

Stress Management – The Way to Live

Dr.D.Ashalatha

Principal, Alpha Arts and Science College, Porur, Chennai, Tamilnadu, India
drdashalatha@gmail.com

Abstract— As prophesied by Lord Buddha, “the secret of health is not to mourn the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly”. As human civilization went through the enormous transformation from generation to generation, the adaptation to science and technology has lead to the pressure of being productive and successful. This has started to affect the human system leading to various problems related to physical and mental health. This article deals with the pros and cons of stress management and gives a brief idea of how stress originates and the coping strategies which enable us to manage stress effectively.

Keywords—Stress; Stress Types; Depression; Distress.

1. Introduction

Our Human Body is a miracle and a special gift of God. It is unique and distinct from all the other creatures in the world as its endurance capacity relates to the mind and body together. As the humans beings are the most productive of all the living organisms, the creative ability enables the procreation of God’s nature as well. In the pursuit to excel, it is evident that we go through numerous thought processes and activities. Then it is required that we get adapted to the changing circumstances and ways of life. In the course of time our body experiences the “wear and tear” as we get adjusted to continuous changes in environment. It has physical and emotional effects on us and can create positive or negative feelings. This is what is termed as “stress”.

2. Is Stress Positive?

As a positive influence, stress can compel us to do action; it can result in a new awareness and an exciting new perspective. This is what we call as ‘Eustress’. Stress in its positive mode is a healthy cycle. As a negative influence it can result in feelings of distrust, rejection, anger and depression. That is what is termed as ‘Distress’.

3. Reasons we get Stressed up

Though there are many reasons to get stressed up, feel down and dejected, it is always the human inability to balance the work and personal life relationship that brings more of the stress factors into picture. The few prominent

reasons are,

- Deadlines
- Competition
- Confrontation
- Frustration
- Sorrow
- Idleness
- Anger
- Depression
- Pollution

Though we do not take seriously, the stress builds up and the body gives us signals through the following health problems:

- Heart disease
- Insomnia
- High blood pressure
- Fatigue
- Colitis
- Rheumatism
- Depression
- Migraines
- Diabetes
- Sex problems
- Frequent infections
- Loss of confidence
- Apprehension
- Worrying
- Nightmares
- Indecision
- Skin diseases
- irritability
- allergies
- Strokes
- Over eating
- Kidney disorders
- Ulcers
- Breathing problems / Asthma
- Over addiction
- Hardening of arteries
- Muscular twitches
- Apathy
- Alienation
- Impaired judgement
- Accident prone
- Negativity

4. Stress types

As the human nature is, stress varies from person to person according to their attitudes and personality. It can be widely classified as follows:

- The Speed Freak – One who works more than his or her capacity.
- The Worry Wart – One who never starts working, but still worries.
- The Drifter – One who involves in many activities at the same time.
- The Loner – One who is an introvert and never works with people.
- The Basket Case – One who starts with vigour but cannot sustain the same energy.
- The Cliff Walker – One who has volatile energy but has a guilty feeling that he / she is not positive.

Stress is a positive behavioural response. As Hans Selye said, “it is not stress that kills us; it is our reaction to it”. If we know how to manage our stress through self-talk, beneficial thoughts, substantial work engagement, etc., our mood would improve and lead to the decreased stress symptoms.

5. Types of Stressors

Stressors are factors which cause the secretion of stress hormones either psychological or physiological.

- Automatic stressors – biological agents, environment, any external stimulus, etc.
- Hidden stressors – work, family, life changes, etc
- Obvious stressors – societal demands, chemical agents, exertion, etc.

6. Knowing to Manage Stress

Over the last two decades, it has been recognized that when Professionals acquire soft skills, better relationships are built between people and the other business units within the enterprise, fostering alignment.



Fig.1: Stress Management

- Become aware of our stressors as well as emotional and physical reactions.
- Realize what we can change.

- Reduce the intensity of emotional reactions to stress.
- Learn to moderate physical reactions to stress.
- Build healthy physical reserves.
- Maintain emotional reserves.
- Follow good exercise regime and keep the body fit by engaging in sports and games.
- Food feeds our appetite and senses. Fresh fruits, vegetables and healthy diet keep us energized.
- Drink lot of water to detoxify and cleanse the system
- Express love, affection and maintain hearty relationships with everyone.
- Alcohol, smoking and drugs affect our perception and behaviour. Beware of the bad habits.
- Follow proper sleep routine in order to unwind and rejuvenate the liveliness. It is the vigour which makes up our personality.
- It is better to pamper ourselves with self-care, holidays and entertainment to relax and enjoy life.

7. Conclusion

Sometimes stress adds depth and enrichment to our lives. Our goal should not be to eliminate stress but to learn how to manage. It is always within us that we take control of the situations and combat stress. To name a few tips,

- Change the attitude of going into panic for every small day-to-day activities Avoid extreme stressful situations
- Set realistic goals and priorities.
- Be ready to handle any situation.
- Understand the problem in others perspective too.
- Discover new interests and relaxation techniques.
- It is always best to listen to others and then speak.
- Do not have too many expectations and try to accept things as they are and the changes as they come.
- Complaining should be the last thing to do in any situation. Try to appreciate each and every effort.
- Frown less, think less; feel more, smile more.

A key element of professionals building successful relationships is their ability to communicate. Communication is a measurable and improvable type of intelligence. It has been suggested that in a number of professions soft skills are more important over the long term than occupational skills. Remember, each day is gift and we should be thankful to be part of our family, work place, friends and life at large.

References

- [1] Selye, H, (1956) The stress of life. What is your reaction to it? New York: Tata McGraw Hill,
- [2] Lazarus, R.S., & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Springer.
- [3] Robertson, D (2012). Build your Resilience. London: Hodder. ISBN 978-1444168716.
- [4] <http://www.pinterest.com>
- [5] <http://zenspotmbs.com>
- [6] <http://slideshare.net>