

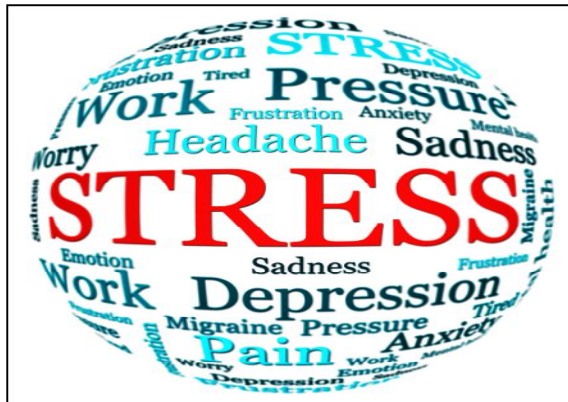


TACKLING OF STRESS



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ABSTRACT

Stress is your body's way of responding to any kind of demand or threat. When you sense danger whether it's real or imagined the body's defences kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response. Not all stress is bad for your performance. Stress can affect your performance in two different ways. Stress can help you when it makes you more alert, more motivated to practice, and gain a competitive edge. In the right amount, **stress helps you prepare**, focus, and perform at your optimal level. Conversely, too much stress, or bad stress, can cause performance anxiety, which hurts your health and does not allow you to play relaxed, confident, and focused in competition.

STRESS

Stress is an inclination portrayed by a horrendous condition of internal disturbance, regularly joined by apprehensive conduct, for example, walking forward and backward, substantial objections and rumination. It is the abstractly unsavory sensations of fear over anticipated events, like the sensation of unavoidable passing. Tension isn't equivalent to

fear, which is a reaction to a genuine or saw prompt danger, while nervousness is the assumption for future threat. Nervousness is a sensation of dread, anxiety, and stress, normally summed up and unfocused as an eruption to a circumstance that is just emotionally considered threatening. It is frequently joined by solid pressure, anxiety, exhaustion and issues in fixation. Uneasiness can be proper, yet when experienced consistently the individual might experience the ill effects of a tension issue.

Stress is a sensation of being under unusual strain. This strain can emerge out of various parts of your everyday life. For example, an expanded responsibility, a momentary period, a contention you have with your family or new and existing monetary concerns. You might see that it has a total impact, with every stressor expanding on top of each other.

During these circumstances you might feel undermined or upset and your body could make a pressure reaction. This can cause an assortment of actual side effects, fundamentally alter the manner in which you act, and lead you to encounter more extreme feelings.

Stress influences us in various ways, both actually and genuinely and in differing forces.

Athletics coaches are constantly experimenting on their athletes, whether consciously or not, by seeing how much training they can take. Up to a certain level the athlete improves in performance, to a measurable extent, but there eventually comes a point when the training is too much. The athlete becomes more and more tired and eventually breaks down. This breakdown is often seen in the form of listlessness, loss of appetite, poor sleep pattern, accompanied by a susceptibility to infections. Conversely, the athlete who has the right training load seems full of energy and is hardly ever ill.

Stress Disorders

The study of stress in sport lies within the realm of sport psychology. There are many disorders which are related to stress. Typically an athlete is diagnosed with general stress disorder, but there are more specific stress disorders as well. These disorders include, but are not limited to, obsessive-compulsive disorder (OCD), depression, and post-traumatic stress disorder. Stress can be manifested in people with OCD because the person will become so obsessed with their traditions, whether it is the number of times they must turn a light off, or clean their hands, if the person does not do it the correct number they will become stressed and will consume their thoughts until they go and correct it.

Depression can cause a person to become stress, and stress can cause depression because a person will become preoccupied with what is stressing them out, and will begin to focus only on that and soon not find pleasure in their normal everyday activities which will end up like a snowball effect and continue to get worse, unless they get help. Post-traumatic stress disorder is not usually a disorder that affects athletes but sometimes it may, especially after a traumatic car accident, or serious injury. PTSD is a very serious condition that can lead to further problems such as suicide. This is a condition not to be taken lightly and if the athlete is showing any signs of PTSD, they should be referred to a counselling centre in order to get proper treatment. There are many different stress disorders, many which need specialized treatment. At any time an athletic trainer feels like the athlete's stress level is becoming too high and unmanageable then the athlete needs to set up with a counselling centre so they can get proper help, and tools to help lower their stress level.

The Total Stress Load

The concept we have to bear in mind is the Total Stress Load. For the athlete the formula is: Lifestyle Stress + Emotional Stress + Training Stress + Competition Stress = Total Stress Load.

The fit athlete should be able to withstand stress better than the ordinary person because he or she is trained to perform well under pressure. However, if the athlete is training too hard or competing too much, a slight increase in the total stress can push them over the top. It is a sad fact that fitness is not the same as health;

the highly tuned athlete may be less healthy than the club athlete who maintains a high degree of fitness without going over his physical limits.

Being aware of the 'total stress load' concept enables the individual to maintain equilibrium and avoid succumbing to the effects of over-stress. Remembering that a moderate amount of stress is good for us, we must balance an increase of stress in one area with a decrease in another. Top-class athletes must bear in mind that they need a stable emotional and economic background if they are going to train and compete at the highest level.

How can I identify the signs of stress?

Everyone experiences stress. However, when it is affecting your life, health and wellbeing, it is important to tackle it as soon as possible, and while stress affects everyone differently.

- ❖ Sensations of consistent concern or nervousness
- ❖ Sensations of being overpowered
- ❖ Trouble concentrating
- ❖ State of mind swings or changes in your mind-set
- ❖ Touchiness or having an irritability
- ❖ Trouble unwinding
- ❖ Sorrow
- ❖ Low confidence
- ❖ Eating pretty much than expected
- ❖ Makes progress with in your resting propensities
- ❖ Utilizing liquor, tobacco or unlawful medications to unwind
- ❖ A throbbing painfulness, especially muscle strain
- ❖ Loose bowels and stoppage
- ❖ Sensations of sickness or unsteadiness
- ❖ Loss of sex drive.

What causes stress?

A wide range of circumstances can cause pressure. The most well-known include work, cash matters and associations with accomplices, kids or other relatives.

Stress might be caused either by significant disturbances and life occasions like separation, joblessness, moving house and mourning, or by a progression of minor aggravations, for example, feeling underestimated working or contending with a family member.¹⁶

Sometimes, there are no undeniable causes

Three steps to take when feeling stressed

1. Realise when it is causing you a problem

- ❖ Attempt to make the association between feeling drained or sick and the tensions you are confronted with
- ❖ Pay special attention to actual admonitions like tense muscles, over-sleepiness, cerebral pains or migraines³⁸
- ❖ 2. Distinguish the causes
- ❖ Attempt to distinguish the basic causes
- ❖ Sort the potential explanations behind your pressure into three classes 1) those with a pragmatic arrangement 2) those that will improve given time and 3) those you can't hope to make a difference with
- ❖ Attempt to deliver the concern of those in the second and third gatherings and let them go
- ❖ 3. Audit your way of life
- ❖ Would you be able to be taking on something over the top?
- ❖ Are there things you are doing which could be given over to another person?
- ❖ Would you be able to get things done in an all the more relaxed manner?
- ❖ To follow up on the response to these inquiries, you might have to focus on things you are attempting to accomplish and once again sort out your life
- ❖ This will assist with delivering pressure that can emerge out of attempting to do everything simultaneously

Seven steps to help protect yourself from stress

1. Eat healthily

- Eating steadily can decrease the dangers of diet-related diseases³⁹
- There is a developing measure of proof appearance how food influences our mood⁴⁰ and how eating steadily can work on this
- You can safeguard your sensations of prosperity by guaranteeing that your eating regimen gives sufficient measures of mind supplements like fundamental nutrients and minerals, as well as water⁴¹

2. Be aware of smoking and drinking alcohol

- Try not to, or reduce the amount you smoke and drink alcohol
- Even though they may seem to reduce tension initially, this is misleading as they often make problems worse⁴²

3. Exercise

- Attempt and incorporate actual exercise into your way of life as it tends to be extremely successful in assuaging pressure
- Indeed, even going out and getting some outside air, and taking some light actual exercise, such as taking a stroll to the shops can truly help⁴³
- 4. Take break
- Invest in some opportunity to unwind
- Find some kind of harmony between obligation to other people and obligation to yourself, this can truly decrease feelings of anxiety
- Let yourself know that it is OK to focus on taking care of oneself • Are you really wanting break yet saying 'I can't get some much needed rest', assuming this is the case perused more with regards to how having some time off is significant for great emotional wellness

5. Be mindful

- Care is a psyche body way to deal with life that assists us with relating contrastingly to encounters. It includes focusing on our contemplations and sentiments such that expands our capacity to oversee tough spots and use sound judgment
- Attempt to rehearse care routinely
- Care reflection can be drilled anyplace whenever
- Research has proposed that it can decrease the impacts of pressure, nervousness and related issues like a sleeping disorder, unfortunate focus and low dispositions, in some people⁴⁴
- Our Be Mindful site includes an extraordinarily evolved web-based course in care, as well as subtleties of neighborhood courses in your space

6. Get some restful sleep

- You observing you are battling to rest. This is a typical issue when you're anxious
- Your physical or emotional wellness be affecting your capacity to rest.
- You change your current circumstance to assist with working on your rest.
- You get up as opposed to remaining in bed when your psyche is stressing around evening time.
- You roll out little improvements to your way of life to help your get a soothing rest.

7. Don't be too hard on yourself

- Attempt to keep things in context.
- Recollect that having an awful day is an all inclusive human experience
- Whenever your inward pundit or an external pundit tracks down flaws, attempt and track down truth and special case for what is being said
- Assuming that you stagger or feel you have fizzled, don't whip yourself
- Go about as though you were your own dearest companion: be caring and strong
- Require a couple of moments every day to see the value in yourself

Improving your ability to handle stress

Get moving. Increasing your movement level is one strategy you can utilize right now to assist with alleviating pressure and begin to feel much improved. Customary exercise can lift your temperament and fill in as an interruption from stresses, permitting you to break out of the pattern of negative considerations that feed pressure. Musical activities like strolling, running, swimming, and moving are especially compelling, particularly assuming you practice carefully (concentrating on the actual sensations you experience as you move).

Connect to others. The straightforward demonstration of talking eye to eye with another human can set off chemicals that assuage pressure while you're feeling unsettled or uncertain. Indeed, even only a concise trade of kind words or an amicable look from another person can help quiet and relieve your sensory system. In this way, invest energy with individuals who work on your mind-set and don't allow your

obligations to hold you back from having a public activity. In the event that you don't have any cozy connections, or your connections are the wellspring of your pressure, focus on it to construct more grounded and additional wonderful associations.

Engage your senses. One more quick method for calming pressure is by drawing in at least one of your faculties sight, sound, taste, smell, contact, or development. The key is to track down the tangible information that works for you. Does standing by listening to an elevating tune cause you to feel quiet? Or on the other hand smelling ground espresso? Or on the other hand perhaps petting a creature works rapidly to cause you to feel focused? Everybody answers to tactile information somewhat better, so examination to track down what turns out best for you.

Learn to relax. You can't totally take out pressure from your life, however you can handle the amount it influences you. Unwinding methods like yoga, contemplation, and profound breathing initiate the body's unwinding reaction, a condition of serenity that is the perfect inverse of the pressure reaction. When rehearsed routinely, these exercises can lessen your regular feelings of anxiety and lift sensations of delight and peacefulness. They additionally increment your capacity to remain even-tempered under tension.

Eat a healthy diet. The food you eat can improve or demolish your mind-set and influence your capacity to adapt to life's stressors. Eating an eating routine brimming with handled and comfort food, refined carbs, and sweet tidbits can demolish indications of stress, while an eating regimen wealthy in new products of the soil, great protein, and omega-3 unsaturated fats, can assist you with better adapting to life's high points and low points.

Get your rest. Feeling tired can increment stress by making you think nonsensically. Simultaneously, ongoing pressure can upset your rest. Regardless of whether you're experiencing difficulty nodding off or staying unconscious around evening time, there are a lot of ways of working on your rest so you feel not so much pushed but rather more useful and genuinely

adjusted. Stress Management - Enhance your prosperity by lessening pressure and building versatility. (Harvard Medical School Special Health Report) Getting the Stress Response - Learn what occurs in your body when you're worried, and how ongoing enactment of this endurance system disables wellbeing. (Harvard Health) Stress Effects on the Body - An intuitive manual for what stress means for the actual soundness of your body. (American Psychological Association) Stress and Your Health - Learn what stress means for ladies' wellbeing. (Office on Women's Health) Understanding and Dealing with Stress - Course on the signs and indications of stress and how to actually manage it. (Mountain State Centers for Independent Living)

CONCLUSION-

In today's fast-paced world, chronic stress is common, but your mind and body pay a high price. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance. You can protect yourself and improve how you think and feel by learning.

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