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## **Self-Care: How to Deal with Stress**

Roger Champoux SJ

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FR. ROGER CHAMPOUX, SJ

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*SELF-CARE:*  
*How To Deal With Stress*

FR. ROGER CHAMPOUX, SJ

## WHAT IS STRESS?

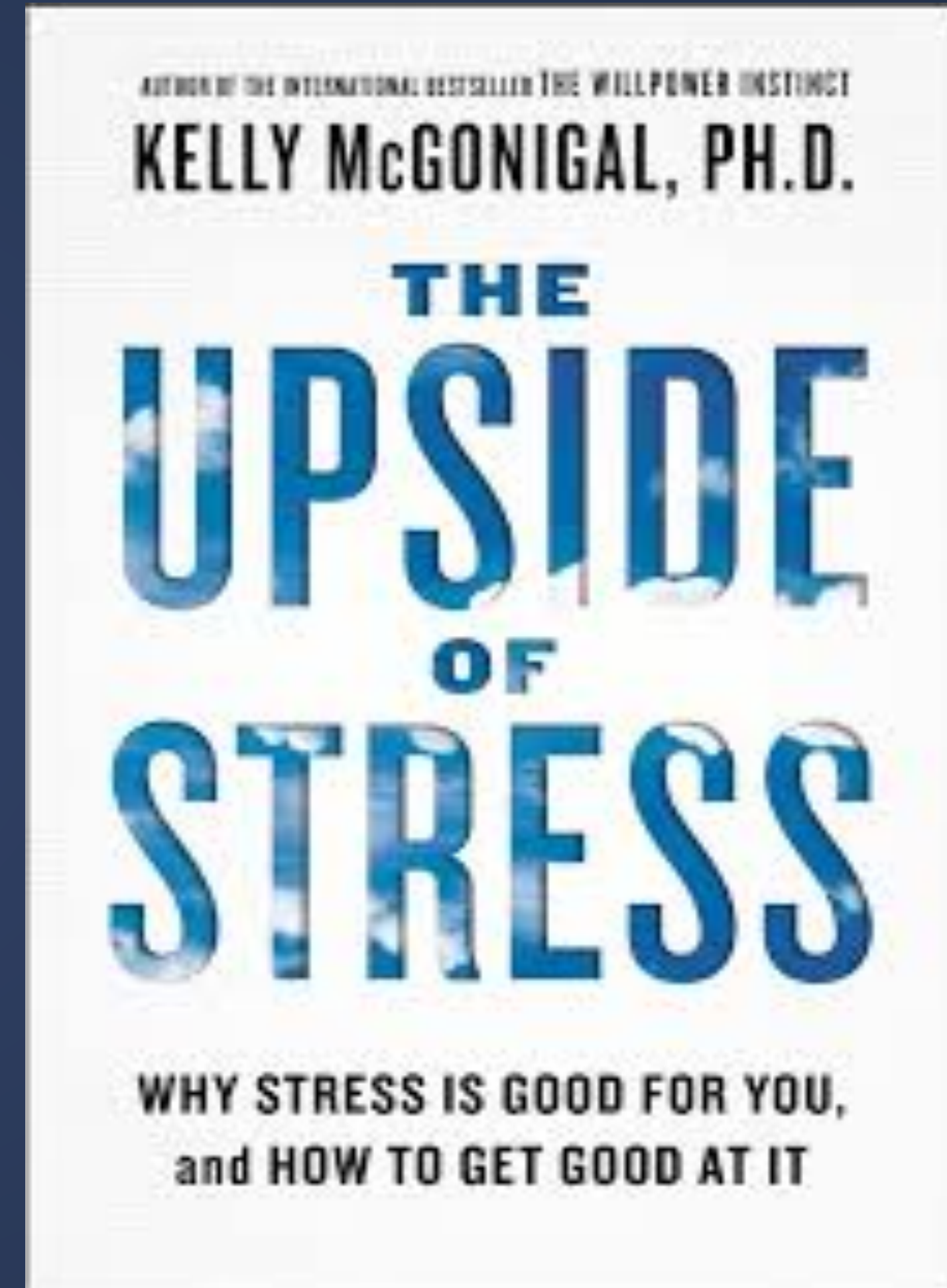
Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources that one is able to mobilize.

## 3 Indicators of burnout

1. Loss of energy, emotional exhaustion
2. Lessened sense of personal worth
3. Loss of empathy with others



Some good news



STUDY OF 30,000 PEOPLE OVER 8 YEARS:

Q. 1: How much stress is there in your life?

Q. 2: Do you think it is harmful for you?

Q. 3: Who died among you these 8 years?



## WHEN POSITIVE BRIEFING GIVEN ABOUT REACTIONS TO STRESS:

1. More confidence and energy during test
2. Adrenaline for action
3. Oxytocine for social bonds and for the heart

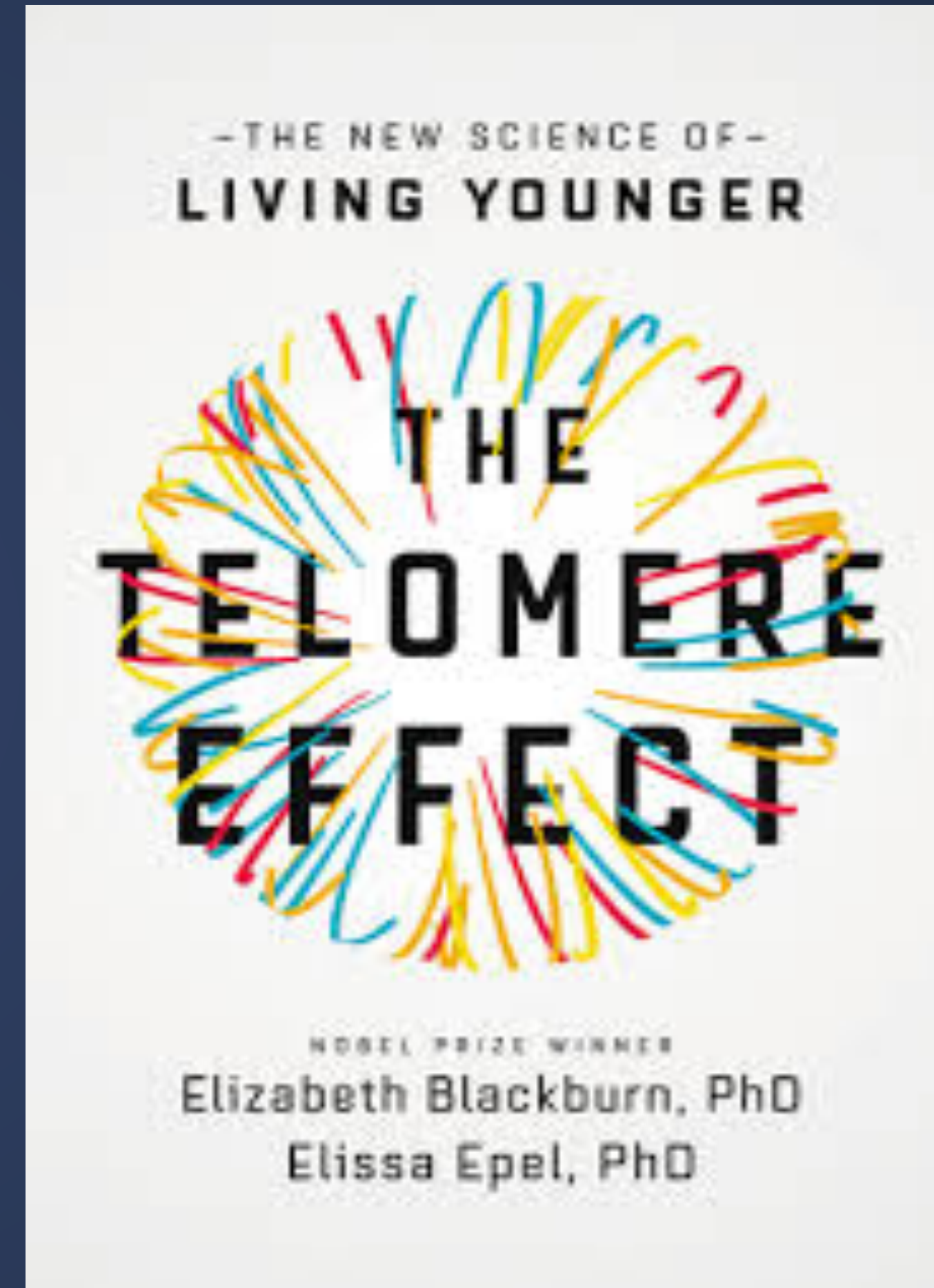
STUDY OF 1000 ADULTS AGED 35 TO 95

Q. 1: How much stress in your life this last year?

Q. 2: How much time did you spend helping others?

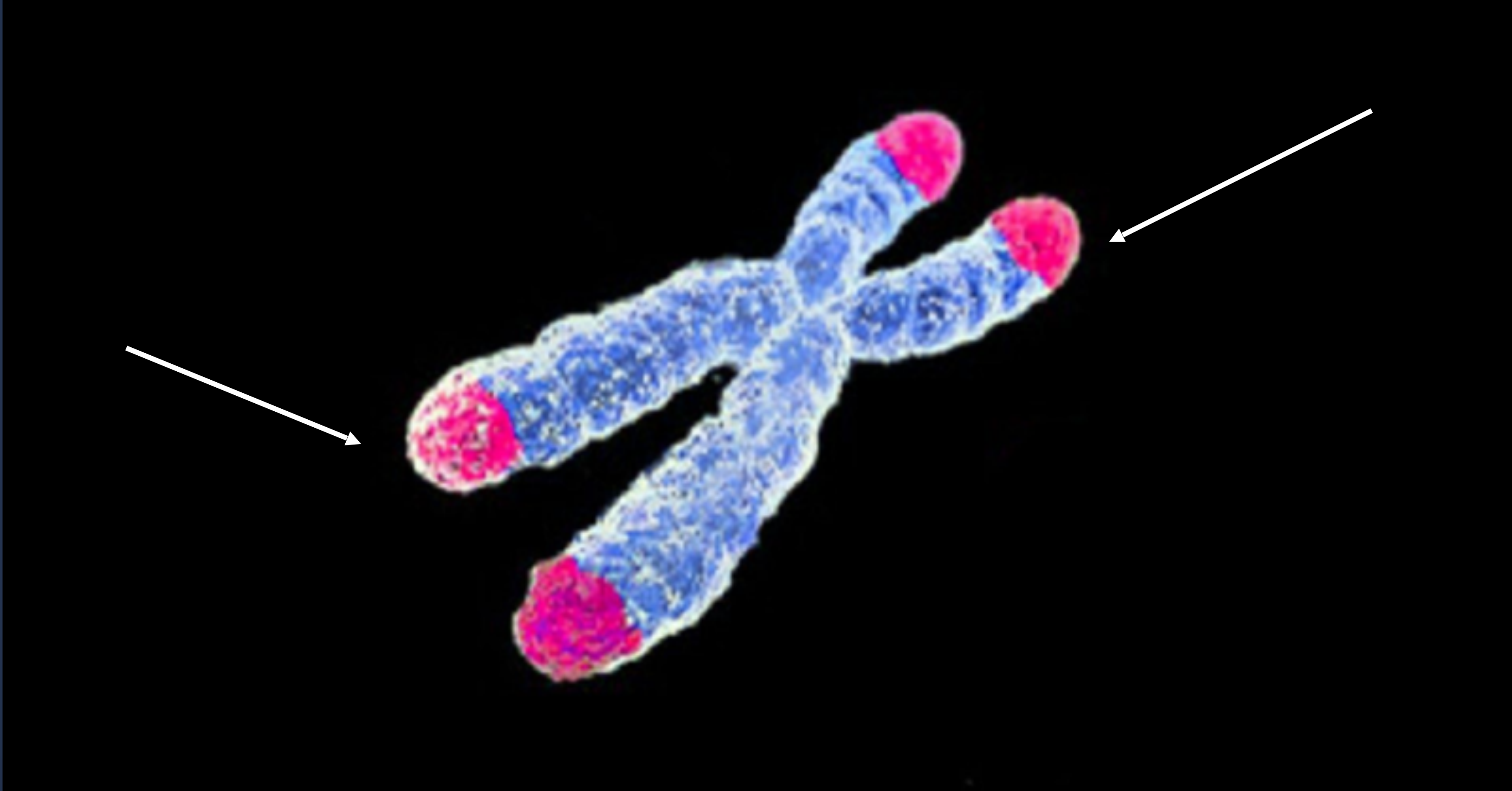
Q. 3: Who among you died?

# The Telomere Effect





TELOMERES = ENDS OF CHROMOSOMES



“You really have power to change what is happening to your own telomeres. Tightly-knit communities, being in a marriage long-term, lifelong friendships, all improve telomere maintenance.

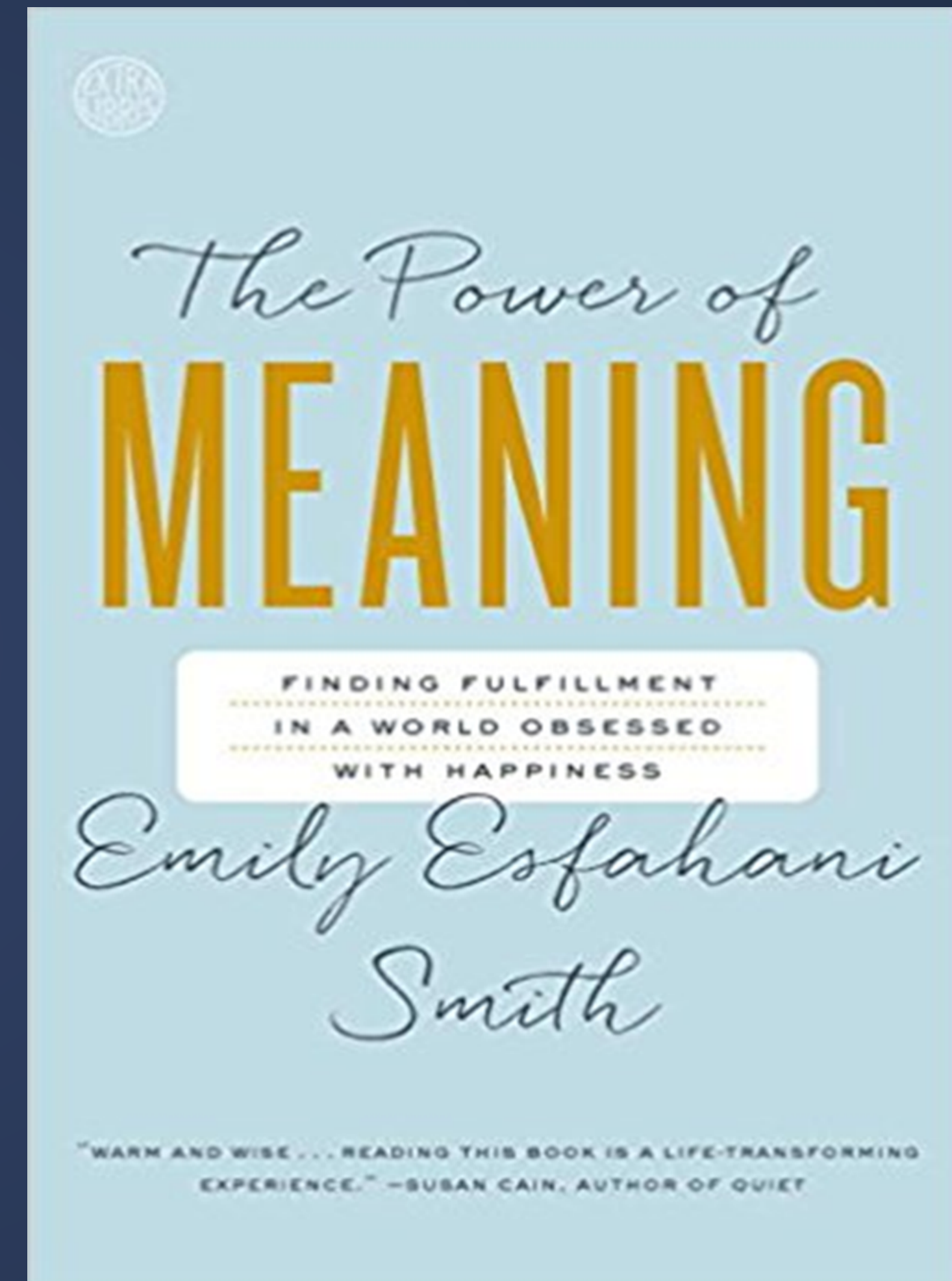
All this is telling us that I have the power to impact my telomeres, and I also have the power to impact yours.”

-Elizabeth Blackburn

[https://www.ted.com/talks/elizabeth\\_blackburn\\_the\\_science\\_of\\_cells\\_that\\_never\\_get\\_old/transcript?language=en](https://www.ted.com/talks/elizabeth_blackburn_the_science_of_cells_that_never_get_old/transcript?language=en)



# The Power of Meaning





## THE FOUR PILLARS OF MEANING

1. **BELONGING:** with family, friends, co-workers
2. **PURPOSE:** I use my talents and gifts for a goal I believe in—love and service
3. **TRANSCENDENCE:** moments in my life that open me to the “beyond” of my daily routine: beauty, creation, prayer, etc.
4. **STORY-TELLING:** I have a sense of gratitude for my life, despite my limitations and failures.