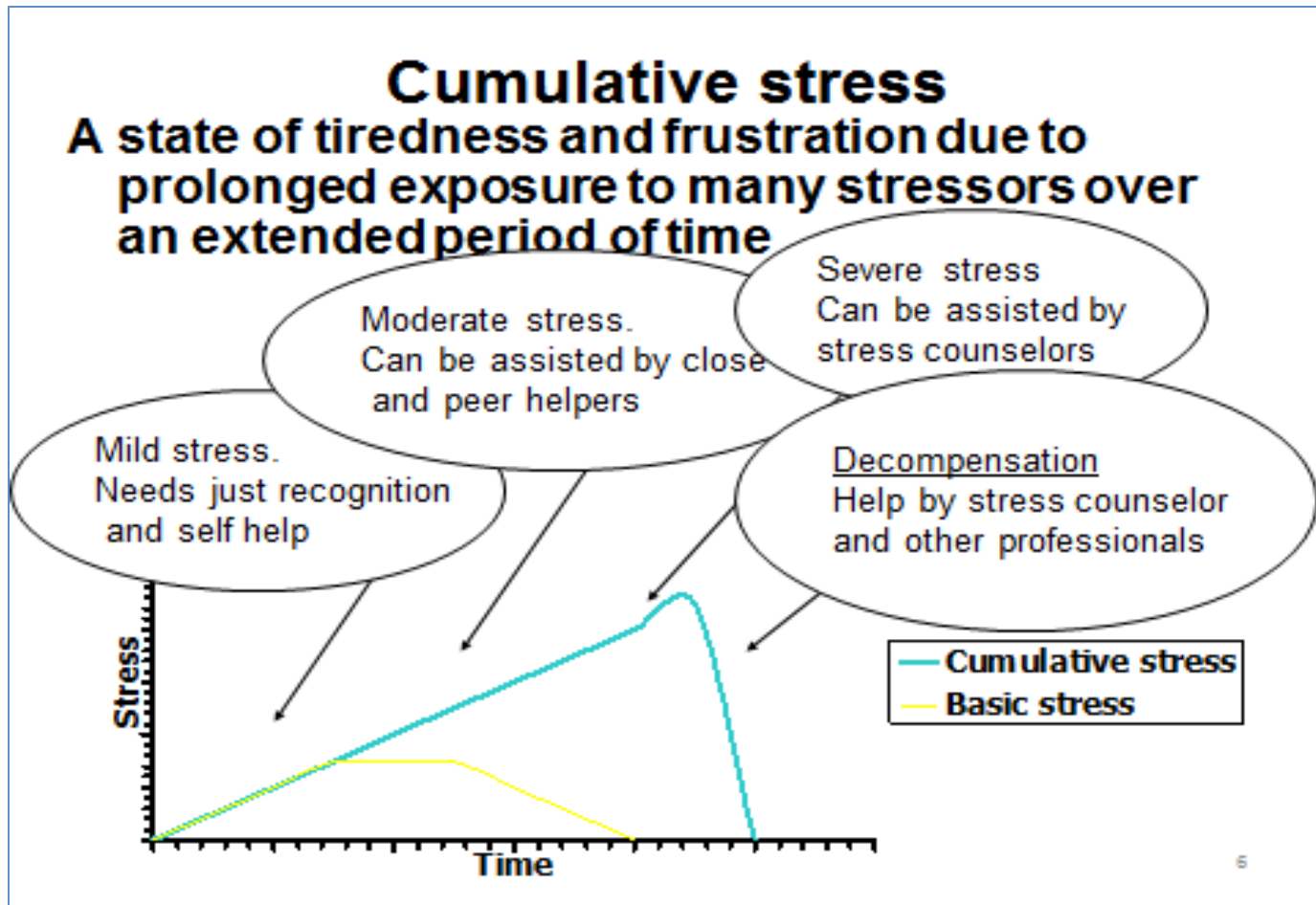


Basic Stress



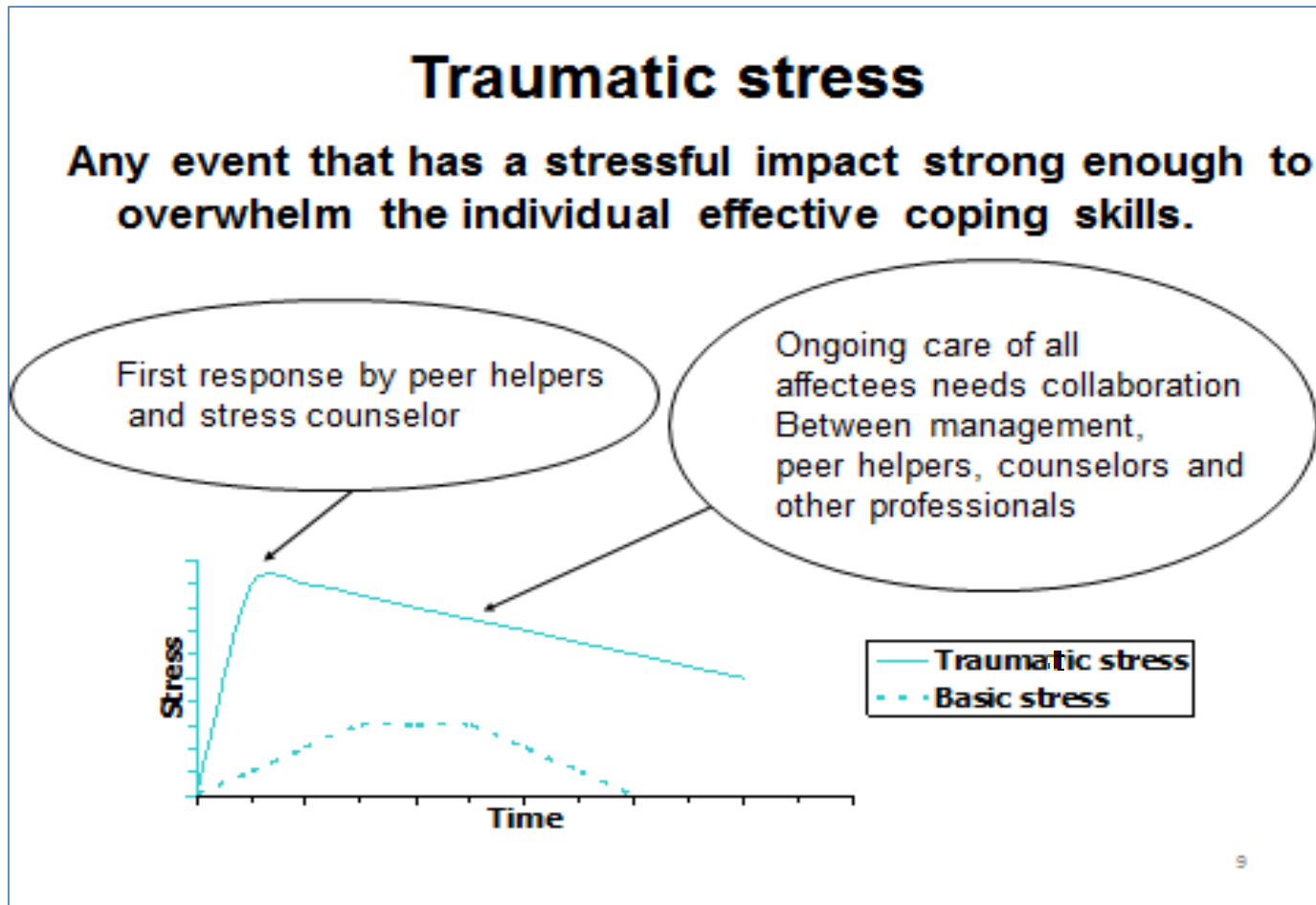


Cumulative Stress





Traumatic/Critical Incident Stress





Post-Traumatic Stress Disorder (PTSD)

- A result of symptoms of traumatic/critical incident stress lasting more than a month
- A more serious condition
- Diagnosis and treatment by a specialist



Personal Stress Profile

Instructions:

- What are the sources of stress in your life?
- What symptoms of negative stress do you experience?
- List negative ways you deal with stress
- List positive ways to manage stress

Time: 15 minutes

- Intro and close: 3 minutes
- Individual work: 12 minutes



5. Coping with Stress

ABC Strategy

A = Awareness

Important to recognize the source of negative stress

B = Balance

Know yourself and your limits to manage stress effectively

C = Control

Managing stress is all about taking control of your life



Stress Management Techniques

- Change your thinking
- Change your behaviour
- Change your lifestyle





Maladaptive Coping

- Occurs when normal coping mechanisms do not work or when stress is inappropriately dealt with
- Damaging to our health and welfare in the long run
- Substance abuse (drugs, self-prescribed medicine, alcohol, coffee) and behavioural modification (stress sex, overeating)



Additional Help & Resources

- Contact your staff counselor, medical service, UN examining physician and peer support personnel
- Discuss with a trusted friend and/or family member
- Managers should be aware
- Work as a team with your colleagues





Summary of Key Messages

- Symptoms of negative stress – physical, psychological, behavioural
- Sources of stress – environment, interpersonal, personality, biological, psychological factors
- Different types of stress – general, cumulative, traumatic/critical incident, PTSD
- ABC strategy – awareness, balance, control



Questions



Learning Activity

Learning Evaluation