

STRESS MANAGEMENT IS A CAPSULE

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ABSTRACT

'We are not invincible. We burn out. We get sick. We are vulnerable'

Stress isn't bad always. Being 'stressed out' is a universal human phenomenon that affects almost everyone. A little bit of stress can help stay enthralled, dynamic and able to meet new challenges in the work place. That's what keeps one on their toes during a presentation or alert to prevent catastrophes or dear mistakes. But in this modern world, the work environment seems like an EMOTIONAL SOMMERSAULT. Long working hours, tight cut off points and ever increasing demands can leave one feeling worried, void and overwhelmed. If stress on the job is obstructing one's work performance, health and personal life, then IT'S TIME TO TAKE ACTION. No matter what one does for a living or how stressful his/her job is, there are plenty of things one can do to reduce the overall stress levels and regain a sense of control at work. Humans have a life outside of work that can compete for their attention during the week and they need to rest on the weekend. Stress is responsible for 75-90% of all doctor visits. The good news is, coping with stress is actually painless. One cannot do away with or escape stress at the workplace. It is a fact of modern life. Yet one can balance stress in all areas of lives by charging lives with relevant thoughts, actions, and beliefs. All are worthy enough to be happy. Its never too late to start making one. I promise that this article will be a Stress Buster

Keywords: Invincible, Human phenomenon, Enthralled, catastrophes, Roller coaster, Stress buster.

I. INTRODUCTION

Oxford dictionary defines the word stress as the state of affair involving depends on physical or mental energy. In Medical jargon, stress is characterized as bother of the body's homeostasis. Stress in extreme is detrimental to human health but in moderation stress is normal and proves useful. Today with the rapid diversification of human activity one come face to face with numerous cause of stress and symptoms of stress and depression

At one point or the other all suffer stress. Weights at working environment, traffic growls, meeting, growing up pressures are substantial reason for stress. People have their own methods of stress management. Learning to understand and master stress management techniques can help prevent the counter effects of this urban malaise. When one neglect to counter a pressure circumstance it brings about pressure related physical manifestations, for example, tense muscles, unfocused uneasiness, unsteadiness and fast heartbeats. All encounter stressors in everyday life, which can accumulate if not released. Accumulated stress can weaken the immune system of human body. It can cause migraines, crabby entrails condition, dietary issue, sensitivities, a sleeping disorder, spinal pains, visit colds and weakness to sicknesses, for example, hypertension, asthma, diabetes, heart diseases and even cancer.

Experts tell that, stress in moderate doses is necessary in life. Stress responses are one of body's best defense systems against outer and inner dangers. Research shows that, stress can actually increase our performance. Instead of shrinking under pressure one can utilize it as a driving force to make progress.

II. REVIEW OF LITERATURE

Shalev, Yehuda, & McFarlane, (2000) (1) Stress is a normal psychophysiological response to events which result in the sense of threat, sadness, Dysphoria, and imbalance in people. American Psychiatric Association (2014) (2) Stress is described as a sense of being overwhelmed, worry, destruction, press, exhaustion, and lethargy. Therefore, stress can influence people in every age, sex, race, and situation and can result in both physical and psychological health McEwen (2007) (3) (In medicine and biology, stress is called to any physical, psychological, and/or emotional factor which results in physical, and/or psychological tension Behnoudi (2005) (4) Stress is a situation in which individual is forced to act, and cannot bear the received mental tension. In other words, stress means readjustment of individual with new situations and conditions. Whenever a change occur in life, individual is confronting with stress. Kumari, et al. (2009) (5) Stress is bodily response to any demand. Stress could be caused by

either good or bad experiences. Falsetti, Monier, & Resnick (2005) (6) Stress is any unpleasant emotional experience which is accompanied with predictable biochemical, physiological, and behavioral changes Silverman, et al. (2010) (7) Stress is a bodily reaction to a change which needs response, regulation, and/or physical, psychological, and or emotional adaptation. Stress could derive from any situation, condition, thought, and/or state; just need to cause frustration, anger, nervousness, and or anxiety. Sarafino (2002) (8) Stress is considered as a situation which is the result of interactions of individuals and their surrounding environments and causes disharmony between situational demands and biopsychosocial resources. Lazarus, & Folkman (1984)

III. OBJECTIVES

- A study on the various types of stress
- A study on the innumerable causes of stress
- Different Ways to relieve stress
- Other alternative ways
- Few Warning signs of stress.

IV. TYPES OF STRESS

1. Positive Stress

Stress can have a constructive outcome, prodding inspiration and mindfulness furnishing the incitement to adapt to testing circumstances. Stress additionally gives the need to keep moving and readiness required for endurance when going up against undermining circumstances.

2. Negative Stress

It is a contributing variable in minor conditions, for example, migraines, stomach related issues, skin grumblings, sleepdeprivation, and ulcers. Over the top, drawn out and unrelieved pressure can harmfully affect mental, physical and otherworldly wellbeing..

CAUSES OF STRESS

Stress At Home:

- Demise of a relative, companion or a close to relative.
- Injury or disease.
- Marriage of self or youngsters or kin.
- Separation from accomplice.
- Pregnancy or birth of an infant.
- Children's conduct or noncompliance
- Children's instructive execution
- Not adequate cash to increase expectation of living
- Loss of cash in robbery, pick-stashed or share showcase.

Stress At Work:

- To meet out the stress of the job
- To control the subordinates
- To train the staff and take work from them
- Support onereceives from his/her boss, colleagues, juniors etc
- Excessive work pressure
- To meet out deadlines
- To give new results
- To produce new publications in research area.
- Working overtime and on holidays.

WAYS TO RELIEVE STRESS

Here are 6 simple strategies to help to cope better with work related stress.

1. FORM POSITIVE RELATIONSHIPS:

- ❖ Share thoughts and get things off the chest
- ❖ Develop friendship with co-workers
- ❖ Lean on friends and family for support

2. PRIORITISE AND ORGANISE:

- ❖ Plan regular breaks throughout the day
- ❖ Prioritise the most important tasks and projects earlier in the day.
- ❖ Delegate the tasks with colleagues.

3. START EXERCISING:

- ❖ Exercise lifts the mood, increases energy and sharpens focus
- ❖ Shoot for at least 30 minutes
- ❖ Go for walks throughout the day

4. EAT HEALTHY AND NUTRITIOUS FOODS

- ❖ Reduce sugar consumption to avoid energy crashes
- ❖ Eat more omega 3 fatty acids to improve mood
- ❖ Avoid stimulants like caffeine or nicotine

5. GET ENOUGH SLEEP:

- ❖ Aim for 8 hours of sleep every night
- ❖ Turn off screens an hour before going to bed

6. KICK YOUR BAD HABITS:

- ❖ Resist trying to be perfect with everything
- ❖ Think positively and don't beat yourself up over little things
- ❖ Don't sweat over things that are out of control.

OTHER ALTERNATIVE WAYS

- ❖ Take a bike ride or go for a drive
- ❖ Chew gum; cut down stress
- ❖ Toys can do the trick
- ❖ Read your way out of stress
- ❖ Seriously, start meditating
- ❖ Try mindful breathing
- ❖ Get a companion like pets
- ❖ Dance it out
- ❖ Smile
- ❖ Self esteem is a natural stress buster.

WARNING SIGNS OF STRESS

- Depressed mood – become angry, irritable or feel withdrawn
- Lose interest in work
- Trouble in sleeping or experience fatigue
- Experience muscle tension, headaches, or stomach problems.
- Start consuming alcohol or drugs as a coping mechanism.

V. RESEARCH METHODOLOGY

This research methodology is likely to be descriptive in nature. In this study authors used Secondary data for collection.

VI. CONCLUSION

Stress is perhaps necessary to occasionally clear cob webs from our thinking. If approached positively, stress can help one evolve as a person by letting go of unwanted thoughts and principles in his/her life. Stress is a fact of everybody's life. Almost all human beings have felt it. Around 500 million individuals are accepted to be experiencing masochist, stress related and mental issues. Receiving the correct mentality can change over a negative worry into a positive one. So people should stop stressing and start living. A person who never gets stressed is a dead person. Everyone in this world are mentally alive, none is dead. Nothing is permanent. So why worry about the future and destroy the present. Stay healthy and happy.

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