

Stress Management

Abstract

Stress is man's adaptive reaction to an outward situation which would lead to physical, mental and behavioral changes. Appropriate amount of stress can actually trigger passion for work, tap latent abilities and even ignite inspirations. The study throws light on the wide spread silent problem by name Stress, which gave raise to acute dysfunctions and are called many diseases, increase divorce rates, and other harassments. The work stress is found in all professions. Stress can make a person productive and constructive, when it is identified and well managed. The focus of the paper is to study the meaning of stress, its types, causes and remedies.

Keywords: Stress, Anxiety, Management, Stressor, Causes, Suffer.

Introduction

The present time we live in is named by different scholars belonging to different disciplines. The father of modern management Peter F. Drucker explains it as age of discontinuity. An economist Galbraith, calls it as age of uncertainty. An organizational development consultant from California describes the present age 'the age of anxiety' – the age of stress. A behavioral scientist Selye has first given the term Stress. Nowadays every person you meet in your daily life is suffering from stress of one kind or other. It seems that you can not do anything about your stress level. There will never be more hours in a day for all activities you have to perform. Your responsibilities will always be demanding. But it is necessity to cope up with stress to survive. With the emerging need of stress management various researches are conducted by scientists.

Causes of Stress

Stress is not always caused by very serious situations. It can cause because of little disturbances in routine life. A small issue in family can cause stress. For parents, disobedience of their children, their involvement bad habits like drug addiction, alcoholism can cause stress. For an employee, dissatisfaction from their working environment can cause stress. For a student, exam results, expectation of parents and other related persons can cause stress. After results stress for admissions in good colleges take place. The causes of stress may be minor but it is required to handle it properly.

Classification of Stress

Behavioral Scientists suggested some classification of stressor as follows



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Organic Stressor

Genetic factors, Physical fitness, Nutritional factors are included in them.

Personal Stressor

New job, transfers, marriage etc.

Situational Stressor

Situations which are threatening and out of one's control.

Time Stressor

Stress to meet Deadlines

Workplace Related

Employer-employee relationship, insecurity of job, rivalry etc.

Family Related

Problems among family members, with elders, children, in-laws etc.

Anticipatory Stressors

When unexpected things happens, stress is raised.

Managing Stress

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

You can cope up with stress in various ways. Unfortunately, many people cope up with it in ways that increases the problem.

Unhealthy Ways of Coping With Stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

1. Smoking
2. Drinking too much
3. Overeating or undereating
4. Zoning out for hours in front of the TV or computer
5. Withdrawing from friends, family, and activities
6. Using pills or drugs to relax
7. Sleeping too much
8. Procrastinating
9. Filling up every minute of the day to avoid facing problems
10. Taking out your stress on others (lashing out, angry outbursts, physical violence)

Finding Out Healthier Ways to Cope-up with Stress

Every person possesses a different nature. Their reaction to every problem is also different. So no single method can be used in every situation. To cope up with stress one can opt to change the situation or can change the reaction.

Dealing with Stressful Situations: The Four A's

Change the Situation

Avoid the stressor.

Alter the stressor

Change Your Reaction

Adapt to the stressor.

Accept the stressor.

Strategy 1**Avoid unnecessary stress**

There are number of stressors which can be avoided:

Learn How To Say "No"

Taking responsibilities more than you can handle cause stress. Try to set limit in your personal as well as in professional life.

Avoid People Who Stress You Out

Try to avoid or spend a little time with these type of persons.

Strategy 2**Alter The Situation**

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

Express Your Feelings Instead of Bottling Them Up.

If something is bothering you, try to tell your concerns in an open. If you don't voice your feelings, the situation will likely remain the same.

Be Willing To Compromise

If you want to change behavior of others, you must implement it on yourself.

Manage Your Time Better

Poor time management can cause a lot of stress. If you are able to manage your time well. You can alter the amount of stress.

Strategy 3**Adapt to the Stressor**

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Reframe Problems

Try to build positive attitude and frame your problems again.

Look at the Big Picture

If the situation is not important in long run, then it is really not worth of getting upset. Try to use your time and energy somewhere else.

Adjust Your Standards

Set realistic standards for yourself and learn to be okay with "good enough." Stop setting yourself up for failure by demanding perfection.

Focus on the Positive

When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities your achievements and happy moments. This simple strategy can help you keep things in perspective.

Adjusting Your Attitude

Try to find out good from every situation. It's all about how you react in a particular situation.

Strategy 4**Accept the Things You Can't Change**

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance

may be difficult, but in the long run, it's easier than railing against a situation you can't change.

Don't Try to Control The Uncontrollable

Many things in life are beyond our control—particularly the behavior of other people, when we try to control uncontrollable things, it only ends up in increased stress level.

Look for the Upside

As the saying goes, "What doesn't kill us makes us stronger." At the time of facing major challenges, try to look at them as opportunities for personal growth. If your own wrong choices contributed to a stressful situation, think over it and learn from your mistakes.

Share Your Feelings

Expressing what you are going through is best option to get relaxation.

Talk to a trusted friend or make an appointment with a therapist.

Learn to Forgive

Accept that nobody is perfect in this world and try to avoid or forgive mistakes of people and move on.

Strategy 5

Make Time For Fun and Relaxation

If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

Healthy Ways To Relax and Recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Work in garden.
- Listen to music.
- Watch a comedy.

Nurturing Yourself is A Necessity, Not A Luxury.

Set Aside Relaxation Time

Relaxation time must be there in your daily schedule.

Connect With Others

Spend time with positive people who enhance your life. Avoid company of people who possess negative attitude

Do Something You Enjoy Every Day

Make time for leisure activities that bring you joy, whether it be listening music, playing or shopping etc.

Keep Your Sense of Humor

This includes the ability to laugh at yourself. It helps to fight with stress ultimately.

Strategy 6

Adopt A Healthy Lifestyle

You can increase your resistance to stress by strengthening your physical health.

Exercise Regularly

Physical activity plays an important role in reducing and preventing stress. Make time for at least 30 minutes of exercise. Nothing beats aerobic exercise for releasing pent-up stress and tension.

Eat A Healthy Diet

Well-nourished bodies are better prepared to cope with stress. Start your day right with breakfast,

and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

Reduce Caffeine and Sugar

By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

Avoid Alcohol, Cigarettes, and Drugs

Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary.

Get Enough Sleep

Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

Conclusion

In conclusion, managing anger and stress can seem very hard and overwhelming at times. Stress and anger are sometimes very hard to overcome and defeat, but there are ways. To be concluded, we can say that it is impossible to prevent stress from life but we can handle it efficiently. So that it may not harm our workings and routine life.

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