



# MOCET

TRAINING & CONSULTANCY

“Therapeutic Horticulture Stress Management and Well-Being in Business”



# Definitions:

- Stress: Workplace stress, then is the harmful physical and emotional responses that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands (*Stress Management Institute*)
- Mental Health; is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (*World Health Organisation*)
- Mental illnesses; are health conditions involving changes in thinking, emotion or behaviour (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities (*American Psychiatric Association*)



Stress  
Health  
Fitness



# Short Exercise:

In your packs there is a stress questionnaire. Take it out and answer questions on 1 page.

# Work Related Stress (WRS)

- Work-related (WRS) or occupational stress: the conditions, practices and events at **work** which may give rise to stress. WRS is stress caused by or made worse by work.
- There is a difference between positive stress, which is associated with a sense of challenge and excitement, and negative stress which is dominated by worry, anxiety and agitation.



# The usual suspects put male farmers at high risk...

- Being male is a barrier to health care
- Difficulties asking for help
- Limited access to health care
- Multiple uncontrollable stressors e.g., weather, prices, and regulations
- Lack of close confident
- Stress-driven onset of depressive disorder
- Alcohol abuse



## Nature of the work...

- Financial stress is always present, pressure to never lose the family farm/business is great, the work is physically and mentally stressful with long hours, social isolation and lack of confiding relationships. Add to this the onset of mood disorders that go untreated and reluctance to seek help, and you have a formula to set up the necessary conditions for a suicidal behavior.



# Stress Response

- Stress response: the normal way the body reacts to challenging events, which energises the human system to meet the challenge.
- Chronic stress: although the initial stress response is normal, if it remains active over a long period as a result of chronic stress, it can drain your physical and mental resources. This can lead to ill health or extreme and lasting exhaustion (burnout).



# Manifestations of Job Stress

- Behaviourally
- Physically
- Emotionally

# Behaviourally

- Decreased job performance
- Increased mistakes
- Preoccupation/Day Dreaming
- Reduced creativity
- Diminished attention to detail
- Forgetfulness
- Increased use of alcohol/drugs
- Increased absentism
  - Increased illness
  - Loss of interest
  - Accident proneness
- Inability to concentrate on tasks
  - lethargy

# Physically

- ▢ Elevated blood pressure
- ▢ Increased muscle tension
  - ▢ Increased pulse rate
- ▢ Increased respiration rate
  - ▢ Sweaty palms
  - ▢ Cold hands and feet
  - ▢ Slumped posture
- ▢ Upset stomach
- ▢ Tension headaches
- ▢ Change in appetite
  - ▢ Restlessness
  - ▢ Poor sleep

# Emotionally

- Emotional outbursts and crying
  - Irritability
  - Withdrawal
- Hostile and aggressive behaviour
- Tendency to blame others
  - Anxiety
  - Feelings of worthlessness
  - Suspiciousness
  - Depression

# Modulation Model

13

## Stress

### Hyperarousal:

increased sensation, emotional reactivity, hypervigilance, intrusive imagery, disordered cognitive processing

Resources  
creative



### Hypoarousal:

absence of sensation, numbing of emotions, disabled cognitive processing, reduced physical movement

**Old rural value: Accepting help is a good thing, not a bad thing**



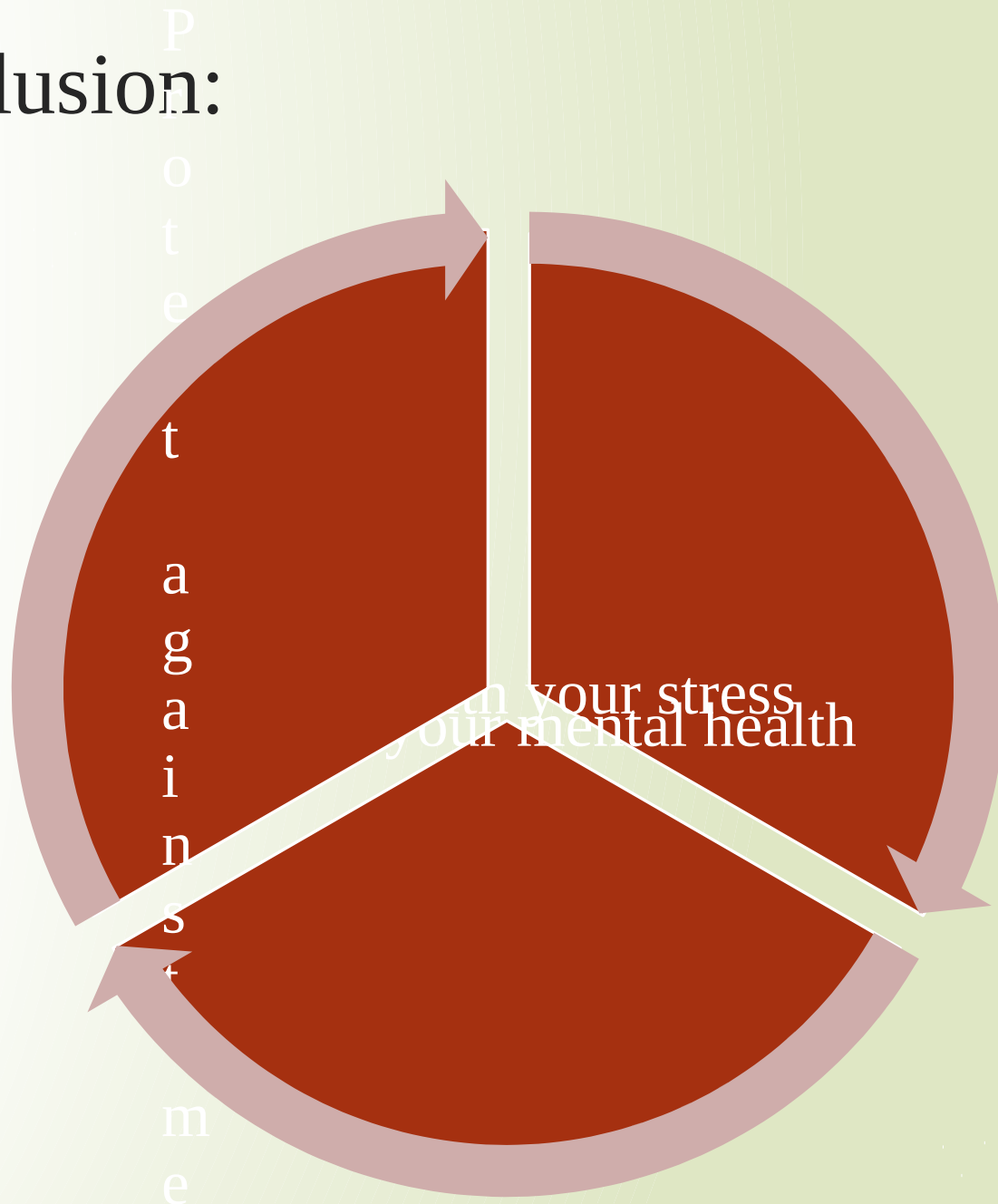


# Coping with Stress (Little Things Matter)

- Boost your mood with healthy food (eat well)
- Do things with others there's strength in numbers (get involved)
- The more you move the better your mood (exercise)
- 8 hours sleep makes the other 16 easier (get a good nights sleep)
- Problems seem smaller when you share them (talk about your problems)
- If a friend seems distant catch up with them (keep in contact with friends)
- Lending an ear is lending a hand (a problem shared is a problem halved)
- Drink less and great nights become good mornings (cut down on alcohol)



# In Conclusion:





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