

WOMEN'S EMPOWERMENT, DEPRESSION AND STRESS MANAGEMENT

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ABSTRACT

Women constitute the family, which leads to society and nation. Social and economic development of women is necessary for overall economic development of any society or a country. Woman has competed with man and successfully stood up with him in every walk of life and business. Women managed to survive and succeed in this competition with their hard work, diligence and perseverance. Depression can impact every area of a woman's life- including your physical health, social life, relationships, career, and sense of self-worth -and is complicated by factors such as reproductive hormones, social pressures, and the unique female response to stress. Stress has been identified as one of the most common perils of modern times. Stress can be positive and motivate women to achieve notable goals. But stress can also be negative and destructive, taking its toll in many life areas. When stress becomes chronic or excessive, it becomes harder to adapt and cope. Chronic stress builds up so that stress seems like a normal way of life for some women. Oftentimes women are so busy that they do not take time to slow down long enough to think about how stress is negatively affecting them. Women have higher rates of these conditions and other psychological disorders including panic disorder and obsessive compulsive disorder than men. women's empowerment is associated with more positive health and nutritional outcomes for women and children, evidence around the relationship with mental health or subjective well-being remains relatively limited. We recommend conducting more awareness sessions, recreational activities and meditation sessions for effective stress management skills to women micro entrepreneurs.

Keywords: *Women Empowerment, Stress, Depression.*

Introduction

In India, women have made significant progress from being only skilled homemakers or housewives to being equals with their spouses or other romantic partners. This is the emerging trend of working women, where women now desire to pursue their ideal careers. Women are simultaneously experiencing a wide range of stress-related symptoms. When a woman is employed, things get more complicated. At job and at home, they must accommodate many demands. Nowadays, the majority of married couples work to combine their personal lives at home with their kids and their professional lives. However, it is not as simple for women because they have to fulfill a variety of tasks, such as those of a cook, tutor, housemaid, caregiver, and caterer to meet needs at home. A lady working here can feel tense and restless.

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Today most working women report feeling stressed out at work. Every woman working in any industry now finds it challenging to balance work and family obligations. Women workers frequently experience high levels of stress, which poses a serious issue. Employees' family and personal lives can be improved with the aid of stress management. And this is especially true for female professionals since it might be difficult to balance work and family obligations in the current environment.

Stress is body's response to the daily events that occur in life. Everybody faces stress. Positive stress can spur women to accomplish significant accomplishments. But stress may also be harmful and destructive, having a detrimental impact on many aspects of one's life. It becomes more difficult to adjust to and manage with stress when it becomes chronic or extreme. For some women, chronic stress becomes so commonplace that it starts to feel like a regular part of life. Women are frequently so busy that they fail to stop long enough to consider how stress is adversely affecting them.

Depression is a common mental illness that has a significant impact on our lives and is characterized by persistent melancholy and a lack of enjoyment for at least two weeks. (World Health Organization, 2017). It produces severe symptoms that interfere with a person's ability to function normally, including sleeping, eating, working, and thinking. The WHO states that depression is the most common disease and the leading cause of disability worldwide. (WHO, 2015). It is estimated that 350 million people worldwide suffer from depression.

The term "stress" and "Depression" is used frequently today throughout the globalised globe. Stress is divided into three categories: acute stress, episodic acute stress, and chronic stress. In broad terms, stress is frequently defined as a sense of being overly physically, emotionally, or mentally strained.

Symptoms of Depression and Stress

There are many symptoms of stress. Each woman reacts to stress in unique ways. Common symptoms of stress in women include:

- **Physical:** Headaches, difficulty sleeping, tiredness, pain (most commonly in the back and neck), overeating/under eating, skin problems, drug and alcohol misuse, lack of energy, upset stomach, less interest in sex/other things you used to enjoy.
- **Emotional:** Anxiety, Depression, anger, unhappiness, irritability, feelings of being out of control, mood swings, frustration.
- **Mental:** Forgetfulness, worry, can't make decisions, negative thinking, lack of focus, boredom.
- **Occupational:** Work overload, long hours, tense relations, poor concentration, unfulfilling job.
- **Social:** Less intimacy, isolation, family problems, loneliness.
- **Spiritual:** Apathy, loss of meaning, emptiness, unforgiving, doubt, guilt, despair.

Causes of Stress and Depression in Women

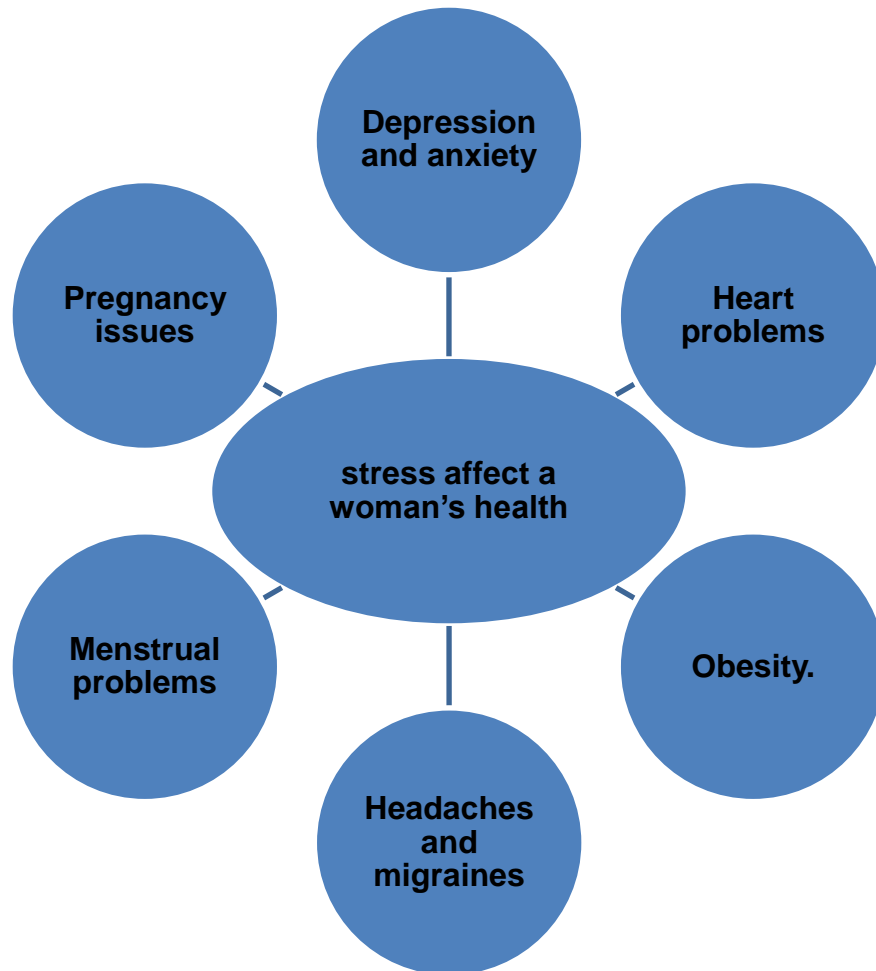
Stress has various fundamental factors. The sources of stress that are common to both men and women include concerns about money, job stability, health, and interpersonal relationships. The many roles that women play are perhaps a little more particular to them. In today's society, women's tasks frequently include caring for their families, working, and taking care of their elderly parents, who are statistically more likely to be women. Women may experience a sense of being overburdened with time constraints and unfulfilled duties when demands to fulfill these roles rise. Due to their inability to live up to both their own and others' standards, they could experience feelings of failure. Women frequently devote more time to taking care of the needs of others than of their own. Women who are under a lot of stress cannot even be aware of their needs.

Depression and Stress Affect a Woman's Health

In addition to the health symptoms that are brought on by stress, these additional health problems can develop in women exposed to stress over long periods of time.

- **Depression and Anxiety:** Women have higher rates of these conditions and other psychological disorders including panic disorder and obsessive compulsive disorder than men.
- **Heart Problems:** Stress increases blood pressure and heart rate.
- **Headaches and Migraines:** Tension headaches are more common in women than men.
- **Obesity:** Women are more prone to stress-related weight gain than men.

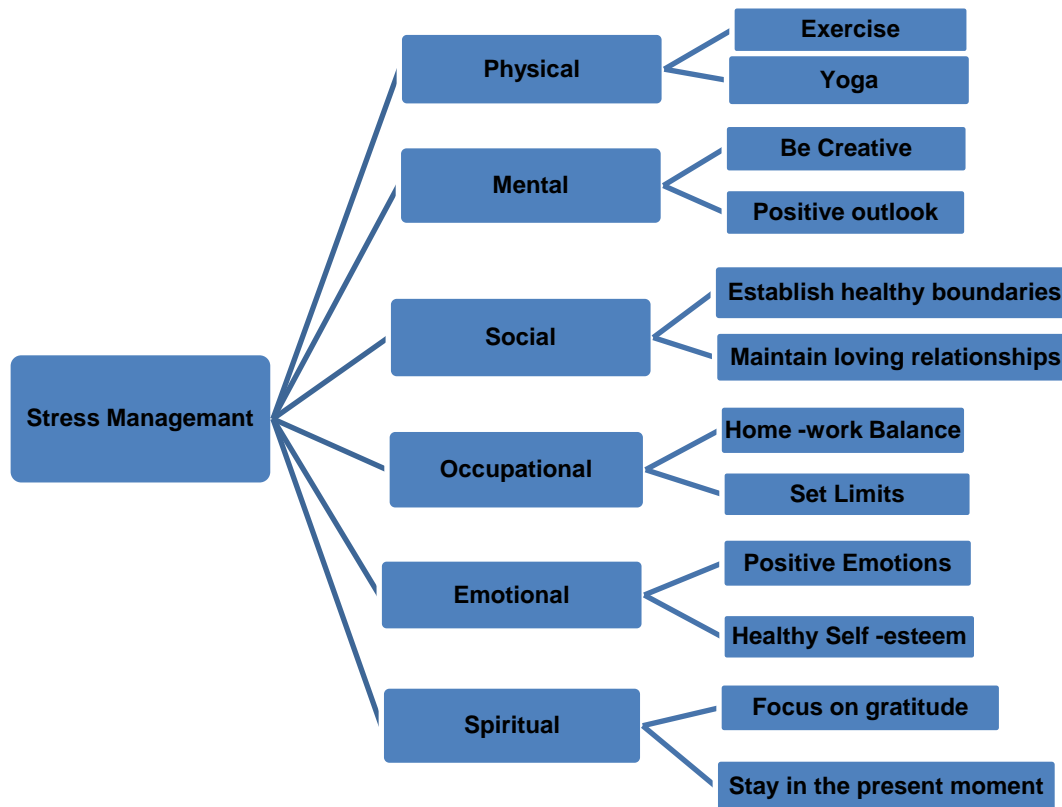
- **Bowel Problems:** Stress can lead to such bowel problems as irritable bowel syndrome.
- **Pregnancy Issues:** Women with higher stress levels have a more difficult time becoming pregnant than women with lower stress levels.
- **Menstrual Problems:** Premenstrual syndrome is more severe with increasing stress levels.



Depression and Stress Management in Women

Women can manage stress by practicing healthy self-care strategies for coping with stress. Examine your negative stress signs in each of these six life areas: physical, emotional, mental, occupational, social, and spiritual.

- **Physical:** Exercise, practice relaxation techniques (yoga, meditation, listen to relaxing music), eat healthy (for example, follow the Mediterranean diet), schedule leisure time, get enough sleep (7 to 9 hours/night).
- **Emotional:** Express your emotions, repeat positive emotions, work toward a healthy self-esteem
- **Mental:** Have a positive outlook, realistic thinking, resilient attitude, be creative.
- **Occupational:** Establish doable goals, identify home-work balance, set limits.
- **Social:** Strive to maintain loving relationships, establish healthy boundaries, stay connected with friends.
- **Spiritual:** Find your meaning/purpose, focus on gratitude, stay in the present moment.



Other Helpful Points for Stress Management

- Reflect on the sources of your stress. Can you offload any of these areas? If you haven't done it, why not? Look for meaning and purpose in what you decide to keep.
- Face change. Accept change as a challenge and opportunity, not a threat.
- Focus on the present. Stay in the present. It doesn't help to worry about the future.
- Listen to your mind. Examine beliefs and how they influence life.
- Integrate love, work, and play. Learn how to live fully in each area.
- Practice acceptance. Accept what can't be changed and change what can be changed. If you can't change the situation, change how you react to it.
- Accept and care for yourself like you do others. You are kind to them so be kind to yourself. Remember, you have to put on your own oxygen mask first before you help others.
- Seek help. We all need help sometimes. None of us are so good that we "shouldn't" need help. We are human beings who need each other.
- Reflect on aspects of your life for which you are grateful. Remind yourself that gratitude leads to happiness.
- Look for time to exercise, even if that is only taking the stairs every day.
- Eat lots of fruits and vegetables; processed foods sap your energy. Drink lots of water.
- Don't allow yourself to dwell on the negative. A positive outlook carries health and social benefits.

Nutrition for Depression and Stress Management

Low protein intake has been related to an increased prevalence of depressive symptoms in older persons, according to research. Several micronutrient imbalances harm the brain and can exacerbate mental problems. Depression mostly results from an imbalance in brain chemicals

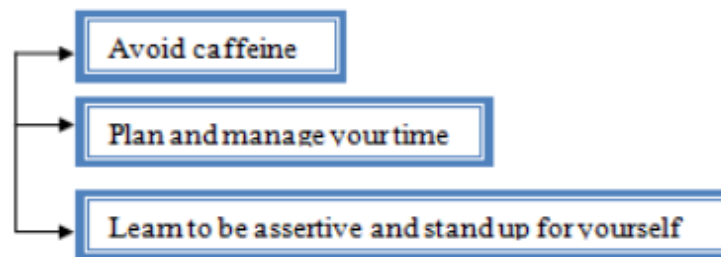
(neurotransmitters). Chemical precursors, including omega-3 fatty acids, amino acids (protein), vitamins, and minerals, are used to make neurotransmitters. It is critical to pay close attention to nutrition and enhance the diet with omega-3 fatty acids, Ascorbic acid, Folate, Nicotinic acid, Thiamin, Iron, Zinc, Magnesium, Potassium, and Electrolytes when necessary. Adequate consumption of macro and micronutrients is important for good mental health.

Women will continue to experience stress and Depression in their lives. A personal wellness with built-in periods of recovery, Good Nutrition and self-care can help women manage stress and empower themselves to make healthy life changes.

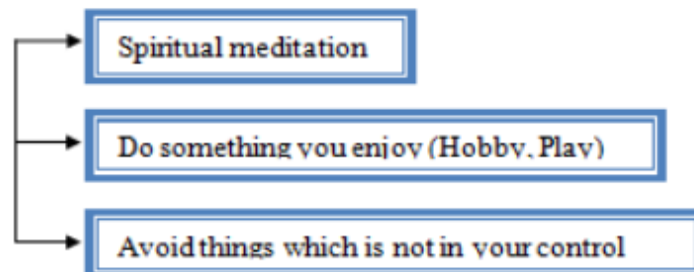
Solution to Overcome from Stress

5.1 SOLUTION TO OVERCOME:

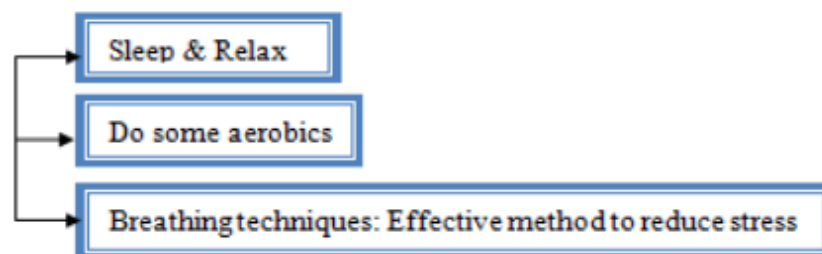
Job stress:



Psychological Stress:



Personal Stress:



Conclusion

Job-related stress is a major challenge for working women, Women's are being the prime victim for stress therefore their stress management is essential for both family and work life. From the study it is clearly observed that majority of the women employees feel pessimistic talk on their job and one fifth of the women employees are facing multiple health issues like (Frequent Headaches and back pains) one fourth of the married women are facing child care problems. Some Organizations have to understand the needs of the women employees and they have to provide good number of Counseling sessions and to provide good opportunities for their career development. And by conducting regular health checkups and frequent yoga classes can make them balance family and work life stress.

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