

Management of Stress: A life's Precious Guide

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Abstract

These days, stress has become an essential part of everybody life. Several people think that they are not capable to deal with the high levels of stress they are experiencing. When we react in a negative way, it affects our health directly that may go under severe depression. By understanding one's own skills and our reaction to stress, one can learn to overcome stress more effectively. More precisely, stress management is not about gaining knowledge how to avoid or escape the stressors of modern livelihood but it is an essential learning to understand how the body reacts to these stressors, and also about learning how to develop our own skills to enhance the body's adjustment. The best way to acquire the knowledge about stress management is to learn about the bidirectional communication between mind and body and to the degree to which one can control their health in a positive direction.

KEYWORDS: stressors, mind-body-medicine, ways of stress management.

INTRODUCTION

According to Hans Selye (1936) *stress* is 'the non-specific response of the body to the any demand for change' that may have a negative effect on our physical, mental, and social wellbeing. Everyone experience some form of stress during their lifetime. Stress is a normal part of life and it can come from any situation or thought that makes an individual frustrated, angry, or anxious. It has two sides i.e. one is 'eustress' (positive or good stress) that motivate us to continue the work with focused attention, and have an emotional balance. In contrast, the other one is 'distress' (negative or bad stress) that leads to psychophysical imbalance, causing anxiety, feel unpleasant, decreases performance, job insecurity etc. Therefore, bad stress should be managed efficiently and with care because everyone has different ways to see the situations, and have different skills of coping with stressors. Due to this reason, no two people will respond exactly the same manner to a challenging situation. Present article more focused on the source of stress and their ways to manage it.

The main sources of stress include the following:

1. The first and the major source of stress in our life can be *environmental stress* include pollution, weather, noise, insecurity, and crime. All these stressors lead to challenging demand to adjust ourselves.
2. The second source is *social stressors*; include poor social interactions and unhealthy relationships among each other which decrease the quality of life. Theses stressors include disagreements, loss of loved one, divorce, job interviews, and financial problems.
3. Third source of stressors relates to our physiology; how our body responds to stressful situations that imbalances our mind-body communications include menopause, illness, aging, lack of exercise, and sleep disturbances.

4. Fourth source of stress can be psychological stress; include the power of one's own mind, in how we think about the stress in our life. The negative thoughts or over thinking, associated with unpleasant and painful feelings.

WAYS TO MANAGE THE STRESS

1. The initial and important step to manage the stress is to *identify the problem* and its *root cause*, and also how that particular problem will *affect our daily lives*. It is because the stress can't be quantified hence it is difficult to measure the intensity of it. 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.
2. The second step is to recognize that every problem has its own *best possible solutions*. For this we should accept our own ability to handle every issue. Also, to find out the possible alternative to face the problem. Further, analyze the pros and cons of every possible alternative. Then decide the best possible solution. Some time we cannot avoid the problems. So we should adjust our self with the problems.
3. Third step is to do *deep breathing* that washes out all our negative thoughts and brings about relaxation both physically and mentally.
4. Fourth step is to keep the body healthy by *eating nutritious foods* includes more fruits, vegetables, and whole grains all these help us to focused and alert throughout the day. People who prefer mostly junk food have fluctuating energy levels, which harms one's ability to get relieve from stress.
5. Fifth step is to *sleep well* to achieve the good quality of life. Those who don't get the sound sleep they can't learn well and become irritated and impatient. So, in order to improve the quality of sleep one should go out for a walk or can do exercise that gives us positive feeling that will boost our immunity.
6. Sixth step is to do *exercise*, is best part to reduce the stress. It helps to control stress and build a strong and healthy body, in order to focus well and learn better. For that, we all should have to manage the schedule time for exercise.
7. Seventh step is *meditation*, includes self-regulation practice that focus on training attention and awareness to achieve better control on mental processes. It is an important tool of mind-body intervention. There are various ways of doing meditation but basic features common to all types of meditation are sensory attenuation, minimum efferent output, and targeted non-analytical thinking. A modification in lifestyle and calming practices including meditation has shown improvements on cognitive performances, anxiety, stress and inflammatory markers, and improved the quality of life.

After, having an experience of true meditation feeling, one should start avoiding unnecessary stress, maintain the positive attitude, laugh whenever possible (it's a great medicine) and at last but not the least it strengthens and maintain the healthy and social relationships, enhance team work. To summarize, stress can be avoided or it can be managed efficiently. Actually, it is a 'change' we all should accept and try to cope up with the change too in order to control our health in a positive sense.

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