



Stress Management

DR. ASHOKKUMAR L. PATEL
(H.O.D. Sanskrit)

Akhand Anand Arts & Commerce College, Ved Road Surat.
Gujarat (India)

Abstract:

In coming year and also present time men's are being death that is main reason is stress. Today stress has been made world spread diseases. Today 60% to 90% persons are seeking and its main reason stress. Every man's have to experience of many types of stress in their life and they also attack to stressful situation but in same situation there is no same nature & reaction to all man's but they are personally different. There is no same reaction to all problems for all people. When problem increases, at that time person has been feared like that to worry, to feel alone, to energy less. Via this article, the author wants to convey the relaxation techniques of stress and its management in routine life.

Keywords: *Behaviour, Environment, Life style, Psychology, Stress, Stress management*

1. Introduction

Stress management is an important part of daily living for everyone. The concept of stress was first introduced in the life sciences by Selye. One finds stress is everywhere, whether it is within the family, organization or any other social or economic activity. Different people have different views about it as stress can be experience form a variety of sources. However stress becomes excessive it can be very damaging. It can harm: health, happiness, work performance, team spirit and co-operation, relationship personal development. The symptoms of stress are many and varied, such as: irritability, headaches, illness, insomnia, tiredness and many more.....

2. What is stress?

“The term stress refers to negative emotional experiences with associated behavioral, biochemical and physiological changes that are related to perceived acute or chronic challenges.”

“Stress is the wear and tear caused by life.”

“Stress is dangerous when it is unduly prolonged, comes to often or concentrates on one particular organ of the body.”

1. Adjustment Disorders

Adjustment disorders are types of light compare to any other abnormal disorders.

2. Posttraumatic stress Disorder

When in PTSD stressful situation/catalyst produces it is out of line of experience of man's daily life.

3. Combat induced Disorders

Normally in situation of every war during war time symptoms of anxiety, depression and fear seen in soldiers. General adaptation syndrome is a term used to describe the body's short-term and long-term reactions to stress. Stressors in humans include such physical stressors as starvation, being hit by a car, or suffering through severe weather. Additionally, humans can suffer such emotional or mental stressors as the loss of a loved one, the inability to solve a problem, or even having a difficult day at work. Three distinctive stages in the syndrome's evolution. He called these stages the alarm reaction, the stage of resistance, and the stage of exhaustion.

Stage 1: Alarm Reaction

The first stage of the general adaptation stage, the alarm reaction, is the immediate reaction to a stressor. In the initial phase of stress, humans exhibit a "fight or flight" response, which prepares the body for physical activity. However, this initial response can also decrease the effectiveness of the immune system, making persons more susceptible to illness during this phase.

Stage 2: Stage of Resistance

Stage 2 might also be named the stage of adaptation, instead of the stage of resistance. During this phase, if the stress continues, the body adapts to the stressors it is exposed to. Changes at many levels take place in order to reduce the effect of the stressor. For example, if the stressor is starvation (possibly due to anorexia), the person might experience a reduced desire for physical activity to conserve energy, and the absorption of nutrients from food might be maximized.

Stage 3: Stage of Exhaustion

At this stage, the stress has continued for some time. The body's resistance to the stress may gradually be reduced, or may collapse quickly. Generally, this means the immune system, and the body's ability to resist disease, may be almost totally eliminated. Patients who experience long-term stress may succumb to heart attacks or severe infection due to their reduced immunity. For example, a person with a stressful job may experience long-term stress that might lead to high blood pressure and an eventual heart attack.

3. How to Reduce, Prevent, and Cope with Stress

It may seem that there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day and your career and family responsibilities will always be demanding. But you have more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management. Managing stress is all about taking charge: of your thoughts, emotions, schedule, and the way you deal with problems

4. Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress. To identify your true sources of stress, look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary ("I just have a million things going on right now") even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life ("Things are always crazy around here") or as a part of your personality ("I have a lot of nervous energy, that's all")?
- Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside our control.

4.1 Start a Stress Journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed; keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down:

- What caused your stress (make a guess if you're unsure?)
- How you felt, both physically and emotionally

- How you acted in response
- What you did to make yourself feel better

4.2 Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

4.3 Learning healthier ways to manage stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four A's: avoid, alter, adapt, or accept. 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.

4.4 Dealing with Stressful Situations: The Four A's

Change the situation	Change your reaction
Avoid the stressor	Adapt to the stressor
Alter the stressor	Accept the stressor

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 "should" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

5. Stress management strategy

5.1 Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.
- **Be willing to compromise.** When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.

- **Be more assertive.** Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you've got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.
- **Manage your time better.** 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.

5.2 Adapt to the stressor

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.

- **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 alone time.
- **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.

5.3 Adjusting Your Attitude

How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. 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.

5.4 Accept 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.

5.5 Make time for fun and relaxation

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. Here are some Healthy ways to relax and recharge.

- | | |
|---|--|
| <ul style="list-style-type: none">• 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.• Light scented candles. | <ul style="list-style-type: none">• 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. |
|---|--|

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 stargazing, playing the piano, or working on your bike.
- **Keep your sense of humor.** This includes the ability to laugh at you. The act of laughing helps your body fight stress in a number of ways.

5.6 Adopt a healthy lifestyle

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.

6. Stress Management Programs in Workplace

Many businesses today have begun to use Stress Management Programs for employees who are having trouble adapting to stress at the workplace or at home. Many people have spill over stress from home into their working environment. There are a couple of ways businesses today try to alleviate stress on their employees. One way is individual intervention. This starts off by monitoring the stressors in the individual. After monitoring what causes the stress, next is attacking that stressor and trying to figure out ways to alleviate them in any way. Developing social support is vital in individual intervention, being with others to help you cope has proven to be a very effective way to avoid stress. Avoiding the stressors all together is the best possible way to get rid of stress but that is very difficult to do in the workplace. Changing behavioral patterns, may in turn, help reduce some of the stress that is put on at work as well. Employee Assistance Programs can include in-house counseling programs on managing stress. Evaluative research has been conducted on EAPs that teach individual stress control and inoculation

techniques such as relaxation, biofeedback, and cognitive restructuring. Studies show that these programs can reduce the level of physiological arousal associated with high stress. Participants who master behavioral and cognitive stress-relief techniques report less tension, fewer sleep disturbances, and an improved ability to cope with workplace stressors

Another way of reducing stress at work is by simply changing the workload for an employee. Some may be too overwhelmed that they have so much work to get done, or some also may have such little work that they are not sure what to do with themselves at work. Improving communications between employees also sounds like a simple approach, but it is very effective for helping reduce stress. Sometimes making the employee feel like they are a bigger part of the company, such as giving them a voice in bigger situations shows that you trust them and value their opinion. Having all the employees mesh well together is a very underlying factor which can take away much of workplace stress. If employees fit well together and feed off of each other, the chances of lots of stress are very minimal. Lastly, changing the physical qualities of the workplace may reduce stress. Changing simple things such as the lighting, air temperature, odor, and up to date technology. Intervention is broken down into three steps: Primary, Secondary, and Tertiary. Primary deals with eliminating the stressors all together. Secondary deals with detecting stress and figuring out ways to cope with it and improving stress management skills. Finally, tertiary deals with recovery and rehabbing the stress all together. These three steps are usually the most effective way to deal with stress not just in the workplace, but overall.

References

1. Bernard, H.W. (1970). *Mental Health in the Classroom*. New York: Mc Grow Hill Book Company.
2. Bob, M. (1990). *Coping with Stress*. Washington: A.H. Wheeler & Comp. Pvt. Ltd.
3. Buch, M.B. (Ed.) (1974). *A Survey of Research in Education*. Baroda: CASE.
4. Cartwright, S. and Cooper, C. (1997). *Managing Work Place Stress*. New Delhi: SAGE Publications Pvt. Ltd.
5. Chaturvedi, M.K. (1983). *Human Stress and Stressors: A Sociological Study*. New Delhi: Cosmo Publication.
6. Compbell, W.G. (1969). *Form and Style in Thesis Writing*. Boston: Houghton Mifflin Company.
7. *Human Psychology*. New Delhi: Commonwealth Publishers.
8. Misra, G. (1999). *Psychological Perspectives on Stress and Health*. New-Delhi: Concept Publishing Company.
9. Selye, H. (1966/1976). *The Stress of Life*. New York: Mc Grow Hill.
10. Sharma, A.K. (1997). *International Encyclopedia of Understanding*
11. Sharma, A.K. (1997). *International Encyclopedia of Understanding*
12. Sharma, R.A. (1984 - 85). *Fundamentals of Educational Research*. Meerut: International Publishing House.
13. Toffler, A. (1970). *Future Shock*. New York: Random House.