HONEST STRESS
CONFIRM VS DISAFFIRM
GROW VS SHRINK
HELP VS HARM
CAUSES - DISABILITY

- Mental, Behavioral Disorders
- Cardiovascular Diseases
- Neoplasms
- Musculoskeletal Disorders
- Diabetes, Blood, Endocrine Diseases
- Chronic Respiratory Disease
- Other Non-Communicable Diseases
- Unintentional Injuries
- Self-Harm, Interpersonal Violence
- Transport Injuries

% of Total Disability-Adjusted Life-Years

Source: NIMH.NIH.GOV
AUDITOR EXPERIENCE

AUDITOR WORK STRESS

TIME & BUDGET PRESSURE

AUDIT QUALITY

Safira, Mahmudi, Aisyah, 2022
ID VS EGO
The Effects of Stress

Arnsten, Raskind, Taylor, & Connor, 2014
THE EFFECTS OF STRESS

FRONTAL LOBE

HABITUAL RESPONSES

STRESSED FIGHT OR FLIGHT

HYPOTHALAMUS

BASAL GANGLIA

AMYGDALA

CONDITIONED EMOTIONS
ABLE VS UNABLE
STRESS

Feeling of being overwhelmed; unable to cope
ANXIOUS

From ‘merimnao’ (μεριμνάω) in Greek
Divided into parts; to go to pieces; pulled apart
HEALTHY COPING
ROLE CONFLICT  When one is faced with two or more mutually incompatible expectations

ROLE AMBIGUITY  When one is uncertain about the expectations of supervisors and/or clients

ROLE OVERLOAD  One’s perception of the excessive magnitude of work tasks

Smith, Emerson, & Boster, 2018
“When negative psychological response to work demands and/or interpersonal stressors ...and is thought to manifest through repeated or extended exposure to stressors.”

Smith, Emerson, & Boster, 2018
ROLE CONFLICT

ROLE AMBIGUITY

ROLE OVERLOAD

BURNOUT

- JOB SATISFACTION

- PERFORMANCE

Smith, Emerson, & Boster, 2018
IS THIS A STRESSOR? (APPRAISAL)

WHAT CAN I DO? (COPING)
**PRIMARY APPRAISAL**
Significance of a stressor or threatening event.

**SECONDARY APPRAISAL**
Controllability of and resources for a stressor or threatening event.
THREATENING EVENT OR STRESSOR

PERSONALLY MEANINGFUL?

YES → CAN I HANDLE IT?

NO → NOT STRESSED

NO → MORE STRESSED

THREAT

NO → YES

CHALLENGE

CONFIDENCE

GROWTH
PROBLEM-FOCUSED COPING
Aimed at resolving stressor or conflict;
Altering the source of the stressor

EMOTION-FOCUSED COPING
Aimed at changing how stress is attended to;
Managing emotions; changing meaning
SIMPLE RULES TO FOLLOW
IF YOU CAN CHANGE IT

How are you thinking about it?
What resources do you have?
What resources do/will you need?
IF YOU CANNOT CHANGE IT

Acceptance
Looking at it from a distance
Find some meaning
Make sense of it
Reframe it
RESORTATION
Relaxation, Prayer, Thanksgiving
RESORTATION

Relaxation, Prayer, Thanksgiving

Physical Activity, Healthy Lifestyle

Social Support, Community

Journaling

Positive Emotions

✦ Gratitude, Thankfulness
✦ Optimism, Hope, Trust, Faith
✦ Giving, Serving
PEACE

From ‘eirene’ (εἰρήνη) in Greek
To join; tie together into a whole;
Wholeness
WHAT IS ‘LIFE’?
“Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this.”

Henry Ford
“Life is a struggle.”

Voltaire
“The literal meaning of life is whatever you're doing that prevents you from killing yourself.”

Albert Camus, Philosopher & Author
“And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent.”

St. John the Apostle (John 17:3)
“My Momma always said, ‘Life was like a box of chocolates. You never know what you're gonna get.’”
WHAT IS THE MIND?
Mental = of the mind

The brain? If so, what is mental health?
Something more? If so, what is mental health?