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“STRESS –HOW TO DEAL WITH IT”

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ABSTRACT:

After two decades 21st century people have hectic and competitive life. Stress has become an integral part of life which further gets converted into depression and moving ahead with depression has shown certain stories ending with suicide and similar to like that. To a great extent if we see stress is somewhere necessary but it depends on the perception and mindset of an individual, competition instead of being stressful can be healthy which could even help in attaining better and sometimes unattainable goals in life, sometimes people come out of their shells in context to positive and healthy competition but the moment we take competition in a stressful manner things change drastically. In accordance to deal with stress certain remedies will also be discussed in later part of the study.



KEY WORDS: depression and moving ahead , attaining better, stressful manner.

INTRODUCTION:

Every now and then we confront barking dogs on the streets while walking or during post meal walk in night, we even realize an unseen threat of getting attacked. This fear is generated by a hypothalamus, present in our brain which provokes us in advance to cope up with the situation which suddenly arises. This activity by nerves leads Adrenal glands, release a hormones adrenaline and cortisol.

Adrenaline hormone tends to reciprocate with rise in heart rate and increases BP further additionally it even lead to enhancement in the energy supply. In addition to this, Cortisol, which is popularly called as stress hormone enhances glucose level present in blood of our body. The final outcome of all this leads to creation of stress in human mind which is mainly not realized by people but affects them greatly.

ALARMING SITUATION WHEN STRESS BECOMES NEGATIVE OR HARMFUL

When cortisol responds continuously and is active for a longer period of time along with the help of other hormones becomes stronger and leads to stress. The level of stress keeps increasing with the continuation of the above mentioned process and person becomes more exposed to certain health problems such as: sleep disorder, indigestion, pain in body, heart disorder, high BP, headache, increase or decrease in weight, loss of memory, psychological disorders, effect in menstruation cycle, menopause

and mainly depression (which is commonly seen but people don't realize and are also not willing to accept).

So looking at the effects it becomes kind of mandatory to look over the issue in a very serious manner.

UNDERSTANDING POSITIVE STRESS:

Good stress and positive stress are commonly used synonyms. It is a situation when a respondent performs well under challenging environment with full preparation and practice and further to which develops positive attitude. Also the person gains positive experience as well as ready to perform again if asked to repeat the task or competition. To understand better certain examples of situation can be taken into consideration like: a boy who just cleared his class XII and is now excited to go to his new college. Another example can be a person got transferred to a desired location where he wanted to go from so long. Here person can be seen performing better than the normal circumstances and working whole heartedly to attain the desired goals not out of pressure but out of choice or passion he possess towards it.

Even to a surprise same situation can be of positive stress or negative stress for two individuals for eg. A student going to a college for the first time may be excited due to new environment, new friends etc whereas the other individual may be under negative stress regarding ragging by the seniors or bullying by his friends. So in short we can also say its all about the perception and how we react to a particular situation.

REASONS FOR GOOD STRESS:

Stress is good till the time it generates excitement, positivity, healthy competitiveness, result oriented etc but the moment the person is under pressure the situation is really alarming and a person should work for it to get rid of. Usually the therapies and Yoga proves to be the best tools to overcome stress but the saddest part is that most of the person doesn't even realize that he is under negative stress and directly challenging his health and life. With the help of positive stress people do work in an excessive manner to attain desired results but an excited manner not in a stressful attitude under pressure. Also it is being observed that people working with positive attitude are able to derive better and unattainable results as well.

Positive stress has certain benefits for an Individual such as self-motivation, ability to grow, develops self-confidence, positive attitude, and good mental health, peaceful and satisfied life. People working with positive stress and attitude generally motivate others too whereas people with negative stress convey what they feel about the work that is negativity which further makes them separate from the group and people start avoiding them due to negative attitude they possess.

HOW TO OVERCOME STRESS IN A PEACEFUL MANNER:

1. Benefits from Yoga:

Globally the benefits from yoga are discussed today, even the psychological and doctors recommend yoga to patients as it builds a positivity in one's mind. People who regularly practice Yoga and meditation feel the connectivity with the God or spiritual aspects, a feeling of sacredness which one can't even describe rather only can be only felt. There are numerous cases where people practiced Yoga and overcame from depression and stress as well. Beauty of Yoga is can be practiced anywhere by anyone and if regularly practiced has multiple benefits for oneself.

2. Relief from Autogenic Training:

Autogenic training is considered as one of the most prominent relaxing technique which was introduced in 1932 by Johannes Heinrich Schultz a German psychiatrist. He during his session of hypnosis realized that people get into a relaxation mode which reduces there heaviness, tension and stress and makes them feel warmth and calmness. So Autogenic Training can also prove as a tool which helps people reduce their anxiety and stress and attain calmness from heaviness.

3. Progressive Muscle Relaxation technique for stress:

While working on progressive muscle relaxation technique an individual need to tense his muscles while breathing in, and need to relax the muscles as breathing out. The same order need to be followed in for a certain period and an individual will surely see the changes once practiced rigorously. Also once the body attains the level of relaxation then the feeling of anxious will be eradicated. Initially a person may find it little difficult but in a period of a week he can manage all alone and can be confident on practicing it.

Certain studies have also highlighted that people find PMR as one of the most effective tool for stress and anxiety reduction, even it is also revealed that people get multiple benefits even in day to day life.

CONCLUSION:

It can be judged that people working in positive stress spread more of satisfaction, likeness, positivity, motivation, etc in the work place. Whereas people with negative stress harm themselves as well as the society or the people working or staying near them. With the help of therapy, Yoga, Autogenic Training can help people to overcome from stress special negative. In general time also people can do meditation which tends to develop positivity and peaceful mind.

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