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**How to be COOL
when your STRESS
is Bigger than YOU**

[#StressInWorkplace](#) [#StressAtHome](#)
[#StressEverywhere](#)

Managing Stress

Stress in Young People

Dealing with Angry People

Anger Management

HOW TO BE COOL WHEN YOUR STRESS IS BIGGER THAN YOU

This book will help you neutralize your stress, your uncontrolled anger and let you catch up with yourself and with the people around you. It will help you manage and transform your life.

By

JO-ANN I. BAUTISTA, R.M.T.
ROSEMARIE M. PABATAO, P.T.R.P.

*Always remember, **PREVENTION**
is a never-ending plan of action.*

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THE AUTHORS

The authors are registered medical health professionals and successful entrepreneurs. In another endeavor, they run a construction, design and build company engaged in residential, commercial and industrial projects and also secured a diploma in Interior Design.



Jo-Ann I. Bautista, R.M.T. is a Medical Technologist by profession. A graduate of Philippine Women's University System. Worked at Pfizer, Inc. as a Sales Representative/Specialist for 14 years. Forged solid business relationship with clients and consistently achieved sales goals. Studied Biopharmaceutical and Clinical Research (KRG I). An Entrepreneur and Freelance Clinical Case Researcher.

Some of the works and Book she co-authored include:

I am Pain Free at My Workplace.

It's not JUST Science; Depression is Real

The Relationship of Gestational Diabetes Mellitus and Dietary Patterns in an Urbanized Lifestyle at a Tertiary Care Hospital.

Patient Compliance to Pregnancy Wellness Program in Controlling the Complications of Gestational Diabetes.

Comparison of locally applied Prostaglandin E2 (PGE2) gel vs. Laminaria for cervical ripening in cases of missed abortion.

A Rare Case of Uterine Rupture In Second Trimester Of Pregnancy To Prevent The Onset Of Irreversible Maternal And Fetal Physiologic Damage

The Empirical Evaluation of Adverse Outcomes of Chronic Kidney Disease (CKD) In All Trimesters of Pregnancy.

Holistic Approach In The Screening Of Diabetic Retinopathy.

She also contributed to the following course outline for a training company:

Leadership and Delegation

Leadership and influence

Quality Management

Strategic Management

Employee Motivation

Enterprise Dynamics



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Rosemarie's exceptional patient-service skills and clinical excellence was demonstrated in the

She co-authored these Life enhancing books entitled:
It's not JUST Science; Depression is Real
I am Pain Free at My Workplace.

DISCLAIMERS

MEDICAL DISCLAIMER

The information on this book is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. This is proposed to provide information about stress and its sources, for general information purposes only. Always seek the advice of your physician or other qualified health provider if required.

DEDICATION

To all the people who always believe that they can overcome the enemy of their peace of mind.

Many sincere thanks to all the people who supported us from our first book. We appreciated your generosity.

Last but not the least, to our families, friends and contributors, for their endless support.

You inspired us to write one of the greatest books about stress, anger and its management. Your comments and suggestions helped us write this meaningfully.

This book is greatly dedicated to all of you.

We'll be forever thankful to Arch. Mary Jane M. Paez for allowing us to use her photo as book cover.

INTRODUCTION

Are you reading this book because you want a clear solution to your stress? Stress is not at all times a bad occurrence. We just often use the word “stress” in response to a negative situation.

According to this source, *there are two types of stressors, the Eustress and Distress. There is a difference between Eustress, which is a term for positive stress, and Distress, which refers to negative stress.*

Eustress, or positive stress, has the following characteristics:

- *Motivates, focuses energy*
- *Is short-term*
- *Is perceived as within our coping abilities*
- *Feels exciting*
- *Improves performance*

Receiving a promotion or raise at work, buying a house, taking a vacation, getting married, are few examples of positive stress.

In contrast, Distress, or negative stress, has the following characteristics:

- *Causes anxiety or concern*
- *Can be short- or long-term*
- *Is perceived as outside of our coping abilities*
- *Feels unpleasant*
- *Decreases performance*
- *Can lead to mental and physical problems*

It is somewhat hard to categorize stressors into objective lists of those which cause eustress and those which cause distress, because different people will have different reactions to particular situations.¹

It's very difficult to establish a stressful event as positive or negative because we have different perspectives with regards to what is affecting us. A situation that one perceives as eustress may cause distress to another. Our ability to cope with different situations in our lives and our capacity to provide a resolution to a challenging circumstance will lead us to determine what is eustress and distress based on our operational definition. At times, determining stress is also dependent on our personal choice which is constantly related to our behavior, beliefs, values, experiences and attitudes. All these influence our responses to situations. Distress is commonly a result

of accumulation of mix-ups which build up gradually. It is manifested when we feel out of control.

If you give this book a chance, this will work with you in managing your own stress. Our goal is to provide a "self-worth building" book. When you know where your stress is coming from, you're in a proper position to handle it. This is not just a book to be read hastily because this will be your constant companion to guide you to gradually get rid of stress and anger to live a balanced life. Obviously, you want to do something about that feeling, because stress makes you feel tired or worn out. You want to know how to be cool in dealing with your sources of stress. Lastly, you want to be happy.

Additionally, this book hopes to provide means by way of making you realize what you need to do with your stress and your anger. Much can be done to transform your life positively by uprooting its sources. Who wants to hurt people when one loses control? Who wants to be embarrassed at the height of temper? More people who can read this book can identify themselves with the meaningful facts written in the next chapters. Give yourself a chance to discover your ability to handle your stress and your anger.

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CAUSES OF STRESS

Stresses at the Workplace

“When you are so engaged and passionate about your work, you can surely clutch longevity, success and happiness.” This can be all true but having an intimate relationship with your work can also be all-consuming. Your work can love you back, but when work stress elements get in the way, even if you love your work so much, it can be so overwhelming and can be harmful to your emotional, physical and mental health. It can even affect how you feel about yourself which can result to low self-esteem, interfere with your work performance and productivity, and eventually, you can experience a decline in work satisfaction.

Your work passion will let you reach new heights. To be able to do that, you need to handle your stress very well or at least reduce it gradually. How can you proficiently achieve it? Recognizing your sources of

stress can help you take watchful steps in dealing with it. You might have experienced the following causes of work-related stress and we opted to write the top reasons and most common ones. At some point, these somehow caused you imbalance, when your capacity to cope up was exceeded by these factors:

1. Ineffective and Awful Superiors or Managers

Your company is one of the top employers in the industry. Yet, your immediate supervisor is the major source of your misery and the worst aspect of your job. S/he squashes your morale; instigates feelings of resentment, insurrection or anger. S/he is senselessly demanding.

2. High or Insufficient Workloads with Low Control over the Workflow

Work overload resulting to juggling with unrealistic or moving work deadlines is challenging, but if it has become a norm in the workplace and the system has come out of hand, it can be so stressful, like working on a ticking time bomb which can burn your emotional, mental and physical energy. Ambitious work demands which exceed a worker's capacity to deliver can also be exhausting. On the contrary, when work tempo is too low, you may feel sluggish. Stress

can also arise because you feel underused and you can't hone your skills, or you may doubt your competence to steer results and have a feeling of distrust from your superior.

Customer-service oriented workers like health workers are not exempted from this kind of work-related stress. Particularly on the ratio of health practitioners versus the population of patients, physical stress and prolonged exposure to traumatic triggers may result to compassion fatigue or emotional exhaustion which make our health workers less motivated, less enthusiastic and display an unreceptive attitude toward patients. The extent of stress varies depending on the hospital or clinic setting and health care system

FIVE

DEALING WITH ANGRY PEOPLE

Dealing with a temperamental person can be mentally and emotionally draining, worse, when you have to keep up with them on a day-to-day basis.

Nobody wants to be around with this kind of person especially when s/he appeared to have an aggressive behavior. What else can you do to cope with this person with a challenging behavior?

1. Try to practice the deep-breathing exercise either you're the aggressor or you're dealing with the enraged person. This disrupts angry feelings, and it helps put the person back on track.
2. When the situation is about to simmer, and you're not sure if you can handle it perfectly, either take a breather, have a distraction like a phone call, take a walk for a while, cuddle your dog or if you feel it's time to get help, call a mediator to defuse the situation.

3. Calm down. It's the safest approach even if you're the target of verbal or any other kinds of abuse, although it's easier said than done. Anger seeks to destroy and hurt people. Respond emphatically and avoid expressing mitigating facts. You can similarly show acceptance of the person's thoughts even in theory until s/he calms down. In the long run s/he might put across good points.

4. Self-awareness about who and what you are is the key to control the situation. Knowing yourself more can prevent you from giving-in to provocations. Your antagonist will be so happy if you responded and pick up a fight. You can't change a person who turned out to be resentful from life experiences, you can hardly change any circumstances, and all you can do is just be yourself and stay grounded.

5. You can help but you can't fix a person with anger problems. Focus first on the person's unsuitable behavior before you deal with the issues or disagreements. You can help by making him/her aware that those abusive languages, raising voices, slamming things and the like, won't resolve the issue and you won't be interested in amending the problem if s/he remained aggressive.

EPILOGUE

Anger and stress are everywhere. You become stressed when you're angry at your spouse, child or parents, friend, your classmate or teacher, workmate and your boss. You're angry with what is happening in the society, in what you see in social media, etc. Most especially, it gives you a lot of anxiety when you're angry at yourself; and the hardest part is that when you can't forgive your own mistakes.

What if you have read this book even before your flare-ups and early on you already gained a clearer understanding about the meaning of stress, anger and its management? Conceivably, your situation could have been different. Now, you have discovered yourself in this aspect and you realized you can do more than that. To help yourself more, put value in your time by reading this sincerely and making the hard earned money you spent for this book worthily; by starting an action plan for reformation from what you have learned.

We hope that this book will be successful in helping you, to positively deal with your ordeals. In this manner you can rekindle ruined relationships, can improve your engagements with your own family, friends, co-workers and all of the people who are

connected with you. As long as you're willing to improve yourself, ask for help and start right now, there's still hope. You can always rise above your stress and anger and bury it. Whether you'll do a self-therapy or follow a program from a counselor, you need to train yourself for a changed pattern of thought which will lead you to an improved version of yourself or will bring you back to your best old self earlier than your episodes of outbursts and before your current stressful character.

Always keep in mind that, you're not born an angry or worse person, thus, don't let it spell your name and your whole being. Some situations just changed you, but you can always work on yourself excellently than you do on anything else, it's never too late to bring out the best in you.

There are two things a person should never be angry at, what they can help, and what they cannot.

- Plato

Anybody can become angry.

That is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way, that is not within everybody's power and is not easy.

- Aristotle

It is during our darkest moments that we must focus to see the light.

- Aristotle

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

- St. Francis of Assisi

“If you continuously compete with others, you become bitter, but if you continuously compete with yourself you become better

- Anonymous

“Be the type of person you want to meet.”

- Anonymous

**Thank you for taking time reading our book.
You inspired us to write more.
We wish you a healthy and productive life.**

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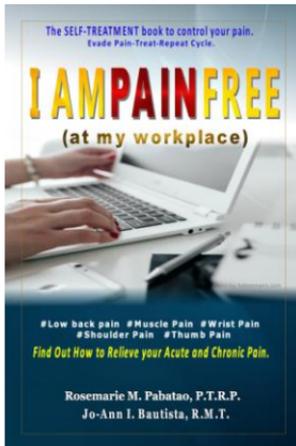
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We would also like to take this chance to endorse our other book entitled: **It's not just Science; Depression is Real.** (How to understand and survive Depression).

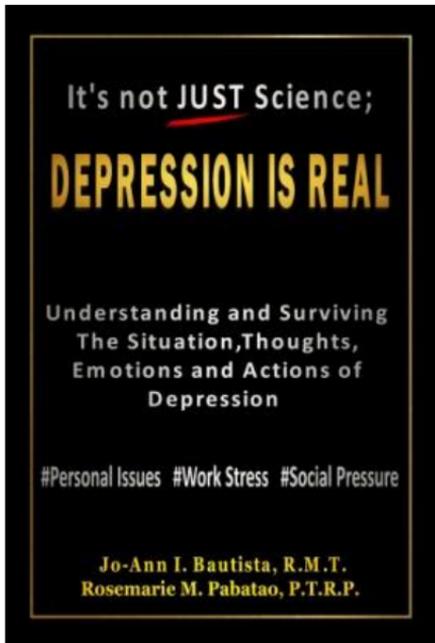
How to help yourself when you are starting a bout of Depression or relapse?

How to HELP yourself in coping with Depression at Work?

How to care for yourself while helping your loved one recover from Depression?

How to ask for HELP when your Life starts to fall apart?

These are only four of the essential topics covered by this book. Read more to find valuable answers to your boundless questions surrounding Depression.



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