

Stress Management

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Abstract:- Stress is a reality of everyday life. When people reach out for help, they are often dealing with circumstances, situations, and stressors in their lives that run off them feeling emotionally and physically inundated. Many people feel that they have very little resources or skills to deal with the high levels of stress they are experiencing. If we always respond in a negative way, our health may go under heavy depression. By understanding ourselves and our reaction to stress-frustrating situations, we can learn to handle stress more effectively. In the most accurate meaning, stress management is not about learning how to avoid or escape the pressures and turbulence of modern living; it is about learning to appreciate how the body reacts to these pressures, and about learning how to develop skills which enhance the body's adjustment. To learn stress management is to learn about the mind-body connection and to the degree to which we can control our health in a positive sense.

Key words: stress, positive stress, negative stress, stress management.

I. INTRODUCTION

Stress is essential part of our daily lives. It may be trouble-free or severe. Without stress, our body wouldn't react at all, even in time of extreme danger. Stress can come from any situation or thought that makes you feel frustrated, angry, or anxious. It has two sides. Some harmful stress should be manage efficiently and with care. Everyone sees situations differently and has different coping skills. For this reason, no two people will respond exactly the same way to a given situation. Stress is a normal part of life. In good side, stress is good; it can motivate you and help you become more fruitful. However, too much stress, or a strong response to stress can be hazardous that may leads to depression. How we take in a stress provoking event and how we react to it determines its impact on our health. We may be motivated and recharged by the events in our lives, or we may see some as "stressful" and respond in a manner that may have a negative consequence on our physical, mental, and social well-being.

II. STRESS

"Stress is the emotional and physical strain caused by our response to pressure from the outside world." "What happens is not as important as how you react to what happens" Thaddeus Golas. However, too much stress, or a strong response to stress can be harmful. How we perceive a stress provoking event and how we react to it determines its impact on our health. We may be encouraged and

invigorated by the events in our lives, or we may see some as "stressful" and respond in a manner that may have a negative effect on our physical, mental, and social well-being.

In the most accurate meaning, stress management is not about learning how to avoid or escape the pressures and turbulence of modern living; it is about learning to appreciate how the body reacts to these pressures, and about learning how to develop skills which enhance the body's adjustment. To learn stress management is to learn about the mind-body connection and to the degree to which we can control our health in a positive sense.

III. SOURCE OF STRESS

The main sources of stress are:

A. The Environment

The environment can open fire on you with powerful and competing demands to adjust. Examples of environmental stressors include weather, noise, crowding, pollution, traffic, insecure and unsatisfactory housing, and crime.

B. Social Stressors

We can experience multiple stressors arising from the demands of the different social roles we occupy, such as parent, spouse, caregiver, and employee. Some examples of social stressors include deadlines in working condition, financial problems, job interviews, presentations, disagreements, demand for your time, consideration, loss of a loved one, divorce, and co-parenting.

C. Physiological

Situations and circumstances affecting our body can be experienced as physiological stressors. Examples of physiological stressors include rapid growth of adolescence, menopause, illness, aging, giving birth, accidents, lack of exercise, poor nutrition, and sleep disturbances.

D. Thoughts

Over thinking interprets situations as stressful, difficult, painful, or pleasant. Some situations in life are stress provoking, but it is our thoughts that determine whether they are a problem for us.

IV. TYPES OF STRESSORS

Situations that are considered stress provoking are known as stressors. There are two types of stressors, they are positive

stressors and negative stressors. Stress is not always a bad thing. Stress is simply the body's response to changes that create challenging demands. Many professionals suggest that there is a difference between what we observe as positive stress, and distress, which refers to negative stress.

Positive stress is good like receiving a promotion at work, starting a new job, marriage or commitment ceremony, buying a home, having a child, moving, taking or planning a vacation, holiday seasons, retiring etc

In contrast, negative stress may create lot of issues mentally and physically , Causes anxiety or , Feels unpleasant, Decreases performance, Conflict in interpersonal relationships, Job insecurity

Steps for the Stress Management

A. Route Out The Source Of Stress

The first step of stress management is that identify the problem and the source of the problem. This is the crucial stage of the stress management. Because the term 'stress' is a qualitative term, so we can't measure the intensity or which is difficult to recognized by others. Effect of the stress may be different from others due to the handling of the specific issue. In this step not only finding the source but also we have to identify when they effect to us, how to effect. The main source of the stress may be any kind of change that may be in working condition, time schedule, death of a family member, starting new venture, environmental changes etc

B. Solution For Every Problem

The next step is to recognize that every problem has its own best possible solutions. At the same time we should accept the own ability to handle every issues. As well as we have to develop possible alternatives to face the problems. Then analyse each and every possible solutions with SWOT analysis. That means the strength and weakness of the possible alternatives, opportunities and threats of them have to be analysed. Then select the best possible solution.

Some time we cannot avoid the problems. So we should adjust our self with the problems.

C. Physical Care

- **Take a deep breath** :- When stressed we have a tendency to take quick, shallow breaths. Deep breathing brings fresh air in, forces old air out and brings about relaxation.
- **Eat well**:- Doing something that's healthy for your body or mind when you're feeling stressed can help you feel better. Keeping the body as healthy by eating nutritious foods. Physical activity and avoiding tobacco, alcohol and other drugs can also lower your overall stress level or help keep stress under control.

Everyone knows good nutrition makes you healthier. Only some people realize that it also keeps you alert through the day and your mood steady. People who eat mostly junk food have highs and lows in their energy level, which harms their ability to reduce stress. Instead of eating greasy or sugary foods, eat more fruits, vegetables, and whole grains they keep you focused for a longer time.

- **Sleep well**: Most kids don't get the sleep they need to grow and think clearly. Tired people can't learn as well and can be impatient and irritable. Here are some ideas to improve your sleep.
- **Exercise**: Exercise is the most important part of a plan to manage stress. When you are stressed, exercise is the best and powerful option to reduce the stress. Exercise every day to control stress and build a strong, healthy body. You may think you don't have time to exercise when you are most stressed, but that is exactly when you need it the most. We have waste lot of time for unproductive activities. So from that time managing schedule everyone should keep a portion of time for exercise. Some people exercise before school because they can focus and learn better.
- **Meditation**: In walking meditation, mindfulness involves being focused on the physicality of each step; the sensation of your feet touching the ground; the rhythm of your breath while moving, and feeling the wind against your face.

D. Mental Care

- **Avoid Unnecessary Stress**:- Learn to say "no" whenever need. Cannot attend two or more actions at a time. Taking on more than we can handle is a recipe for stress.
- **Alter the Situation**:- If we can't avoid a stressful situation, try to alter it. Do what we can to change things so the problem will not occur in the future. Examples include being willing to compromise, being more assertive and better time management.
- **Maintain a positive attitude**:- Try to maintain a positive attitude and minimize negativity. Avoid complaining, criticizing and gossiping.
- **Whenever possible, laugh**:- It's great medicine.
- **Mental Health Benefits of smile** :- Adds joy, zest to life Eases, anxiety and fear Relieves stress, Improves mood, Enhances resilience and mental relaxation
- **Social Benefits**: Strengthens relationships, Attracts others to us, Enhances teamwork, Helps defuse conflict Promotes group bonding and maintain the

healthy relationship. To learn stress management is to learn about the mind-body connection and to the degree to which we can control our health in a positive sense.

Stress is an inevitable in our daily life. If we take a responsibility, we should handle stress. Which cannot be avoid. Every challenge should be accept for the growth. Every problem has its own solution. Stress can be avoid or manage efficiently. The main cause of stress is change. Changes should accept and try to cope up with the change too.

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