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STRESS MANAGEMENT



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WHAT IS STRESS?

Stress is what you're feeling once you ought to handle over you're wont to. once you area unit stressed , your body responds as if you're in peril . It makes hormones that speed up your heart , build your breath quicker and provides you a burst of energy . this is often known as the fight – to – flight stress response

Some stress is traditional and even helpful. the strain will facilitate if you would like to figure laborious or react quickly .

Eg: It will assist you to win a race (or) end a very important job on time.

however if stress happens too typically (or) lasts too long, it will have a nasty effects.

It will weaken your system, creating it more durable to oppose unwellness. It will cause you to moody (or) depressed.

It suffers you and also your neighbours at home as well as at work place.

KEYWORDS :*Stress Management , Psychological problems , Physical conditions .*

INTRODUCTION :

MEASURING A STRESS:

Sometimes clearly we can say where it from such as death of loved ones, getting married, but most of times we didn't know why we feel stress.

CAUSES OF STRESS:

A cause of stress is known as Stressors. It is classified into,

Internal stressors –Physical ailments such as infection or inflammation , or Psychological problems such as worrying about something.



STRESS MANAGEMENT

External stressors – Physical conditions such as heart (or) cold, psychological environments such as working conditions and abusing relationships.

BIGGEST CAUSES OF STRESS:

- ✓ Finances
- ✓ Work
- ✓ Family
- ✓ Health
- ✓ Balancing Work and Personal life
- ✓ Relationships

SYMPTOMS:

Physically we feel as follows:

- ✓ Sleeping problems
- ✓ Change in appetite
- ✓ Upset stomach
- ✓ Headaches
- ✓ Tension in neck
- ✓ Trembling / Shaking
- ✓ Rapid heartbeat
- ✓ Sweaty hands
- ✓ Craving sweet and / or fatty foods

At behavioral wise,

- ✓ Frequent crying
- ✓ Increased smoking, alcohol (or) drug use
- ✓ Aggressiveness towards others

At feelings wise,

- ✓ Fear
- ✓ Sadness
- ✓ Moodiness

Thoughts which occurs at the time of stress,

- ✓ Constant worry
- ✓ Negative thinking
- ✓ Anticipatory anxiety
- ✓ Frustration
- ✓ Self – criticism
- ✓ Confusion
- ✓ Visualizing failure
- ✓ Low self – esteem

STRESS AT WORK PLACE:

Stress in the work place reduces productivity , increases management pressures and

makes people ill in many ways, evidence of which is still increasing.

In one US study as many as 40% of workers described their jobs as very stressful.

As regards official health records, in the UK, nursing and teaching occupations are most affected by work – related stress.

Care workers, Managers and professionals are the next highest affected occupations.

UK HSE work –related stress statistics suggest that work – related stress affects men and women in equal numbers and that people in the 45 – retirement age suffer more than younger people.

CLASSIFICATION OF STRESSORS:

Short – term (Acute) : the stress which lasts for short time period

Long – term (Chronic) : the stress which lasts long for long time period such as week, month, year.

FACTORS INFLUENCING THE EFFECTS OF STRESS AND STRESS SUSCEPTIBILITY:

A person's susceptibility to stress can be affected by any one (or) all of these factors, which means that everyone has different tolerance to stressors.

- + Childhood experience
- + Personality
- + Genetics
- + Immunity abnormality
- + Lifestyle
- + Duration and intensity of stressors

TIPS TO REDUCE STRESS:

Practice deep breathing:

This is both an acute and chronic relaxation option.

For a quick way to de – stress, take to deep breaths.

Focus on breathing in through your nose and out through your mouth.

As you exhale, imagine all of your stress and worries flowing out of your body.

Using breathing exercises daily will make you feel calmer.

Exercise:

Exercise can also counteract depression.

Doing exercise will make us relax and feel happy and healthy.

Sleep:

This is one of the hardest areas to adjust for most people.

Normally 7-9 hours are recommended to fall asleep for a normal person.

If the time of sleep reduces at night means, take rest for 30 minutes to an hour in the afternoon.

Eat well:

Taking care of our health reduces the maximum stress.

Fruits, vegetables, whole grains and lean proteins are to be taken mandatorily to maintain good health.

Avoid excess sugar , caffeine , and other substances that will cause our energy levels to fluctuate dramatically.

Know and respect your limits:

Many of us try to improve order (or) control on areas over which we have little power. When facing a difficult situation , take a step back and evaluate which parts of the situation you have control over and which you do not.

If you realize a situation is largely out of your hands , let it go rather than fighting it.

Be an advocate for yourself:

Celebrate your successes rather than dwelling on what you perceive as your weaknesses.

Visualize success:

Before any big event, visualize the scenario. Try to picture all aspects of the situation and how you might feel during the event. This kind of mental practice can make the actual event seem far less intimidating .

Shift your focus:

When stressed, many people focus on their thoughts inward. This internal focus will heighten their stress and anxiety.

Rather than constantly thinking about the issues that are causing you stress , try to focus more on the external environment.

Talk to others:

Sharing your feelings of frustration , worry and more with others you are close to can help alleviate stress.

Others perspectives can help you see that while things may appear bleak , they are actually not as bad.

Explore your spiritual side:

Seeking spirituality can greatly reduce stress , regardless of your religious affiliation. Finding meaning and purpose can help you feel more joyful.

Take a break:

Stress tends to buildup and can overpower us if we don't take breaks from our work.

We can take a break of 5 – 10 minutes (recommended for every 60 – 90 minutes of studying or working)

- Small walk
- Breath exercise
- Listen to music
- Chat with friends
- Have a healthy snack

And also we can take a break of 30 + minutes,

STRESS MANAGEMENT

- Exercises
- Long walk
- Conversation with friends
- Watch a movie
- Short nap

Do Meditation:

Doing meditation helps people to get relief from their stress. By practicing it daily up to 10-20 minutes a man can get a positive energy and he/she can work more effectively than before without any stress.

It also enriches the talents of a person which are embedded in him/her. It leads to self-actualization of a person.

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