

Stress Management

Definition

- General Definition-

A state of ***general agitation or excitation*** that results when a stressor tends to alter ***equilibrium***.

Eustress---Temporary, Good Stress

Distress-- Long Term Discomfort,
Anxiety, Depression, and Potential
Medical Issues.

Stress by the Numbers

Identify the Causes

You need to know where the stress is coming from in order to manage it.

1. Coaches
2. Parents
3. Administration
4. Board of Education
5. Community
6. Budget

Medical Findings

What May Happen if you don't manage it.

- Blood Pressure
- Cardiac Stress
- Gastrointestinal Stress
- Damage to Cognitive Function
(as a result of long term pain)

Mental Health Finding

The unseen side of non-managed stress

- Overall Agitation
- Anxiety
- Negative Self Image
- Depressed outlook

Effects

- Disrupted Work Efficiency
- Damaged Interpersonal Depression Relationships
- Long Term Health Issues
- Sleeplessness

Why Athletic Administrators Need Ways to Cope with Stress:

- Highly-Visible Problem Solvers
- Deadlines
- Constant Interruptions
- Endless Requests
- Urgent demands
- Upcoming events
- Competitors

Ways to Manage Stress in our Professional Life

- Set Realistic Goals
- Prioritize your day, week, month
- Use Technology
- Schedule Meetings in advance
(but be flexible)

Don't reinvent the wheel:

(Ask, borrow, modify)

Ways to Manage continued

- Be Organized—less is sometimes better.
- Learn to say NO!!!
- Grouping---combine tasks
- Look only once—if at all possible
- The Island---{Our best friends are other Athletic Administrators}
- Recognize Your Productive Hours
- Find a Mentor

Professional Life - continued

- Don't let the job consume you!
 1. We can't do it all—but you know we will try.
 2. Walk away from your desk.
 3. Shut down the office for 30 minutes
 4. Let go of the phone!!
 5. Attend National and State Conventions
 6. Get involved with your local conference, state or national organizations.

Personal Life

Find Time to Unwind and Reduce Stress

- A Few Methods to Reduce Stress
 1. Swimming
 2. Walking
 3. Jogging
 4. Biking
 5. Hiking
 6. Cross Fit Training

Reduce stress---continued!

- Alternative Methods:
 - 1) Yoga
 - 2) Meditation
 - 3) Music
 - 4) Massage Therapy
 - 5) Acupuncture
 - 6) Hypnosis

Reduce Stress--continued

- Make Time for yourself/family
- Find a Hobby—reading, travelling
- Date Night
- Healthy Life Style:
 - Diet: we are we eat
 - Routine check ups—don't take your health for granted
 - Sleep and exercise

And --- Remember to Reward Yourself!!

THANK YOU !!

Bill Bruno, CMAA

Brick Memorial HS

Brick, NJ

wbruno@brickschools.org