Practical Stress Management for Human Services

Chris Dubble, MSW
Temple University Harrisburg

What Causes You Stress in Your Work?
1. 
2. 
3. 

Common Stressors
- Poor task/role congruence
- Lack of meaning or importance
- Threat of loss
- Negativity ignored
- Lack of communication and feedback
Common Stressors

- Low rewards
- Poor leadership
- No support
- Treadmill syndrome
- Interpersonal conflict

Work Stress
Does Not Occur in Isolation

- Physical
  - Genetic Factors
  - Illness
- Social
  - Relationship Problems
  - Loss
  - Abuse
  - Poor Communication

Work Stress
Does Not Occur in Isolation

- Emotional
  - Exaggeration
  - Poor expression
- Mental
  - Lack of autonomy
  - Lack of creative freedom
  - History of trauma
Professional Health: Renewal versus Pathology

Costs to our Work
- Demoralization
- Hostility
- Punitive environments for the individuals we serve
- Authoritarian management
- Avoidance to challenges or new ideas
- Dishonesty and ethical deterioration

Common Individual Focused Stress Management Techniques
- Make lists
- Take a vacation
- Pick your battles
- Meditation and focused thinking
- Get enough sleep
- Resist perfection
- Exercise
Common Individual Focused Stress Management Techniques

- Drink lots of water
- Breathe correctly
- Use positive humor
- Take more time for hobbies
- Confide in others about stress
- Treat yourself
- Think positively

Group Focused Stress Management Techniques

- Set clear goals
- Have pathways to get to those goals
- Solution focus
- Encourage one another
- Cry with one another
- Celebrate success and acknowledge failure
- No tolerance for negative coping skills actions

Contact Information

Christopher Dubble
dubble@temple.edu
Facebook: InstituteOnPS
Facebook: chris.dubble