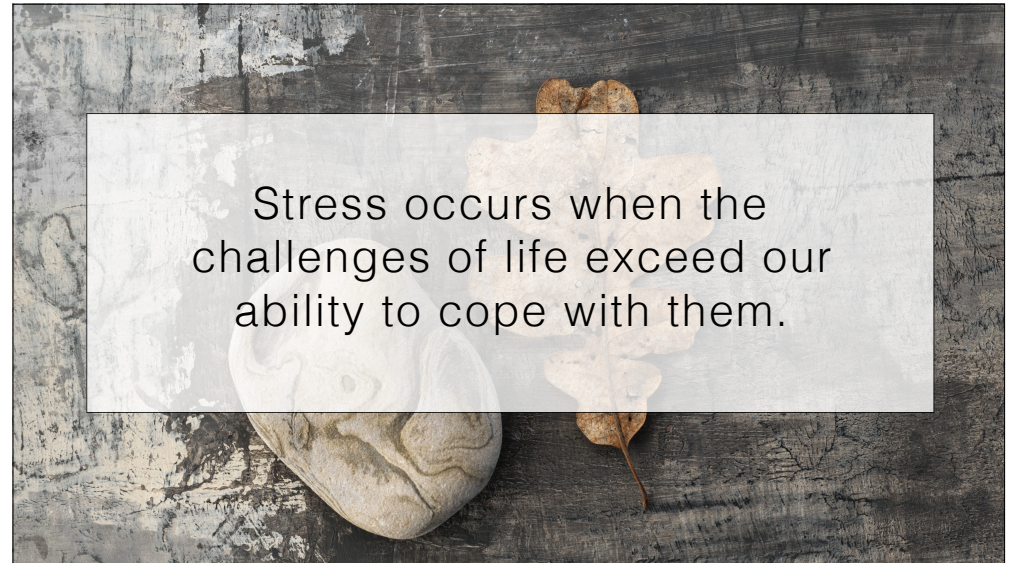
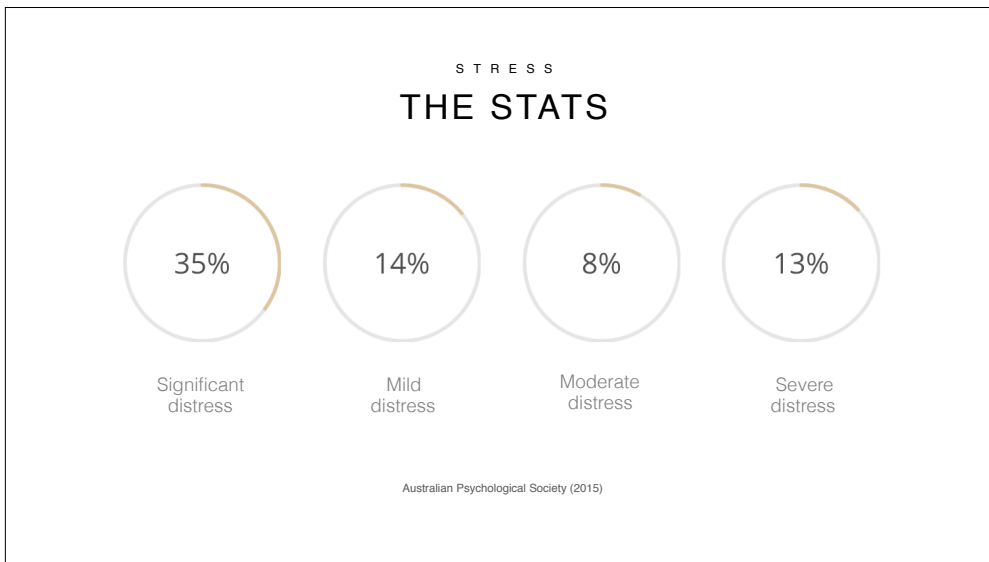


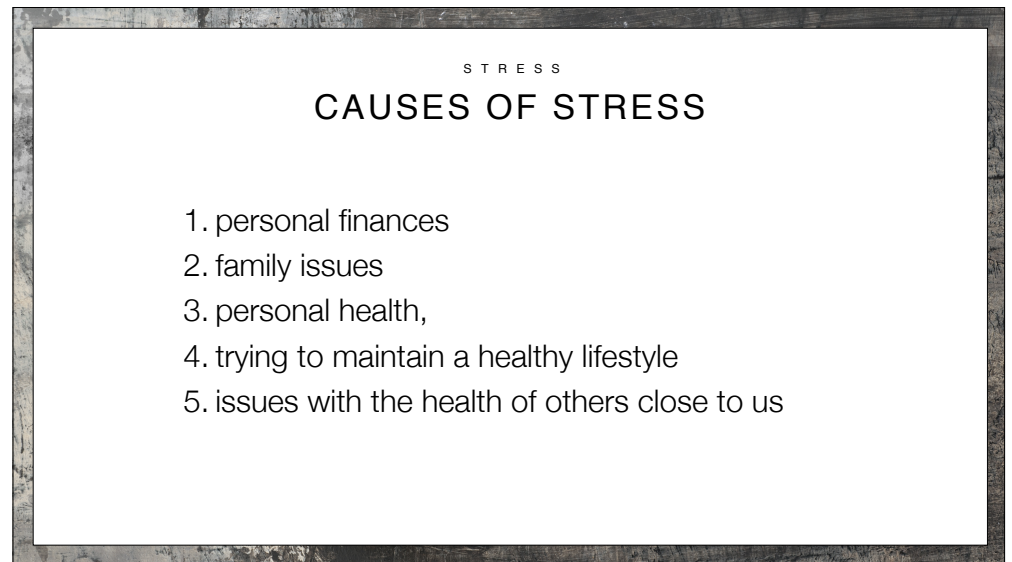
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STRESS

SIGNS AND SYMPTOMS



PSYCHOLOGICAL



PHYSICAL



BEHAVIOURAL

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STRESS

SIGNS AND SYMPTOMS



PSYCHOLOGICAL

- ▶ Feeling overwhelmed
- ▶ Worry
- ▶ Fear
- ▶ Anger
- ▶ Tearfulness
- ▶ Irritability
- ▶ Anxiety
- ▶ Helplessness
- ▶ Memory problems

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STRESS

SIGNS AND SYMPTOMS



PHYSICAL

- ▶ Heart palpitations
- ▶ Fatigue
- ▶ Stomach upset
- ▶ Diarrhoea
- ▶ Headaches
- ▶ Muscular aches and pains
- ▶ Weakened immune system
- ▶ High blood pressure

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STRESS

SIGNS AND SYMPTOMS



BEHAVIOURAL

- ▶ Difficulty concentrating
- ▶ Fatigue
- ▶ Lacking motivation
- ▶ Sleep disturbance
- ▶ Insomnia
- ▶ Social withdrawal
- ▶ Unhealthy eating habits
- ▶ Short temper

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STRESS
DEFINITIONS OF STRESS

STRESSOR

STRESS

HOMEOSTASIS

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STRESS
DEFINITIONS OF STRESS

“Pressure or tension exerted on a material object”

“A state of mental or emotional strain or tension resulting from adverse or demanding circumstances” and

“Physiological disturbance or damage caused to an organism by adverse circumstances”

English Oxford Living Dictionaries

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STRESS
DEFINITIONS OF STRESS



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STRESS
DEFINITIONS OF STRESS

ACUTE
STRESS



CHRONIC
STRESS



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STRESS
RESPONSES TO STRESS



STRESSOR LESS SEVERE AND ABILITY TO RESPOND WELL MATCHED

=

RETURN TO HOMEOSTASIS



STRESSOR GREATER THAN CAPACITY TO RESPOND

=

VULNERABILITY AS A RESULT OF STRESS



STRESSOR EXCESSIVE BUT ABILITY TO RESPOND WELL MATCHED

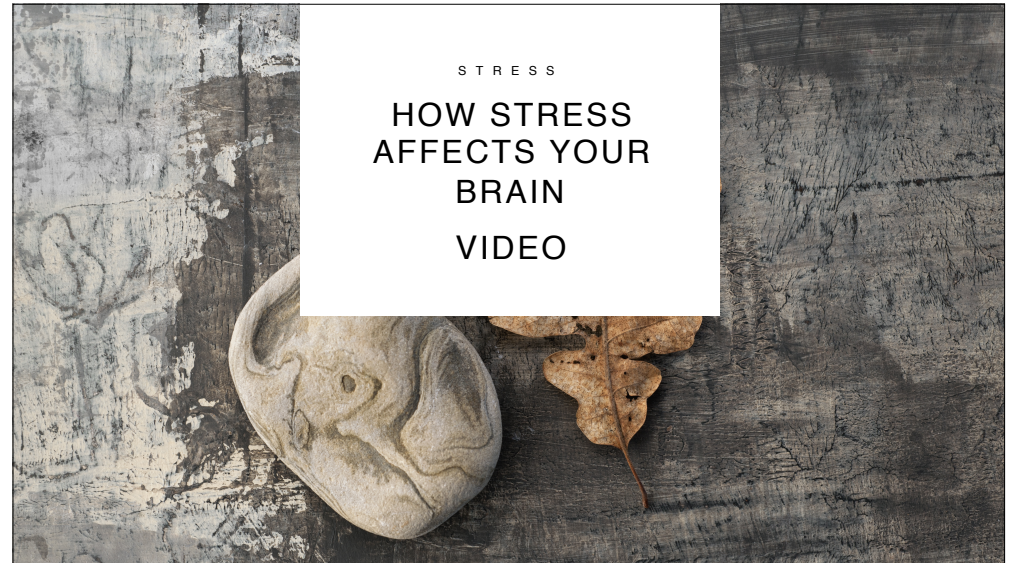
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POSTTRAUMATIC GROWTH

Yeung, Ivkovic and Frichione (2016)

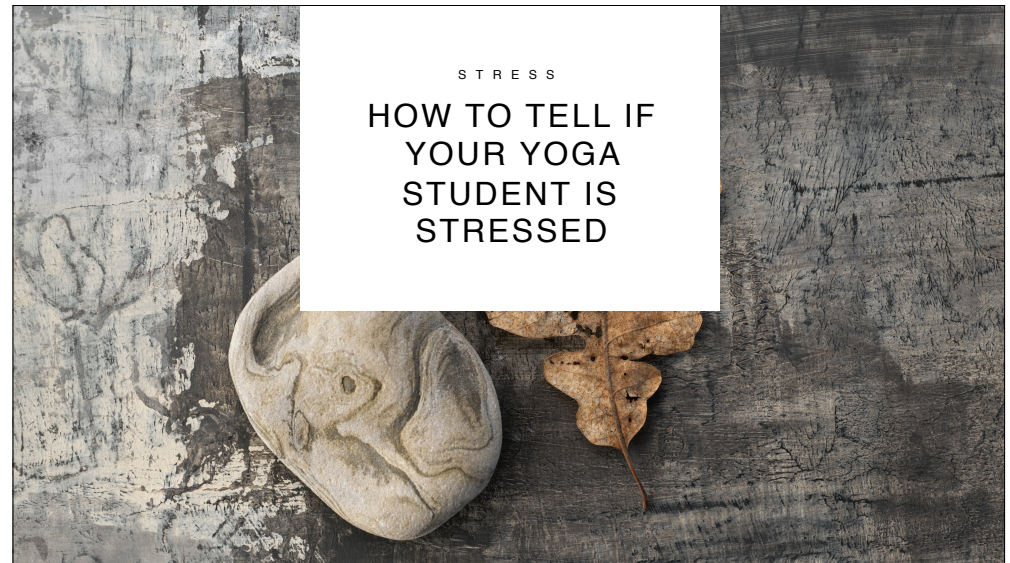
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STRESS
HOW STRESS AFFECTS YOUR BRAIN
VIDEO



14

STRESS
HOW TO TELL IF YOUR YOGA STUDENT IS STRESSED



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STRESS
STRESS IN CLASS

- ▶ Symptoms of depression, anxiety or trauma
- ▶ Crying
- ▶ Frequent illness
- ▶ Difficulty concentrating
- ▶ Feeling exhausted
- ▶ Feeling overwhelmed

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STRESS
STRESS IN CLASS

- ▶ Not interacting with other students
- ▶ Giving up easily in challenging poses
- ▶ Feeling disheartened and hopeless if they don't get the poses 'right'
- ▶ Not following your instructions or easily confused
- ▶ Running late
- ▶ Stop coming to class

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STRESS
STRESS IN CLASS

- ▶ Irritability
- ▶ Tense face and body
- ▶ Difficulty relaxing
- ▶ Nervous behaviours like biting nails, pacing and fidgeting

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