

STRESS MANAGEMENT: CAUSES AND REMEDIES

Kashmira Mathur*

ABSTRACT

Stress affects your healthiness in ways that you may not even be aware of, from headaches, to insomnia, to decreased productivity. Stress may impact your temper, your deeds, your relationships and your work. In short, stress can affect every phase of your life. Nearly 70% of the doctor's visit and 80% of the serious illnesses may be associated with stress. That's why managing stress is a main concern. Stress is the worry or anxiety caused by any sort of pressure in daily life. The ability to handle or reduce the physical and emotional effects of such anxiety is known as one's stress management skills. These days, stress sometimes gives the notion as if it is a synonym for existence. Whether it's your hurried morning commute, a boss piling on just one more closing date, or a suddenly ill kid, it's all too simple to shift from chilled out to stressed out - that overwhelmed, somewhat sweaty, wheezing feeling that makes it hard to sense and function clearly (and ups the chances that you'll snap at whomever happens to be in your vicinity). It's harder to crack away to exercise, calm down or spend moment with dear ones - all of which can help relieve stress. In this paper stress management: causes and remedies have been discussed.

KEYWORDS: *Healthiness, Productivity, Stress Management, Traumatic Situations.*

Introduction

The meaning and theory of stress has evolved considerably as it was initially defined by "Selye". He further polished the concept to define stress as the nonspecific reaction of the body to any demand made on it. Additional investigation has resulted in a further modification of the concept so that by 2014, Elmore defined stress as a state of serious mind-body activity that occurs in the context of stressful life events. Stress is a state that impacts almost everyone and exerts its effects of impact on each one it touches. The American Institute of Stress (AIS), in 2017, listed 50 general signs and symptoms of stress, including frequent headaches, increased frustration, irritability, heartburn, nausea, and abdomen pain. Given its impact on the human body, it is not surprising that stress can have a broad range of effects on individual mood, emotions, and behavior. Study has concluded that a person's fiscal and social class, race, ethnicity, and gender can potentially pervade the structure of their daily existence, shaping the context of people's lives, the stressors to which they are exposed, and the moderating resources they acquire. Stressors as any stimulus that root the liberation of stress hormones in the human body. Understanding the scenery of life's stressors and traumatic situations can play a key role in minimizing the negative effects of stress in the human body.

Meaning of Stress Management

Stress may give the impression that there's nothing you can do about your stress stage. The bills aren't going to stop coming, there will never be more hours in the day for all your responsibilities and your profession or family errands will always be challenging. But you have a lot more direct than you might sense. In fact, the simple understanding that you're in control of your life is the base of stress management.

* Research Scholar, Faculty of Commerce and Management, Maharishi Arvind University, Jaipur, Rajasthan, India.

Managing stress is all about taking charge: taking charge of your opinion, your emotions, your agenda, your milieu and the way you deal with problems. The ultimate objective is a balanced life, with time for work, relationships, leisure, and fun – plus the flexibility to hold up under pressure and rally challenges head on. *Stress management* is a procedure for controlling an individual's level of stress. Stress management may clinch practicing daily meditation, identifying relaxing actions (which may be different for every individual) or a combination of multiple techniques. Stress management is vital because chronic stress can cause chaos on your body's immune system and contribute to health issues such as anxiety, headache, migraine, insomnia, mass gain, depression, worry, digestive problems and even heart syndrome. Both acute and chronic stress bang memory and concentration, making efficient stress management critical for optimal everyday functioning.

Stress Management is intervention deliberate to lessen the impact of stressors in the place of work. These can have an individual center, designed at increasing an individual's capacity to deal with stressors. Stress Management programs can also have a managerial focus and try to eliminate the stressors in a role. For example, improving communication may reduce uncertainty. Programs with an organizational spotlight are relatively rare. All people are different, but all as one want to have more than they already have. Some are influenced by situation, crisis, and unanticipated changes at the workplace. Others are changing themselves. Stress Management is still on its first steps of expansion. In practice the Stress Management could be compared with playing poignant music. Beautiful music can be presented only if a musician empathizes with the composer and learn how to play the particular instrument or to listen to the other's play.

Similarly, Stress Management program needs to be studied in intensity beforehand, and only after that, it actually can be implemented. The company, which intends to practice the program, needs to empathize with the program participants in order to choose the techniques of Stress Management most suitable for individuals or specific whole organization. A musician trained in the Italian style of classic music may enjoy but cannot play the guitar in French way, and vice-versa. So we can say that the knowledge of stress and its management is a science, the practice of Stress Management is an art.

Identify the Sources of Stress in Your Life

Stress management begins with identifying the sources of stress in your life. This isn't as trouble-free as it sounds. To identify your true sources of stress, glance closely at your habits, mind-set, and excuses:

- Do you explain away stress as provisional ("I just have a million things going on right now") even though you can't memorize the last time you took a breather?
- Do you describe stress as a vital part of your work or home life ("Things are always crazy around here") or as a part of your persona ("I have a lot of nervous energy, that's all").

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

Factors Responsible for Stress Management

Everybody has different stress prompt. Work stress tops the list, according to surveys. Forty percent of U.S. human resources admit to experiencing office stress, and one-quarter say work is the biggest foundation of stress in their lives.

Causes of work stress include:

- Being sad in your job
- Having a profound workload or too much responsibility
- Functioning long hours
- Having poor administration, unclear expectations of your work, or no say in the decision-making progression
- Working under hazardous conditions
- Being anxious about your chance for development or risk of termination
- Having to give speeches in front of colleagues
- Facing bias or harassment at work, especially if your company isn't supportive

Life stresses can also have a big collision. Examples of life stresses are:

- The demise of a loved one

- Separation
- Loss of a profession
- Raise in financial obligations
- Getting wedded
- Moving to a new residence
- Chronic illness or wound
- Emotional tribulations (depression, anxiety, anger, grief, guilt, low self-esteem)
- Taking care of an elderly or sick family unit member
- Harrowing event, such as a natural disaster, theft, rape, or violence against you or a loved one

Sometimes the stress comes from within, rather than outside. You can stress yourself out just by worrying about things. All of these factors can lead to tension

- **Fear and Uncertainty;** When you habitually hear about the threat of terrorist attacks, global warming, and toxic chemicals on the news, it can because you to feel stressed, especially as you feel like you have no control over those events. And even though disasters are typically very rare events, their vivid reporting in the media may make them seem as if they are more likely to occur than they really are. Fears can also hit nearer to home, such as being worried that you won't finish a project at work or won't have enough money to pay your bills this month.
- **Attitudes and Perceptions;** How you analysis the world or a particular situation can determine whether it causes stress. Likewise, people who feel like they're doing a good job at work will be less stressed out by a big imminent project than those who worry that they are incompetent.
- **Unrealistic Expectations;** No one is perfect. If you anticipate to do everything right all the time, you're destined to feel stressed when things don't go as expected.
- **Change;** Any chief life change can be stressful -- even a happy event like a wedding or a job promotion. More horrid events, such as a divorce, major financial setback, or death in the family can be significant sources of stress.

Your stress level will be at variance based on your personality and how you counter to situations. Some people let the whole thing roll off their back. To them, work stresses and life stresses are just slight bumps in the road. Others literally worry themselves ill.

Remedies to Overcome Stress

Fortunately, there are many things you can do to thwart stress from pushing you over that proverbial edge. While it's significant to focus on the basics of good health — getting seven to nine hours of sleep a night, sticking to a healthy, Mediterranean-style diet (fruits and vegetables, whole grains, and lean protein), and getting about 150 minutes of cardiovascular exercise every week, any technique that “feel natural and pleasant, and makes sense in your life.” That can include shoring up your coping skill with cognitive behavioral psychoanalysis or scheduling a few sessions with a life coach who can help you with time management. At the Benson-Henry Institute, Dossett teaches her patients mind-body skills ranging from mindfulness rumination (apps like Headspace and Calm make it easy to learn), yoga, and breathing exercises. Getting societal support is also crucial; there's nothing like calling a compassionate friend who can talk you down off the ledge, Dosset says.

Conclusion

Stress is one of the principal problems we have to deal with in contemporary life. It's ubiquitously, and many don't realize how much smash up daily stress might be doing to them. It's all well and good to eat right, get enough sleep and work out, but when it comes to mental hardship people will shrug it off, thinking it won't have an impact on their health.

Here are 6 recent wrapping up about stress you should know about:

- **Stress at Work is Terrible for the Body;** *A assess of relevant research conducted last September, officially identified a muscular connection between stress at work and a bigger likelihood to get a heart attack. The review performed by researches of the College University of London, shows that there is a strong association between overworking and a 23% increased chance of a heart attack. Another research in print this last year in the Journal for occupational medicine; found that stress at work can cause specific harm to women by increasing their chances of diabetes.*

- **A Smile is Stress Remedy;** *A real, honest smile, one that uses both the eye and mouth muscles, may help reduce the heart rate after a stressful even.*
- **The Link between Stress and Stressful Situations;** *It turns out that not only can stress alone cause health problems, but even thinking about stress! This from research conducted at the University of Ohio. Researchers found that when a person is asked to think about a stressful event, the levels of C protein, a protein known to deal with inflammation, rise and may cause inflammation themselves. Similarly, research published in the American Journal of Cardiology showed that a perception of stress can affect health quite significantly. Specifically, researchers from the medical center of Colombia University found that people who believe they are stressed have a higher chance of suffering heart conditions.*
- **Chronic Tension may Amplify the Risk of Diabetes Among Men;** *Being in a state of constant stress is linked to the risk of suffering diabetes among men. This from study published in Diabetic Medicine. Swedish researchers spent 35 years examining the link between ongoing stress at work or home to period pressures or a lack of strain altogether. They found that among those that reported ongoing stress, they had a 45% bigger chance of getting Type 2 diabetes. This in contrast to those who reported temporary stress or no stress at all. The study included 7000 men and took into account other risk factors, such as blood pressure, age and physical activity.*
- **The Millennium Generation is the Most Stressed out Generation;** *The millennium is actually the worst at dealing with stress. So says a large survey performed by the American Union of Psychologists and was published last August. The survey showed that people ages 18-33 experienced an average stress level of 5.4 (on a 1-10 scale) compared to an average national was 4.8.*
- **Stress Causes Inflammation;** *Researchers from Carnegie University found that in the long range, stress can damage the ability of the body to resist inflammation, which increases the likelihood of suffering infections. The researchers consider that when a person is stressed, the cells of the immunity system cannot respond to hormone control, and so there is an increased risk of suffering inflammation, which promotes illnesses such as heart conditions, asthma and autoimmune diseases.*

References

- ✘ Adam T. C., Empel E. S. Stress eating and the reward system. *Physiology & Behavior*, 2007; 91, 449-458.
- ✘ Chong CSM, Tsunaka M, Tsang HWH, Chan EP, Cheung WM. Effects of yoga on stress management in healthy adults: a systematic review. *Altern Ther Health Med*. 2011; 17 (1): 32–8.
- ✘ Chrousos G. P., Gold P. W. The concepts of stress and stress system disorders: overview of physical and behavioral homeostasis. *Journal of American Medical Association*, 1992; 267, 1244- 1252.
- ✘ Chrousos G. P., Gold P. W. The concepts of stress and stress system disorders: overview of physical and behavioral homeostasis. *Journal of American Medical Association*, 1992; 267, 1244- 1252.
- ✘ Frankenhaeuser M. The psychophysiology of workload, stress, and health: comparisons between sexes. *Ann Behav Med*. 1991; 13 (4): 197–204.
- ✘ Ironson GH. Job stress and health. In: Cranny CJ, Smith PC, Stone EF, editors. *Job Satisfaction: How People Feel About Their Jobs and How It Affects Their Performance*. New York: Lexington; 1992. pp. 219–239.
- ✘ Leserman J, Pettito JM, Golden RN, Gaynes BN, Gu H, Perkins DO. The impact of stressful life events, depression, social support, coping and cortisol on progression to AIDS. *Am. J. Psychiatry*. 2000;57:1221–1228.
- ✘ Stanton JM, Balzer WK, Smith PC, Parra LF, Ironson G. A general measure of work stress: the stress in general scale. *Educ. Psychol. Meas*. 2001;61:866–888.

