



ISSN: 2249-894X
 IMPACT FACTOR : 5.7631 (UIF)
 UGC APPROVED JOURNAL NO. 48514
 VOLUME - 8 | ISSUE - 8 | MAY - 2019

HEALTHY WAYS TO HANDLE STRESS

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ABSTRACT:

Stress is a part of day to day living. Stress is what you feel if you are in danger or if you have more on your plate that you can handle your body perceives any serious difficulty as a threat and you go into a state called the fight-or-flight response. Every thing in life can cause stress. you can be stress by relationship problems, family problems, emotional problems (such as anxiety and depression), social situations, your job and where you live. Stress can affect your relationship and work so you should have an idea of the major stressors and healthier way to manage stress. Managing stress is all about taking change of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is balanced life. With time for



work, relationship, rexation, and fun plus the resilience to hold up under pressure and meet challenges head on. Stress management start with identifying the sources of stress in your life. this isn't as easy as its sounds .your true source of stress aren't always obvious and its too easy to overlook your own stress-including thoughts, feelings, and behavior sure, you may know that you're constantly worried about work deadlines to identify your true sources of stress, look closely at your habits, attitude, and excuses. If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. You can either change the situation or change your reaction. Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

KEYWORDS: *relationship problems, family problems, emotional problems.*

INTRODUCTION :

To effectively manage stress, it is best to devote attention to all aspects of life, including social, physical, emotional, career, intellectual, environmental, and spiritual. Here are some tips for handling **STRESS**:

S= Stay away from stress
T= Time Management

R= Reframe problems
E= Enthusiastically Receive the Things You Can't Change
S= Satisfy with Environment
S= Strong athletic life styles

1: Stay away from stress

Yes, staying away from stress is by far one of the easiest ways to reduce and manage your stress. staying away mean reducing the time spent hanging around colleagues who whine and complain a lot. These people have a natural tendency to suck

you into their misery. They seem as though they have a legitimate concern most of the time, and they just want to whine.

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate. **Learn how to say "no"** - Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added

responsibilities when you're close to reaching them. Taking on more than you can handle is a surefire recipe for stress. **Avoid people who stress you out** – If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely. **Take control of your environment** – If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online. **Avoid hot-button topics** – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion. **Pare down your to-do list** – Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the "shoulds" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

2: Time Management

Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. But if you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.

Good time management is essential if you are to handle a heavy workload without excessive stress. By using time management skills effectively, you can reduce work stress by being more in control of your time, and by being more productive. This ensures that you have time to relax outside work. Assess the value of your time, understand how effectively you are using it, and improve your time use habits; Focus on your priorities so that you focus on the most important jobs to do, delegate tasks where possible, and drop low value jobs; Manage and avoid distractions; and create more time. Time Management helps you to reduce long-term stress by giving you direction when you have too much work to do. It puts you in control of where you are going, and helps you to increase your productivity. By being efficient in your use of time, you should enjoy your current role more, and should find that you are able to find the time to relax outside work and enjoy life.

3: Reframe problems

Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some time alone. If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. **Look at the big picture.** Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere. **Adjust your standards.** Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough." **Focus on the positive.** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

4: Enthusiastically Receive the Things You Can't Change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change. **Don't try to control the uncontrollable.** Many things in life are beyond our control— particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. **Look for the upside.** As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes. **Share your feelings.** Talk to a trusted friend or make an appointment with a therapist. Expressing what you're going through can be very cathartic,

even if there's nothing you can do to alter the stressful situation **Learn to forgive**. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

5: Satisfy with Environment

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury. **Set aside relaxation time**. Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries. **Connect with others**. Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress. **Do something you enjoy every day**. Make time for leisure activities that bring you joy, whether it be star gazing, playing the piano, or working on your bike. **Keep your sense of humor**. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

6: Strong athletic life styles

You can increase your resistance to stress by strengthening your physical health. **Exercise regularly**. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension. **Eat a healthy diet**. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day. **Reduce caffeine and sugar**. The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better. **Avoid alcohol, cigarettes, and drugs**. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind. **Get enough sleep**. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

CONCLUSION

If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts. You can control your stress levels with relaxation techniques that evoke the body's relaxation response, a state of restfulness that is the opposite of the stress response. Regularly practicing these techniques will build your physical and emotional resilience, heal your body, and boost your overall feelings of joy and equanimity.

HEALTHY WAYS TO RELAX AND RECHARGE

- ❖ Go for a walk.
- ❖ Spend time in nature.
- ❖ Call a good friend.
- ❖ Sweat out tension with a good workout.
- ❖ Write in your journal.
- ❖ Take a long bath.
- ❖ Savor a warm cup of coffee or tea.
- ❖ Play with a pet.
- ❖ Work in your garden.

- ❖ Get a massage.
- ❖ Curl up with a good book.
- ❖ Listen to music.
- ❖ Watch a comedy.
- ❖ Light scented candles.

Annexure

Stress Warning Signs and Symptoms

Mental (Cognitive) Symptoms	Emotional Symptoms
<ul style="list-style-type: none"> • Memory lapses • difficulty to concentrate • Poor judgment • Seeing only the negative • Anxious or racing thoughts • Fuzzy thinking • Constant worrying • Mind going in circles 	<ul style="list-style-type: none"> • Moodiness • Anxiety • Depression • Irritability • Feeling of hopelessness/powerlessness • Irritability or short temper • Agitation, inability to relax • Feeling overwhelmed • resentment • Sense of loneliness and isolation • Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none"> • Aches and pains • Increased sweating • Trembling hands • Diarrhea or constipation • Nausea, dizziness • Dry mouth • Feet and cold clammy hands • Chest pain, rapid heartbeat • Loss of sex drive • Frequent colds 	<ul style="list-style-type: none"> • Eating more or less • Increased or decreased Sleeping • Isolating yourself from others • Procrastinating or neglecting responsibilities • Using alcohol, cigarettes, or drugs to relax • Nervous habits (e.g. nail biting, pacing, hair pulling) • Reckless driving

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